

SEASON 2024 / 25
OCTOBER EDITION 1

OARInspired



PULTENEY
BOAT CLUB



OARInspired

PULTENEY BOAT CLUB



Dear Rowing Families,

Welcome to the 2024/25 rowing season. This year sees rowing at Pulteney go from strength to strength. 85 students will join the programme in term 4.

Pulteney has a proud tradition as one of Adelaide's leading rowing schools. The Pulteney Boat Club has provided rowing to the school community for over 60 years. Past rowers have made state and national teams. Many lifelong friendships began at the Pulteney Boat Club.

Training takes place at the Pulteney Torrens Boathouse and RowingSA West Lakes facility. This summer rowers take part in local and country regattas and undertake training camps on the River Murray. The rowing season culminates in the Head of the River in March 2025, South Australia's largest rowing event.

Our enthusiastic team of coaches is committed to providing the best possible environment for young people to thrive in the sport they love.

Rowing is proudly supported by the Pulteney Boat Club committee and its group of dedicated parent volunteers. The PBC supports the annual purchase of new equipment and provides a social setting for rowing families. This year the Pulteney Boat Club aims to raise \$30,000 to assist in the renewal of the boat fleet.

The rowing programme receives deep and generous support from the school community. Thank you to the interim Principal Ms Deb Dalwood and Head of Sport Ms Michelle den Dekker for their encouragement and support.

Go the Navy Blues!

Daren Potts
Head of Rowing



Pulteney Boat Club Committee

President : Despina Anagnostou Mother of Christiana (9) and Victoria (6)
despina.n.anagnostou@outlook.com 0468 872 439

Vice President : Ying Ying Mother of Leo (7). 0499 366 654

Treasurer / Merchandising : Tim Cannon Father of Maggie (9)
0401 048 814 tim@cannoncombustion.com.au

Secretary : Briali Bedson : Mother of James (11) and Lachlan (7)
briali@greensteelsupplies.com.au. 0415 862 696

Regatta Hospitality Coordinator : Tim Bedson Father of James (11) and Lachlan (7)
tim@greensteelsupplies.com.au 0434 161 581

Melanie Smith : Mother of Alexander (8)
mxhp75@gmail.com. 0412 939 201

Tania Mavragelos : Mother of Georgios (10) and Nektaria (9). 0421 643 223

Matt Williamson : Father of Charlie (10) and Ollie (7)



Parents WhatsApp Group

If you would like to join the Pulteney Rowing Parents WhatsApp group, please text Briali on 0415 862 696 to join.



Next Pulteney Boat Club Committee Meeting

The Pulteney Boat Club committee meets monthly on alternating Tuesday and Wednesdays at the boat sheds. Parents are welcome to come and observe meetings, or join the committee.

- **Date: Tuesday 12 November 2024**
- **Time: 6pm**
- **Location: Pulteney Boat Sheds**



Welcome to our first edition of *Oar Inspired* for the 2024-2025 Season!

While families will receive information about training, regattas and the rowing programme generally from the Rowing Director, *Oar Inspired* aims to keep rowers, their families and supporters of rowing at Pulteney informed about Boat Club activities, events and related useful information throughout the rowing season.

The Pulteney Boat Club exists to support the Pulteney rowing programme, additional to the significant resources provided by the school. We do this in a variety of ways, including:

- hosting a Pulteney Boat Club marquee where we have our volunteers at the bbq (which includes serving our famous bacon & egg rolls and more recently, strawberries and ice-cream);
- selling Pulteney Boat Club merchandise, including caps and polo shirts, which we encourage you to wear to regattas (although you're welcome to wear them absolutely everywhere if you like);
- hosting events, such as the upcoming Quiz Night;
- arranging working bees where rowing families help to maintain our boats and facilities;
- providing nutritious and delicious breakfasts for intermediate and senior rowers, to follow their early morning training; and
- being a source of information about what is happening at the Club – including by publishing this newsletter, which we will aim to do about once a month during rowing season.

All of these activities help to build a sense of community amongst rowing families and friends. Some of them also raise money for the rowing programme. This season, we are raising money to purchase a new quad scull boat, which will cost around \$30,000.

From time to time, you might hear a call-out for volunteers to pitch in at a working bee, or to help at the Pasta Night prior to the Head of River Dinner. We might also get in touch to ask if you are happy to be rostered on at the regatta bbq. I encourage you to get involved, even if you don't feel that you know anyone; it's a very fast track to making friends with other rowing families, while supporting our rowers.

While there's a lot of information in these pages, it's possible that you have unanswered questions or that you'd just like to chat boat club matters. If so, please feel free to get in touch with me or any of the other Boat Club Committee members.

Despina Anagnostou

Pulteney Boat Club President

PULTENEY BOAT CLUB QUIZ NIGHT



**Saturday 26 October 6:30pm for 7pm start
Wyatt Hall, 190 South Terrace Adelaide**

Head full of random facts? This is your time to shine!

Come and support our rowers at a night of fun, games and trivia with *oarsome* prizes!

Questions for everyone (including kids)!

