

UNLEY HIGH SCHOOL ROWING CLUB NEWSLETTER

December 2015 | Volume 1, Issue 2

FROM THE PRESIDENT

A very warm welcome to the second Newsletter of the 2015-16 season. It's been so warm in fact that our annual trip to the Riverland for the Berri/Renmark regatta was cancelled - a decision fully supported by the Club in the name of rower safety and wellbeing. Let's hope that 2016 will be kinder to us!

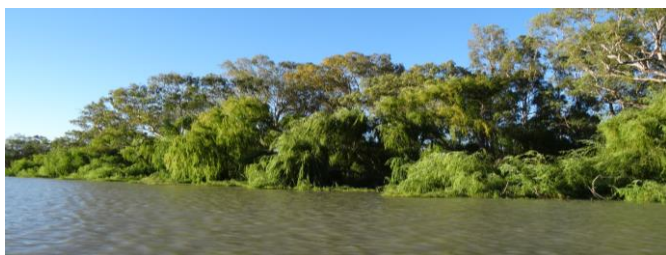
Many of our crews did exceptionally well in the recent Torrens and Twilight regattas. Thanks also to the Year 8 families who cooked and served the BBQ at Torrens - it's good to see these duties passing into safe hands as the 'old guard' prepare for their final summer camp and Head of the River campaign!

Talking of support roles in the Club, in this edition of the Newsletter we're taking a look at the Maintenance Crew, who are kept busy with the weekly task of caring for boats and equipment. We also feature a contribution from Amy Park, one of our senior coaches, describing a typical regatta day and the many and varied activities that keep the coaches busy at competitions. And finally, in what looks to be a very full newsletter, two of our Vice-Captains offer some insights into rowing life and times in their squads for season 2015-16.

On a festive note, if you are looking for a rowing-related stocking filler, there's an excellent book, *The Boys in the Boat*, by Daniel James Brown, which tells the story of the crew from Washington University who in the space of three seasons went from novice rowers to winning the 1936 Olympics. It's a fascinating look an era of handmade boats, depression era America and the political upheaval surrounding the Berlin Olympics, against the backdrop of the training regimes used by the top coaches of the time.

I wish all rowers, families and caregivers a great Christmas and a very successful New Year.

CHRIS FORD



FOCUS ON...

The maintenance crew

Every time one of our boats is unracked, carried to the water, rowed and returned, the possibility for damage is never far away. To help with ongoing care of the boats and equipment, every Wednesday night the maintenance crew meets at the School boathshed for a few hours of work and idle chat.

Common damage includes scrapes, scratches and holes in the hulls. To fix these, we must first clean out the damaged area, remove all loose carbon fibre and dry out any wet areas. Holes are covered with a patch of carbon fibre, and new resin applied. After 24 hours this will be dry enough to sandpaper - starting with coarse and moving through about four grades to provide a finish smooth enough for a surface preparation, then more sanding, before painting. The paint is sprayed on, left to dry overnight, and then successively smoothed, polished and finally, waxed.

During the racing season, we can turn around one of these repairs between Monday and Thursday. The approximate saving to the club for each of these repairs is \$1,200 - last season alone the Maintenance Crew fixed more than 10 instances of such damage.



CONTENTS

PRESIDENT'S WELCOME	1
FOCUS ON...	1
REGATTA NEWS	2
COACHES CORNER	3
SUMMER CAMP	4
MEET THE CAPTAINS	4
ROWING UNIFORM ORDER FORM	5

REGATTA NEWS

Torrens Junior Regatta - 28 November

The Year 7-9 Regatta at the River Torrens proved to be very successful for the Unley High School Rowing Club with many crews picking up some 'bling' for their efforts. This was our second regatta at the Torrens this season and there was no doubt that the close proximity to the action made for good spectator viewing.

Riverland Regatta - 5-6 December

Unfortunately the weekend of the 5th and 6th of December was exceptionally hot and Unley High School sensibly withdrew from the regatta to ensure the health and safety of rowers, coaches and their families

Twilight Regatta - 12 December

Saturday December 12th saw the club in action again, for the annual Twilight Regatta at West Lakes. This event, hosted by Rowing SA, is a 'fun regatta' with races over 250m. UHS crews did very well, with success in singles, quads and sculls races across the age groups.

We also boated an eight, composed of a crew of senior boys and girls, pitched against eights from a couple of the private rowing clubs. Our senior girls' squad took part in the fancy dress row past: each rower was dressed as Julia Gillard while rowing the boat that carries her name.

Many families took the opportunity to come down to West Lakes to enjoy the regatta, and were excellently catered for by a tireless group of BBQ cooks and servers - big thanks to all of them for their time, and to those who purchased the food and drinks before the event.

Upcoming Regattas

We are now into the Christmas break and regattas start again with School Super Series Round 3 on the 6th of February.

After that, the Murray Bridge regatta is on the 13th and 14th of February, then there are only three more regattas before the Head of the River on the 12th of March.



Rowing Uniforms!

