

Rowing Club News



Unley High School

November 2011

President's Ponderings

We have had an exciting start to the season with some strong performances and a couple of the crews receiving medals. There were a few nerves before the races with some of our rowers having their first race. It was good to catch up with some friends after the winter break and to see everyone chip and help the day run smoothly. I would like to welcome the new rowers, coxswains, their families and those returning after a break to the Unley High School Rowing Club. You will soon see what a great community this is.

During the off season a boat maintenance group put in a number of hours to repair boats, install and repair cox boxes, polish boats and repair dinghy motors. The club would like thank them for their efforts which ensured the dinghies ran without any major problems at spring camp, and saw the boats ready for the start of the new season. Thanks to Delwyn, Peter, Paul, Gordon, Steve, Bob and Tim. Rowers please take care with our club's boats, especially when moving them in and out of the water. If you damage a boat or see any damage then report it so it can be fixed and the boat made available for other crews.

The club does not function without volunteers and we have had fantastic support so far this year already, at Spring Camp and for the 35th Anniversary. Thank you to all who have participated or contributed to these events. You have helped make them the success that they were.

I am looking forward to another successful and enjoyable season for the Rowing Club.

Keith Lundy
President

Beer Glasses

The beer glasses are back! They look great and are perfect for summer drinks. Six glasses for \$45.00. Please see June Ingham to make your purchase. Hurry before they sell out.



Year 8/9 Boys winners at Henley on Torrens

Contents

President's Ponderings	1
Beer Glasses	1
Rowing Fees	2
Coaches.....	2
Squad Managers	2
Winter BBQs	2
Come 'N' Try Days.....	3
Boat Maintenance and Shed Clean-Ups.....	3
Annual General Meeting	3
Blue Book.....	3
Spring Rowing Camp	4
Australian Sports Foundation.....	4
Boat Christening.....	4
35th Anniversary Social Evening.....	4
Uniform Changes.....	5
Renmark Regatta - December 3rd and 4th, 2011 ..	5
Rowing as a Year 8 Subject - 2012	5
Important Dates	5
Messenger Make the Front Page Competition	5
Protective Behaviours.....	6
Schoolwork, Other Extra-Curricular Involvement and Rowing	6
Regatta Results	8
Captains 2011-2012 Season	9
Club Caps and Long Sleeved Tops	9
Volunteers for Regattas	9
Useful Websites for Sourcing Information Regarding Weekly Regatta Schedules, Results and Other Rowing News	10

Rowing Club News



Unley High School

November 2011

Rowing Fees

The Committee has discussed the fees for Term 4 of the 2011/2012 season. For those who are new to the rowing club, rowing fees are invoiced in two parts by the School in Term 4 and Term 1. Due to changes by Rowing SA to the fee schedule, we are able to introduce a new fee for those members of the club who are going to be coxswains only for the whole season. For further information, please talk to Anita Hughes. We are also offering holders of a school card a discounted rate. The fees for Term 4 of the 2012/2012 season are:

- Coxswains - \$100 per Term.
- Rowers - \$200 for Term 4.
- Rowers who hold a school card - \$150 for Term 4

Fees for Term 1, 2012 are yet to be confirmed.

Coaches

Bec Lannan is Head Coach for Unley High Rowing Club. Thank you to Bec and all of the Coaches who spend so much time, energy and patience looking after our children. We all very much appreciate your commitment to the Club and the Rowers.

