

UNLEY HIGH SCHOOL ROWING CLUB NEWSLETTER

March 2016 | Volume 1, Issue 4

FROM THE PRESIDENT

This will be the last newsletter before the rowing season reaches its climax at the 2016 Schools Head of the River regatta at West Lakes on 12 March. I'm sure that very few of you will need reminding of this date: many of our rowers are in full training, their coaches working hard to bring crews along to their best condition for the big race, and of course parents and caregivers as ever are doing their best to ferry, feed and fix!

In the last three regattas we have seen our Year 8 crews row in their first few races. This is always an exciting time, with rowers, families & caregivers, and coaches all a bit unsure of how things will work out. It's great to watch the next generation of our club take these early steps, and especially so when the crews return from their races looking happy and making lots of excited noise! In this month's newsletter, we have some thoughts and reflections on their first few weeks as rowers from some of these Year 8's - thank you to Anita for organising this.

The club is very proud to have a crew competing at the 2016 Australian Open Schools Rowing Championships, to be held in Sydney in the week after Head of the River. Best wishes to our Year 10 Boys crew, Mitchell Reinhard, Jack Rasic, Tom Ogier, and Alistair Rowe, with a cox from Pulteney Grammar, who will be rowing in the U17 coxed quad sculls event.

On Saturday 28 Feb, many of us spent a lovely evening at the Drinks by the River event in the Torrens boathouse. This was conceived and organised by Lorelei Siegloff, assisted by Mary and Michael Correll, Jenny and Graham Boyce and Craig Palamountain - I'm sure that all those present will join me in thanking them for the work to make this such a success.

Also in this newsletter, there is some information about the 2016 Head of River Dinner on 09 April. This falls a week after the Mannum Regatta, which we have tentative plans to attend with our junior and intermediate crews (years 8-10). More details will follow in the coming weeks.

CHRIS FORD

DRINKS ON THE RIVER

A big thank you to those who came out for our inaugural 'Drinks on the River'. The evening was a great success and we'll definitely be doing it again. It was a great atmosphere with both our neighbours (ARC and Scotch) also hosting events, whilst the Festival of Arts kindly provided us with a great pyrotechnics show across the river.

An even bigger thank you to the wonderful folk who cooked, cleaned and served on the evening. You helped make the magic.



END OF PRESENTATION SEASON DINNER

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

Bookings are now open for the End of Season Presentation Dinner. You can make your bookings online at the following address:

<http://www.trybooking.com/KJFU>

Tickets cost \$35 per head (both rowers and parents) before the 30th of March and \$40 per head after this date - for a two course buffet meal.

Payments are made through the school.

**** Please note that you do not sit with your rowing child - they sit with their crew and you sit with other parents.**

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

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REGATTA NEWS

Second School Super Series Regatta

The second of the season's School Super Series regattas saw some fierce competition. Unley came away with a first place, four seconds and five thirds.

Murray Bridge Regatta

The Murray Bridge regatta was run by the Murray Bridge Rowing Club and as always, was an enjoyable outing with strong racing. Unley had an outstanding regatta and came away with six firsts, eight seconds and six thirds including a Division 2 win in the Three Mile Eights!

West Lakes Regatta

This was a regular West Lakes Regatta with events available for grades, masters and schools and a strong showing by Unley across the board.

Final School Super Series Regatta

This was the third and final School Super Series Regatta for the season. Unley features strongly amongst the placings with two firsts, two seconds and seven thirds.

March 5th/6th State and School Championships

Unley was well represented at the combined Championships. Day 1 saw heat wins to several rowers including the Senior Boys and Girls 1st Fours, and a Finals win in the 3rd Grade Division 2 Singles. Day 2 saw further success, with wins to the Senior Girls 1st Four (see the photo on this page), the Year 10 Boys A, and U17 Singles...and even more!

Upcoming Regattas

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. There will be no local regatta in this week.

April 2nd Mannum Regatta - UHS hasn't gone to the Mannum regatta since 2013. It's a lovely location and will a great season closer for many of our rowers.

April 9th Masters and Novice Regatta - TBC. If this goes ahead it will be for only Year 8 and 9 rowers.