If you require another uniform or for those who have not yet ordered one please complete the attached rowing uniform and return to **Leonie Rowe** by **Monday 21 December** so an order can be placed before the Christmas shut down.

Forms can be scanned and emailed or dropped in our letter box - contact details are on the form. The uniforms are made by a specialty rowing clothing company in Tasmania and they require payment via credit card or cheque only, as per instructions on the form. Unfortunately these are all made to order so we don't have a range of sizes to try on, there is a weight and height guide on the form and they are lycra. Simply Oarsome can make adjustments if your child does not fit the guidelines and it would be best to ring them direct to discuss this.

In addition to the official rowing uniform which is either the one piece or two piece suit the rowers wear an UHS rowing cap, white for girls, navy for boys these can be purchased for \$15.00, if yours is looking rather faded and worn it may be time for an upgrade so we are looking smart at regattas. It is important that all rowers wear the correct, well presented uniform.

The club also has a long sleeve white sun smart top for \$25.00 and bucket hats for \$15.00. These items are purchased locally and need to be paid in cash only. As the white tops have the students name on them they need to try them for size and Leonie Rowe has sample sizes. Please call her on 83578230 or email rowe@adam.com.au to arrange a time to try one on. Orders for these tops will also be placed before Christmas so they can be ready by Summer camp.

Any student with a borrowed Unley High School singlet please return these to Leonie Rowe and bring an order form to ensure we have a uniform in time for the forthcoming season. All borrowed singlets need to be returned ASAP.

COACHES CORNER

Amy Park, Senior Girls' Squad Coach, tells us how a typical race day unfolds...

A day at the races: GETTING TO 'ATTENTION, ROW'

Getting boats on the water for a race is a practice best planned for backwards.

For example, if one of my crews has a race at **9.05am**, they need to be at the race start point by **9am**, as the officials want all crews in place early. For a 2km race, it will take the crew around fifteen minutes to warm up and row there: thus they must be on the water by **8.45am**.

The process of lifting the boat from trestles, placing it on the water, and putting all of the oars in takes about five minutes, so long as the kids are quick and efficient in their movements: **8.40am**.

Before that can be done the oars and any personal kit (socks, drink bottles, hats etc) have to be taken down to the bank: **8.35am**.

The boat also needs to be rigged, and depending on which boat it is, that can take some time, especially if between them the kids only remember to bring one spanner. Ideally, the cox has time to ensure they have a working cox box, and the athletes have time to ensure that their foot stretchers are in the right position, and their slides have been adjusted to their height; altogether this will take 20 minutes: we need to start at **8.15am**.

If before that the boat needs to be taken off the trailer, or brought down from the shed, this can take up some time depending on whether other equipment needs to be moved to get to it: **8.10am**.

The kids also need a chance to plan for their race, talk about how they want to approach it, or discuss any queries about their last race, or any issues brought up at training: **8.00am**.

The coach or captain needs to retrieve the bow card displaying their race and lane information: **7.55am**.

Any name changes due to illness, or inability to attend the regatta have to be filled out on a form, and authorised by an umpire in the regatta control tower: **7.50am**.

Ensuring all of the crew members are actually present and ready to row needs to be done before the name changes, as otherwise we don't know what changes to make: **7.40am**.

Fortunately, the UHS policy of arriving at the regatta at least an hour and a half before your first race kicks in at this point, meaning that everyone in this boat should be getting to the regatta by **7.30am**, allowing 10 minute for that all-important chat...

And there lies the plan, in all 90 minutes of preparation. Follow this, and my crew won't miss their race.

That is how it's meant to go anyway.

More often, if we as coaches arrive at 7.30am, the first thing we find is that due to someone arriving late we are not able to make any crew changes until we know if that person is just running late, or if they won't be able to race.

The program may have changed, resulting in a change of bow card to the one that was originally going to be for a crew, which leads to a coach needing to source a new program to ensure they have the right card for their crew. We'll find that the boat we were meant to take actually has something wrong with it, or a part missing that means it can't be rowed.

The oars that our crew were meant to take down to the bank for their race are actually already on the water because another crew has just taken any random set of oars without checking if they were the right ones (and quite often not the whole set, but just eight random oars from several sets). When we say "hands on" to get the boat onto the water, that is the point where someone tells us they need to go to the toilet. Or they haven't got a hat. Or that they need to go find their socks.

As they go to push off from the bank there might be another crew sitting just behind them trying to get in, and so the crew are stuck for a few minutes unable to move. And then, finally, they still have to row with some efficiency to get to the start line.

Unley High School Rowing Club

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SUMMER CAMP

2016 Summer Rowing Camp commences on **Sunday 24th January and finishes Thursday 28th January** at the Ankara campsite at Walker Flat, a very safe and appropriate venue for rowing. The camp is not compulsory but it is highly encouraged. Josh will send out more detailed Camp information and Camp Forms to complete shortly, but we want to give you a quick overview and to put out [a call for volunteers](#).

