

Rowing Club News



Unley High School

November 2010

President's Ponderings

In Kay Gilmore's Blue Book opening last year, she stated, *it (rowing) is the ultimate team sport, where many other skills are taught and practised.* I believe that you can see that in our Seniors and our Coaches.

I would like to take a moment, to acknowledge our Seniors & their Parents. As a newie on the rowing scene, I am slowly learning about their dedication to rowing, their training regimen, it can only be personal drive that helps get them out of bed at the wee hours of the morn. I'm sure as many of our Old Scholars read that comment that a grin will form on their lips. And you know what, this doesn't seem to stop the Juniors talking about when they are Seniors – I can hardly get my son out of bed on a normal day but he talks about when he is Senior and he'll need his own car to get to training, etc. And I know he is not alone in his thoughts. As a mum, that is a drive that he is learning from rowing and those that instruct him and his fellow rowers.

In signing off, I know most of us sit in our car when collecting our child from training, but if you have the opportunity, like I did recently, park the car and have a listen to the Coaches talking to your child and their team mates – it can be interesting. It isn't all rowing, it is life skills.

Callista Glowicz
President

Squad Managers

Thank you to the Parents who have volunteered to be Squad Managers. Please contact the Manager for your team for queries regarding social functions, uniforms, trainings, and regattas. They will pass on information to committee members or Ms Hughes when needed. The Squad Managers are listed below and contact details are in the Blue Book:

Senior Boys: Zmaragdi Plagakis & Tracey Henry

Senior Girls: Michelle Pisoni & Kathy Ophel-Keller

Year 9/10 Boys: Marion Plane

Unley High School Rowing Club Newsletter

Year 9/10 Girls: Chris Russell

Year 8/9 Boys: Pip Lundy

Year 8/9 Girls: Tim & Kim Hercus

Club Captains

The Club Captains were announced during the Henley on Torrens Regatta. Congratulations to 2010/2011 Captains who are listed below. Unfortunately a photo could not be taken on Saturday due to races continuing all day so it will be in the next newsletter.

Junior Girls.

Captain – Morgan Ellis

Vice Captain – Elli Fessas

Junior Boys

Captain – Jake Plane

Vice Captain – Angus Santostefano

Senior Girls

Captain – Lauren Chartier

Vice Captain – Lily Pisoni

Senior Boys

Captain – Nick Henry

Vice Captain – Damian Plagakis

A photo of the Club Captains will be in the next newsletter.



Senior Boys racing

Rowing Club News



Unley High School

November 2010

Blue Book

Rowers should have now received their copy of the Blue Book. Please refer to this for information about regattas, and important contact phone numbers. It is a very valuable reference throughout the whole season so don't lose it and please, do use it!

Rowers are rostered for several duties throughout the season and this roster is in the Blue Book. If rostered for **boat loading or unloading**, it is to help with getting boats loaded onto the trailer to transport them to regattas. Without your help there will not be a boat to race in. It is essential that you take part or arrange a replacement.

Always bring spanners.

Parents – please take a look at page 13 of the Blue Book. A roster has been created to assist with the BBQs at Regattas. Parents of the same squad are rostered together so this is also an opportunity to meet other parents.



Junior girls heading off for

Regatta Results

The Rowing Season began on the 23rd October when the Seniors competed at the Scotch Regatta. Both the Girls and Boys First VIII did very well with some of the races being extremely close. This was the first time that many of the rowers had raced in an eight.

Henley on Torrens was held on the 30th October. A couple of the year 8s rowed for the first time and did very well. Wins went to:

Dylan Lundy, Alex Gilmore, Michael Ingham, Nathaniel Benny-Brook, and Ashlee Cowan - cox in the 3rd Grade Men's Coxed Quad Scull

Caitlin McArdle in the 3rd Grade Women's Single(s).

Congratulations to all who competed.

There are several new faces, which is great to see, hope you continue and enjoy.

Henley on Torrens



Willy Wonka and the Oompa-Loompas

Well done to the senior rowers on their superb look for the Row Past at the Henley on Torrens Regatta last Saturday. You were the best by far. A special thanks also to Michelle Pisoni and Karen LaBlack who helped sew the costumes.

Rowing Club News



Unley High School

November 2010

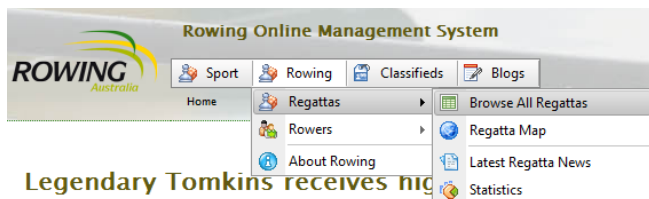


Willy Wonka and the Oompa-Loompas from Annesley AND UHS!

