

# Rowing Club News



Unley High School

May 2011

## President's Ponderings

What an emotional season we have had this year with some great highlights. This year we were able to attend the regatta in Berri. The original Murray Bridge regatta was cancelled due to uncertainty about river conditions and forecast high winds. This regatta was rescheduled one month later when Mannum gave their Regatta to assist Murray Bridge in celebrating their Centenary. A Torrens Regatta was cancelled due to a lack of available Rowing SA officials just before Nationals.

Our rowers have had wins this season, not just in coming first in a regatta but also personally. These range from increases in ergo times, PB's on the water, feeling more confident in their technique, becoming stronger and fitter and not forgetting getting out there and giving it a go for the first time. All these achievements should be congratulated.

To recap a few highlights of this season:

- Year 9A Boys crew won their HOR and State Championship races
- Two Senior Girls eights into HOR.
- Our Girls placed 3<sup>rd</sup> in the D final of the SG 4X+ at the Nationals
- Our Boys placed 1<sup>st</sup> in the B final of the SB 4X+ at the Nationals
- Caitlin McArdle placed 4th in the SG1X Repechage

## Thank you

I would like to take this opportunity to say a massive thank you to the Rowing Club Committee members. The Club would not be able to function without the dedication and the time of these wonderful people.

To Anita, Debbie, Bec, Jill, Tracey, Haig, June, Wendy, Pip, Zmaragdi, Noreen, Marion, Steve, Raewyn, Deb, Jarrod and Sophie I say a heartfelt thank you for all you have done for the Club throughout this year. It has been very much appreciated.

Unley High School Rowing Club Newsletter

To our Coaches, we parents cannot thank you enough for your time, efforts and dedication to the sport of rowing and to our children.

Thank you to our Squad Managers and to all other parents for your time and efforts in assisting coaches and the club in many ways.

And thank you to the Club for allowing me to be President for the 2010/2011 season. I have really enjoyed being part of the Committee and the Club.



Junior Girls at Head of River

## Funding

If you haven't heard already, the Unley High School Finance Committee, have agreed to contribute funds to assist in the purchase of two "new to us" quads and a deposit on a large trailer. This news was received with much happiness.

We have recently been successful in obtaining a boat from Walford. They have another boat that we may be interested in but we are still waiting on more details. Not knowing too much about boats, I have been advised that these boats are Sykes boats like the Lindquist. I do know that the Lindquist is a good boat, so you, along with myself, can feel confident in the boats that Bec is trying to acquire for the Club.

With regards to the trailer, Haig Henry is working on what the club requires in regards to a new

# Rowing Club News



Unley High School

May 2011

trailer. Haig has many years' experience in towing our boat trailers. For those that have not had a close look at our large trailer, it is very rusty and we have been advised it will not be roadworthy by the end of the year.

It is wonderful news that the School is assisting us in obtaining some much needed equipment and we are very grateful but we still have a need for further funds as there is so much we still need. We need single sculls, a double or two, new Senior boats plus ergos, etc.

So though we can celebrate the funding – and we should – we should also see this as a beginning. The committee is very excited about what else we can achieve and with all of us helping, we will achieve much in the near future.



Year 10 Girls enjoying the night and looking good

## Fundraising Updates & Opportunities

Recently we conducted a BBQ at Bunnings Mile End and we are pleased to advise that it was very successful. A big thank you to all who assisted on the day.

Each year, the Rowing Club is asked if we would like to hold winter BBQ's at the Life Be In Centre at Unley High School and we have chosen four dates during our off season to assist them. The dates and assisting squad are:

- 7<sup>th</sup> May – Senior Squads
- 4<sup>th</sup> June – Year 10 Squads
- 2<sup>nd</sup> July – Year 8 and 9 Girls Squads
- 6<sup>th</sup> August – Year 8 and 9 Boys Squads

Squad Managers will provide more information closer to the dates mentioned.

