

Rowing Club News



Unley High School

October 2012

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Quiz Night

The Unley High School Rowing Club held a Quiz Night on Saturday 3 August 2012 to raise funds towards some much needed rowing equipment. The evening was a great social occasion with thirty-four tables of people keen to share their wealth of knowledge and trivia raising a fantastic \$8,000.

A big thank you to the following people whose efforts and donations ensured the evening was successful:

- The Quiz Night Sub-Committee, capably coordinated by Renata Zilm.
- The local businesses who so generously donated goods and vouchers for silent auction items.

- The rowing families who donated goods for the baskets that were awarded to the winning tables.
- The parents who assisted with the bar.
- The marking team.
- Helen Jones and Mick Newman for setting the questions.
- Steve Bettess who did a superb job as Quiz Master.
- Hugh Merrett and James Merrett who so willingly coordinated the IT.
- And most importantly, everyone who attended for your generosity.

Our thanks to the following Quiz Night Sponsors:

Amcal Max Pharmacy, Mitcham; Angelakis Brothers Seafood, Central Market; Balthazar Café; Belperio Clark Lawyers; Booze Brothers, Unley; Burgess Jewellers Pty Ltd; Cahill's Mobile Coolroom; Clipsal 500, Adelaide; Coles, Castla Plaza; Cook's Market; Cooper's Brewery; Copyfax, Edwardstown; Curves, Clarence Gardens; Dan Murphy's, Pasadena; Dazzler's Accessories; Fusspots; Garden Party, Myrtle Bank; Harriett's for the Perfect Gift; Heidelberg Cakes; Highgate Pharmacy and Newsagent; Kurralta Park Newsagent; Lana Lang Shoes, Central Market; Linh Chi Nails and Beauty; Maid of Auckland Hotel; Marino Uniforms; Mega Health; Michael Burnside Optometrist; Mitre 10 Hardware; Westbourne Park; Mostly Books; Ned's, Pasadena; Offshore Surf, Mitcham; Perfume Place; Petstock Animal Supplies, Melrose Park; Phoenix Trading; Snowy's Outdoors; Sports Power, Mitcham; The Edinburgh Hotel and Cellars; The Golf Locker, Clarence Gardens; The Good Guys, Edwardstown; The Little Fig; The Stranded Store; Todd Spencer; Tony McLarty Optometrists; Totally Wrapped Gift Baskets and Gifts; Victoria Square Health Food Store; and Windsor Meats.

Please endeavour to support these businesses in our community.

Quiz Night Committee 2012

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Committee Meeting Outcomes

The 2012-2013 Committee met for the first time on Monday 15th October. The main topics of discussion were:

- Maintenance
- Fundraising Activities
- New Eight, Quad and Single - Boat Names
- Boat and Equipment Insurance
- Issues with Early Morning Trainings For Year 8s
- Uniforms
- Parent Social Evening
- Cox Box Replacement
- Rowing Club Plan 2012/2013
- Rowing Club Communication

Most of these agenda items are elaborated upon further throughout the Newsletter.

New Girls VIII Purchase

After a lot of discussion and investigation into new versus second-hand, and different brand boats, the Committee decided to purchase a second-hand Sykes eight for the Senior Girls. This boat, which is in excellent condition, is now on the water and the girls are using it in their training sessions and Regattas. Thank you to all who have donated (or plan to donate) to enable our club to purchase this boat. We still have some monies outstanding so fundraising will continue.

Information about naming the boat will be sent soon.

New Singles Purchase

A deposit has been placed on a new Wintech single for the Club with an expected delivery date of January 2013. Singles are used to assist rowers with balance and technique. Our goal is to purchase another four or five in the future.

Cox Boxes

The Committee has made a decision to purchase 4 ex-rental refurbished Nielsen Kellerman cox boxes at \$195.00 each. These units, in addition to the amplifier, also have a stroke rate display and a stroke rate history data storage.

Trailer Signs

The Committee approved the purchase of two Unley High School Rowing Club signs for the new trailer. The cost for this will be \$325.00

Boat Towing

Boat towers are a very important part of a regatta and training, obviously! We are in need of more towers to share the load. If you are interested please contact either Keith Lundy or Peter Zilm. You will not be left on your own – as much help as needed will be provided. Appropriate vehicles, for example 4WD's, SUV's, and utes are needed to tow our trailers.

Thank you to Schamiane Ward (Eddy's Mum), Nicola McClarty (Gemma & Sam's Mum) and Todd Spencer (Nathan & Joel's Dad) who have recently offered to help out.



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A Draft of the Rowing Club Plan for Season 2012-2013

This plan covers membership, coach development, training, finance, equipment, towing, maintenance and fundraising. Some discussion took place as to ways that these plans can developed during the season.

Fundraising

\$ Pudding Lane Puddings

If you haven't already ordered your puddings please follow the link on the Unley High School website to find the information.

