

Rowing Club News



Unley High School

June 2012

President's Ponderings

Congratulations to all the rowers who have represented Unley High School Rowing Club throughout the past season. There have been many impressive performances by both individuals and crews, so the rowers owe a big thank you to the coaches for providing guidance and direction at trainings and regattas, thereby enabling them to progressively improve their technique and performance and race times.

Welcome to the new Year 8 rowing families. It is great to see such a large number of Year 8 rowers training and making rapid progress. Some were even participating in races before the end of season. We look forward to seeing all Year 8 rowers racing at regattas later in the year.

The Head of River races and celebrations were a wonderful finale to another great season, and for some of our senior rowers a conclusion to their rowing at Unley High School. I would like to thank the many people who assisted in planning, organising and running the Unley High School Head of River breakfast and dinner. To the senior rowers, and families who are leaving the club, thank you for your contribution to the club over many years.

An Unley Rowing Club (Old Scholars Club) is starting up shortly. This is a fantastic opportunity for former rowers of Unley High School to join a club for social or competitive rowing. I encourage you to attend the first meeting of this club at 6.30pm 8th June at the Torrens Boathouse.

The start of this year saw the delivery of our new trailer which looks fantastic and replaces the old rusty trailer that has seen better days. The new design provides for easier loading and unloading and this will speed up this chore on Friday evenings and at the end of regattas. Thanks to Haig Henry, Peter Zilm and the Committee for their efforts over the past year to acquire this asset that will be used by the Club for many years to come.

In the off-season we will be conducting a number of fundraising events including Life Be In It BBQs and the Unley High School Quiz Night. These are great opportunities to raise funds for the running of the

club and the purchase of new equipment. We are currently seeking funds for a new single(s) and a new eight.

We have had another great season as a club, enjoy your break and sport or other activities that you take up in the off-season and we look forward to seeing you again soon.

Keith Lundy
President



Rowers at Summer Camp

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Community Lottery

This year the Unley High School Rowing Club is again proud to be associated with the People's Choice Credit Union Community Lottery which has been running for over 25 years. As a Community Lottery participant our club will receive 100% return for each \$2 ticket sold. Our allocation of 80 ticket books means that we have the opportunity to generate over \$1,600 for our club. There are over 260 prizes to be won, valued at over \$400,000.

Thank you to everyone who have sold and bought raffle books. Good luck.

Tax Deductible Donations To The Australian Sports Foundation

Donations made to the Australian Sports Foundation in support of the Rowing Club are Tax Deductible. Grants from the ASF are used to purchase much needed equipment for the Rowing Club. See the Blue book for details. 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.

Deb Kinnane
Treasurer

Beer Glasses

The beer glasses are back! They look great and are perfect for entertaining or just everyday use - six glasses for \$45.00. Please see June Ingham to make your purchase. Hurry before they sell out.

Raffle

An enormous thanks to June and Rob Ingham for donating a bottle of Penfolds Grange for the raffle which was drawn at the Twilight Regatta on the Torrens on 10th December.

Thank you also to Dan Murphy's for a \$100 voucher (2nd prize) and Dr Hamilton for the donation of a 1.5L bottle of Leconfield Cabernet Sauvignon (3rd prize).

Congratulations to the following winners:

1st prize – (Penfolds Grange) - **Sean Mullin**

2nd prize – (\$100 voucher) - **Deb Butefisch**

3rd prize – (Leconfield Magnum) - **Wendy James**

The raffle raised \$2502.50 which will contribute significantly to our fundraising efforts.

Thank you.



Senior girls and boys at the HOR dinner

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Renmark Regatta

December 3rd and 4th, 2011

Fifty one rowers, together with their parents and coaches, travelled to the Riverland for a weekend of rowing on the beautiful Murray River. The weather was very good to us (unlike previous years) as it was not too hot.

There was lots of close racing and a few wins over the course of the weekend, as well as some 'fun' races where some of the juniors joined with the seniors rowers to row sweep for the first time.

Saturday evening's dinner was at the Barmera Hotel and was enjoyed by all. Thank you to Pip Lundy for organising this.

Next year consideration is being given to organising a BYO picnic at the Caravan Park instead of the counter meal as the rowers were keen to stay in the playground and pool and the parents were very happy resting and socialising at the campsite.

Summer Camp

The Summer Camp was again held at the Ankara campsite, Walker Flat. Current and future rowers enjoyed the great weather and company, together with coaches and parents.

One of the highlights of the camp as usual included the highly competitive ironman and ironwoman events, but this year a team comprised of parents surprised many rowers with their awesome pace and strength!

This year's camp was also a finale for our Year 12 girls and boys. Many of the parents of these rowers were thrilled, but sad to be helping out at their last camp, though they are always welcome back to help out in the future.