The Coaches for each Squad are as listed below:

Senior Girls:

Bec Lannan

Senior Boys:

Delwyn McInnes and Jacob Shepley

Year 9/10 Girls:

Holly Barton and Keira Jenkins

Year 9/10 Boys:

Alex Kudzielko and Adam Delaine

Year 8/9 Girls:

Pia Gaardboe

Year 8/9 Boys:

Katelyn Henry and Peter Roush

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 Anita Hughes. They are listed below and contact details are in the Blue Book:

Senior Boys:

Zmaragdi Plagakis and Marion Plane

Senior Girls:

Kathy Ophel-Keller

Year 9/10 Boys:

Callista Glowacz

Year 9/10 Girls:

Kim and Tim Hercus

Year 8/9 Boys:

Debbie Kinnane

Year 8/9 Girls:

Renata Zilm and Leonore Rouse

Winter BBQs

The Rowing Club has run numerous BBQs over winter. These were held at the UHS Open Day, Saturday mornings at the UHS Gym (Sport for All Centre) as well as Goodwood Home Hardware by the Senior Boys.

Thank you to all of the Parents, Coaches and Rowers who volunteered to assist on these days as well as the public, some who bought a sausage for \$40!



BBQs buy boats

Rowing Club News



Unley High School

November 2011

Come 'N' Try Days

Come 'N' Try days are when future Unley High Year 8 students are invited to have a row at the Torrens. This gives the students and parents a look at what our rowing club is all about.

Two days were held at the beginning of Term 4 and more than 20 future rowers attended. These days were organised by Anita and Helen and ably assisted by Rowers. Thank you.



Year 9/10B Boys heading for their race at Henley on Torrens

Boat Maintenance and Shed Clean-Ups

A group of approximately 6 parents, led by Delwyn McInnes, has put in a huge number of hours repairing boats, replacing foot chocks and seat slides, installing and repairing cox boxes, polishing boats and repairing dinghy motors. This initiative is saving the club considerable money as the labour costs associated with sending the boats to the Johnston's for repairs is expensive. Extensive clean-ups of the Torrens, West Lakes and school sheds have also occurred in recent weeks. Thank you to the parents who have assisted in this area.

Annual General Meeting

The AGM was held on Sunday, 4th September at the Torrens Boathouse and was well attended by rowing families. The 2011-2012 Committee will be led by Keith Lundy, Pip Lundy and Deb Kinnane (President, Secretary and Treasurer, respectively). A sincere thank you to Callista

Glowacz for all her hard work as President over the past 12-months. Twenty-five people volunteered to be part of the committee which is a great indication of the willingness of parents to be involved with the UHS rowing community. The new committee has already been involved in making a decision regarding a new trailer purchase, as well as the planning and organisation of the 35th Rowing Club Anniversary celebrations and catering for a school reunion. The club is also conducting a raffle with the major prize - a bottle of Penfolds 1996 Grange 750ml (Classic Vintage - Boxed) - valued at \$750-00. This will be drawn at the Twilight Regatta on Saturday, 10th December. If you have not yet received a book of tickets to sell and are prepared to assist with our fundraising, please see June Ingham at regattas. The next major focus is developing a capital plan for equipment replacement to ensure our boat fleet best meets the needs of the club.



Concentrating during the Talent ID testing at Spring Camp

Blue Book

This was distributed at the first regatta. It basically follows a similar format to past years, however, new club policies relating to attendance at training, crew selection, resolution of complaints and grievances, codes of behaviour and leadership have been included. If you did not receive a copy of the book, please see Mrs Hughes in the Rowing Office (Room 217) at school to collect one.

Rowing Club News



Unley High School

November 2011

Spring Rowing Camp

A successful camp was again held at Ankara at Walker Flat from 9th to 13th September. Sixty Rowers, 12 Coaches and 20 Parents attended. Thank you to everyone who volunteered their time whether it be coaching, catering, boat maintenance or fuelling dinghies.

Rowing SA development coaches also spent a morning with the rowers and put them through a battery of Talent ID testing. The main purpose of this was to highlight each rower's strengths and to indicate the areas where specific training may be beneficial to their rowing. Each rower has since received a letter outlining their results. Testing again later in the season will allow them to make comparisons in the areas tested to check on improvements.



