Rowing 2010/2011 Head of the River

I am very pleased with the efforts of all our crews. They trained hard and raced hard and no more can be asked of them. I know I speak for all the coaches when I say what a wonderful group of young people they are and we hope they have taken from the Rowing experience a love of life, friendship, team skills, organisational and management skills and a lot of fun.

Our results were good. We had two 1st places (these Middle School crews are recorded on the back cover), eight 2nd places, five 3rd places, four 4th places and 4 fifth places from our 23 crews. We have maintained our good standing with 15 medals.

Crews were well prepared for the task in front of them. I did not see any crew that did not do the very best it could. All crews responded to the encouragement and advice of the coaches. In short, while there were some disappointments and some hopes not realised, I was very satisfied that we kept faith with our supporters and in the fullness of time we will look back and say we did well.

The highlight of the day was the Girls’ 1st VIII race: a spectacular struggle between two evenly matched crews for the whole length of the 2000m race. In the tough headwind conditions it was Pembroke’s superior technical skill against the greater physical power of Walford. At the finish strength prevailed over technique by 30cms in a very exciting race. Our 1st VIII Girls can be very proud of their efforts at the 2011 Head of the River, their efforts for the season, and for their efforts throughout their previous years in Pembroke Rowing.

Other season results

Our 1st VIIIs attended the Victorian Schools Championships on the weekend of 2-26 February where the Girls 1st VIII was 6th and the Boys 1st VIII 8th in the Schools VIII’s Championships. They also rowed against their own age group in the Under 19 competition where the Girls won Gold and the Boys won Silver. Other gold and silver medals were won in minor competition at the same regatta.

The National Championships (West Lakes) on 7-13 March resulted in 8th place for the Girls 1st VIII and 13th place for the Boys 1st VIII. Both crews rowed very well in their final races. The girls were unlucky in the semi-final of the Under 19 competition as they drew crews placed 1st, 3rd and 4th in the final and missed 3rd place by approx 30cm.

In our local regattas Junior crews raced strongly in all divisions with many wins. For the most part Pembroke crews were at the front of the field. Our beginners, mostly Year 8 recruits, have also done well and we look forward to good things from them next season.

Training and Participants

Our management has again been challenged with innovation proceeding apace. Our Parents Committee has funded a number of initiatives designed to improve the Club’s performance:

1. In October 2010 the club was assessed by Leading Edge Physical Therapy for posture, flexibility, and core strength.
2. Peter Janicki and Matt Ball, conditioning coaches, were engaged to devise and implement, in conjunction with LEPT, exercise programs for Senior and Junior rowers respectively to improve posture, increase flexibility, and develop core strength.
3. Eight sliding ergometers were purchased to minimise injury and improve technique. These have proved popular with Masters, Junior girls and boys and I have observed an improved technique as a result.
4. A sports psychologist was engaged to give the rowers and coaches some guidance in managing stress and expectations in the two weeks prior to the HOR.

Unlike many of our competitors, we do no early morning water training. Our girls, Junior and Senior, do gym and ergos at 7.00am. Our Junior boys trained only in the afternoons. Scientific evidence suggests that for boys and girls,
but especially for boys, the early morning is not the time to get the best response from them. This work will have ramifications for schooling generally.

Year 7 boys and girls are continuing to come to Rowing for the Friday afternoon School activity session in Term 1. The Pembroke Masters rowers are the coaches at these “Learn To Row” sessions which are very popular with the Year 7s and much enjoyed by the Masters.

The Masters men have enjoyed a good season and have a real challenger now in Port Adelaide. Good racing is the result and we wish them well in the Masters State Championship regatta.

The Masters women continued to develop and enjoy themselves under the guidance of David Maschmedt and Phil Colebatch.

We had almost 140 registered student rowers this season resulting in a record 24 crews entered in the Head of the River 2011. Pembroke is the largest Rowing club in South Australia.

**Facilities and Equipment**

Our imported lightweight mould silver Hudson VIII was used by our Girls 1st VIII for the 2010/2011 season. In a dignified and joyful ceremony on 5 March, the boat was named ‘Malcolm Lamb’. We also recognised the Reeve and Douvartzidis families when we named racing fours commemorating their contribution to the club.

Wine sales from a donation by our most generous benefactor have continued to underpin PRPA fundraising most handsomely. In addition the School Directory continues to be a strong earner for the PRPA. These funds plus School support have enabled us to purchase two new quads, eight new ergos, a new set of VIII oars, two new sets of quad oars, and two new tents.

**Social**

The Club is in a transition period when we are saying goodbye and thank you to some key parents who have led and shaped our Club for many years. We look now to new faces and new energy to carry us forward. Parents, please feel free to join in the fun.

We are exploring a future possible association with Pymble Ladies College, Sydney. They shared our shed during the March National Regatta at West Lakes and we are now exploring the possibility of them joining us for our December camp at Renmark.

The Head of the River dinner in the Arkaba Hotel organised by Terri-Lee Sheppard and her team was an outstanding success. Congratulations to all involved!

**Personnel**

We have had a turnover of coaching staff. Deb White, Caroline Mussared, Monique Gillisen, Sue Ball, Elliot Dwyer, Claire Oliver, Aidan Burrell, and Anni Danby have all departed with our grateful thanks. We have welcomed Claire Ross, Alli Evans, Sarah Robson, Bertie Berger, Peter Janicki, Jon Lister, Shad McGee, and Todd Evans. With Zander, Alli and Todd Evans on the coaching staff and Jackson in the Junior boys, it is almost the Evans family boat club!

**Structure for the 2011/12 season**

We will maintain our basic camp structure for the coming 2011/12 season:

- Senior camp at the end of October holidays at Renmark, Senior and Year 10 camp first weekend of December at Renmark, Junior and Senior camps in the week before Term 1 2012, 1st VIIIs to the Victorian Schools Championships in February 2012.

We will be debating whether to go to Geelong with the Boys 1st VIII in the second weekend of December 2011, whether to attend the National Regatta at Champion Lakes, Perth, in March 2012, and what form the Junior camp in the week before Term 1 2012 should take.
Whatever the final camp schedule is, training during the long break for our Senior squads is essential. It only takes six weeks to lose all fitness built during third and fourth terms! I cannot emphasise enough that if we wish to see our Senior crews, especially the 1st VIII, in the HOR final with a chance at gold, there must be much work during the Christmas holidays.

**Thanks**

I thank all who have made 2010/11 another good season. I particularly thank our coaches and staff members, Sally Causby and Paul Cudmore for their energy and commitment to the club. I farewell with sincere gratitude and best wishes those outgoing members of the PRPA who have served so well. It has been a pleasure serving as your Director.

**Rod Elleway**  
**Director of Rowing**
Year 8/9 C Crew Left to Right: Mr Evans, Samuel (Yr 8), Jack, Harrison, Benjamin, Joe (all Yr 9), Ms Jamieson

Year 8/9 D Crew Left to Right: Mr Evans, Edward (Yr 8), Alexander, Jack, Nathan, Edward (all Yr 9), Ms Jamieson