

# Rowing Club News



Unley High School

October 2010

## President's Ponderings

A warm welcome to you all and a big thank you to everyone that has made me feel so welcome within the club. This is not only my first year as President of the Unley High Rowing Club but it is also my first season involved in rowing – my son is a Year 8 rower.

I am looking forward to a full but fun-filled season that commences on the 10th October, with our first Come 'n' Try for the season at the Torrens. The Committee has started discussing some fun events, on top of the regattas, so stay tuned! I'd love to encourage everyone to participate in the upcoming events, it is a time for not only rowers to get to form long-term friendships but also a time for families to get to know each other.

As the 2010/2011 season commences, I look forward to meeting you all. Please feel free to introduce yourself if I haven't met you yet. If you have any questions, I will assist where I can or we will learn the answers together.

I would like to say a special thanks to Kay Gilmore, our previous President of the Unley High Rowing Club, for taking the time to go through things with me, I do have some "big" shoes to fill. A heart-felt thanks to the coaches and Anita that again are giving of their time to assist the club and our children as we strive for excellence within the rowing community.

May the new season, not only be full of fun, but much success as well.

**Callista Glowacz**  
**President**

## Spring Camp, September 2010

This year all the rowers headed up to Walker Flat for Spring Camp. It went from the 10th to the 14th of September. These five days consisted of countless rows, ergo and fitness sessions as well as endless mountains of delicious food made by the parents.

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Although the morning sessions were cold to begin with, this didn't last long. As the day progressed the sun came out and warmed us all up, making it the perfect weather for rowing. We were very fortunate to have rain free days with only one early morning session cancelled due to rain.

At this camp we all became very close with our fellow crew members as well as crews from other year levels. Some sessions were hard work but it wasn't always like this. We had a lot of fun sessions doing dances like the nut bush, canoeing and night walks to the lookout.



*Team photo*

This camp was a fantastic opportunity to build our fitness, improve our rowing technique and make new friends.

We recognise the massive effort that goes into making these camps possible so an enormous thank you to the teachers, coaches and parents who took time out to help.

Anyone slightly interested in trying rowing should give it a go. There's another camp coming up in January and we look forward to seeing some new recruits.

**Senior Girls, Imogen Brown, Laurel Keller,  
Chani-Sioux Bramford**

**Summer Camp is booked for Sunday  
23<sup>rd</sup>-Thursday 27<sup>th</sup> January, 2011 – put  
it in your diaries now!**

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## Head of River 2010

The day started very early with many parents supporting siblings arriving at West Lakes by 6:00am. Shades, BBQs, tables and chairs were quickly erected. Beverages and breakfast were quickly prepared in time for the arrival of supports and rowers.

Unley entered 14 boats in the HOR Finals. Congratulations to all who competed. Even though we didn't take home any wins, the senior boys crew sliced over 1 minute off their personal best time. Everyone tried their best and rowed with pride and sportsmanship – well done.



*Year 9 Girls Squad after presentations*

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

We were fortunate to have Robyn Grey Gardiner speak on the night. Her speech was informative and inspiring. Thank you!



*Year 9 boys heading off for their HOR race*



*Robyn Grey-Gardiner with her Olympic Participation Certificate she donated to the Club and next to the boat named after her*



*Waiting for the boats at HOR 2010*

The George Cresswell Hall was again the venue for the Head of the River Dinner. After an exciting day of rowing, approximately 200 people attended this season finale. The decorations were beautiful and transformed the hall into a fairyland.

