FROM THE ROWING CO-ORDINATOR

We have now well and truly rounded the bend into the home straight with only seven weeks to go until the Schools’ Head of the River Regatta on 21 March. Now more than ever it is critical to attend training and give it everything. Row hard – no excuses!

You might have noticed a few new faces out at training, Sabohan with the senior boys, Douglas and Charlie with the intermediate boys and Natasha, Kim, Lilly and Josh coming out to juniors. We welcome you and your families to Pulteney Rowing!

The weekend weather forecast is for hot weather on Saturday for the regatta. Rowing SA has moved the event earlier (starting at 8.00am) and will keep a close eye on the temperature and humidity. Rowing SA makes the final decision as to whether the regatta is cancelled or goes ahead as weather conditions at West Lakes are often more mild than in the city.

I look forward to catching up with rowers past and present at the 'Back to the Boatshed' function Friday evening, we are assured of a great evening if the level of planning is any guide!

Row well - Go Pulteney!!

Richard Sexton, Rowing Co-ordinator

FROM THE PRESIDENT

One of the things that has always had impact on me through rowing, are some of the life lessons the sport delivers.

There are many that stay with me from my own time rowing for the school, then from later as a coach and even today as a parent and committee member.

Perhaps one of the most powerful of those is learning a little about resilience and selflessness. When you row in a crew, you are inextricably linked to the others in the boat and your fortunes rise and fall with theirs. For instance, if you don’t turn up for training, then you let down all your mates and literally leave them high and dry. It’s the same out on the water – if you don’t put in with every stroke, that lack of effort could mean the metres between winning or losing a race. If you’re not committed to excel, that lets down your team mates with every stroke. It doesn’t take long to work out that if you act selfishly, others will pay a price if you let them down. So, in many ways, I think rowing is the ultimate team sport, because it demands that every individual commits to the team and each other. That outward focus and commitment to your crew means that you learn how to meaningfully give of yourself for the collective goal. That in turn builds individual resilience and capacity to be a contributor wherever life’s path leads you.

And this week on the eve of the launch of new “100 Club” for the Pulteney Boat Club, may I sincerely thank all those who have signed up. The 100 Club is every bit an extension of the ethos of support and team spirit which typifies the sport of rowing. It’s not too late to sign up if you’re still thinking about it! Thank you for your support of the club – it means a great deal.

Leigh Radford, President
DIARY DATES – 2015

6 February  'Back to the Boatshed' – 100 Club Function, Torrens Boatshed
7 February  West Lakes - Super School Series/WL Regatta – St Peters’ Girls
21 February Murray Bridge Regatta – Murray Bridge Rowing Club
14 March  Pulteney Hosted Regatta (West Lakes)
21 March  Head Of The River – Schools’ Regatta
8–11 October Pre season Rowing Camp, Ankara Youth Camp - Walker Flat

A full schedule of important dates is available on the Rowing page of the School website: Follow this link

RACE ENTRIES

7 FEBRUARY 2015

RACE DISTANCE TIME
4  SB Yr8/9B Coxed Quad 1000m 8.15am
 Blunt, Paraskeva, Lucas, Nielsen, O’Dea

RACE 5
SB Yr8/9A Coxed Quad – Heat 1 1000m 8.20am
Dahm, Chisholm, Egarr, Rowe, Horsell

RACE 13
SG Yr8/9A Coxed Quad – Heat 2 1000m 9.00am
Perrott, Bishop, Kailis-Philips, Charalibidis, Karagiannis

RACE 14
SB 1st IV 2000m 9.05am
Evans, Laganin, Buckley, Cross, Radford

RACE 15
SG 1st IV – (PGS defending) 2000m 9.10am
Croft, McLoughlin, Mol, Rawson, Gilsmore

RACE 18
SB 1st VIII 2000m 9.25am
Gordon, Foster-Hall, Hore, Blight, Jerkic, Hume, Fewster, Nielsen, Dieperink

RACE 23
SB Yr8/9B Coxed Quad 1000m 9.50am
Blunt, Paraskeva, Lucas, Nielsen, O’Dea

RACE 24
SB Yr8/9A Coxed Quad – B Final 1000m 9.55am

RACE 25
SB Yr8/9A Coxed Quad – A Final 1000m 10.00am

RACE 31
SG Yr8/9A Coxed Quad – B Final 1000m 10.30am

RACE 32
SG Yr8/9A Coxed Quad – A Final 1000m 10.35am

0432 936 397
Committee Email: pulteneyboatclub@live.com
Rowing Coordinator:
Richard Sexton
richard.sexton@pulteney.sa.edu.au
0408 677 862

