

Rowing Club News



Unley High School

February 2011

President's Ponderings

I love the beginning of a new year – a year ahead that is full of possibilities. Many of us look at it as an opportunity to plan or start again; a clean slate. So, we look at the last year, see what we have achieved and what we haven't, then we decide what we want to achieve in the coming year. Sometimes this means making a hard decisions, changes.

As a Club, we need to also make decisions, I believe, and have an aim. I am always telling my boys to dream big, aim high. I tell them this not because they will have an easy time achieving their dreams or because they will always achieve it but because I want them to aim for something. Without a direction, we can feel like we are just going through the motions of life. As a club, we need to have a direction, a goal.

As members or associates of this club, we need to ask ourselves questions and make decisions also.

As President of the Rowing Club for 2010/2011, the main issue on my mind for the Club is money. No, no – don't stop reading, please, this will not be like listening to a Minister talk about tithing ☺. The main questions I have running through my head are: ... how do we obtain more funds to purchase much needed items? Can we stay competitive without these items? Do we pursue more fundraising? Do we pursue sponsorship outside the school? Can we obtain more funds from the school? All of these questions I am looking into; I am talking to other clubs, sourcing information, seeking opinions and options. The answer that we don't want to acknowledge but is the truth, is the club does need money. And I believe that it is up to us as a whole club to work on resolving this issue. This will not happen overnight, I am dreamer but not naïve. I would like to encourage you all to dream and believe along with me that we can achieve our aims and to assist the Club as fundraising opportunities present themselves throughout this year and the years ahead.

Callista Glowacz
President

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We Say Good Bye ...

Jemma, one of our coaches, has made a hard decision for 2011. For various reasons she has resigned as coach of the Senior Girls and from the Committee. Jemma was a great asset to Unley High Rowing Club and she will be very much missed. She has rowed for Unley, was very dedicated as a coach – getting up way too early many mornings and she was active on the committee and with maintaining the boats. I hope that you will all join me in wishing Jemma the best for her endeavours throughout 2011.

We Welcome ...

Year 8 coaches ... Katelyn Henry (moving from 9/10 Girls to 8 Boys).
Matt Gilmore
Peter Roush
Pia Gaarboe

New Senior Coach ... Nick Lohmeyer

New Rowers and Parents

We Congratulate ...

Caitlin McArdle who was invited to attend a National Talent Identification Development camp at the AIS. Caitlin was the only SA girl amongst a group of eight invited from around Australia. Well done!

Australian National Rowing Championships

West Lakes - March 7th to 13th 2011

The selection for this even was keenly contested and given it was close to 40°C the number of rowers who attended is to be commended. About 30 rowers (boys and girls across all years) tried out and about 9 people nominated to cox. Congratulations and good luck to those who made the Crews which will be as follows:

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Under 19 Men

Hamish Straatman
Ben James
Nick Henry
Nathan Cartledge
Cox- Jared Lundy
Reserve –
Michael Ingham

Under 19 Women

Lauren Chartier
Imogen Brown
Indi Wishart
Ruby Stevens
Cox- Isobel Hercus
Reserve-
Elise Summerton

Unley High School has also been asked to provide boat holders for one day of racing (most likely a school day) at the Nationals. This involves being at West Lakes all day and holding boats from the pontoons at the start of each race. Rowers have already nominated and had a practice at State Championships. This opportunity provides an excellent opportunity to see boat racing at an elite level. You never know, you may get to hold the boat of a current or future Olympic or World Champion.

Club Captains

Congratulations to:

Senior Boy's Captain – Nick Henry
Senior Girl's Captain – Lauren Chartier
Senior Boy's Vice-Captain – Damian Plagakis
Senior Girl's Vice-Captain – Lily Pisoni
Junior Boy's Captain – Jake Plane
Junior Girl's Captain – Morgan Ellis
Junior Boy's Vice-Captain – Angus Santostefano
Junior Girls' Vice-Captain – Elli Fessas



Rowing Club Captains 2010/11 Season

Regatta Results

Competing as an Unley Rowers usually means having fun and being involved with a great group of students and parents.

There have been some very close races and close seconds. Some of the wins our boats achieved are as follows:

Riverside Regatta – 6th November

3rd Grade Women's Single Scull – Caitlin McArdle

Schoolboys Yr 9 Coxed Quad Scull - Lewis Hatton, Kane Hall, Daniel Zaina, Jake Plane, Cameron Birrane (cox)

3rd Grade Men's Coxed Quad Scull - Tim Muusse, Huon Pisoni, Aaron Jones, Finn Gaardboe, Alexander Todd (cox)

Pembroke Regatta – 13th November

3rd Grade Women's Coxed Quad Scull - Amy Branch, Morgan Ellis, Sydney Warmer, Laurel Keller, Britt Memmler (cox)

Schoolboys Yr 8 Coxed Quad Scull - Jay Mulvaney, Matthew Henry, Jared Lundy, Tom Edmonds, Nick Feeney (cox)

3rd Grade Men's Coxed Quad Scull - Dylan Lundy, Jake Plane, Daniel Zaina, Hugh Kinnane, Amy Branch (cox)



3rd Grade Women's Coxed Quad Scull – winning crew
Pembroke Regatta

Torrens Regatta 20th November

Schoolboys Yr 8 Coxed Quad Scull - Aidan Hurley, Jacob Ireland, Nick Feeney, Sam Lacey, Isobel Hercus (cox)

Schoolboys Yr 9 Coxed Quad Scull - Cameron Birrane, Andrew Olbrycht, Angus Santostefano, Jack Cillekens, Jared Lundy (cox)

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Berri Regatta 4-5th December

See below.

