Oar-Inspired

FROM THE ROWING CO-ORDINATOR

Congratulations to all crews which took to the waters at West Lakes last weekend, especially first time intermediate girls Emelia Molony and Kate Chapman and the entire year 8/9 boys A crew of Oliver Wilson, Terry Koumi, James Mellor, Sam Button coxed by the wily veteran, Hugh Brunning!

There were some solid performances too, intermediate boys cruised into their A final, the girls first four placed second in both rounds and the boys eight finished third in both rounds, surviving a minor shipwreck in the second – there is much to look forward to from all crews!

This week is the Round the Island time trial for intermediate and senior crews at West Lakes – all other crews will have training as usual. The week after is of course the Pulteney hosted regatta on 21 November – get excited!!

You would have read recent emails asking for your assistance at the hosted regatta and with ongoing fundraising throughout the season. It is critical that these volunteer roles are filled and Alison Perrott has been working feverishly to get a roster together - thank you all in anticipation for your invaluable help!

Pulteney is a Sun Smart School and, as rowers we are all exposed to the elements regularly. It is our responsibility then to make sure we wear a hat, regularly apply sunscreen and hydrate adequately at all times. It is important always to wear appropriate clothing and seek shade wherever possible too.

Finally, I am looking for any photos you might have taken at the Season Opener/boat naming ceremony a few weeks ago. I know there were a lot of cameras there so if you have anything, please either email them to me or put them on a stick (I can supply). Anything you have would be great, thanks.

GO PULTENEY!!
Richard Sexton
Head of Rowing

No. 04 for 2015–2016 Season
Editors: L Radford, R Sexton

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Pulteney Boat Club Meeting:
The next meeting of the Boat Club committee is on Monday 23 November, 2015 at 6:00pm.
The venue is Allan Wheaton House, 206 South Tce, Adelaide.

All are welcome, refreshments are supplied!

Regattas and Events:
14 November:
Round the Island Time Trial – West Lakes
21 November:
Pulteney hosted Regatta: West Lakes
28 November:
Juniors only regatta - Torrens

Committee Contacts:
President: Leigh Radford
Radford.Leigh@abc.net.au
0409 678 323
Vice President: Alison Perrott
aperrott@ords.com.au
0410 407 169
Treasurer: Linda Humphries
linda@clarbrow.com.au
0432 936 397
Committee Email:
pulteneyboatclub@live.com
Secretary: Phil Brunning
FROM THE PRESIDENT

It was brilliant to get to West Lakes finally last Saturday for our first proper regatta of the season. Just as well really, because a practise run before our hosted regatta in a few weeks time was very timely. And what a day out it was – some good rowing results, beautiful weather and we had a sell-out of everything on Bacchus! Speaking of our hosted regatta, many thanks to so many who have now volunteered to help out on the day. It’s not too late to let any of the committee know if you can assist, or at the very least, please come down and bolster our numbers on the bank on the day.

One of the great aspects of rowing is the sense of community that goes with it. Pulteney does this well. We’re a collegiate bunch and prepared to roll up our sleeves to do whatever is needed. At Pulteney rowing we have an inclusive, supportive and friendly culture with a competitive edge. Our club is in growth phase and we’re building numbers and continuing to build an environment in which our rowers can flourish.

As we reach the sharp end of the academic year with exams and final assignments, it’s timely to reflect on how our busy rowers manage the demands. There’s nothing quite like a deadline or busy period to compel us to think about how we’re managing our time. Rowers are a classic example and tend to become better organised students, as they learn about juggling multiple demands. It’s a microcosm of real life and rowers become adept at it and quite quickly. It’s also interesting how complimentary the sport can be with their academic pursuits. It’s an effective balancing mechanism that gives a genuine break from the rigors of study and a chance to do something purely physical. That can be refreshing for the body, spirit and the mind. So while you might be looking at some tired, occasionally grumpy kids in these final weeks of term, don’t be surprised to see them come out the other end of these challenges being stronger and physically fitter, but also importantly doing well academically.

Leigh Radford
President, Pulteney Boat Club Committee

Pulteney Boat Club thanks Platinum sponsor the University of Adelaide for their support through the 2015-2016 season.

Rowing Coordinator:
Richard Sexton
richard.sexton@pulteney.sa.edu.au
0408 677 862

Coaches:

Boys’ Senior Coaches
Fearnley Szuster 0439 036 343
Ed Mader 0488619888

Girls’ Senior and Intermediate Coaches
Phil Blesing 0428 819 051:
Maddy Sexton 0447 883 316

Boys Intermediate Coaches
Nathan Taverne 0415508722:
William Foster-Hall 0414144001

Juniors’ & Development Squad Coaches
(Boys and Girls)
Ben Drogemuller 0406440522
Jess Carlson-J 0432914579
James Kieu 0449950298
Alex Anthony 0433048577
Mitch Johnston, Luke Radford & Matthew Hume

HAVING TROUBLE SLEEPING?
Check the Rowing page of the School website – results guaranteed!


DIARY DATES – 2015–2016

2015
14 November Round the Island – Time trial, West Lakes
21 November Pulteney hosted regatta - West Lakes
23 November Pulteney Boat Club meeting - see margin
28 November Juniors only Regatta – Torrens River

2016
28-31 January Mid season Rowing Camp, Ankara Youth Camp - Walker Flat
12 March Schools’ Head of the River Regatta, West Lakes

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