**Unley High End of Season Trophy Winners**  
Congratulations to the following students on being the recipients of the Unley High Rowing Awards:



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**Matthew Draper Cup** – Millie Fletcher  
**G Farrelly Most Dedicated Coxswain Award** -

Ryan Cross

**Senior Boys** – John Fessas

**Year 10 Boys** – Hamish Straatman

**Year 9 Boys** – Jake Plane

**Year 8 Boys** – Andrew Olbrycht

**Senior Girls** – Lauren Chartier

**Year 9 Girls** – Sydney Warmer

**Year 8 Girls** – Elli Fessas

**Lai Shield Most Outstanding Club Person:**

– Damian Plagakis

**Iron Man Senior Boy** – Matthew Gilmore

**Iron Man Senior Girl** – Imogen Brown

**Iron Man Year 10 Boy** – Will Stephenson

**Iron Man Year 9 Girl** – Nia O’Loughlin

**Iron Man Year 9 Boy** – Dominic Stephenson

**Iron Man Year 8 Girl** – Isobel Hercus

**Iron Man Year 9 Boy** – Angus Santostefano

## Rowing Fees

The Committee as discussed the fees for Term 4 of the 2010/2011 season. For those that 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 that are going to be Coxswains only for the whole term. A Coxswain is unable to row during the term according to Rowing SA guidelines. 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 2010/2011 season are:

- Coxswains - \$100 per Term.
- Rowers - \$195 for Term 4.
- Rowers who hold a School card - \$150 for Term 4

Fees for Term 1 are yet to be confirmed.

## Giant Raffle

Thank you to John O’Loughlin for organising the GIANT RAFFLE and to the Mitcham Shopping Precinct which kindly donated over 60 raffle prizes. Thank you also to Rowers and Parents who sold tickets – some of whom spent hours selling tickets at the Mitcham Shopping Centre. A great effort by everyone and congratulations to the prize winners.

## Winter BBQs

The Rowing Club has run numerous BBQs over winter. These were held at the UHS Open Day, Saturday morning at the UHS gym (Sport for All Centre).

Thank you to all of the Parents and Rowers who volunteered to assist on these days.



*Zmaragdi, Damien and Andrew Plagakis with the Lai Shield*

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## Grease

Unley High Rowing Club sold lollies, chips and hot drinks at Grease, the school play. We had many parents volunteer and thank you to all who helped in any capacity. This was a great fundraising event and was very popular– we sold out of lollies on the 2nd night!

## News of 'Old' Rowers

Congratulations to ex-Rower Hayley Adams. She has been awarded a medallion in the Student Citizenship Awards 2010 conducted by the South Australian Branch of the Order of Australia Association.

Hayley was presented with her Medallion by Branch Patron and South Australian Governor, His Excellency Rear Admiral Kevin Scarce at a reception to be held at Government House on 7<sup>th</sup> October. Congratulations to Hayley and also Chris and Graham.

Also congratulations to Tom Paton who has been selected for the U16 State Rugby Union team. Good luck at the Nationals to be held in Sydney in October.

## Congratulations!

Congratulations to Imogen Brown and Tim Muuse who were both selected in the State Lacrosse team which competed at the Nationals during the Term 3 holidays.

## 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. Please see the Blue book for details or contact the school office.

## 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.

The dates are organised for the 10th and 17th October with each day having two sessions; 11.00-12.15pm to 12.15-1:30pm.

A sausage sizzle will only be held on the 17th October.

Emails will be sent out soon to ask for support from current rowers.

Ever been curious as to what it's like to row in the Cashen or the Lock? Or even if you can get in and out of the boat without falling into the Torrens? Stay tuned to hear about our Parents Come 'n' Try on the 17<sup>th</sup> October at the Torrens from 1:45-4.45pm.

## Quiz Night

*Are you smarter than you look? Like to be surrounded by good company with a bit of a challenge? Then we have the night for you!*

The Unley Rowing Club Quiz Evening is the evening for you plus a great way to support our rowers.

So, put the evening of the 13th of November in your diary. Come along and join us for a fun evening for only \$10 per person and meet others from the club. But remember, it's open to all your family and friends too. Start organizing your table and pre-book your tickets.

Stay tuned for more information coming soon.

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## Thank you Sophie and Congratulations!

Thank you Sophie for being a part of Unley Rowing Club and, of course, being Head Coach. We wish you and Matt all the best on becoming parents. You should find it a breeze after dealing with this great club for so many years. See you at the next Regatta with Ari.