Torrens Regatta 11th December

Schoolboys Yr8 Coxed Quad Scull –
Nathan Spencer, Tom Edmonds, Angus
Santostefano, Andrew Olbrycht , Jake Ireland
(cox)

PAC Regatta 5th February

Schoolboy Yr 8/9 A Coxed Quad Scull
Nathan Spencer, Tom Edmonds, Angus
Santostefano, Andrew Olbrycht , Jared Lundy
(cox)

Berri Regatta

Crews plus Parents drove to Berri for the weekend long Regatta. Unley has not attended this Regatta for a number of years due to extreme weather conditions.

Everyone stayed at the The Discovery Holiday Parks - Lake Bonney – thank you to them and the Berri Rowing Club.

A BBQ was organised and due to some savvy shopping by Pip and great feast was enjoyed. Thanks to all who prepared and cooked the food, towed boats and assisted with the weekend.



Girls 1st IV. It looks calm - hard to tell the conditions were so tricky



View of the Regatta with the Year 8/9 Girls in the water

The results are:

Day 1

Schoolboy Yr 8/9 A Coxed Quad Scull Final
1 05.03 (Tom Edmonds, Jack Cillekens, Angus
Santostefano, Mathew Henry, Jared Lundy (cox)

3rd Grade Women's Coxed Quad Scull Division 2
1 47.09 (Lily Pisoni, Imi Brown, Mikaela Austin
LaBlack, Elise Summerton, Chani Bramford) (cox)

2nd Grade Women's Coxed Four Final
1 63.03 Unley (Imi Brown, Caitlin McArdle,
Lauren Chartier, Lily Pisoni, Molly Sewell (cox)

3rd Grade Women's Coxed Four Final
1 67.01 (Chani Bramford, Mikaela Austin
Lablack, Elise Summerton, Lily Pisoni, Amy
Branch) (cox)

Day 2

Schoolboy Coxed 1st Four Final
1 24.03 (Nick Henry, Damian Plagakis, Michael
Ingham, Ben James, Jared Lundy (cox)

3rd Grade Men's Coxed Four Division 2
1 54.09 (Damian Plagakis, Ben James, Michael
Ingham, Nick Henry, Jared Lundy (cox)

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Senior girls and their medals from fours and quads at the Berri Regatta

Summer Camp

Due to the extreme conditions on the Murray River the Summer Camp relocated again! Even though we didn't use the facilities, thank you to PAC for their offer to hire their facilities at Morgan.

The Adelaide Summer Camp was a great success. It did mean early starts for the Rowers (and Parents!) each morning but it was fun rowing at the Port River and seeing all the ships. At the Port we were based Guides SA GTS Dolphin Water Activity Centre and we thank them for allowing us to hire these facilities.

The Rowers and Coaches enjoyed the water training at Port, West Lakes and Torrens. Buses took them all back to Unley High for lunch, weights, ergos and general socialising. Ironwoman and Ironman events were strongly contested.

The Camp could not have been successful without Anita and Bec's massive input, the dedication of the Coaches, the culinary and shopping skills of the Parents and the enthusiasm of the Rowers.

Also thank you to the Squad Managers for organising the car pooling rosters and all the Parents who woke up at 5:00am every morning to get the Rowers to the water on time

Uniform and Stickers for Sale

Thank you to Pip Lundy for organising the new dri-fit tops. The Rowers look very smart in these tops as well as sun smart.

New caps are available for \$15. All Rowers should wear caps at training, regattas and sometimes during a race. Contact Pip on piplundy@aapt.net.au or see her at a Regatta for more details.

Responsibilities for a Regatta

If a student is unable to attend a Regatta **PLEASE** contact your **Coach** or **Head Coach, Bec Lannan** rebecca.lannan@student.adelaide.edu.au, to let them know **WELL IN ADVANCE**. Rowers are assigned to boats and race entries are made a week in advance, and substitutions are difficult. Some Regattas have heats and finals so please be aware that if you race in a heat, and get in to a final later, you are really needed, so **don't leave** a regatta without checking with your coach.

Also whilst you are at the Regatta please **DO NOT** wander away from UHS camp or leave the Regatta without advising your Coach or Head Coach or Manager – or all of them! If we can't find a member of a boat crew the boat can't race. Fines are issued for missed races and it is disappointing for the rest of the crew.

Finally, bow numbers need to be returned promptly as slow returns delay other races, and each lost number costs the Club \$10.

If your child needs a lift to a Regatta or home from training contact another parent. The blue book will have contact details so you will know who lives nearby but in the meantime contact your Squad Manager if you are unsure.

Symphony Under the Stars Cleanup

Saturday 26th February, 2001. This is a major fundraiser for the Rowing Club. More information will be sent via email but please put this date in your diary.

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Beer and Wine Glasses

They're back! Beer and wine glasses with the UHS Rowing symbol have been ordered and will be available at the HOR Dinner.



Prices are:

Beer glasses: \$7.50 each or \$30 for 4

Wine glasses: \$36.00 for 6

Dates for your Calendar

Next Rowing Meeting

15th March, 2011, 7:30pm Unley High Staff Room.

Symphony Under the Stars Clean Up

Saturday 26th February, 2011, Torrens.

Head of River Regatta and Dinner

Saturday 9th April 4th

Wendy James, Newsletter Editor

Summer Camp



Senior Boys getting ready at the Port River



On the River



Rigging boats at the Port River



Well deserved icecreams



Early start for Year 10 Boys



Molly's Birthday so Senior Girls rowed with party hats on!

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Year 10 girls competing for River space with Tankers



On water instructions from Head Coach



Relaxing at the end of Camp BBQ



Icecream time



The apple slicer was a big hit



Relaxed Coaches after a busy week