FROM THE ROWING CO-ORDINATOR

Welcome back from the Christmas break, I trust you found time to relax and spend time around those you love.

Welcome back to rowing also! Training is well under way, 44 of our rowers having just returned from a mid season camp at Ankara, Walker Flat where we enjoyed good weather, excellent food and good company. I would like to again thank those involved in the organisation and running all facets of the camp; Heather Glynn-Roe and her band of merry helpers served up smiles and cheerfulness by the ladle while boat drivers Chris, Des and Leigh (momentarily!) ensured that all boats were fuelled and ready. Thanks also to all coaches for their continued dedication and professionalism – juggling blistered and sore rowers is tricky while also trying to achieve maximum benefit for the remainder!!

This weekend is the 1st Grade State Championship Regatta over Saturday and Sunday 1 and 2 February at West Lakes. Due to the peculiarities of the race programme and the heat of the week leading into the regatta, juniors will not be racing but will be training in the school gym from 8.30–10.00am. Senior crews are entered to race in various configurations over both days so please check the entries to see which day and at what time given that changes are likely due to the predicted extreme weather. Good racing all crews!

Given the hot weather it may be worth revisiting the Hot Weather Policy on the Rowing page of the school website: www.pulteney.sa.edu.au > Community > Sport & Activities > Sports offered > Rowing.

Head of the River is in seven weeks!! The final regatta, the School State Championships, is in ten weeks on 5 April. We need to maximise training, both in terms of attendance and also in intensity – building on the gains of rowing camp!!

Now is the time to ‘empty the tank’ and fly toward the finish line!!! Get to training and work hard!!

GOOD ROWING - GO PULTENEY!!

Richard Sexton, Rowing Co-ordinator

FROM THE PRESIDENT

Welcome to the ‘business end’ of the rowing season and it’s now only a month and half until Head of the River!

Rowing Camp in January is such a pivotal point in the season for our rowers and a vital training opportunity. There is no substitute for our coaches to be out on the water with crews to observe their technique at close range and provide real-time coaching. It’s often surprising how much rowers can improve in a short time with this approach and it’s why we make a big club effort to stage these events. While rowing camp is very hard work for our rowers, our coaches and the small army of volunteer parents, the value is easy to see and they are always memorable. Having said that, there’s also nothing like that first night’s sleep back in your own bed, after four days of concerted effort!
It's also timely to acknowledge and thank everyone who contributes to these key stages of the season. Our coaches are working hard to bring all our rowers along and it's great to observe those advances from the bank. It's a challenging time with the selection of crews. Coaches labour over these choices and are scrupulously fair, but unfortunately not everyone always gets selected in the crew or the seat they covet, and sometimes we don't have enough rowers to completely fill crews. Dealing with the disappointments is sometimes as valuable in the long run for our rowers, as the successes. Much is learnt along the way and the discipline and dedication rowers develop through the sport, carries through to many aspects of adult life.

Thanks also to all our parents who volunteer to help run the camp and for everyone else for simply being prepared to transport rowers, food and equipment to Walker Flat. Our catering team led by Heather did a superb job and provided a nutritious bounty to keep the hungry hordes satisfied. Apparently appetites were very healthy on this camp and the ample supplies were pretty much exhausted by Sunday lunchtime. And speaking of exhaustion, I'd also like to acknowledge and thank our Rowing Master Richard Sexton, for the huge effort he puts in from start to finish in managing the event and overseeing the welfare of all involved. Thank you Admiral!

Finally the Pulteney Boat Club will be hosting the penultimate regatta of the season on 8 March. The committee is working hard to secure sponsors and to maximise our fundraising potential. This is a vital event to help fund future purchases of boats and equipment, so any suggestions for potential sponsors or assistance in securing them would be greatly appreciated. Please don't hesitate to let me or any of our committee members know.

We're in for a busy period over February and March, but here's to wishing every success to our crews. Go Pulteney!

