

Rowing Club News



Unley High School

March 2009

President's Ponderings

Since the year started, we have had several difficulties. Weather caused the cancellation of two regattas, so the first regatta at Murray Bridge was our first chance to compete since early December. The lower water levels there caused some problems, with the Alexander being damaged by a submerged branch. Fortunately it was not long off the water, being repaired within a week.

The Torrens had all its water disappear, so training there was not a possibility. Unfortunately, this has caused many headaches trying to get boats and rowers to West Lakes for training.

Thank you to all who are assisting with this, your efforts are much appreciated.

There are many demands on all of us in this busy preparation time for Head of River. Rowers, coaches, parents and Ms Hughes are all putting in huge efforts. The incredible co operation that goes in to getting our teams there is a credit to all involved. This team work continues within the parent group, with the organisation of boat loading, food at regattas, fundraising events, and culminating with the Head of River dinner. The parent group appreciated having a night off and enjoying a more relaxed moment at our social evening on Feb 27th, and a good night was had by all who attended.

It's a long hard road sometimes, but we should be proud of what we achieve. Let's enjoy the last few weeks of this season.

Chris Adams, President

Cashen Christening

The "Phil Cashen" was christened on the 21st February with a large crowd in attendance to see Phil do the honours. This racing quad is a gift to us from the school, an enduring memorial to retired Principal Phil Cashen. The Rowing Club is extremely grateful for this very useful addition to our fleet.



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Regatta and Training Reminders

Shoes and Socks

All rowers to bring **thick** socks to wear in the boats and these need to be taken home to be washed in between training. If rowing in the CASHEN you need to bring **old sneakers** as well. So please bring both socks and shoes to training and Regattas just in case you do end up rowing in the Cashen.

Lost Property

Over the years, there have been some thefts from training areas at West Lakes. If you are to bring valuables with you to training please ensure they are given to your coach whilst you train, or locked away in a car boot.

Many items of clothing get lost at training, or are left behind at regattas. There is a very large box of lost property in Ms Hughes office. Please label clothes.

Coxswains' Responsibilities – Every Regatta

On all race days every Coxswain is advised to **check their weight** on the scales located in the SARA clubrooms (see the Blue Book regarding minimum weight). You may need to carry bags of weights in the boat. Speak to your coach or Ms Hughes.

The Coxswain is also responsible to collect and return their boat's **bow number** from Ms Hughes. Slow return of bow numbers slows down the races, so please do so quickly.

Rowers, please let your coach or parent know of your whereabouts. Don't leave the Unley shelter area without doing so. You may be needed to fill a seat in a boat if there is an injury, or you may be asked to be a coxswain. Cheering on other crews is great for team spirit too!

Rigging boats

Remember, each rower has a responsibility to help rig and derig boats. Boats and oars must be washed down after use at the end of the day, as West lakes water is salty and causes corrosion of moving parts in the boat. Get organised and do so quickly, as there is someone waiting for boats to be loaded onto trailers, and transport the boats back to a boatshed or school. Coaches, please assist with this task, as it is part of training crews.

Drinks

Remember to keep the fluids up when training and competing. It is also important to have your own drink and not to share drinks. Shared drinks could result in shared illnesses which could wipe out a whole boat crew.

Being sun safe

We all need to be aware of the danger of sun exposure. Long days at regattas put us at very high risk of sunburn. It is worrying to see a trend of wearing zooties rolled down, exposing lots of skin. It is not a good advertisement for Unley High School.

Great work to the senior boys who now wear their zooties up, displaying the Unley colours proudly. Senior girls have great polo shirts which are very sun protective too.

Food Sales at Regattas

Thank you to the band of helpers who offer to cook or sell food at regattas. It is a never ending task.

We are required to have a food sales permit from Charles Sturt City Council to do this. It outlines very strict food handling procedures to protect the public who are buying food. Please speak to Chris Adams or Michelle Pisoni to ensure you are complying with these procedures. We have been advised there will be inspectors around at the remaining regattas to check our compliance.

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A Pat on the back

Thanks to Katelyn Henry for her work preparing a booklet as a guide for coxswains. Well done, it is a great help to those new to coxing!

Thank you to John O'Loughlin for the donation of wine for our Head of River dinner.

Thank you to Cheryl Sharrad for her assistance with orders of uniform hats and polo shirts.