Open Day was held on the 15<sup>th</sup> May. Thank you to all the Parents who helped on the BBQ. Also thank you to the Students who assisted on the day demonstrating ergos, handing out rowing pamphlets and explaining how great Rowing is to all the visitors.

## On Leave

Anita is taking some long service leave during the off season. Anita will be unavailable from the 15<sup>th</sup> April until 30<sup>th</sup> May. If you have any queries during this period, the Committee and/or Coaches will be more than happy to assist you.

## Off Season Events

Stay tuned for some events that the Club will be hosting during the off season.

These will include a:

- Wine and Cheese Night at the Boathouse
- Quiz Night at the school
- Movie Night at the Capri

Other social events may take place on a squad by squad basis along with training.

## Tax deductions to Australian Sports Fund Donations

Donations made to the Australian Sports Foundation are Tax Deductable. Money donated to the ASF can be used to purchase much needed equipment for the rowing club.

This year the club has purchased three sets of sculling oars at a cost of \$7000 through ASF donations.

# Rowing Club News



Unley High School

May 2011

Please see the Blue book for details or contact the school office. As the end of the financial year is nearing you might want to consider a fully tax deductible donation which will help the Rowing Club.

Please see the Unley High School Capital Equipment Development Plan at the end of the Newsletter for more information. Also, attached is an ASF Donation Form.

**Callista Glowacz**  
**President**



Senior Girls enjoying the night

## Entertainment books

Once again the Rowing Club is selling **Entertainment Books** to those who are interested. The books are \$65 each and the club receives \$13 from each book sold. So far the staff at school have bought 25 books.

A copy of the payment book is attached with this Newsletter. If you would like a book please take the form and your money to Student Services and a book will be handed to you immediately. Please also ask your friends to see if they are interested.

If you would like to see a copy of the book before you purchase one (basically they offer 25% off or 1 free main course for each main meal purchased) at numerous restaurants, plus discounts off accommodation, movie dry cleaning etc. There is a sample copy in the staff room at school and I

can possibly organise for you to have a look at it overnight.

I am currently on Long Service Leave so please make sure you return any forms to Student Services, not my pigeon-hole or office.

## Nationals

Thank you to all the Rowers who helped out with Boat Holding at the Nationals.

The kids who helped out with this were:

**Molly Sewell**  
**Laurel Keller**  
**Chani Bramford**  
**Michael Ingham**  
**Alex Gilmore**  
**Sophie Russell**  
**Matthew Henry**  
**Rachel James**  
**Gemma Luongo**  
**Nathan Spencer**  
**Angus Santostefano**  
**Bridget Davis**  
**Chelsea Macauley**  
**Elli Fessas**



Unley Rowers boat holding at the Nationals

The kids received lots of praise from Rowing SA officials for their fantastic effort, especially considering we were doing the job on the first day of Nationals and Rowing SA wanted everything to go like clockwork.

**Anita Hughes**



# Rowing Club News



Unley High School

May 2011

## Regatta Results

### Seymour Regatta February 26

**SB 8/9A 4X+** - Nathan Spencer, Tom Edmonds, Andrew Olbrycht, Angas Santostefano, Jared Lundy (cox)

### Murray Bridge Regatta March 19

**SG 9/10A 4X+** - Amy Branch, Sophie Russell, Ruby Stevens, Sydney Warmer, Morgan Ellis (cox)

**SG 1st VIII** - Laurel Keller, Chani Bramford, Mae McGee, Elise Summerton, Caitlin McArdle, Imogen Brown, Indiana Wishart, Lauren Chartier, Molly Sewell (cox)

**SB 1st VIII** - Dylan Lundy, Alex Gilmore, Damian Plagakis, Michael Ingham, John Fessas, Ben James, Nick Henry, Hamish Straatman, Ashlee Cowan (cox)