*Ari James Davies*

## Coaches

Head Coach for Unley High Rowing Club is Bec Lannan. 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:

Jemma Ferguson and Jarrod Lock.

### Senior Boys:

Emma Alexander and Ben Adams

### Year 9/10 Boys:

Jacob Shepley and Delwyn McInnes

### Year 8/9/10 Girls:

Holly Barton, Kate Henry and Keira Jenkins

### Year 8/9/10 Boys:

Alex Kudzielko and Adam Delaine

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

**Senior Boys:** Zmaragdi Plagakis and Tracey Henry

**Senior Girls:** Michelle Pisoni and Kathy Ophel-Keller

**Year 9/10 Boys:** Marion Plane

**Year 9/10 Girls:** this could be you, PLEASE?!

**Year 8/9 Boys:** Pip Lundy

**Year 8/9 Girls:** this could be you!

## Dates for your Calendar

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

### Come'n'Try Days

#### Torrens

Sunday 10th October 11.00-12.15pm to 12.15-1:30pm.

Sunday 17<sup>th</sup> October 11.00-12.15pm to 12.15-1:30pm.

### Come'n'Try Days for Parents

#### Torrens

Sunday 17<sup>th</sup> October from 1:45-4.45pm

### West Lakes Regatta Senior Crews Only

Saturday 23<sup>rd</sup> October, 2011

### Henley on Torrens

Saturday 30<sup>th</sup> October, 2011

### Quiz Night

Saturday 14<sup>th</sup> November, 2011

### Summer Rowing Camp

#### Walker Flat

Sunday 23<sup>rd</sup> – Thursday 27<sup>th</sup> January, 2011

**Wendy James, Newsletter Editor**

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## AGM and Matthew Draper Cup

We had a good attendance at the Matthew Draper Cup and the rowers had fun during the event.

The AGM followed and was attended by 27 people.

The reports given at the meeting are below. Thank you to all who offered to be on the committee. We are still looking for a Secretary so please contact Anita or Callista if you would like to help out on the committee. The committee members are:

**President:** Callista Glowacz  
**Secretary:** This could be you!  
**Treasurer:** Raewyn Todd  
**Rowing Co-ordinator:** Anita Hughes  
**Head Coach:** Bec Lannan  
**Committee:** June Ingham, Pip Lundy, Zmaradgi Plagakis, Noreen Straatman, Marion Plane, Jill Brown, Wendy James, Tracey Henry, Haig Henry, Raewyn Todd, Jemma Ferguson, Debbie Kinnane, Sophie Tree-Davies, Steven Plane, Jarrod Lock

Not everyone has time to be on the committee but your assistance is greatly appreciated. Many volunteers have assisted the club. Some include:

- Towing
- BBQs at regattas
- Carpooling to help transport rowers to training sessions and regattas
- Fundraising events
- Camps
- Boat maintenance
- Trailer repairs
- HOR events
- Photography for newsletters and DVDs

All Rowers are rostered to assist with the loading and unloading of boats and all families are rostered to assist with the BBQs at the Regattas. Please check out when you are rostered as listed in the Club's "Blue Book" which Anita Hughes will distribute to all families soon.

The UHS Rowing Club is a great club because of our volunteers.

Congratulations to Nick Henry who won the Matthew Draper Cup.

Matthew Draper was an UHS coach from 1978 to 1988 and is now National Development and Events Director for Rowing Australia.

A brief explanation of this competition: Each rower has a seat in a boat and if their boat wins they continue to row, of course with others who may or may not still be in a position to win. Finally the rower who has achieved the most wins is the winner. Each boat is matched with rowers with equal ability to ensure a fair result. Therefore any rower can win it, regardless of age or ability.

## Reports from AGM August 2010 President's Report

Dear Rowing Members,  
Welcome to the UHS Centenary Rowing AGM. It is great to see so many familiar faces and in particular a warm welcome to the new year 8 families to their first Rowing AGM.