Boats heading to the starting line - Torrens

Australian Sports Foundation

The Australian Sports Foundation (ASF) was set up by the Australian Government to assist clubs such as ours to raise funds specifically for the purchase of new equipment. The renewal of the Unley High School Rowing Club - Capital Equipment Development Plan project has just been completed. The ASF can offer donors the benefit of tax deductibility for donations over \$2.00. All donations are returned to the school by way of discretionary grants and have most recently used to purchase three sets of quad oars worth in excess of \$7500. Donations must be accompanied by a completed, approved UHS donation form which is available from the Club Treasurer, Deb Kinnane.

Boat Christening

A boat christening for the quad / four purchased from Walford took place on Saturday, November 5 at the Henley on Torrens Regatta. The boat was named *Sophie Tree* to recognise Sophie's sustained involvement and contribution to the club over many years. Sophie's association with the rowing club began as a rower in 1991 and continued with the commencement of her coaching involvement in 1997. In 2003 she became Head Coach before resigning from that position in 2009. She is still involved in the club as a committee member. Sophie attended the christening along with her husband, Matt, son, Ari and sister, Anna.



Sophie christening the Sophie Tree

Anniversary Social Evening

This was held at the Torrens Boathouse on Saturday, October 22. Prior to the start of the evening session, the club boats were made available to old scholars who wished to go for a row and parents who wanted to try rowing. Approximately 20 people participated. 60-65 people attended during the evening with finger

Rowing Club News



Unley High School

November 2011

food and drinks available. Chris Russell, a current rowing parent, prepared a PowerPoint presentation which was played throughout the evening and was well received by all present. Photos and other information relating to the Club's history was also available for people to peruse. Two rowers and a coach from the crew who won the National Schoolgirls Eight in 1992 who attended are interested in contacting all their former crew members in an effort to get them together at next year's HOR as it will be 20-years since they won that title.

Uniform Changes

This season a rowing singlet in exactly the same 'blues' as the zooties and bike pants have been added as part of the club's official racing uniform. The singlets are made by *Simply Oarsome Pty Ltd*, the company which makes the zooties. The expectation is that all Year 8 rowers will purchase a singlet when joining the club. Most junior rowers have already purchased their singlet, but if anyone still requires one, please see Mrs Hughes for an order form.

Renmark Regatta - December 3rd and 4th, 2011

The Rowing Club will again participate in this Riverland Regatta. Rowers can only participate if under the supervision of their parent or a parent who is prepared to be responsible for them. Most families have booked into the Discovery Holiday Park, Lake Bonney, Barmera. There are cabins and campsites still available. The dining room at the hotel at Barmera has also been reserved for the Saturday evening for those who are interested.

Rowing as a Year 8 Subject - 2012

This new initiative is going ahead for 2012. The intention is to have one theory, one fitness and a double lesson of water training per week during

school time. The water training session will be overseen by an hourly paid instructor. This instructor position will be advertised in the near future. Students can still be part of the Rowing Club without being part of the class. There will be sessions each week that all Year 8 rowers will be required to attend.

Important Dates

Coxswains Course

Sunday, 11th December, 2011

This will be available to any interested UHS Coxswains / Rowers and will most likely be at Adelaide Rowing Club from 12pm to 4pm.

Raffle being drawn

Twilight Regatta on Saturday, 10th December

Summer Camp

Sunday, 22nd January to Thursday 26th January, 2012 at Ankara, Walker Flat.

Symphony Under The Stars.

25th February, 2012

Once again the club has been to sell raffle tickets and clean-up after this event which is being held on February 25, 2012. The club will be paid \$2700 for its services.

Messenger Make the Front Page Competition

The Senior Boys Squad has placed an entry in the abovementioned competition. Please go to the following website

<http://www.makethefrontpage.com.au/gallery.php?mode=search&q=ben+ames&edition=Eastern+Coourier> and vote for their entry. We need about 1000 more votes to be in the running to win. The main prize is \$10 000! You can only vote once so please ask all your friends and family to vote. Competition closes on 30th November.