Coaches:

Boys’ Senior Coaches
Fearnley Szuster 0439 036 343
Ruby Genborg 0466 494 584
Tax Skrembos 0425 118 592

Boys’ 1st IV Coach
Mike Nielsen 0417 869 951

Girls’ Senior and Intermediate Coaches
Phil Blesing 0428 819 051
Assistant: Maddy Sexton

Boys Intermediate Coach
Brynley Milward 0458 885 362
Assistant: Ed Mader,

Juniors’ Coaches
(Boys and Girls)
Jess Carlson-Jones, Nathan Taverner, Ben Drogemuller, James Kieu, Alexander Anthony,
Mitch Johnston, Jake Cooke-Tilley

January Rowing Camp – Photos courtesy of Nazareth Chisholm.
RACE 36
SB Yr9/10A Coxed Quad – Heat 2  
Madsen, Perrott, Patrick, Brunning, DeLuca
1500m  10.55am

RACE 40
SG Yr9/10A Coxed Quad – Heat 1  
Dieperink, Churchill, Walker, Radford, Attanasio
1500m  11.15am

RACE 42
SB 1st IV  
Evans, Laganin, Buckley, Cross, Radford
2000m  12.05pm

RACE 43
SG 1st IV – (PGS defending)  
Croft, McLoughlin, Mol, Rawson, Gilsmore
2000m  12.10am

RACE 46
SB 1st VIII  
Gordon, Foster-Hall, Hore, Blight, Jerkic, Hume, Fewster, Nielsen, Dieperink
2000m  12.25pm

RACE 50
SB Yr9/10A Coxed Quad – B Final  
1500m  12.45pm

RACE 51
SB Yr9/10A Coxed Quad – A Final  
1500m  12.50pm

RACE 55
SB Yr9/10A Coxed Quad – B Final  
1500m  1.10pm

RACE 56
SB Yr9/10A Coxed Quad – A Final  
1500m  1.15pm

RACE 60
SB Yr9/10 Single Scull  
Sam Madsen
Douglas Perrott
Sabohan Jerkic
1500m  1.35pm

RACE 63
SB Open Single Scull – Div 1  
Matt Nielsen
2000m  1.50pm

RACE 64
SB Open Single Scull – Div 2  
William Foster-Hall
2000m  1.55pm

RACE 66
SB Open Single Scull – Div 4  
Matthew Hume
2000m  2.05pm

RACE 73
3rd Grade Mens Single – Div 1  
Sabohan Jerkic
1000m  3.05pm

RACE 74
3rd Grade Mens Single – Div 2  
William Foster-Hall
1000m  3.10pm

RACE 75
3rd Grade Mens Single – Div 3  
Matt Nielsen
1000m  3.15pm
FROM THE COMMITTEE – Check out our new Facebook page – 
Navy Blue Rowing 29

Thank you to our Committee member, Rob Gordon, for producing this wonderful Facebook page; we greatly appreciate Rob’s valuable IT time in support of Pulteney Rowing. Also, many thanks to the committee members who contributed to sharing the page with other members of the community.

We encourage rowers and families to get behind this excellent initiative for staying in touch!! Please review the page at:

https://www.facebook.com/pages/Navy-Blue-Rowing-29/1507829679461809

Navy Blue Rowing 29 promotes the activities and achievements of the Pulteney Boat Club.

Heather Glynn-Roe, Secretary

SPONSORS

PLATINUM SPONSOR:
– THE UNIVERSITY OF ADELAIDE

PULTENEY IS A SUN SMART SCHOOL
Remember to wear your correct Pulteney rowing uniform, **including your hat**!

**IT IS ESSENTIAL**, throughout the season, to bring plenty of water and slap on sunscreen to protect yourself from the sun.

**Be SUNSMART!**
PULTENEY BOAT CLUB

Invites you to a ‘Back to the Boat Shed’ function and the launch of our new ‘100 Club’

Membership of the 100 Club is a $100 family donation to ensure the ongoing success of rowing at Pulteney

Your name will be placed on a Boat Shed supporters’ board

This will include 2 tickets to our Back to the Boat Shed event that marks the run up to the Head of the River Friday 6th February 2015

6pm to 8pm
Drinks and Finger Food
Business Card Draw
at the Torrens Boat Club

Corporate sponsorship of the Pulteney-hosted Regatta on 14th March 2015 is still available

Our Boat Club is proudly supported by

For further information, to book your place and arrange membership of the 100 Club call Richard 0408 677 862 or email richard.sexton@pulteney.sa.edu.au