

UNLEY HIGH SCHOOL ROWING CLUB NEWSLETTER

February 2016 | Volume 1, Issue 3

FROM THE PRESIDENT

Welcome to the first newsletter of 2016. As most of you will know, we had a very successful and enjoyable Summer Camp on the Murray River for four days last week. It was great to see our new rowers, their families and caregivers, coaches and teachers, along with familiar faces and old friends, working hard in the boats, the dinghies, the kitchens and around the camp to help ensure that everything ran smoothly. As always, events like this happen only through the planning and hard work of many individuals, and it is a particular pleasure to acknowledge our new coaches, Verayna Zilm, Ruby Wright, Sophie Couzner, Adam Perry, Joe Hutt and Jordarn Karpowicz. They are continuing the tradition of senior rowers returning to the Club as coaches after Year 12.

Inside this newsletter, you will find a feature on the role of coxwains (coxes) in rowing - including some links to videos on YouTube showing the huge influence a cox has in helping their crew to achieve the planned race strategy. We also have introductions to two more of our Club Captains, and an article from Jarrad Hawes and Austin Zilm, in which they give some insights into their first year as rowing coaches.



Desperate measures at the camp BBQ - on a 41-degree day at Ankara, 32 kg of marinated lamb had to be cooked for the evening's dinner

FOCUS ON...

Coxswains

Over the past few days at Summer Camp, most of our rowers took a turn at coxing the boat. For our Year 8's, this was another new experience to add to the many already being absorbed through the dull ache of sore muscles and the more immediate pains of popped blisters!

During training, the cox mainly acts as the go-between from the coaches, telling the crew what to do and when to do it. In racing however, the cox plays an altogether different role, guiding the boat and its crew from the start of the race, through the early and middle stages and in to the final desperate sprint for the line. This is beautifully shown in the following link, from the 2011 World Championships in which the Australian Lightweight Men's 8 triumphed: <http://drewginn.blogspot.com.au/2011/12/from-within-boat-listen-to-little.html> (the last 100 metres is silent, I believe that at this point the cox got a touch over-excited for family audiences!).

Perhaps the most useful take home from this video is the way in which the cox is guiding the rowers in the execution of their race strategy at the different stages. Another example (*with a language warning, the stroke rower gets a bit rugged at one point*) from the 2014 Head of the Yarra race, in which the cox must guide the crew around the many bends in the river whilst maintaining high speed.

<https://www.youtube.com/watch?v=iJhCcNmbCJo>. Again, the cox is controlling the boat, giving instructions and feedback to rowers as they pass other crews over the course.

CONTENTS

PRESIDENT'S WELCOME	1
FOCUS ON...	1
REGATTA NEWS	2
SPECIAL EVENTS	2
REFLECTIONS ON SUMMER CAMP	3
COACHES CORNER	4
MEET THE CAPTAINS	5

REGATTA NEWS

2nd and 3rd Grade State Championships

Unley High School fielded a number of crews in the 2nd and 3rd Grade State Championships on **January 30th**. All crews and single rowers competed well and there were many outstanding Unley performances with a number of Unley rowers competing in finals - the highlight being senior boys winning the 3rd Grade Men's Coxed Four and coming a close second to Adelaide University in the 2nd Grade Men's Coxed Four.

Upcoming Regattas

February 6th School Super Series Regatta - The second of the season's School Super Series regattas is sure to see some fierce competition.

February 13th/14th Murray Bridge Regatta - The Murray Bridge regatta is run by the Murray Bridge Rowing Club and is always an enjoyable outing with strong racing.

February 20th West Lakes Regatta - This is a regular West Lakes Regatta with events available for grades, masters and schools.

February 27th School Super Series Regatta - This is the third and final School Super Series Regatta for the season.

March 5th/6th State and School Championships

March 12th Head of the River Regatta - This year hosted by Adelaide High School, HOR is the biggest school regatta of the year.

March 14th - 20th Rowing Nationals - Held at the Sydney International Rowing Regatta, Penrith.

Caps, Hats, Tops and Bottles

UHS rowing cap, white for girls and navy for boys, can be purchased for \$15.00 from Leonie Rowe. If yours is looking faded and worn, it may be time for an upgrade - the Head of the River regatta is coming up soon! The club also has a long sleeve white sun smart top for \$25.00. Leonie Rowe has sample sizes - Please call her on 8357 8230 or email lrowe@adam.com.au to arrange a time to try one on. Bucket hats for \$15.00.