The camp is a team effort but could not be run without the untiring effort from Mrs Hughes, Ms Jones, all the coaches and of course the parents. Thank you also to the Camp Committee who plan the

meals and Foodland Mitcham for their assistance in the packing and delivery of the food.

Thank you to all involved.



The beautiful Murray River

Regatta Results

Congratulations to the following winning crews:

ARC Torrens - 5th Nov.

SB 9A 4X+ - Matt Henry, Tom Edmonds, Nathan Spencer, Angus Santostefano, Jared Lundy – Cox.

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

3rd Grade Men's 4X+ - Lachlan Kinnane, Shane Austin LaBlack, Edward Warren, Jordarn Karpowicz, Lachlan Rowe - Cox

3rd Grade Men's 4X+ - Matt Henry, Tom Edmonds, Nathan Spencer, Angus Santostefano, Jared Lundy – Cox

3rd Grade Women's 4X+ – April Rouse, Bridget Davis, Ellie Paton, Edwina Fairminer, Sophie Russell - Cox

Scotch Super Series - 19th Nov.

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

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Rowing SA Regatta - 26th Nov.

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

Renmark Regatta - 3rd Dec.

3rd Grade Men's 4X+ – Hugh Kinnane, Damian Plagakis, Ben James, Michael Heliotis, Isobel Hercus – Cox

SB 9A 4X+ – Nathan Spencer, Tom Edmonds, Austin Zilm, Angus Santostefano, Verayna Zilm - Cox

ARC Twilight Regatta - 10th Dec.

SB 8/9 4X+ - Lachlan Rowe, Caelyn Judson, Jordarn Karpowicz, Edward Warren, Isobel Hercus - Cox

Loreto College Super Series - 4th Feb.

Schoolgirl 1 X - Anna Calina Schanze

Murray Bridge Regatta – 11th Feb.

SB 8/9A 4X+ - Caelyn Judson, Shane Austin LaBlack, Jordarn Karpowicz, Edward Warren, Joel Spencer – Cox

1st Grade Women's 1 X - Anna Calina Schanze

2nd Grade Men's 4X+ - Nathan Spencer, Tom Edmonds, Austin Zilm, Angus Santostefano, Jared Lundy – Cox

U17 W 1 X - Anna Calina Schanze

U19 Women's 1 X - Anna Calina Schanze

Pembroke 1st Grade State Championships - 18th and 19th Feb.

U17 Men's 2X - Austin Zilm, Jack Stark (Pulteney)

U17 Women's 2X - Anna Calina Schanze, Mackenzie Lum (Torrens)

Schoolboy Coxed 1st IV B Final - Dylan Lundy, George Photakis, Austin Zilm, Nathaniel Benny-Brook, Britt Memmler – Cox

U17 Men's 4X+ - Nathan Spencer, Tom Edmonds, Austin Zilm, Angus Santostefano, Isobel Hercus – Cox

U17 Women's 1 X – Anna Calina Schanze

2nd Grade Women's 1 X - Anna Calina Schanze

U19 Women's 2X - Anna Calina Schanze, Mackenzie Lum (Torrens)

CBC Super Series - 25th Feb.

Schoolgirl Open 1 X - Anna Calina Schanze

Mannum Centenary Regatta - 3rd March

Schoolgirl Yr 8/9A 4X+ - Jacinta Stevens, Alena Hohl, Layla Ellis, Verayna Zilm, Barnabas Bosisto - Cox

Schoolboy Yr 8/9A 4X+ - Caelyn Judson, Lachlan Rowe, Jordarn Karpowicz, Edward Warren, Sam Luongo – Cox

Schoolboy Yr 8/9B 4X+ - Lachlan Kinnane, Shane Austin LaBlack, Angus Clarke, Dylan Tuffin, Ruby Wright - Cox

Schoolboy Yr 8/9C 4X+ - Barnabas Bosisto, Joseph Hutt, Joel Spencer, Blake McDougall, April Rouse - Cox

Schoolgirl Yr 9/10B 4X+ - Bridget Davis, Ellie Paton, Lisa Goodfellow, Alexandra Parkin, Tahlia Waters – Cox

Schoolboy Yr 9/10 B 4X+ - Jacob Ireland, Mark Tanielu, Aidan Hurley, Matthew Henry, April Rouse - Cox

3rd Grade Men's 4X+ - Caelyn Judson, Lachlan Rowe, Jordarn Karpowicz, Edward Warren, Jacob Ireland – Cox

2nd Grade Men's 4X+ - Jacob Ireland, Mark Tanielu, Aidan Hurley, Matthew Henry, April Rouse – Cox

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3rd Grade Women's 4+ - Zoe Butefisch, Amy Branch, Ruby Stevens, Laurel Keller, Nicole Sharrad - Cox