FOCUS ON...

The Year 8 Rowing Cohort

An extended 'Focus On' in this issue samples the experiences of our new Year 8 rowers - in their own words.

Rowing has been a great experience so far, for example making new friends on the summer rowing camp, theory lessons, fitness lessons, the River Torrens and the Regattas. The Rowing Camp included the ironman challenge, great food, learning how to use an ergo for the first time and of course, rowing at the beautiful Walkers Flat.

The theory lessons have included how not to capsize, the parts of a rowing boat, how to access ROMS (Rowing Online Management System) and the types of boats used in rowing. The fitness lessons have mainly involved using ergos and the exercise bikes.

The regattas at West Lakes have been a great experience as we learn something new every race to take into our next.

Oli Neate

Rowing is a really good sport. It is a good way to stay healthy, make new friends and have fun. Summer Camp was a good way to meet new people and to learn the proper technique of rowing.

Rowing can be very tiring especially with the early morning start for the Rowing Class on Thursday mornings. But it is worthwhile as we do not have to compete for water space with lots of other schools. Regattas are also exciting, especially when you win a medal.

Overall I would recommend rowing to next year's Year 8s as it is fun and full of valuable experiences.

Mabel Schultz

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HEAD OF THE RIVER

The Head of the River Regatta is upon us!

Head of the River is the big school regatta of the season and typically, up to 10,000 people can attend on the day. UHS Rowing Club Alumni and rowers' families and members of the school community are very welcome.

There is a great atmosphere on the day. As this is a formal school event, UHS students who are not rowing are requested to wear school uniform.

Parking is very controlled on the day. You will *not* be able to park close unless you are there very early (before 6am). Parking on the sports ground across Trimmer Parade, with regular shuttle buses to the main regatta lawns, is managed by the host school (this year, Adelaide High School).

UHS Rowing Club will run breakfast from our tents, with the usual offerings and possibly a couple of extras (see below).

Cake Stall

Each year the Head of the River day is a great opportunity for the Club to raise money! Each year the club asks for donations of baked goods to sell from the tents.

Roster for Parents

Because it's a big day (even though it finishes at 12.30!), we ask all parents to share sales and BBQ duties on the day. Lorelei has put together a roster for working at the cake stall/BBQ. You are, of course, welcome to help at other times too!

6:30 - 8:30	Committee (set-up - BBQ, tents and decorations)
8:30 - 9:30	Year 8 families
9:30 - 10:30	Year 9 Families
10:30 - 11:30	Year 10 Families
11:30 - 12:30	Senior Families
12:30 - 2:00	Everyone who's about (pack up)

FOCUS ON... (CONTINUED FROM PAGE 2)

Rowing at Unley High School is so rewarding because it opens doors to new opportunities that most people could never dream of having. It also is a fantastic way to meet new people. But it's not just a social sport. It is a physically demanding activity that requires focus and attentiveness. But it's still a load of fun.

One thing that I have noticed about rowing that differs from other sports is the fact that once you're out on the water as part of a crew, you're on your own and this is when the need for teamwork really comes into use.

Beccy Ford



The rowing program is great as we have great coaches and great teachers - Joe, Sophie, Dylan, Mr Whitwell and Mrs Hughes.

Rowing camp was my best camp so far. The food was great but the early mornings were killers.

I really enjoy racing at West Lakes and look forward to always improving so that we become strong crews feared by other schools.

Connor Fear

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FOCUS ON... (CONTINUED FROM PAGE 3)

Rowing at Unley has been tough while fun and exciting. Rowing also keeps us fit while we are having fun and it also has a sense of discipline and commitment. Rowing is a team sport and is very inclusive. It makes us feel part of a team - being in a team helps nerves because you know that there are other people that feel that same way as you.

The camp this year was really fun but physically draining because of the amount of physical activity we were required to do. At the camp we were well fed with five delicious meals a day. The ironman challenge was physically demanding on the body for most of us, but at the same time it was fun. Our first regatta was nerve racking but when we got onto the water, we calmed down and focused on what we had to do.