Leigh Radford, President

RACE ENTRIES

<table>
<thead>
<tr>
<th>SATURDAY 1 FEBRUARY 2014</th>
<th>DISTANCE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>RACE 20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Schoolgirl 1st Four</td>
<td>2000m</td>
<td>10.05am</td>
</tr>
<tr>
<td>Alanah Croft, Sally McLoughlin, Sophie Rawson, Dimity Dutch, Georgia Zuill (cox); Coaches: Phil Blesing, Madeline Sexton</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RACE 25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Schoolboy 1st Eight</td>
<td>2000m</td>
<td>10.30am</td>
</tr>
<tr>
<td>Mitchell Johnston, Daniel Glynn-Roe, William Foster-Hall, Charlie Fewster, Matthew Hume, Edward Mader, Jake Cooke-Tilley, Jack Stark, Katherine Blunt (cox); Coach: Fearnley Szuster</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RACE 38</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Schoolboy Yr 9/10 B Coxed Quad</td>
<td>1500m</td>
<td>11.35am</td>
</tr>
<tr>
<td>Jack Evans, Finn Brunning, Ben Gordon, Mac Cross, Sophie Radford (cox); Coaches: Brynley Millward, Ruby Genborg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RACE 39</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Schoolboy Yr 9/10 A Coxed Quad</td>
<td>1500m</td>
<td>11.40am</td>
</tr>
<tr>
<td>Joel Case, Darcy Dunn-Lawless, Brandon Blight, Matthew Nielsen, Alannah Gillimore (cox); Coaches: Brynley Millward, Ruby Genborg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RACE 45</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Under 19 Women's Coxed Four</td>
<td>2000m</td>
<td>12.45pm</td>
</tr>
<tr>
<td>Alanah Croft, Sally McLoughlin, Sophie Rawson, Dimity Dutch, Georgia Zuill (cox); Coaches: Phil Blesing, Madeline Sexton</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RACE 54</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth Men's Coxed Four</td>
<td>2000m</td>
<td>1.55pm</td>
</tr>
<tr>
<td>Jake Cooke-Tilley, Edward Mader, Matthew Hume, Jack Stark, William Dieperink (cox); Coach: Fearnley Szuster</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Assistant: James Kieu, Nicholas Hay
Girls' Senior Coach
Phil Blesing 0428 819 051
Assistant: Maddy Sexton
Intermediate Year 9/10 Coaches
Brynley Milward 0458 885 362
Assistant: Ruby Genborg
Juniors' Coaches (Boys and Girls)
Jess Carlson-Jones, Ben Drogemuller, Alexander Anthony (Fluffy), Jack Hewson and James Hunter

Rowing Camp photos courtesy of Bob Gigne
SUNDAY – 2 FEBRUARY

RACE 71
3rd Grade Women’s Double Division 3 1000m 9.40am
Sophie Rawson, Dimity Dutch; Coaches: Phil Blesing, Madeleine Sexton

RACE 73
3rd Grade Men’s Coxed Four 1000m 9.50am
William Foster-Hall, Edward Mader, Matthew Hume, Charlie Fewster,
William Dieperink (cox); Coach: Fearnley Szuster

RACE 81
3rd Grade Men’s Coxed Quad 1000m 10.30am
Mitchell Johnston, Edward Mader, Matthew Hume, Charlie Fewster,
Katherine Blunt (cox); Coach: Fearnley Szuster

RACE 98
3rd Grade Men’s Double Division 1 1000m 11.55am
Matthew Hume, Charlie Fewster; Coach: Fearnley Szuster

RACE 100
3rd Grade Women’s Coxed Four Division 1 1000m 12.05pm
Alanah Croft, Sally McLoughlin, Sophie Rawson, Dimity Dutch, Georgia Zuill (cox);
Coaches: Phil Blesing, Madeline Sexton

RACE 105
Under 19 Men’s Double 2000m 1.05pm
Jake Cooke-Tilley, Jack Stark; Coach: Fearnley Szuster

RACE 114
Under 19 Women’s Double 2000m 1.50pm
Sophie Rawson, Dimity Dutch; Coaches: Phil Blesing, Madeline Sexton

DIARY DATES – 2014
1–2 February 1st Grade State Championships, West Lakes
8 February Schools Super Series Regatta, West Lakes
15 February Regatta, West Lakes
22 February Murray Bridge Regatta
8 March Regatta hosted by Pulteney Grammar School, West Lakes

FROM THE COMMITTEE: BACCHUS – 1–2 FEBRUARY 2014
Due to the extreme heat forecasted for this weekend’s Regatta, we will not be operating
the Bacchus BBQ. However, there will be plenty of cold drinks available for purchase to
refresh our rowers and rowing community. Thank you for your support.

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!