Thank you to Sacha Sewell for the donation of bottled water and soft drinks.

Thank you to Karl Rackebrandt for assistance in acquiring food for regattas.

Thank you to Don Cowan, Don Gilmore, Ian Primett, Keith Lundy, Haig Henry, David Stephenson, Jim delaine, Eddie Breda and Sophie Tree Davies for transporting boats to training or regattas.

Thank you to the many parents (and coaches) who are offering lifts to rowers for West Lakes training. Please try to return the favour. Don't forget to help share petrol costs, especially for coaches.

Where do our Fees go?

Rowing fees are quickly spent on many expenses. Just to give you an idea of these, in 2008, the club paid \$2,500 in repairs and maintenance of boats and oars alone. As well there were repairs for outboard motors, and the boat trailer. Insurance for boats, dinghies and boat trailers was \$2,500. Rower registration fees and regatta fees were \$14,500, of which \$140 per rower is compulsory registration with SARA. The list continues with boat house running costs for both West Lakes and Torrens. Don't forget coaching fees. When total income from student fees is \$24,600, it is hard to make the money stretch.

Thankfully, at least we don't have to pay for entry to a stadium, or parking fees at regattas!

Fundraising

An enthusiastic group of committee parents were active in a fundraiser on Saturday evening, 7th March. They catered for a group of UHS Old Scholars, who had a reunion at the school. It was a successful night, with preliminary figures giving a profit of \$1500 for the club. A big thank you to Michelle Pisoni who organised the food part of the evening, and to Kay and Don Gilmore who organised the bar and helpers.

Our fundraising target for the year is \$15,000.

So there are many times you may be able to help out in reaching this goal.

Head of River

Invitations have been sent to each rower and family, and must be returned to the Finance Office by Thursday 19th March. Year 8 students and their families are all invited, and we hope will attend. It is a great way to be introduced to the club and what it means to be a rower. Club awards are made, and crews thank their coaches for their assistance during the season. Hope to see you for a great night!

Unley HOR Raffle Books

Raffle books have been or are in the process of being handed out to each family. Please sell as many as you can and return the butts and money to Michelle Pisoni as soon as possible. Try selling them outside the club, to friends.

Unley HOR Raffle Donations

Any donations for the raffles are welcome. Please contact Michelle Pisoni or Sue McArdle. The Head of the River Raffle has been a successful fundraising activity due to generous donations from rowing families in the past. Once again this year the prizes will be Gift Hampers of various sizes.

Donations of quality wine, gourmet food (that does

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not require refrigeration) or other luxury items will be gratefully accepted. Please bring any donations to regattas or contact Michelle (email: mpisoni2@optusnet.com.au) to arrange drop off. If you have a business that would like to donate a voucher or product or service we would be delighted. Donations need to be received before the end of March.

Head of River Planning

This is a big event, and requires much planning and many helpers. There is another planning meeting **Thursday, 12th March, 7.30pm** at Chris Adams house. If you may be able to help, would love to see you there.

Regatta Results

Congratulations to all crews on their performances in the last three regattas. There were some great wins and lots of great races.

Congratulations to the School Boy Year 9C Quad Scull Coxed who had the only win at Murray Bridge; Schoolboy Year 9 A Coxed Quad Scull, Schoolgirl Year 9 A Coxed Quad Scull, Schoolboy 1st Eight who won at the 1st Grade State Championship; Tom Paton (Schoolboy Year 10 Single Scull), Sarah Edmonds (Schoolgirl Year 10 Single Scull), Schoolboy Year 10 A Coxed Quad Scull, Schoolboy 1st Eight who won at the Port Adelaide Regatta.

The Schoolboy Year 10 A Coxed Quad Scull won the Memorial Trophy and the Schoolboy 1st Eight won the Cornell Shield at the Port Adelaide Regatta.

It is fantastic to see so many great results. Wins or not, Unley is well represented and performing very well.



Boys First Eight with Coach, and Cornell Shield

To have your crew photo included in the newsletter, please forward to Wendy James after the regatta.

Next Committee Meeting

Monday March 16th, in the staff room, UHS at 7.30pm. If you would like to attend, contact Kay Gilmore for an agenda

Useful links:

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If you have any information you would like included in the next newsletter please forward to me at cwjames@chariot.net.au.

Wendy James, Newsletter Editor