

# Rowing Club News



Unley High School

February 2013

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## From the President

Welcome back to rowing for the second half of this season. Over the Christmas break we had to say goodbye to Keith Lundy, our Club President, and Pip Lundy, our Club Secretary. We are very sorry to see Keith and Pip go as they have been hardworking members of the club for several years. We thank them and Jared for their service to the club and wish them well for the future. In their place, I have taken on the role of President with Todd Spencer as Secretary.

The Committee is always keen to get more parents involved in the running of our club. We would particularly like to invite interested Year 8 and 9 parents to join the Committee as they represent the next generation of leadership for the club. Please feel free to talk to me or any other Committee member about how you can help.

Thank you to everyone for helping out with Symphony Under The Stars and I hope your families came along and enjoyed the evening. Following the Murray Bridge regatta certainly made for a long hot day but this is a very important fundraiser for the Club. We have earmarked the money raised from this event for urgent repairs to several sets of oars.

You will have noticed that the Club has a number of new boats in our fleet including a brand new single, as well as a pre-owned quad and the girls eight. We have now decided on names for all of these boats although at this stage only the details of the new girls eight can be revealed (see article **Boat Naming** below). The committee chose the names from a very broad range of suggestions but in the end selected the names of people or families strongly associated with the UHS Rowing Club or UHS. We would like this to be an acknowledgement of exceptional contribution to the club but perhaps more importantly, to provide inspiration for our young rowers.

**Tim Hercus**  
**President UHS Rowing Club**

## Boat Naming

The Committee is proud to announce that the girls' new Eight will be named **Anita Hughes** at the Regatta, West Lakes on Saturday 16<sup>th</sup> March. Please mark this date in your diary so you can witness a well-deserved accolade for Anita.

If you would like to donate to the purchase price of this boat please see the ASF reference below. Donations of at least \$500.00 will enable your name to be printed on the canvas. Donors of this amount received by 9<sup>th</sup> March will have names printed on the canvas in time for the naming but others can always be added at a later date.

## Tax Deductible Donations to the ASF

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 more details.

The actual ASF donation form can also be found in the back of the Blue Book.

**Deb Kinnane**  
**Treasurer**

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## Committee Meeting Outcomes

The UHS Rowing Committee has met on a monthly basis since the publication of the last Rowing Newsletter. Some of the items discussed which are not listed elsewhere in this newsletter include:

### General Maintenance

In 2012, \$11,000 was spent on the general maintenance and repair of boats and the fleet is now in good shape. The boats should only require minimal on-going maintenance.

### Cox Box Replacement

Four cox boxes, chargers and microphones have been replaced.

### UHS Club Rowing Club Plan Update

Aims from the 2012-13 Club Plan which have been recently been achieved include the successful Come'N'Try days for Year 7 students, promotion of rowing at the Year 7 Orientation Days, the conducting of a boat rigging workshop for coaches and interested parents, the purchase of ergo slides, encouraging coxswains to attend specialist workshops, and the organisation of a nutrition seminar to focus on the dietary needs of adolescent rowers.

### Trailer Signage

Our new trailer now has an Unley High School Rowing Sign attached.

### Fundraising

The 10 year reunion for the UHS Class of 2002 was a great success for all concerned. The old scholars had a fantastic time and the Unley Rowing Club catered superbly. Thank you to the parents and students who assisted in the preparation and serving of the food.

Additionally, the selling of Pudding Lane puddings was well received by members of the school community providing some much needed funds. Thank you to Wendy James who so capably coordinated this activity.

## Captains 2012-13

Congratulations to the following students who were selected as the Unley High Rowing Club Captains for the season 2012-13

### Senior Girls Co-Captains

Sophie Russell and Ruby Stevens

### Senior Boys Co-Captains

Aaron Jones and Hugh Kinnane

### Junior Girls Captain

Verayna Zilm

### Junior Girls Vice-Captain

Courtney Size

### Junior Boys Captain

Jordarn Karpowicz

### Junior Boys Vice-Captain

Jack Cheshire



Captains 2012-13

## Blue Book

Please check your contact details in the current version of the Blue Book and let Anita know if changes are needed. Another updated version will be sent out soon. If you need a hard copy of the Blue Book printed please do not hesitate to let Anita know.

## Row Past, ARC Henley on Torrens

Unley again dressed up for the row past at the Rowing SA Opening Season Regatta. It was an entertaining day with a lot of sprint races.

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## Coach Polo Tops

Our coaches are now wearing polo tops which are dark blue with a white panel and have the UHS crest is on the left-hand front. 'Rowing' and their given name are located on the right hand front and 'Coach' is screen-printed in large letters across the back.

## Head of River Sub-Committee

The Head of River (HOR) regatta is not far away – Saturday 6th April. Renata Zilm and Wendy James invite members of the Club to join them on the Sub-Committee to organise the food for this regatta as well as the numerous tasks associated with the HOR dinner.

The dinner will be held in the George Cresswell Hall on the Saturday evening but parents and rowers will commence setting up and decorating on Friday 5th April. Saturday commences early with the setting up of tents and food at West Lakes at 6:00am. This is early but watching the sun rise as the rowers prepare for racing is fantastic. Even if you cannot commit to being at West Lakes before the sun comes up everyone is welcome to join the HOR Sub-Committee because there is plenty to do leading up to the day incorporating lots of fun!

All parents are asked to be involved on the day and Squad Managers will be in contact with you in regard to assisting with the cooking and selling food at West Lakes, as well as helping with the selling of drinks in the evening at the dinner.