Rowing Club News



Unley High School

November 2011

Protective Behaviours

The new DECD guidelines for volunteers working in schools provides clear advice that people such as rowing coaches must not have school rowers as 'friends' on their personal/private sites such as Facebook. Rowers are asked to respect this new expectation as such interactions could threaten a coach's involvement with the UHS Rowing Club.



Senior Boys, Cox and Coaches at the Opening Regatta

Schoolwork, Other Extra-Curricular Involvement and Rowing

One of the main reasons a student is attending Unley High School is to receive the best possible education that is available. Education comes in a variety of forms from the Sporting Field to the World of Music to the Cultural Arts Field to the Academic World. The education at Unley High is that of an all round balanced schooling encompassing all of these aspects. It is therefore important that no one area encroaches onto another causing the student's education to suffer.

Rowing is demanding in both it's physical nature and it's time demands, however it's involvement does not hinder academic performance or other extra-curricular involvement in those students who are organised and have a time management schedule. In study as in sport, the student must

prepare to succeed. **Those students who fail to prepare - simply prepare to fail.**

The formation of disciplined study habits and good physical health is best commenced in Year 8 as good study habits developed early will carry through all years of secondary and indeed, post-secondary education.

The following routines are worthwhile incorporating into daily practices:

- Write down all homework in your planner so nothing is overlooked.
- Start assignments as soon as possible after they are issued, not at the last minute.
- Develop a structured homework timetable.
- Use study time effectively and efficiently. It is better to complete 2 hours of effective concentrated study than to sit down and complete 3 or 4 hours of aimless time wasting.

In-class-time is also important to academic success, so focus on ensuring:

- Punctuality to class — you do not want to miss anything.
- Attendance to all classes — making up lessons takes a lot more time.
- Good seat selection — do not sit somewhere where you know you will be distracted or be tempted to take a short nap.
- Sit properly — if you sit upright with good posture, there is less chance you will fall asleep.
- Sound preparation — make sure you have all the books and equipment you need for class. Pre-reading at senior school levels is fantastic if you are able.
- Involvement in class — get more from your lesson by joining in discussion, staying engaged, and listening carefully.
- Take notes—your own notes are always better than someone else's. Take notes at all lessons, and leave nothing to chance.
- Review, review, review—go back over the main things covered in class. Make sure you understand what is going on. When in doubt, talk to your Teacher.

Rowing Club News



Unley High School

November 2011

Rowing **will not** be an acceptable excuse for not completing or submitting work by the due date. Any problems in this area should be referred to Mrs Hughes.

From mid-Year 10 onwards, the rowing training schedule often includes early morning training sessions. This may require parents having to get up early for the pre-dawn drop-off. In the past, parents frequently comment that this time can be put to good use by doing some exercise themselves (eg. walking around the lake at West Lakes, walking along the beach from Tennyson to Grange and back, going for a jog along the Torrens) or by catching up on some paperwork in peace and quiet or sourcing the nearby coffee shops. For the Student, it means they must programme their time even more carefully and effectively than that what was previously required. Getting up early means going to bed earlier. Assignments and study schedules must be adjusted. This is often a good thing because it forces the rowers to PLAN, PREPARE and get ORGANISED - practices that they have continually honed since Year 8.

Study periods are ideally divided into 1-hour time blocks. A suggestion for each 60 minutes of effective quality study time may include:

- 5 minutes organization / goal setting
- 25 minutes concentrated study
- 5 minutes mental break / relief (drink / toilet)
- 15 minutes concentrated study
- 5 minutes review / summary
- 5 minutes mental break / relief (drink / toilet)

By the time Year 12 arrives, sound study practices are hopefully already in place incorporating all of the previously mentioned guidelines, but the other important factor is that the season is over by the end of Term 1 - well before the bulk of assessments are due and first semester exams are scheduled.

Evidence of rowing having little (if any) adverse effect on student performance was most recently showcased at the most recent Unley High School Year 12 Graduation Ceremony. Once again, Rowers featured

prominently in the service, sport and academic prizes awarded during the ceremony.