The success of rowing camps depends on many people pulling together (as well as the rowers!). Without the many coaches and parents who volunteer to attend the camp, the club would not be able to provide our rowers with these tremendous opportunities for team building, skills development and fun. We encourage anyone who thinks that a day or three on the river would be pleasant (stay for the whole camp, overnight or just come up for the day), to come up and introduce themselves (particularly parents of new rowers), watch their child on the river and spend some time assisting in the kitchen or with the boats. We aim for camp to be a welcoming space, with cups of tea or coffee always on hand. If you are able to volunteer, let Josh know by email or on the Camp Form, or email the Club Secretary and indicate what day(s) you can attend (and if you can tow a large or small trailer or have a boat license).

It is expected that every rower attending will bring a contribution of sweet and savoury items for morning and afternoon teas for the rowers. A couple of things to note:

- **Please remember that the camp is nut free.**
- Please don't send up fruit - we purchase ample fruit as part of the camp provisioning.

Please bear in mind that we will have limited space to refrigerate items but if this is necessary please mark these items clearly. Please also mark if items are to cater for a particular dietary need so that we can make sure that they are available for the rowers who need them.

NOTE: Parents who stay overnight at camp are required to have a Department for Communities and Social Inclusion Child-related Employment Screening clearance.



MEET THE CAPTAINS

In each edition of the Newsletter, two of this season's Captains and Vice Captains will introduce themselves.

Lily Grayling - Senior Girls Vice-Captain

Attention, row. These words marked the start of a competitive season. Prior to the opening regatta, we were hard at work; participating in ergo and weight training to build up our fitness. As the time came and those two words were spoken, the suspense was broken & our fitness tested. As each regatta passed we had more successes, where the sprint regattas & around the island proved to be the most rewarding, placing first in three events. As much as rowing is a team effort, it was great to see Anna make herself and her squad proud coming first in a single race & our newest rower, Millie, begin racing a few regattas in.

This half of the season has allowed us to work out our strongest competition, beat our personal bests and prepare for the rest of the season. Fortunately we have had tremendous support from our two coaches, Amy and Zoe, our parents, specifically our squad manager, Peter Preece and Unley president, Chris Ford, and all other people who have helped encourage and push our team to become better rowers. It's fair to say the results haven't come easy, but looking back to the beginning it is very rewarding to see just how far we have come. Start building in 3, 2, 3 - bring it home!

Harry Holmes - Junior Boys Captain

The season started well with our crews placing in the top three of almost all our races. We have been keeping it consistent and staying in the top three for the first half of the season and we hope to keep it that way. Our crews are good mates with everyone in our year level and the year levels above. I believe that our crews are strong enough to be placing in the top three and maybe winning a race at the Head of the River next year. Spring camp was just the start we needed to get back into the swing of rowing again. When spending more time with our coaches it helps us gain not only skill and strength but our ability to work as a crew.

As our squad gets stronger and more skilled I believe that we will be winning more races and growing as a crew. Some of our rowers have already achieved first place and won medals, but all of our crews are getting closer and closer to getting first place. In conclusion our squad is working well and will continue to for the remainder of the season and build on it for the seasons to come. Not only has the season improved our friendships but also strength, teamwork and commitment for the rowing club and we will continue to row and win.



ORDER FORM FOR UNLEY HIGH SCHOOL RC

Name: (students name).....

Address:.....

Telephone (BH): Fax:

Email:.....

Item	Price	Male	Female	Qty	Size
Unley High School sublimated Rowing Suit	\$64				
Shorts Navy – Polyester Sorbtek fabric	\$25				
Unley High School sub. Close fit singlet	\$44				
Postage and Handling (see below)					
Total Price					

SIZE GUIDE:

Extra Small	40kg - 50kg	150 - 160cm
Small	50kg - 60kg	158 - 170cm
Medium	60kg - 75kg	168 - 180cm
Large	75kg - 85kg	178 - 190cm
X Large	85kg - 95kg	188 - 200cm
XX Large	95kg - 105kg	195 - 205cm

Please note: If you don't fit into these categories, we would be happy to custom make your suit at no extra cost. Call us on 03 6491 1220.

PRE-PAYMENT IS REQUIRED BY ONE OF THE FOLLOWING METHODS:

Cheque Made out to (Simply Oarsome Australia Pty Ltd)

or CREDIT CARD



Master Card



VISA

BANKCARD

Expiry.

Full Name on card. Card Signature

Card Number.

Ordering Options:

BULK ORDER - Place your order with the club's appointed member (**Leonie Rowe, ph 8357 8203 or lrowe@adam.com.au or 95 Princes Rd, Mitcham**) for a bulk order (all items delivered together to the club's appointed member). Postage will be \$4.00 per item.

INDIVIDUAL ORDER - If you wish for your order to be sent to you separately the postage and handling rates are \$8.00 for one item and \$4.00 per item for orders of 2 or more. Send your order to Simply Oarsome Australia Pty Ltd, PO Box 366 Sheffield, TAS 7306 or fax this order form to 03 6491 1110..