## Term 4, 2012 Events

### Berri Regatta

More than 60 rowers and their families travelled to Berri for the annual Riverland Regatta on Saturday 1st and Sunday, 2nd December 2012. Most families stayed at Lake Bonney and witnessed a magnificent lightning show over the lake on the Friday evening. The racing over the weekend enabled the

participating club members to race in numerous events.

## Nutrition Seminar

On Monday 26 November 2012, approximately 130 people attended a Nutrition Seminar in the Performing Arts Centre that was presented by Kerryn Eades, a Sports Dietician from Wakefield Sports Clinic. The rowers and their parents learnt that good diet and nutrition are key elements to success for rowers, and provide significant increases to energy and focus.

Kerryn provided lots of valuable information in relation to meeting daily fuel and nutrient requirements, suitable pretraining snacks, recovery nutrition, pre-event snacks/meals, sports drinks and liquid meal supplements, fluid needs, iron levels and protein supplements. It is pleasing to see that most rowers have taken the information 'on board' and are already bringing healthier snacks and drinks to regattas.



Senior Girls working hard at Fit Girl, Mitcham

## Summer Camp

Summer Camp was held from **Sunday January 20 to Thursday January 24, 2013** at Ankara, Walker Flat

More than 100 Rowers attended this successful camp, so many that the Senior Boys needed to sleep at the Walker Flat Hall.

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Welcome to all of the new rowers and their parents as well as new coaches. We look forward to seeing you at regattas and rowing functions.

Thank you to Renata Zilm who organised the food which was, as usual, delicious. Also thank you to all of the parents who assisted at, before and after Camp. As we all know without parent assistance our events would not be achievable.

Thank you to Anita Hughes, Helen Jones, Bec Lannan and all of the coaches for giving their time, energy and wise advice to all of the rowers.



Dinner time at Camp

## Regatta Results

Congratulations to the following winning crews:

### 2012 Rowing SA Opening of the Season Regatta, 27<sup>th</sup> October, 2012

Schoolboy 1<sup>st</sup> Coxed First Four

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

### ARC Henley on Torrens, 3<sup>rd</sup> November, 2012

3<sup>rd</sup> Grade Men's Coxed Quad Scull

Edward Warren, Adam Perry, Jordarn Karpowicz, Dylan Tuffin, Vanessa McGlinchey - cox.

### Pembroke West Lakes Regatta, 24<sup>th</sup> November, 2012

Schoolboy Year 8/9 C Coxed Quad Scull

Alastair Correll, Jun Hee Jung, Jesse Nield, Joel Spencer, Emily Hunter - cox.

### Schoolboy Year 8/9 A Coxed Quad Scull

Jack Cheshire, Reuben Stretch, Ethan Mons, Eddy Holmes, Isobel Hercus - cox.

### Berri Regatta

2<sup>nd</sup> December, 2012

### Schoolboy Year 8/9 B/C/D Coxed Quad Scull

James Patterson, Joel Spencer, Nathan Cartledge, Jack Cheshire, Alastair Correll - cox.

### Schoolboy Year 8/9 A Coxed Quad Scull

Ethan Mons, Reuben Stretch, Sam Luongo, Eddy Holmes, Aaron Jones - cox.



On the river at Summer Camp

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## 2013 AUBC West Lakes Regatta

2nd February, 2013

### 3rd Grade Men's Coxed Quad Scull

Jack Cheshire, Reuben Stretch, Ethan Mons, Sam Luongo, Eddy Holmes - cox.

### 3rd Grade Men's Coxed Four

Jaden McGlashen, Aaron Jones, Austin Zilm, Tom Edmonds, Britt Memmler - cox.

## 2013 South Australian Rowing 1st Grade State Championship

### 3rd Grade Men's Coxed Quad Scull

Jack Cheshire, Eddy Holmes, Ethan Mons, Sam Luongo, Gemma Luongo - cox.



2013 SA Rowing 1st Grade State Championship - 3rd Grade Men's Coxed Quad Scull

## Riverside Super Series Regatta

19th February, 2013

### Schoolboy Year 8/9 D Coxed Quad Scull

Harry Baxter, Max Bowering, Aayush Sharma, Oscar Smit, Louis Stevens - cox.

### Schoolboy Year 8/9 A Coxed Quad Scull

Jack Cheshire, Reuben Stretch, Ethan Mons, Sam Luongo, Aria Rose Tuckey - cox.

## Murray Bridge Regatta

23<sup>rd</sup> February, 2013

### Schoolboy Year 8/9 A Coxed Quad Scull

Jack Cheshire, Reuben Stretch, Ethan Mons, Sam Luongo, Aria Rose Tuckey - cox.

## Schoolboy Year 8/9 A Coxed Quad Scull

Jack Cheshire, Reuben Stretch, Ethan Mons, Sam Luongo, Aria Rose Tuckey - cox.

## Schoolboy 1st Eight

Jake Ireland, Aiden Hurley, Tom Edmonds, Aaron Jones, Austin Zilm, Hugh Kinnane, Jarryd Hawes, Angus Santostefano, Britt Memmler - cox.



Murray Bridge Regatta - Schoolboy 1<sup>st</sup> Eight

## Year 12 Rowers, 2012

Congratulations to all of the Year 12 rowers who completed their studies at UHS in 2012, including Amy Park who was one of 25 students in the state to gain a Governor of South Australia commendation. Seven of last year's rowers have already joined the Unley Rowing Club as coaches. We look forward to seeing them at regattas in their new role.

## Dates for the Diary

Saturday 6<sup>th</sup> April, 2013

Head of River – Regatta and Dinner

Wendy James, Editor