In 2011, the following Year 12 rowers received special recognition:

Indianna Wishart – Oliphant Award for Outstanding Scholarship; Mitcham Mayor's Community Award; Academic Awards - Academic Excellence for English Studies and Modern History; Outstanding Excellence Performance Award .

Lauren Chartier – Gillard Award for Outstanding Leadership; Verna McCarthy Outstanding Service Award; Active Participation in School Life Certificate.

Elise Summerton – Long Tan Leadership and Teamwork Award; Verna McCarthy Outstanding Service Award ; Outstanding Contribution To School Sport; Academic Excellence Awards for Chemistry; Outstanding Commitment To Achieve for Physics; Active Participation in School Life Certificate.

Nathan Cartledge – Verna McCarthy Outstanding Service Award; Outstanding Contribution To School Sport.

Nick Henry - Outstanding Contribution To School Sport.

Lily Pisoni - Outstanding Commitment To Achieve for Visual Arts (Design); Active Participation in School Life Certificate.

Caitlin McArdle - Outstanding Contribution To School Sport.

Additionally, I am sure the work ethic that **Molly Sewell, Ashlee Cowan, Mikaela Austin LaBlack** and **John Fessas** have developed through their rowing involvement will enable them to secure a University or TAFE placement in their chosen field. From the UHS Rowing Club to all 2011 Year 12 rowers - congratulations and thank you so much for your participation in the superb team sport of rowing and good luck in your future

Rowing Club News



Unley High School

November 2011

studies. Please stay in touch via the old scholar's club that is currently being established for both social and competitive rowers.

Anita Hughes



Lily, Mikaela, Ashlee, Molly, Lauren and Indianna after Year 12 Presentations

Regatta Results

This season's opening regatta was conducted at West Lakes on **Saturday, 29th October**. For most of the Year 8s rowers, this was their first competitive encounter as part of hopefully an exciting and worthwhile rowing journey. They acquitted themselves very well by ensuring they were tough competition to opposing crews.

Congratulations to the winning crews on the day which included:

SB 1st IV+ - Damian Plagakis, Hugh Kinnane, Ben James, Aaron Jones, Nicole Sharrad – cox

SB 1st IV+ - Jake Plane, Michael Heliotis, Michael Ingham, Hamish Straatman, Dylan Lundy – cox

SB 9A 4X+ - Tom Edmonds, Nathan Spencer, Austin Zilm, Angus Santostefano, Jared Lundy – cox

Coaches Mixed 4X+

Adam Delaine, Alex Kudzielko, Keira Jenkins, Holly Barton, Isobel Hercus – cox

The **Henley on Torrens Regatta on Saturday, 5th November** was so well supported by the SA rowing clubs that the race distance for each event had to be shortened from 850m to 350m to allow all events to be completed by nightfall. Once again several crews rowed very fast to ensure they received a winners' medal.

Congratulations to:

SB Yr 9 IV X+ - Tom Edmonds, Nathan Spencer, Matt Henry, Angus Santostefano, Jared Lundy – cox

SG 1st IV+ - Imogen Brown, Laurel Keller, Amy Branch, Sydney Warmer, Sophie Russell -cox

3M 4X+ - Jordarn Karpowicz, Edward Warren, Shane Austin Lablack, Lachlan Kinnane, Lachlan Rowe - cox (all Yr 8s)

3M 4X+ - Tom Edmonds, Nathan Spencer, Matt Henry, Angus Santostefano, Jared Lundy – cox (2nd medal for the day)

3M 4X+ - Imogen Brown, Molly Dumican, Gemma Luongo, Elli Fessas, Isobel Hercus - cox



First win of the season for Year 9/10 Boys

Rowing Club News



Unley High School

November 2011

Captains 2011-2012 Season

The leadership opportunities provided by the Rowing Club were again well received by the rowers with more than half completing 'Expression of Interest' forms. All positions involved consideration from past coaches, current coaches, Head Coach and Rowing Manager. I am sure that the rowers selected to undertake the captain positions within the club will do a fantastic job. Congratulations to:

Captains

Imogen Brown, Ben James

Deputy Senior Captains

Laurel Keller, Hamish Straatman

Junior Captains

Elli Fessas, Angus Santostefano and Austin Zilm (joint position)

Junior Vice-Captains

Verayna Zilm, Jordarn Karpowicz

I now have plenty of club caps, in white or navy (\$15.00) and car stickers (\$5.00) are available too.