Pudding Lane Puddings are 100% Australian owned and made and are delicious. They have a shelf life of 2 years and once open will keep in the fridge for 6 months. Orders need to be completed by Wednesday 31st October.

\$ Unley High School Class of 2002 Ten Year Reunion Evening

UHSRC is again catering for a school reunion and it will be held on **10th November, 2012**. Pip Lundy will be organising a subcommittee and a meeting will be organised soon. This is a very good fundraiser for the club as well as a chance for us to assist the old scholars.



Single Scull on the River, Spring Camp

Spring Camp

Spring Camp was once again a great success. Seventy rowers attended as well as fourteen coaches and twenty-three parents. Thank you to all parents involved – the camp could not go ahead with their preparedness to organise the menu; food purchases; meal preparation, cooking and serving; as well as boat and dinghy maintenance and repairs. Thank you also to the Coaches, Bec Lannan, Anita Hughes and Helen Jones who all worked extremely hard. We all appreciate what you do for the Club.



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Start of the Rowing Season

The first regatta was on 27th October, 2012 at West Lakes. The weather was beautiful and all crews and parents had an enjoyable day. Congratulations to all who competed and also to the following winners of their race:

Schoolboy 1st Coxed First Four

Matt Henry, Austin Zilm, Hugh Kinnane, Angus Santostefano, Jared Lundy, Cox.

The regatta time table can be found at the following website:

<http://www.rowingsa.asn.au/page.php?id=9>

A copy of each week's regatta programme outlining the crews for the races that Unley will participate in is also emailed to all rowing families each Thursday evening.

Berri Regatta

Unley Rowing Club will be participating at the Berri Regatta on Saturday 1st December and Sunday 2nd December. It is not a compulsory regatta for rowers, however the families that have attended in the past have found it to be a great social occasion. Cabin accommodation is still available at the Lake Bonney Caravan Park. The club has utilised this accommodation venue for the past 3-years. More information about the regatta will be sent to families closer to the date.



Berri Regatta, 2010

Come'N'Try Days

A sincere thank you to the 38 current rowers who so willingly volunteered their time and expertise to work with the 36 Year 7s who came along to the 'Come'N'Try Rowing' sessions. Your helpfulness and enthusiasm for rowing has been acknowledged by the families of those attending. Thank you also to coaches, Jacob and Becky, for the advice that they were able to pass on during the two days.

Squad Managers

The Squad Managers for 2012-13 are:

Year 8 & 9 Girls	Renata Zilm & Leonore Rouse
Year 8 Boys	Callista Glowacz & Todd Spencer
Year 9 Boys	Karen Lablack
Senior Girls	Nicola McLarty & Wendy James
Senior Boys	Callista Glowacz & Pip Lundy

Squad Coaches

The Coaches for 2012-13 are:

Year 8/9 Girls	Adam Delaine/Alex Kudzielko, Lauren Chartier & Ashlee Cowan
Year 8 Boys	Nathan Cartledge & Nick Henry
Year 9 Boys	Jacob Shepley & Peter Roush
Senior Girls	Bec Lannan & Holly Barton
Senior Boys	Delwyn McInnes and Adam Delaine/Alex Kudzielko



Year 9 Boys, Spring Camp

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Blue Book

All rowing families will have receive an emailed PDF copy of the Blue Book this week. The Blue Book contains an enormous amount of information relating to such matters as regatta dates and venues, loading and unloading rosters, coaches contact information, the regatta BBQ roster and squad names and contact details. Occasionally a typing error may result in wrong phone numbers or email addresses etc. Similarly some rowers suddenly realise that they need to change from a boat loading roster to a boat unloading roster. By receiving an emailed copy of the book initially, it is hoped that any mistakes or changes can be passed onto Anita Hughes ASAP. An updated copy of the Blue Book will then be emailed to everyone and you may choose to print the pages that you refer to frequently throughout the season. The costs normally associated with printing the book can then be put to better use in other areas, for example repairs and maintenance.

AGM and Matthew Draper Cup

The club held its AGM on Sunday, August 26. Congratulations and thank you to the following parents who have accepted positions on the Management Committee for 2012-2013.

President: Keith Lundy

Secretary: Pip Lundy

Treasurer: Deb Kinnane/Renata Zilm

Committee: Peter Zilm, Tim Hercus, Martin Hurley, Deb Jones, Wendy James, Bec Lannan, Nicola McLarty, Paul Santostefano, Todd Spencer and Anita Hughes.

The AGM was preceded by the Matthew Draper Cup. Well done to Jared Lundy, the winner for 2012, and also Sam Luongo who was runner-up.