This year there have been many personal best achievements. Many of our junior crews won races throughout the season. There was one time I remember when parents of year 8/9 rowers were jumping up and down when their sons won. Parents of older rowers were happy to see the enjoyment rowing brings too. I know we didn't have our full quota of regattas due to the cancellation of regattas with extreme heat and wind interfering with conditions, but we pushed on determined to do our best at the next regatta.

At the HOR dinner Emma Alexander stated that the senior boys crew sliced over 1 minute off their personal best time. What a tremendous high to finish on! This coming season there will probably be a 1<sup>st</sup> VIII and a 1<sup>st</sup> IV for both senior boys and



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senior girls. This is a first for the girls for many years. I'd like to mention Caitlin McArdle for her tremendous achievement as a participant at the Nationals in Victoria in March. You did yourself and UHS proud. In 2011 the Nationals will be at West Lakes. I hope to be there to watch. It will be tremendous to hopefully see many from UHS participate.

As you already know Sophie Tree-Davies was the Head Coach for many years and I wish Matt and Sophie all the very best as future new parents. Thank you Sophie for all your service and dedication.

The Head Coach position is currently with the panel and a decision is soon to be made soon.

Thank you to all volunteers, especially Committee Members. The committee members work hard behind the scenes without the majority of families actually knowing how much work is involved. Special thanks also to parents and rowers inside and outside of the committee who have helped in many ways and in particular parent evening events, acquaintance night, swimming carnival, repairing our trailer, towing, camps, bbqs at regattas and open day, catering at reunions, the Principals' dinner and Grease, the organisation and coordination of selling raffle tickets and of course the HOR activities. It is a fantastic team effort achieved by everyone.

To our hardworking coaches. Well we wouldn't have rowers without you and I know many of you are out of pocket and do it for the love, definitely not the money. Thank you.

Thank you also Anita Hughes, our Rowing Manager and Susan Cameron, The Principal of UHS, for assisting and supporting the Club with management and finances in all ways possible. I know many hours are spent organising, emailing and talking with rowers and families.

As you know Rowing is not a sport run without masses of fundraising. Our boats need repairs to various degrees and the purchase of new oars is a

priority. Both will still feature as part of our Club's focus. Today, I'd like to promote our upcoming Rowing Quiz Night, which will be held on Friday Week 1 Term 4 at UHS, just before the regattas commence. A great way to kick off fundraising in a fun way! Michelle has kindly volunteered to coordinate this event. Stay tuned for information.

Please remember the Spring Camp beginning Friday 10<sup>th</sup> September. Parents are most welcome to help. You'll have time to see your child train too. It is also a great way to establish friendships with other parents and to get to know many rowers. If you haven't considered helping, please think about it and let Anita know.

I have enjoyed being part of the Rowing Club, its successes, working through challenges and solutions for almost 5 years firstly as a volunteer, then a committee member, Secretary and President. The friendships and links formed with rowing families and UHS staff are invaluable.

Unfortunately due to my illness I will not be accepting Presidential or committee member nominations.

If circumstances were different I would have liked to continue until Alexander finished his time at Unley. That was my aim.

I wish the UHS Rowing Club many more years of success.

Thank you.

**Kay Gilmore**  
**President 2009/2010**  
**UHS Rowing Club**

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## Summary of Head Coach's Report

I would like to thank the Unley High School Rowing Club members of the past and present for the opportunities they have given me over the past 19 years and am very grateful for all the support I have received. Whether it was as a new year 7 rower, a club captain, a beginner coach or a Head Coach, all of these opportunities have enriched my life beyond my expectations'

**Sophie Tree-Davies**  
**Head Coach 2009/2010**  
**UHS Rowing Club**

## Summary of Treasurer's Report

The cross curriculum school funding for the rowing club for 2010 is \$8,000 (the same as 2009).

The costs associated with the Torrens boathouse and the West Lakes boatshed will no longer appear in the Rowing Account which means a reduction in the club's annual fixed costs of around \$4,500.