**SG 9/10A 4X+** - Amy Branch, Sophie Russell, Ruby Stevens, Morgan Ellis, Sydney Warmer (cox)

**SB 8/9A 4X+** - Nathan Spencer, Tom Edmonds, Andrew Austin Zilm, Angas Santostefano, Jared Lundy (cox)

### Adelaide HS Regatta March 26

**SB 8/9A 4X+** - Nathan Spencer, Tom Edmonds, Andrew Austin Zilm, Angas Santostefano, Jared Lundy (cox) - in both rounds of racing

**SB 9/10A 4X+** - Hugh Kinnane, Huon Pisoni, Tim Muusse, Aaron Jones, Jared Lundy (cox)

### Pulteney Grammar School State Championships - April 2

**SB 8/9A 4X+** - Nathan Spencer, Tom Edmonds, Andrew Austin Zilm, Angas Santostefano, Jared Lundy (cox)

### Scotch College Head of River - April 9

**SG 8/9A 4X+** - 4th in Heat

**SG 8/9B 4X+** - 7th in Final

**SB 8/9A 4X+** - Nathan Spencer, Tom Edmonds, Andrew Austin Zilm, Angas Santostefano, Jared Lundy (cox) - 1st in Final

**SB 8/9B 4X+** - 4th in Final

**SB 8/9C 4X+** - 5th in Final

**SG 9/10A 4X+** - 4th in Heat

**SB 9/10A 4X+** - 6th in Final

**SB 9/10B 4X+** - 5th in Final

**SG 2nd VIII** - 3rd in Final

**SG 1st VIII** - 7th in Final

**SB 1st VIII** - 8th in Final

### Rowing SA 2nd Grade State Championships - April 16

**3M 4X+** - Alex Gilmore, Michael Ingham, Nick Henry, Nathan Cartledge, Jared Lundy (cox)

**3M 1X** - Nick Henry

**3W 1X** - Lauren Chartier

## Head of River Regatta and Presentation Evening



9A Crew receiving their medals at Head of River

On Saturday, April 9, the Unley High School Rowing Club boated eleven crews in the 'grand final' of the season at West Lakes. Competing against crews from Adelaide High School, CBC, Norwood-Morialta High School, PAC, Pembroke, Pulteney, Scotch, Seymour, St Peters, Walford and Wilderness, most crews recorded strong performances in the difficult head-wind conditions. In particular, the Year 9A Boys crew (Angus Santostefano, Tom Edmonds, Austin Zilm, Nathan Spencer and Jared Lundy – cox) who won their race at the School State Championships the previous week, rowed a tactical race to overtake PAC and Pembroke to record a 3-second victory to take the 'Ferguson Cup'. Congratulations on a superb performance.

# Rowing Club News



Unley High School

May 2011

The results of all crews are listed above under 'Regatta Results'.

A special thank you to the many members of the Unley High School community who travelled to West Lakes to support the crews. Your presence and vocal support was truly appreciated.

On the evening of the regatta, a presentation dinner attended by approximately 200 people was held in the George Cresswell Hall. This provided an opportunity to acknowledge the season's events and performances, and also to recognise that all of our current achievements as a club are the culmination of more than 30 years of effort by many people.

Following speeches by the club's captains, vice-captains and coaches and medal presentations to all attending rowers, the Rowing Club 2011 awards were announced. The recipients of these awards were:

**Matthew Draper Cup** - Nicholas Henry

**Senior Ironpersons** - Imogen Brown and Nathan Cartledge

**Year 10 Ironpersons** - Ruby Stevens and Aaron Jones

**Year 8/9 Ironpersons** - Isobel Hercus and Angus Santostefano

**Senior Squad Awards** - Chani-Sioux Bramford and Hamish Straatman

**Year 10 Squad Awards** - Sophie Russell and Aaron Jones

**Year 9 Squad Awards** - Gemma Luongo and Austin Zilm

**Year 8 Squad Awards** - Verayna Zilm and Edward Warren

**Coxswain Award for the 'Most Dedicated Coxswain'** - Isobel Hercus and Jared Lundy



Relaxed and happy Senior Boys Squad

To conclude the evening, our Principal, Ms Cameron, emphasised some of the factors that make rowing truly a unique sport. It is these factors that foster engaging, positive and organisational skills that assist our young people to raise personal standards, help each other to carry on and achieve the best they can.

