FROM THE ROWING CO-ORDINATOR

Congratulations to all Senior and Intermediate rowers who participated in the Season Opening Regatta at West Lakes last weekend.

Pulteney crews fared very well, winning seven of the thirteen races entered!! - a brilliant start to the season. For many of our rowers, this was the first taste of victory, hopefully it will become a regular diet!! The great thing about this is that now we have set a high standard and the challenge will be to meet and exceed it every week - exciting times!

Rowers (and parents!) are now well into the swing of training - please make sure you are looking after your body by putting in good fuel regularly and organising your life so that you are getting enough sleep and study time. For information about nutrition and rowing, visit the Rowing page at its new address - www.pulteney.sa.edu.au > Community > 'Sports & Activities' > 'Sport offered' > Rowing. The AIS Nutrition Strategies for Rowing link is toward the bottom of the page, also in this section is a Junior Information Starter Booklet for parents of younger rowers.

We have five crews taking part in time trials at West Lakes this weekend, the start list is attached at the end of this edition. Please refer to your coach(es) so you know what time to report.

See you at the Quiz Night.

Row well and GO PULTENYEY!!

Richard Sexton, Rowing Co-ordinator

FROM THE PRESIDENT

Best wishes to the Senior and Intermediate rowers for this weekend. Please note that we will not be operating the Bacchus BBQ at this week’s Regatta. Food and drinks will be available from the café, please support them on this occasion as the profits go back to Rowing SA.

At Pulteney we’re lucky to be able to offer the wonderful sport of rowing to students for effectively little cost. That’s not the case at all other schools, where there are significant costs which parents must bear for their children to row. It’s an expensive sport and few people realise the cost of boats, equipment and infrastructure, until they get involved.

One of the major factors behind Pulteney being able to offer rowing as it does, is because of the commitment of rowing families to provide support. The Pulteney Rowing Club committee largely exists to coordinate this support, help build the club culture and raise the funds needed to buy things like new boats and oars. This weekend sees one of our most important fundraising events with the Quiz night. We’re hoping as many families and friends will be able to come to have some fun, but also raise those vital funds for the Club. Please come and bring your friends!

Looking further ahead, our key fundraising event for this season will be Pulteney hosting a regatta next March. We’ve been fortunate to secure the regatta the week before the Head of the River, when all rowers and our respective club activities are hitting their peak. This is a real profile opportunity for the Pulteney Boat Club and we’re starting work now to ensure it will be a success on every level. The Rowing Committee has formed a special sub-committee to work

Diary Dates:

Pulteney Boat Club Meeting
Monday 18 November 2013
6.30 for 6.45pm start – All welcome.

Regattas and Events:

Saturday 2 November 2013
Time Trial Series, West Lakes
(AM only)

Quiz Night, Wyatt Hall, Pulteney Grammar School, 7.00 for 7.30pm start. Tickets available at: http://www.trybooking.com/DTRV

Saturday 9 November 2013
School Super Series Regatta, West Lakes

Saturday 16 November 2013
Round the Island, West Lakes
(7000m) (AM only)

Saturday 23 November 2013
Regatta, West Lakes

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0408 677 862

Coaches:
Boys’ Senior Coaches
Fearnley Szuster, Peter Butler
Assistants: James Kieu, Nicholas Hay

Girls’ Senior Coach
Phil Blesing 0428 819 051
on fundraising and this regatta will be a key focus. The key for us to capitalise on this opportunity, will be to seek as much sponsorship as we can for the regatta. Those who sponsor will benefit from great exposure across the broader schools rowing community in a very visible way, but also through pre-publicity and as part of the event commentary on regatta day. Parents on this fundraising sub-committee are Kym Hume, Kathyrn Barber, Carolyn Johnston, Lynne Rawson, Karen Phillips and myself. We are really keen to seek your support in the quest to find sponsors and we’d welcome your ideas. The end of the school year is almost upon us, so it’s vital we start getting some key sponsors lined up as soon as we can.

Please do give this some thought and make a point of chatting to one of us soon.

Hope to see you on Saturday night for some Quiz fun and then at our first proper regatta the following weekend.

Leigh Radford, President

TIME TRIAL ENTRIES

2 November 2013

<table>
<thead>
<tr>
<th>START TIME</th>
<th>EVENT</th>
<th>CREW</th>
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<tbody>
<tr>
<td>7.34am</td>
<td>SB18+</td>
<td>Schoolboys 1st VIII</td>
</tr>
<tr>
<td>7.52am</td>
<td>SB14+</td>
<td>Schoolboy Coxed 1st IV</td>
</tr>
<tr>
<td>7.57am</td>
<td>SB9/104x+A</td>
<td>Schoolboy Yr9/10A Coxed Quad Scull (Cross)</td>
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<tr>
<td>8.00am</td>
<td>SB9/104x+A</td>
<td>Schoolboy Yr9/10A Coxed Quad Scull (Case)</td>
</tr>
<tr>
<td>8.02am</td>
<td>SG9/104x+A</td>
<td>Schoolgirl Yr9/10A Coxed Quad Scull</td>
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</tbody>
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DIARY DATES – 2013

2 November       Time Trial Series, West Lakes
2 November       Quiz Night, Pulteney Grammar, Wyatt Hall – 7.00 for 7.30pm start.
9 November       School Super Series Regatta, West Lakes
16 November      Round the Island, West Lakes (7000m) (AM only)
23 November      Regatta hosted by Pembroke School, West Lakes

PULTENEY IS A SUN SMART SCHOOL
Remember to wear your proper 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

Pulteney Boat Club
Quiz Night

Make up a Table of Friends, all welcome

Date: Saturday, 2 November 2013
Time: 7.00pm for 7.30pm start
Place: Wyatt Hall
Cost: $15 per adult, $10 per child/student

Bring your own drinks and nibbles
Join in the fun with a group of friends!

Tickets available via trybooking.com website
http://www.trybooking.com/DTRV or at the door

Contact Richard Sexton (0408 677 862 or richard.sexton@pulteney.sa.edu.au),
or Carolyn Johnston (0413 273 938) with any queries