2015 Head of the River caps and water bottles are also still available on regatta days or by contacting Jenny Boyce.

FUNDRAISING

Fundraising is critically important part of keeping our rowers on the water. Rowing equipment (boats, oars, riggers, cox boxes, etc.) is expensive and wears out. Boats and oars need replacing on a rotating basis if our crews are to remain competitive and we need club members (parents and rowers) to support the club's fundraising efforts. Fundraising goals for 2016-19 include a new quad/four race boat for the girls' squads to match the Zilm; and a new eight.

Significant fundraising activities this year include two Bunnings sausage sizzle days and the Quiz Night in August - more on these to come in future newsletters. Also, recyclables collection is an ongoing fundraiser - **Note the bottle and can recycling bin by the rowing shed at school.** All proceeds from this go to the club.

SPECIAL EVENTS

Drinks by the River

Saturday the 27th Feb, 6:30-8:30PM
UHS Rowing Clubhouse on the Torrens

Cost: \$10 per head (includes hors d'oeuvres and your first drink)

This year the UHSRC is hosting a start of the year celebration to welcome new parents to the UHS Rowing community. You are invited to an evening by the Torrens with live entertainment to meet with other Unley High Rowing Club families, past and present. Come and share a drink whilst watching the sun set over the Torrens Lake.

Head of the River Dinner

Saturday the 9th April 6:30PM
George Creswell Hall

Cost to be advised

Every year the UHS Rowing Club gets together to celebrate the achievements of the season with a dinner and awards ceremony. This year the Dinner will be held at the end of the season rather than during the Head of the River weekend so that those attending Nationals can enjoy the dinner with the rest of our rowing community.

Bookings will be made through the Try Bookings website. An announcement will be made closer to the date to let you know when the bookings can be made. Families are reminded that rowers will be seated with their crewmates and families will be seated with other families from their child's year.

If you have any queries, contact Lorelei (lorelei@internode.on.net).

REFLECTIONS ON SUMMER CAMP

**Alastair Correll, Senior Boys Vice-Captain**

On the 24th of February I started my final rowing camp as a student. This gave me pause to reflect on what rowing camp is and made me really think about what we were doing there. While at camp we maintained our traditions of early morning rises and long hard days; this being quite an adjustment for many who were still in the holiday mindset and especially for our newcomers in Year 8.

These young people, along with some other welcome additions in other years, had to learn and adapt at a rapid rate and I am personally joyful that they did so with a determination, interest and skill I would have envied at their age. Our newcomers were also welcomed to the camp food, another tradition being its excellence, and this year was no disappointment.



With six meals a day, our parent volunteers need another round of applause for their effort and time. This year the water was mostly perfect with only a few gusts blowing and while the sun was a bit harsh for some, it provided us with beautiful days.



Every rowing camp, especially during summer with the new Year 8 recruits starting, we build a community. A community which has a goal aimed at working hard, respecting both each other and our equipment and a community that supports each other.

Through my years of rowing, I have seen seniors grow into coaches who can lead and teach. My peers, including myself, have transformed from the Year 8s we once were into men and women more ready for what may come our way. What I look forward to most is the same transformation happening to the Year 8s of today - for them to grow and become as strong as the people I row with now.



Three generations of coaches ...

Unley High School Rowing Club email contacts:

President:	Chris Ford	christopher.ford@internode.on.net
Secretary:	Michael Correll	correll.at.mitcham@gmail.com
Rowing Manager:	Josh Whitwell	joshua.whitwell@uhs.sa.edu.au

COACHES CORNER

Starting out as a coach is a daunting feeling. Not long ago you were the one being taught, and now you are the teacher, in charge of creating competitive rowers from scratch. Having a squad of young rowers to teach, look after and organise is a very tiring, yet equally rewarding experience.

Austin and I first met our squad at come and try sessions when they were in Year 7, so by the time of their first rowing camp most of them had been in a boat before and had an idea of what to expect. Rowing camp was a big shock to them, and just as much to us. Instead of just dragging ourselves out of bed at some ungodly hour and just rowing, we had to organise crews, plan each individual session and set goals, find rowers from other squads to fill boats if we did not have the right numbers and then finally, arrange dinghies and drivers where needed.



It is a weird feeling unlocking the boat shed at the Torrens and the rowing shed at the school, as memories of commuting to the Torrens for a row after a hard day at school, and walking down the stairs into the rowing shed for a gruelling physical challenge, are still vivid. Instead of arriving at the session with your fellow squad members, you are there by yourself, setting everything up, waiting for the rowers to arrive, and then trying to organise crews as each person arrives. You learn to do these tasks quickly and efficiently, as there may be up to five or so other rowing clubs competing to get boats into the water.