Liam Rogers and Zach Palamountain



So far I have really enjoyed rowing. It has been a good change in sports, as I always did soccer. Regattas are pretty fun and the experience is grand as you race against other schools, clubs and other Unley crews. It gives a whole new perspective and is more fun rather than just rowing around the Torrens.

It is a sport for people that are committed and hardworking. I want to work on not crabbing as it just doesn't affect me but the whole crew in the boat. I am looking forward to progressing with my rowing and not crabbing! I hope that I win a race when it comes to the Head Of The River time.

Josh Cimarosti



I find rowing really challenging and fun. A really good thing about it is that you make a lot of great friends and you meet people from all year levels. It's definitely different from your everyday sports such as netball, football and soccer. I am in the special rowing class where we get a theory lesson on a Monday where we learn about technique and what to do in races; on Thursdays we get to do a morning water training session on the Torrens when the water is not busy with boats from other schools and clubs; then on Fridays we go into the gym and have either a fitness lesson or an ergo session.

A week before school started, we went to Walker Flat for a rowing camp, I think the best thing was definitely the food. The coaches pushed us to our limits by giving us a range of challenges in the Ironwoman (Ironman for the boys) and on the ergos. On the ergos so far we have done 1km, 2km, 5x 250m sprints and more. On the 20th of February we attended our first regatta. All of the year 8 crews participated in two races each. It was a lot of fun racing against other schools even though our coaches told us to think of it as another training session.

Jasmin Fettke



Year 8 Rowing has been great as it has improved my fitness and strength. It is a really good sport as it is a team sport that exercises your whole body. Although it requires considerable commitment, I believe that it is worthwhile as I have made many new friends and I feel like I am part of a team.

I thought that rowing camp was really good as it allowed me to meet all the other people in rowing and helped me to transition into high school.

In the Rowing Class and at trainings, I have now also learnt how to rig boats, adjust seats and have learnt a lot about rowing terminology.

Harry Mart

MEET THE CAPTAINS

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

Courtney Size **Senior Girls Captain**

"In order to win, you have to do something that the next boat next to you isn't willing to do"

Anonymous

Rowing takes a certain type of strength, not just physically but also mentally. 20 seconds into a race and you have lost a sense of your surroundings. You know you are level with other crews and that you need to push in front, but you lose the sense of rowing as it all becomes natural. It all starts to flow, from the arms to the bodies to the legs. Then you must repeat it over and over again for 2000 metres. It is as rowers go, numb not as in feeling nothing, it's numb, as in there is so much pain that your body blocks it out some way. It is the mindset that *pain is bliss*.

It takes every part of your body to row well as we use our arms, legs and core to strengthen the drive. Our ears allow the coxswains motivational words to flow through us, our heart to pump blood through our aching bodies, our lungs force air into us, our fingers grip the oar, and our brain is there to block out the pain. Rowers strive for the burn. We use the pain and turn it into power.

Heading into Head of the River, the Senior Girls First Four are going in with the mindset it will be hard and it will be painful. If we want that gold at the end which is feasible, we are going to put ourselves through torture. The pain is worth coming out of a race with a smile. If you can turn around to your crew members to say that was an awesome race, then the pain was worth it. That is why we row. We are junkies for the burn. As torturous as rowing sounds we love it, we wouldn't do it if we didn't.



Alistair Rowe **Junior Boys Captain**

The 2015/2016 season has been a successful for one for the highly bonded squad of Year 10 boys. We kicked off the season with a 5km ergo at Spring Camp, the first of many to follow in the ensuing months. On regatta days, we were able to boat three crews and saw some respectable results - all crews placing in the top three in many regattas.

Just before Summer Camp we picked up a new coach from interstate, Peer. Peer coached at Nudgee College in Queensland but has been around competitive rowing since his own school days. Peer has proved invaluable in passing on his knowledge to us.



At the start of this year, we also gained two new rowers who had moved from their respective rowing schools. This was great as it allowed us to have four crews. At the past few regattas we have been the only school to have a 4th crew competing in races. All being well, this depth continues through to seniors next year to ensure a good competitive squad. We are all looking forward to the Head of The River and definitely hoping for some great results!