Walford Super Series - 17th March
2nd Grade Women's 1 X - Anna Calina Schanze

2nd Grade Men's 4X+ - Nathan Spencer, Tom Edmonds, Ben James, Hamish Straatman, Jared Lundy - Cox

Adelaide High School State Schools Championships – 24th March
Schoolgirl Open 1 X - Anna Calina Schanze

Schoolboy Coxed 1st IV B Final - Dylan Lundy, George Photakis, Alex Gilmore, Nathaniel Benny-Brook, Britt Memmler – Cox



Schoolboy First VIII training at West Lakes

Congratulations

Jared Lundy tried out for State Squad as a cox at the end of last year. He was successful in making the squad and was invited to attend a state training camp in early January. He learnt many new skills and calls during this time. While he did not make the State Youth Eight Crew at the Nationals, he had a great learning experience and will be able to pass on these newly learnt skills to other coxswains and rowers within the club.

Youth Cup

The Youth Cup is an annual team's event and each State and Territory, together with New Zealand, enter a team consisting of 6 open class and 3 lightweight rowers (1 reserve) and 1 coxswain both for Male and Female. Athletes compete in a range of events over the weekend which include quad, four and eight races. Any school or club athlete can nominate and must be under the age of 21 usually by the end of the year of the competition. This year it will be held at Sydney International Regatta Centre, 29th June-1st July.

Amy Park, who only took up rowing this season, and Hamish Straatman were invited to try out for the Youth Cup team as part of the required lightweight crew component and Jared Lundy was invited to trial as a cox. While none were successful at this attempt, they all benefitted from the experience.

Caitlin McArdle (Year 12 2011) was a member of the female team in 2011 where she reached two 'A' finals.

Symphony Under The Stars

The Unley High School Rowing Club was again offered the opportunity to assist at Santos Symphony Under The Stars which was held on **Saturday February 25** at **Elder Park**. The Adelaide Symphony Orchestra (ASO) hosts this event and it is its biggest annual performance. The Rowing Club has been involved with this event for the past 15-years and because of the great job undertaken we are subsequently approached to assist at this concert year after year. The Rowing Club receives \$2700 for its involvement so it is a very worthwhile fundraising activity for no financial outlay and only a few hours of work.

Again it was a very warm day (the CBC Regatta was shortened due to the heat) and this weather continued well into the evening.

Thank you to all rowers, parents, teachers and siblings who assisted with this event.

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Nationals, Perth - 5th – 10th March

Thirteen rowers, two coaches and Mrs Hughes (as well as a number of parents) flew to Perth early Sunday morning to attend the National Rowing Championships at The Champion Lakes Regatta Centre. Unfortunately the weather was extremely hot (over 38 degrees for most of the week) making the conditions difficult for all involved. The efforts of the supporting parents who prepared the healthy and delicious lunches and snacks and assisted with transport was truly appreciated.

The Unley competitors and coaches shared accommodation with Walford and PAC and this resulted in friendships of respect whereby all three schools loudly cheered and supported each other when racing.

The Unley flag flying adjacent to our tent site featured prominently on the provided TV and internet coverage of the event throughout the week. The commentators also frequently acknowledged the great efforts of UHS at Nationals over many years.

All Unley crews raced well.

Under 17 Women's Double Scull

Anna Calina Schanze & Mackenzie Lum (Torrens)
Heat – 1st
Semi Final – 1st
Final – Gold

Under 17 Women's Single Scull

Anna Calina Schanze
Heat – 1st
Semi Final – 3rd
B Final – 1st

Under 19 Men's Coxed Four

Michael Heliotis, Michael Ingham, Ben James, Hamish Straatman, Jared Lundy – Cox
Heat 1 – 5th
Repechage – 4th

Schoolboy Coxed Quad Scull

Aaron Jones, Michael Ingham, Ben James, Hamish Straatman, Jared Lundy – Cox
Heat – 2nd
Semi Final – 3rd
A Final – 6th

Nathan Spencer, Tom Edmonds, Austin Zilm, Angus Santostefano, Isobel Hercus – Cox
Heat – 4th
Repechage – 4th
C Final – 1st

Under 17 Men's Coxed Four

Tom Edmonds, Hugh Kinnane, Austin Zilm, Angus Santostefano, Isobel Hercus – Cox
Heat – 3rd
Repechage – 7th

Under 17 Men's Double Scull

Austin Zilm & Jack Stark (Torrens)
Heat – 4th
Repechage – 3rd
Semi Final – 5th



Under 19 Men's Coxed Four



School Boys Coxed Quad Scull

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Anna Calina with her trophy for the Schoolgirl Single Champion won at the State Championships

Head of River - 31st March

Before the sun had begun to rise an excited group of parents and rowers had already commenced setting up the tent, tables and food for Head of River at West Lakes.