I can be contacted on 0417835453 or email mehurley@tpg.com.au.
Martin Hurley



Club hats and long sleeved tops!



Rowing Club Captains 2010/11 Season

Club Caps and Long Sleeved Tops

All rowers are being encouraged to wear long-sleeved tops for water training and between races at regattas. The tops are sun-smart, cool and come in the clubs colours, with the club logo on the back and the rowers name on the front. We expect them to cost about \$55 or \$60, depending on the number ordered. Orders may be delivered next year.

Volunteers for Regattas

Rowing SA is again requesting help from schools and clubs in the way of parent and coach volunteers to assist with the smooth running of regattas. At the moment, there is a shortage of boat drivers. All that is required to be a boat driver at regattas is a current boat licence. You can ask to be rostered on for just morning or afternoon sessions, or as regularly (weekly) or irregularly (2 or 3 or 4 times a season) as you wish. Driving a boat down the course for a session will allow you to maybe follow your son or daughter's crew down the course. There has been an odd incidence in recent seasons whereby a parent has volunteered to undertake such a role, and then on the day have been told that their services are not required. Rowing SA has assured me this will no longer occur.

If you have a current boat licence and would like volunteer for a couple of regattas, please let Anita Hughes know so that she can pass the relevant information onto Rowing SA. A special thank you to Todd Spencer who has already indicated his interest to Rowing SA to help out on an occasional basis.

Rowing Club News



Unley High School

November 2011



Preparing for a race - Torrens

Useful Websites for Sourcing Information Regarding Weekly Regatta Schedules, Results and Other Rowing News

The Rowing SA website – www.rowingsa.asn.au - provides lots of useful information:

For a proposed order and times for a particular regatta, go to the 'Regattas' heading at top of page ⇒ scroll down to 'Regatta Kit' ⇒ 'Order of Events 2011-2012' ⇒ click on 'available here' and then on a particular regatta. The times listed provide a reasonably accurate guideline to the times of all year level races.

For venue directions to country regattas, go to 'About' heading at top of page ⇒ scroll down to 'Clubs' ⇒ across to 'Rowing Venues'.

For E News - this is published fortnightly on a Thursday - click on E-News on the right hand side of the homepage. Please take the time to read the latest SA rowing news.

For additional general information on regattas, go to 'Regattas' at top of home page ⇒ scroll down to such information as Rules, Uniforms, Umpires and Boat Officials, Being On Time For Your Race, Start Zone, Two Minutes and Warnings.

Additionally, the ROMS website - <http://roms.rowingaustralia.com.au> - will allow you to view your results and times each week:

Go to 'Regattas' on right hand side of page ⇒ scroll down to 'Browse Results' ⇒ go to bottom of page and change 'Page size' from '20' to '50'. This should provide you with an extensive list of regattas including all those conducted this season ⇒ click on a particular regatta ⇒ go to right hand side of screen to 'Latest Documents' ⇒ then '2011 (such and such regatta) Results' to check results / times / opposition names, etc.

On this website, each Thursday afternoon a full regatta schedule for the next Saturday's regatta can also be accessed. Please be aware that the names listed against a particular rowing crew, whether it be Unley or another school, is rarely accurate. Name changes are accepted on regatta day to accommodate illness, unapproved absences from trainings, poor behaviour, etc.



Girls 1st IV loading a boat at Torrens Regatta



and heading off to the start of the race

Wendy James, Newsletter Editor