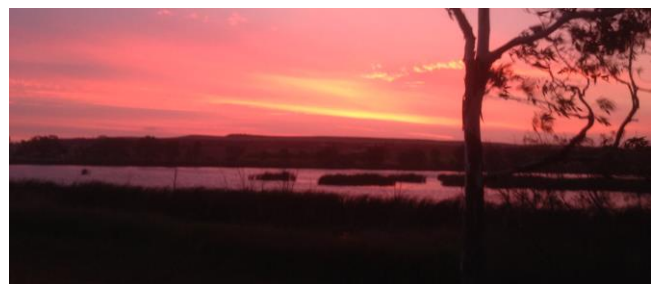
Experiences of a First Time Coach *Jarryd Hawes*

Regattas are a very foreign event for someone new to rowing; there's not much else quite like it. As a coach you have to make sure all the rowers have arrived in a timely fashion and are close by, their boats are rigged and set up correctly, crew changes are made where needed, bow cards are fetched and then you need to make sure you get the boats into the water with enough time for the rowers to make it to their race. This is all new for Year 8 rowers, especially for the coxswain, who has to navigate the course, set the boat up in the correct lane and then motivate the rowers from the starting line to the finish.

Many, many countless hours are spent with your squad throughout the season, which enables them to bond with each other. I would say as a coach, that very quickly you begin to form a connection with your squad. The rowers learn to respect you and trust your decisions no matter how unfair or far-fetched they may seem. By partaking in the activities they do, you help them through by sharing the same pain and showing them that nothing is impossible. As the coach you learn to read the rowers; see how they are feeling, learn where their limits are, and then continually push them to and beyond these limits.

The greatest part of being a coach is seeing your rowers' progress. Watching them give one hundred percent at every training and race, being a part of their test ergs and pushing them to do their best right up until that very last stroke, watching them develop as people and witnessing the connection they have with each other is an amazing feeling. As you were once a rower in the same position they are, you appreciate how hard they work and how much they commit to the sport.

Volunteering as a coach is an incredibly rewarding experience that I have enjoyed right from the start and continue to enjoy today.



MEET THE CAPTAINS

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



Zoe Andrews, Junior Girls Vice Captain

We have just come back from the summer rowing camp and are ready to start the 2016 competitive season. I would like to take this opportunity to thank all the teachers, coaches and parents who volunteered and helped make a successful camp. Without them it wouldn't have been possible. All the meals at the camp were absolutely delicious. I believe this extensive training and coaching has prepared us and has set us on the right path to be ready for the Head of the River which is just around the corner in early March 2016.

A memorable and rewarding moment for my squad in 2015 was the Port Adelaide regatta where we came first and received our first ever gold medal. It was a great moment and feeling and one that my crew and I will never forget. We repeated this at the Henley on Torrens Regatta with another win and gold medal. Both Year 9 crews came first and received gold medals. It was a fantastic day and was very encouraging and exciting for both squads.

"Positive attitude and continually strive to achieve your best, both personally and within your crew". This is a paragraph from one of Josh's emails at the beginning of this rowing season. These words echo through my head and I believe it is the best attitude to have before a race and during a race. The Year 10 squad will look a little different this year due to a few girls leaving last year. This new squad will create great friendships, teamwork and success. I believe the fourth coming season will be a positive one with more personal bests and more personal achievements.

Reuben Stretch, Senior Boys Captain

The first half of the season had been a promising start for the senior boys; grabbing a medal almost every weekend - four in the first. The highlight was the win at the Head of the Port with crew Hans Siegloff, Koby Hawes, Alastair Correll and myself crossing the finish line. The crew combinations were mixed throughout the first half of the season, giving everybody a chance to get out on the water and race.

As the holidays end, the second half of the rowing season begins. The senior boys have come back from a strenuous camp in Ankara and are enthusiastic to get back into regular training. With coach, Nick Lohmeyer, the boys are looking forward to continuing their rewarding season. They recently won a medal at the 3rd Grade State Championships and with an early win, the seniors' confidence builds.

Certain seniors have taken to extra training to improve their performance on the water. Koby Hawes has taken to the gym to increase both muscle mass and strength in the pursuit of maintaining his status as the 1st ranked rower at Unley High. Eddy Holmes and Mackenzie Slaughter have taken to the streets in order to gain the necessary fitness for the two kilometre races each week. It is clear that this squad have the competitive attitude required to win the Head of the River at the end of the season.

As rowing captain, I am extremely proud to be part of the current squad who strive to win. I will be even more proud to finish this season with these boys that I have been rowing with since we first started rowing in Year 8.