The morning provided beautiful weather – rain had been forecast and did threaten but no umbrellas were needed. The food – BBQed egg and bacon muffins, tomatoes and pancakes, muffins, slices and home-made gingerbread men– as well as hot tea and coffee were consumed with eagerness.

This year Unley entered 15 Crews. Unfortunately some of the crews needed to row in heats and most made it through to the finals.

Even though a win eluded Unley this year (Year 10A crew coming second to PAC by 0.29 second) most of the crews rowed their best races for the

season. The cheering and support of Unley crews was loud and appreciated by all.

It was an emotional end to the regatta with fifteen of the senior rowers competing for the last time for Unley High School. Most of them had rowed for the school since Year 8.

The HOR Dinner was again held in the George Cresswell Hall. Unfortunately we were not able to set up the night beforehand but the speed, dedication and organisation of many parents and rowers ensured all was completed on time, before the speeches started.



The senior boy's VIII preparing to row to the start line

Thank you to all who volunteered to set up and clean up the hall, assist in bar duty and donate items for the Silent Auction and Raffles. A big thank you to Rob and June Ingham who took charge of purchasing the drinks for the bar and put up with the cool room humming away in their front yard for days before the dinner so we could all have cold drinks.



First IV Racing at HOR

Congratulations to all who made speeches on the night and also to those who were successful in winning trophies.

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Trophy Winners:

Matthew Draper Cup – Dylan Lundy

Ironman and Ironwoman Awards

Senior – **Hamish Straatman, Imogen Brown**

Year 10 – **Angus Santostefano, Isobel Hercus**

Year 9 – **Jordarn Karpowicz, Verayna Zilm**

Year 8 – **Ethan Mons, Vanessa McGlinchey**

Squad Awards

Senior Oarswoman – **Amy Park**

Senior Oarsman – **Michael Heliotis**

Year 10 Oarswoman – **Rachel James**

Year 10 Oarsman – **Jacob Ireland**

Year 9 Oarswoman – **Ruby Wright**

Year 9 Oarsman – **Lachlan Rowe**

Year 8 Oarswoman – **Vanessa McGlinchey**

Year 8 Oarsman – **Edward Holmes**

Most Dedicated Coxwain – Isobel Hercus

Chuan Lai Shield (The Most Valuable Clubperson) – Gemma Luongo

Congratulations to everyone who rowed and coxed for Unley High and thank you to the coaches and squad managers.



The senior girls heading out to their race at HOR

Visiting Rowers

Unley HS Rowing Club has been fortunate to host two German exchange students in 2011-2012 – Valentin Steinforth and Anna Calina Schanze. Valentin had never rowed prior to commencing at Unley and on returning to Germany in December 2011, immediately joined a rowing club – he had enjoyed his rowing experiences so much that he wanted to continue with such a great sport. Calina was an accomplished rower prior to her coming to UHS. She really appreciated the opportunity to compete at Nationals as an UHS rower. However she frequently mentioned that she really enjoyed being part of a close knit club where all

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rowers are valued regardless of their ability. She returned to Germany on Saturday 7th April. Good luck to both Valentin and Calina in their rowing endeavours back in Germany.

We have also been fortunate to have a new comer to rowing, Greg Schaltegger, row in the First VIII as well as his sister, Caroline, who took up rowing just before HOR to help fill a Year 8/9 boat. Greg, Caroline and their family have been in Adelaide for the past year and are returning to Germany in early July. We thank them for being part of our club and wish them well with their rowing in Germany.

Open Day

Unley High School Open Day was held on Sunday 6th May. Once again a helpful group of rowers promoted the Rowing Club by demonstrating how to use the ergos, talking to visiting families about how fantastic rowing is and handing out information. A number of rowers also spent Friday after school setting up for the Open Day.

The parents cooked a BBQ which was so popular we ran out of sausages before the end of the day. Thank you to everyone who assisted in promoting the Unley High School Rowing Club.

Important Dates

School Musical – Saturday 9th, Sunday 10th and Monday 11th June. The club will be selling refreshments.

Unley Rowing Club (Old Scholars) Meeting - 6.30pm, 8th June, at the Unley Rowing Shed on the Torrens.

Quiz Night – Saturday 4th August.

AGM – TBA

Spring Camp – 7-11th September

FINAL Regatta Calendar 2012-2013

This can be downloaded from the following link:

http://www.rowingsa.asn.au/item_details.php?item_id=246&item_type=news

Wendy James, Newsletter Editor

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UnleyHighSchool 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

Australian
Sports
Foundation



Naming ceremony for the "LOCK"

The "LOCK" in action for the first time



Unley High School Boatshed



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