**Many thanks to all who were involved on the day and evening.**



Year 10 Boys Squad after presentation

# Rowing Club News



Unley High School

May 2011

## We Say Good Bye ...

To all of our Senior Rowers who are leaving the Unley High School Rowing Club. Some of these rowers have been a part of our Club since year 8. We wish them all the best of luck with their Year 12 studies. We know it won't really be good bye as some of them are already keen to return as Coaches in 2012.

Good luck also to those who will continue to row with Clubs. Caitlin McArdle is already a member of Torrens Club and we again congratulate her on her rowing achievements with Torrens and SASI, wish her all the best and look forward to hearing of her future achievements.



Year 8s in the Oliphant assisted by Year 10s

## Terms 2 and 3 Training

Although regattas have now finished for the 2010/20101 season, during Terms 2 and 3, some crews may continue with a limited amount of fitness, strength and water training. Such trainings are not compulsory in Term 2 and the first part of Term 3 as participation in other sports during the 'winter' season is highly encouraged. However for those not participating in other sports, some rowing training is recommended to assist with fitness.

The Spring Camp at Ankara, Walker Flat, is scheduled from Friday, September 9 to Tuesday, September 13. In the weeks preceding this, regular trainings will resume.



Both Junior Girls Crews heading out for their races

## 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

### BBQs at Life Be In It Centre

- 4<sup>th</sup> June – Year 10 Squads
- 2<sup>nd</sup> July – Year 8 and 9 Girls Squads
- 6<sup>th</sup> August – Year 8 and 9 Boys Squads

### Quiz Night

Date to be decided

### Spring Camp

Friday, September 9 to Tuesday, September 13

### UHS Rowing Club 35<sup>th</sup> Anniversary

Saturday 22<sup>nd</sup> October, 2011

Afternoon-Evening

Torrens Boathouse

Wendy James, Newsletter Editor



# Rowing Club News



Unley High School

May 2011



Senior Boys near the end of their race



Year 8 Boys relaxing after their training



Helping out with the oars



Year 8 Boys at Summer Camp



Our smiling Junior Girls



Year 9 Boys at Murray Bridge



# Rowing Club News



Unley High School

May 2011



Year 10 Boys Squad



Schoolgirl Coxed Quad Scull at Nationals



Year 8 Girls at Summer Camp



Schoolboy Coxed Quad Scull at Nationals



Boat Holders at the Nationals having a well earned rest



First VIII on their last stroke at HOR



Second VIII racing at HOR





# Unley High School

## CAPITAL EQUIPMENT DEVELOPMENT PLAN

Unley High School Rowing club is registered with the Australian Sports Foundation. Donations of \$2 or more to the ASF in support of Unley High Rowing Club are fully tax deductible. Past and present members of the Unley High Rowing Club community and any other interested parties can assist the club in its Capital Equipment Development Plan by making donations to the ASF, listing Unley High Rowing as the benefactor. The ASF issues official receipts. ASF donations are returned to the club as grants to be used to purchase new equipment. In 2008 & 2009 generous donations were received and used as part payment for the "Lock" quad and new oars. New boats and oars are lighter, easier to row, more competitive and take a lot less money and time to maintain than the old ones. Continued renewal of our equipment is required for our rowers to be competitive. Please consider donating to the Unley High Rowing Club via the ASF. Your kind support will be greatly appreciated. An official ASF donation form is attached. Simply return it with your donation to the Club Treasurer or Anita Hughes, Club Manager.

For further information regarding the Australian Sports Foundation visit [www.asf.org.au](http://www.asf.org.au)



Naming ceremony for the "LOCK"

The "LOCK" in action for the first time



Unley High School Boatshed