Fundraising profit to date is \$11,511.50 with Term 4 fundraising events still to come.

So far in 2010 ASF Donations totalling \$3730.00 have been made to the UHS rowing club capital development plan however these have not yet been received by the club through the grant process. This money must be used to purchase equipment when the club receives it.

A new petty cash reporting system is now in place which will see all income and expenses more accurately recorded in the School Rowing Account.

The club continues to pay its way with the funds available (from fees, fundraising and UHS support) however unless there is a significant increase in fundraising, fees or school support, purchasing major pieces of equipment i.e. boats, will remain difficult.

Further club discussion will be required to plan how the club can upgrade its aging fleet given boats cost between \$20,000 and \$35,000.

**Michelle Pisoni**  
**Treasurer 2009/2010**  
**UHS Rowing Club**

## Rowing Manager's Report - 2009/2010 Season

2009/2010 has been another busy season for the Unley High School Rowing Club. Trainings, regattas, camps, fundraising, boat maintenance and social events have indeed provided variety and the occasion for socialising for both rowers and parents.

The season proper *kicked off* with the 2009 Spring Camp at Walker Flat. The technique and fitness sessions coupled with ideal weather conditions enabled all crews to progress in readiness for the start of the scheduled regattas. With improvement in time and the ability to work as a crew the main priorities, all squads/crews experienced some success. The Summer Camp in January 2010 provided another opportunity for the honing of skills in expectation of strong competition from all participating schools. It also facilitated the opportunity for more than 20 new Year 8 boys and girls to commence their orientation to rowing. Apart from some hot weather, their training during Term 1 was interrupted much less than Year 8 crews of previous years as blue-green algae did not close the Torrens at all during February and March. On Qualifying and Head of the River day, Unley boated fourteen crews. Our most competitive crews over these two days were the Year 9A boys, Year 9B boys and Year 10A boys, however all crews raced faster than their previous best efforts, so are to be congratulated on their performances. Once again the presence of many prefects, students, staff and ex-Unley rowers at the Head of the River created a great atmosphere on the beach at West Lakes.

2010, Unley's Centenary Year, has provided several forums for Unley's rowing history and



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exploits to be publicly voiced and acknowledged. Anna Tree (along with Julia Gillard) was selected to be one of the key speakers at the Centenary Launch in February. Anna, a former Australian medallist at World Junior Championships, and current AIS and highly successful coach to Australian crews, spoke of Unley's win in the inaugural Schoolgirl's 1<sup>st</sup> VIII event at the National Championships in 1992. Her entertaining and articulate account of the obstacles faced by her crew and the ecstasy associated with the win was indeed inspiring as she captured the attention of the 800+ attendees.

Robyn Grey-Gardiner rowed for Unley High School from 1978 to 1981 and was selected to represent Australia at the Los Angeles Olympics in 1984 in the inaugural Women's VIII event and in so doing won a bronze medal. She also represented Australia at the Commonwealth Games in 1986, winning a gold and silver medal. Robyn, currently living in Alice Springs, willingly agreed to be our guest speaker at the HOR Dinner. A wooden boat named in her honour was the centrepiece in the George Cresswell Hall on the evening. In her speech, Robyn briefly outlined her rowing journey with mention of the high points and lower moments. But it was her personal account of the reasons why we need to acknowledge our roots that captured and stirred the rowers', coaches' and parents' attention. In acknowledgement of the school centenary and a personal desire to reconnect with UHS, Robyn presented the school with her Olympic participation certificate, a most generous gesture. This will be framed and displayed in the main school foyer.