Did you know the results are often in the Sunday Mail sports section and also on Mondays you can view the results on the ROMS website -

<http://roms.rowingaustralia.com.au>

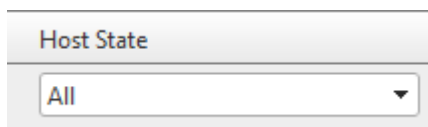
At the top left hand side of the point on **Rowing** → **Regattas** → **Browse All Regattas** and then left mouse click as shown below.



Legendary Tomkins receives...

The list of all Regattas around Australia is displayed.

Click on the Regatta of interest from those listed (under **Description**) on the left-hand side of the page. If the regatta does not appear in the list then click on **All** (under Host State) and then click on **Rowing South Australia**, as shown below.



All SA regattas should now be visible. Click on the regatta of interest (1st column, under **Description**), then **Documents** on the left-hand side and then **Results** on the left hand side. (at the SARA website – www.rowingsa.asn.au. OR after clicking on the regatta of interest, click on

the Results link on the right hand side of the screen under **Latest Documents**. (The links and layout have changed since last season.) A PDF file will need to be downloaded.

Also, usually the next Regatta's final Programme is available on the web by Thursday afternoon. Follow the previous instructions but click on the appropriate link under **Latest Documents** on the right hand side of the screen.



Junior boys heading off for their first race of the season

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. 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.

Rowing Club News



Unley High School

November 2010

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.



Junior girls heading off for their race



Senior girls heading off for their race

Unley High Centenary Fair

Unley High Centenary Fair will be held at Unley High on the Hockey Oval on Friday 26th November, 2010.

The Rowing Club be at represented at Fair and will be on an Ergo challenge. The charge will be \$2.00 per person for two attempts over 100m.

The Rowing Captains will be asking for volunteers to assist with the running of the challenge. Prizes will be awarded for the fastest ergo times for both adults and children, male and female.

Uniform and Stickers for Sale

All Rowers should wear caps at training, regattas and sometimes during a race. Pip Lundy has a supply of UHS Rowing uniforms for sale including caps (\$15), polo tops (\$36), T-shirts. The Committee is also ordering polo tops and dri-fit tops. These can be tried on at Regattas and ordered or purchased if in stock. We also have some UHS Rowing car stickers which were designed and sponsored by Dylan Lundy and cost \$5.00 each. Please contact Pip on piplundy@aapt.net.au for more details.



Boys First VIII in their first race of the season at West Lakes



Girls First VIII in their first race of the season at West Lakes

Rowing Club News



Unley High School

November 2010

Quiz Night

The UHS Rowing Quiz Night will be held on Saturday 13th November, 2010 at 7:30pm.

Emails will be sent soon requesting donations for prizes. Thank you!



Junior boys heading off for their race

Australian National Rowing Championships

West Lakes - March 7th to 13th 2011

As these championships are being held in Adelaide, it is hoped that as many crews as possible can be involved. However the crews entered must be competitive. This will be determined by looking at times previously recorded at National Championships and a qualifying time will be set. There will be a selection process that will be open to all rowers. All rowers wishing to compete in nationals will be required to complete a 2km ergo on a particular date, then a day will be set aside for seat racing which will be conducted at West Lakes over the full course. The seat racing times will be used not only to decide on who makes a crew but also if that crew has the potential to be competitive at the Regatta. Rowers, and coxwains, who are selected will be required to attend training sessions with that crew. This session will be a water session held once a week, to be attended in addition to the

individuals existing crew commitments, and will commence after the final selection.

The events offered include SB and SG 4X+, 4+, 8+, and 1X. In addition, these events are also held for U17 and U19 Boys and Girls. For Nationals in 2011, you must qualify for age events as at 31/12/2011.

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 been at West Lakes all day and holding boats from the pontoons at the start of each race. It is intended that we would provide 3 teams of boat holders who would rotate regularly. 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.

Dates for your Calendar

Please put these dates in your calendar so you don't miss out:

Berri Regatta

Saturday 4th and Sunday 5th December, 2010.

Quiz Night

Saturday 13th November, 2010 7:30pm

Summer Rowing Camp

Walker Flat

Sunday 23rd January (late afternoon) to lunchtime
Thursday 27th January, 2011 (**please change this in the Blue Book**).

Wendy James, Newsletter Editor