Olympic medallist Chris Morgan with rowers after the Mathew Draper Cup

Boat Maintenance Report

Boat maintenance is an ongoing activity within the club. During the off-season a group of volunteers assisted with the repairs and maintenance of the boats, filling and repairing the minor dents and dings in the boats, and replacing broken and worn out components. Some of the work achieved included: getting the double (Murrumbidgee) back into service; replacing the footplate in the Hughes; replacing the wheels on the Alexander and the replacement of the gates is currently in progress; repairing the foot chocks on the Anderson; repairing some of the bikes at the Torrens; replacing a damaged rigger on the Sophie Tree; as well as sealing chips in the paint in many oars. Thank you to Peter Zilm has also done a great job refurbishing the blades on some of the worst looking oars that were used in the Cashen last year. Two boats have also been sent to a boat builder for repairs. Each time this is required, it costs \$600-\$1000 for a relatively small repair. A footplate from a boat was also lost on transit to camp.

These are things that can be controlled so please be careful with the boats, and if you are responsible for damaging a boat, report it to ensure the issue is repaired and the same error or lack of judgement is not repeated. Please also make sure when loading a boat on the trailer that all parts are secured. If the amount spent repairing boat damage is

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reduced it will allow the club to spend more on improving equipment and facilities for the rowers.

Thank you to all who have assisted with the boat maintenance during the off-season and Spring Camp. Your efforts are greatly valued. Thanks also to Stuart Waters who has provided the paint for the boat and oar repairs. It is very much appreciated.

Keith Lundy and Peter Zilm

Boat Set-Up Training session

On Sunday 14th September a boat set-up training session was organised for the coaches and a few maintenance people at West Lakes. The session was agreed to as part of the purchase of the girl's eight and was run by Vicky Spencer, Head Coach at Walford. It was extremely beneficial and has already helped identify a number of areas whereby the set-up of the boats can be improved. This should help develop rowing technique and reduce the strain on the rowers' bodies. Checks on all the boats will now be carried out. The coaches found the session interesting and learnt a lot on the day, Thank you to Peter Zilm for coordinating this session.

Keith Lundy

Sponsorship – Fit Girl, Mitcham

The Senior Girls Squad has been offered sponsorship from Fit Girl, Mitcham and they will be attending weekly Pilates classes.

Thank you to Fit Girl for generously sponsoring our Club and also thank you to Kim Hercus for organising this.

New Kitchen at the Unley and Norwood-Morialta Boathouse

Thank you to the Norwood-Morialta Rowing Club and in particular, Vinnie Laidin for sourcing and

installing a new kitchen at the Torrens Boathouse. It is a big improvement on the previous facility.



The new kitchen!

Rowing as a Subject 2013

In 2013, 'Rowing' as a subject will be available to students in Years 8, 9 and 10. So far some 36 students have indicated an interest in the Year 8 class, the current Year 8s will continue through to Year 9, and 19 students will undertake the course in Year 10. The Years 8 and 9 subjects are full year courses whilst the Year 10 course will run in Semester 2. Four Year 10 students will also be offered a role as Peer Mentors to Year 8 students. At each year level, students will participate in one fitness lesson, one theory lesson and a double lesson at the Torrens each week.



Rowing Class

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Congratulations to the Year 12 Rowers

Congratulations to the rowers who have been recently acknowledged as one of the 2012 Year 12 Graduating Students.

The following rowers received special awards at the Graduation Ceremony:

Amy Park – *Academic Excellence in the Research Project; Verna McCarthy Outstanding Service Award; Gillard Award for Outstanding Leadership; Long Tan Leadership and Teamwork Award; Active Participation in School Life Certificate.*

Laurel Keller - *Outstanding Commitment To Achieve in Physics and Specialist Mathematics; Barton Home Group Award; Active Participation in School Life Certificate.*

Ruby Stevens (Year 11) – *Outstanding Commitment to Achieve in French*

Ben James – *Barton Home Group Award; Outstanding Contribution to School Sport; Active Participation in School Life Certificate.*

Zoe Butefisch – *Verna McCarthy Outstanding Service Award; Active Participation in School Life Certificate.*

Alex Gilmore – *Outstanding Contribution to School Sport; Active Participation in School Life Certificate.*

Nicole Sharrad - *Outstanding Contribution to School Sport*

Hamish Straatman - *Outstanding Contribution to School Sport*

The UHS Rowing Club wishes Nathaniel Benny-Brook, Chani-Sioux Bramford, Imogen Brown, Zoe Butefisch, Alexander Gilmore, Michael Heliotis, Michael Ingham, Ben James, Laurel Keller, Dylan Lundy, Amy Park, George Photakis, Damian Plagakis, Nicole Sharrad and Hamish Straatman the

best of luck in your exams and in your pursuits beyond 2012.



Year 8 Boys, Spring Camp



Balanced one hand push-ups, Spring Camp

Dates for the Diary

Wednesday 31st October, 2012

Orders for Pudding Lane Puddings to be completed.

Saturday 10th November, 2012

Fundraising Event – Class of 2002 10 Year Reunion to be held in the Performing Arts Centre at school. Please refer to Pip Lundy's email regarding assisting with this.

Saturday 1st and Sunday 2nd December, 2012

Riverland Regatta at Berri

Week of 10th December, 2012

Pudding Lane Puddings to be delivered. The date and time will be emailed to all customers.

Wendy James, Editor