Rowing again featured at the Centenary Gala Dinner. Several former rowers, coaches and managers from the 1980s travelled considerable distances to attend. The video presentation featured many photos associated with rowing, as well as a video of an eight, christened by and named after the eminent UHS Old Scholar, Sir Mark Oliphant. Also, whilst being interviewed, one of the hosts for the evening, Nina May, a student in the 1980s and a former national news

presenter, was most adamant in recalling the most memorable moment in her 5-years at UHS to be the Schoolboys 1<sup>st</sup> VIII winning at the HOR in 1987. Such an euphoric occasion has yet to be repeated by a UHS Schoolboys 1<sup>st</sup> VIII but hopefully something that can be attained again in the not-too-distant future.

The Centenary Open Day provided another forum for the club to promote its achievements since its inception in 1978. Numerous photos, written reports, old shields and trophies, uniform changes and a roll call of all students that have rowed for UHS created interest from many old scholars. It is hoped that many of these 'old rowers' will choose to reconnect with the club again through attendance at the occasional regatta or at a fundraising function such as a Quiz Night. Anna Wishart, a current Year 11 rower, was selected to be a key speaker at the Centenary Principal's Assembly. Anna's committed connection to UHS rowing also incited her to ensure rowing got a mention in her speech. Although the sometime difficulty in beating the private schools rated a mention, her love of the sport was also most obvious.

I encourage all current rowers to recognise not only their own involvement with the club, but also the numerous unique qualities that they have gained from being involved in a sport that promotes fitness, teamwork, self-organisation, fun and connection.

The school has again supported the Club well from a financial and human resources viewpoint. However fundraising is still an essential requirement from its members. On the inception of the Unley Rowing Club, part of the club's philosophy was that the sport must be accessible to all students. Fundraising activities, such as barbeques at regattas and at other community venues, social evenings at the boathouse, a giant raffle and catering for school musical productions not only assist in the purchase of equipment but also supplement rowing fees. Thanks to the committee who have instigated, organised and participated in numerous opportunities for

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fundraising activities for the benefit of our rowing community.

On behalf of the club I wish to sincerely thank:

- Sophie Tree-Davies, Head Coach, and her team of coaches - we are greatly indebted to the untiring efforts put into this club by these wonderful people. Without them the club could not function as their knowledge, enthusiasm and energy provide a great stimulus for our current rowers. Thank you for giving up so much of your time and energy. And to Sophie, a huge thank you for 20 years of service you have given Unley High School as a rower, coach and Head Coach. We will miss you.
- Kay Gilmore, as President, Karen La Black as Secretary, and Michelle Pisoni as Treasurer, and the outgoing committee for their support and commitment throughout the year. The committee met every month throughout the season and were so generous with their time in organising food and drink orders, fundraisers, social events, newsletters, camps and the highly successful Head of River Dinner.
- Squad managers who so willingly coordinated activities for their squad.
- The boat towing crew for their invaluable assistance. Being first to regattas and last to leave requires very special and committed people.
- Unley High School staff members as unfailing supporters of the club and their encouragement and belief in the value and opportunity the sport of rowing offers to the development of our young people.
- The School Support Officers (SSOs), especially those who assisted with the collection of monies and the payment of our accounts.
- Rowers, parents and friends who have participated in and supported our fundraising ventures.
- The numerous camp helpers who slaved in the kitchens to feed the hungry hordes or assisted with dinghy driving or repaired boats or filled jerry cans.

- Parents who have supported their rowing children in 1001 different ways.
- The rowing parents who provided a positive voice at school council meetings.
- The rowing captains and vice-captains for leading by example.

And finally, I would like to wish the Year 12s who are leaving us, all the best in the future.

Anita Hughes

22/8/10



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## Photo Gallery



*Dinner time*



*Keeping an eye on the crews*



*Warm birthday cake delivery for our Coaches*



*Year 10 Boys admiring the Senior Girls skill of seat swapping on the River*



*Senior Girls enjoying birthday cake*



*Rowing isn't the only exercise*



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*Senior Boys on the water*



*Junior Girls preparing to row*



*Dancing isn't the only exercise at Camp*



*Junior Boys chatting with coaches*



*Turns out ergos can be fun!*



*A Coach and his hat*

Thank you Jarrod and Chris for the great photos.