FROM THE ROWING CO-ORDINATOR

What an amazing day it was at West Lakes last weekend – the Pulteney hosted regatta was a success on and off the water, thanks to the huge effort of the committee and an army of willing, smiling volunteers. Thank you to everyone who helped out on the day including Year 8 rowers and juniors who helped with boat holding at various times during the day – it was a great community spirit.

Thank you to all of our generous sponsors. In particular our platinum sponsor, The University of Adelaide, for their ongoing support of the Pulteney Boat Club. Funds raised will be used to maintain our fleet of boats and to make sure all equipment is as good as it can be.

Here we are, a matter of days to the end of the season! This week is even more hectic than usual with crew dinners and breakfasts, tapering and general preparation for the culmination of the season – Head Of The River (HOR). This is what everything has been leading toward so enjoy the lead up and savour the day!

Spare a thought for our Year 12 rowers for whom the weekend is their last in the navy blue zootie – congratulations, this is not the end of the story, just the end of a chapter.

FOREVER PULTENEY!
Richard Sexton, Rowing Co-ordinator

FROM THE PRESIDENT

The training is now finally over and the day is about to dawn for Head Of The River 2015. Even though it’s a long time since I coached and even longer since I rowed for Pulteney, this final stage of the season brings so many memories flooding back. There’s nothing quite like the nervous energy that comes with the big day. But it’s a ‘good’ form of nerves and the better crews can turn this into that X-factor to produce an extra special performance. The discipline of the sport gives the individual the capacity to find that little extra when the pressure is on and that can then translate into better handling other life challenges in future.

In learning much about discipline and pressure from the sport, Rowers tend to be more organised and often perform better academically and then later in life. For me personally, it’s always been the ‘gift that keeps giving’. I’m sure many of our rowers will feel the same in years to come and they’ll certainly remember the strong sense of community that typifies the Pulteney Boat Club.

Speaking of the club, these last two weeks have brought a flourish of excitement as we finish another season. That was certainly the case last Saturday when Pulteney hosted the penultimate regatta of the year and we did it in style. Rowing SA, our valued club Sponsors, parents from other schools and spectators, all gave us some glowing feedback about the big day. That’s a tribute to all our volunteers, making it a real club and team effort. That strong volunteer effort and sense of team is something that makes our club distinctive in comparison to some of the others. Importantly we also enjoyed a big day on the water and congratulations to all our crews on our most successful competitive regatta of the season. Thank you to everyone for your support in what has been another very successful fundraising season for the club.

So now there’s nothing left to do, other than to have a big contingent at West Lakes to cheer on our crews on their big day. I’m looking forward to seeing the school community turn out in force and to participate and enjoy rowing’s big day of the year.

All the very best to our Head Of The River crews – enjoy the experience. You are all winners.

GO PULTENEY!
Leigh Radford, President
DIARY DATES – 2015

21 March  Head Of The River – Schools’ Regatta
21 March  End of Season Dinner, Wyatt Hall, Pulteney Grammar School
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](#)

HEAD OF THE RIVER

REGATTA ENTRIES – SATURDAY 21 MARCH – Hosted by Unley High School

In heat events, the first four placed will go through to the final – all others are eliminated.

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
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<tbody>
<tr>
<td>SG Yr9B Coxed Quad Scull – Heat 1</td>
<td>1000m</td>
<td>8.30am</td>
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<tr>
<td>SG Yr9A Coxed Quad Scull – Heat 2</td>
<td>1000m</td>
<td>8.45am</td>
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<tr>
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<td>9.05am</td>
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<tr>
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<td>1000m</td>
<td>9.10am</td>
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<tr>
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<td>1500m</td>
<td>9.25am</td>
</tr>
<tr>
<td>SB Yr10B Coxed Quad Scull – Heat 1</td>
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<td>9.30am</td>
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<tr>
<td>SB Yr10A Coxed Quad Scull – Heat 2</td>
<td>1500m</td>
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<tr>
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<tr>
<td>SB Yr10A Coxed Quad Scull – FINAL</td>
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<td>SB Yr10B Coxed Quad Scull – FINAL</td>
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<td>11.15am</td>
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<td>SB Yr10A Coxed Quad Scull – FINAL</td>
<td>1500m</td>
<td>11.20am</td>
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<tr>
<td>SG 1st Four – FINAL</td>
<td>2000m</td>
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<tr>
<td>SB 1st Four – FINAL</td>
<td>2000m</td>
<td>11.40am</td>
</tr>
<tr>
<td>SB 1st Eight – FINAL</td>
<td>2000m</td>
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</table>

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
- Ruby Genborg  0466 494 584
- Tax Skrembos  0425 118 592

**Boys Intermediate Coach**
- Brynley Milward  0458 885 362
- Ruby Genborg  0466 494 584

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

**Congratulations to our Pulteney Medal Winners!**

Intermediate Boys

Senior Girls

Men’s Double Scull

*Photos courtesy of Steve Hall*
FROM THE COMMITTEE – Head Of the River – HOR Dinner and Presentation Night.

Due to parking restrictions at the Head Of the River on Saturday, a shuttle bus will be running continuously throughout the day – please see the flyer below for details.

Bacchus will be back this week – come along and enjoy a legendary Bacon and Egg roll at the Pulteney tent. See Map with location details below.

Head of the River Dinner and presentation night, Saturday 21 March, 6.00pm arrival for a 6.30pm commencement. Rowers should be dressed in full winter uniform. BYO drinks and glasses.

Head of the River Merchandise

The pre-order booking site is now closed. Merchandise will be available for purchase at the Head Of the River Regatta on Saturday 21 March.

Bacchus BBQ Roster

<table>
<thead>
<tr>
<th>Time</th>
<th>BBQ</th>
<th>BBQ Assistant</th>
<th>Servers</th>
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</thead>
<tbody>
<tr>
<td>8.30–10.30am</td>
<td>Walker</td>
<td>McLeod</td>
<td>Rowe</td>
</tr>
<tr>
<td></td>
<td>Beer</td>
<td></td>
<td>Chisholm</td>
</tr>
<tr>
<td>10.30am–12.30pm</td>
<td>Brunning</td>
<td>Chara</td>
<td>Blight</td>
</tr>
<tr>
<td></td>
<td>Gordon/Fewster</td>
<td></td>
<td>Denham</td>
</tr>
</tbody>
</table>

If you have any questions regarding the BBQ roster, please contact Kathryn Barber at kathrynbarber@gmail.com

Thank you.
Heather Glynn-Roe, Secretary

SPONSORS

PLATINUM SPONSOR:
– THE UNIVERSITY OF ADELAIDE

GOLD SPONSOR:
– COMMONWEALTH BANK
– WICOMPLY

SILVER SPONSOR:
– PHIL BRUNNING & ASSOCIATES
– CHURCHILLS BUTCHERY
– DR GREG KEENE – ORTHOPAEDIC SURGEON
– RAWSONS ELITE APPLIANCES,
– WALTER BROOKE & ASSOCIATES

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!
Due to limited parking on Military Road, all spectators are encouraged to park at the Grange Recreation Reserve, located between Trimmer Parade and Military Road. There will be a shuttle bus running continuously from 7.15am to 4.30pm from the Reserve to the Regatta Course Main Entrance.