Tickets \$20 each (start a new table or join an existing one at purchase) or reserve a table for you and 9 friends for \$200.

Platters for Purchase via Humantix or BYO Drinks and other nibbles.



Training sessions





NEW ZOOT SUITS!!

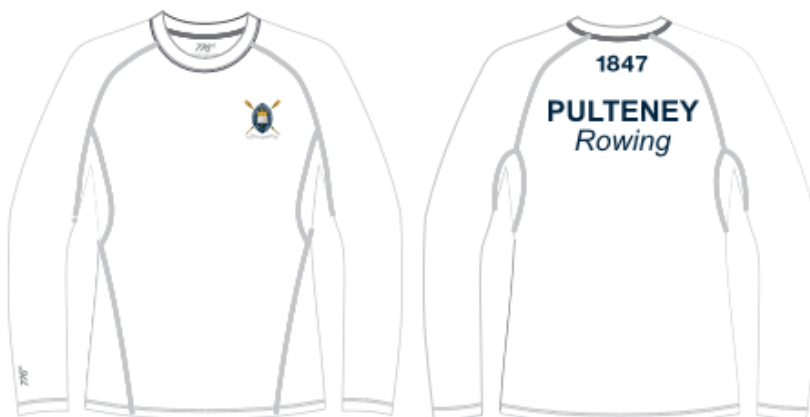
Available to purchase from the
Pulteney Uniform Shop soon!!



Mens Sprint
Rowing Suit
XS, S, M, L, XL, XXL



Womens Sprint
Rowing Suit
XS, S, M, L, XL, XXL



Base Layer Rash Top
Mens and Womens
XS, S, M, L, XL, XXL



MURRAY BRIDGE REGATTA

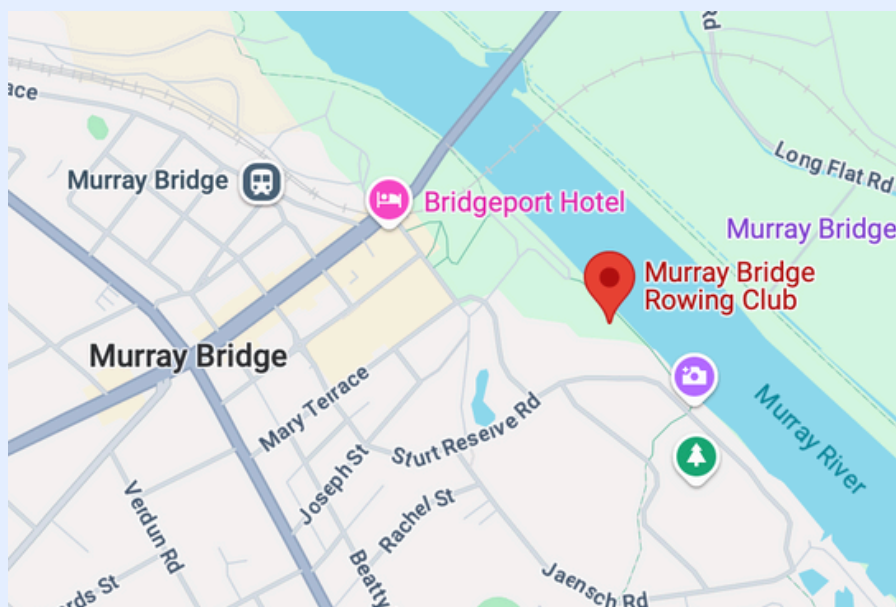
STURT RESERVE ROAD, MURRAY BRIDGE

SATURDAY 2ND NOVEMBER

The Pulteney Boat Club marquee will be set up on the banks of the beautiful Murray River for parents to socialise and meet other rowing families, and of course, to watch and cheer on our rowers!

The PBC BBQ trailer will **not** be at this regatta so bring your own food and drinks or purchase at the nearby cafe.

Bring your deck chairs or a rug, binoculars, hats and sunscreen. The mornings can often be cool on the Murray so be sure to bring a jacket!



Please refer to details from Daren Potts regarding racing times and all other student information.



Murray Bridge Pre Season Training Camp - October 7-11th

What do calm waters, sandstone cliffs and blistered hands have in common? The Pulteney Boat Club pre-season camp!

Nearly 40 members of the school rowing programme took part in the annual 5-day October training camp at Murray Bridge. The rowers received expert guidance from the boat club coaching team who were able to follow the boats closely in a fleet of tinnies. The ability to receive instant feedback saw the standard of rowing improve greatly over the course of the week.

Each athlete averaged 23,000 rowing strokes, 130km rowed, 2 blistered hands, a sore bottom and an amazing sense of achievement.

Rowing is the ultimate team sport and the Pulteney rowers achieved their very best. Thank you to Ms den Dekker, Head of Sport, Mr Brown, Teacher in Charge of rowing, and coaches for their wonderful support.

Go the mighty Navy Blues!

Daren Potts - Head of Rowing







ROUND THE ISLAND REGATTA AND JUNIOR REGATTA

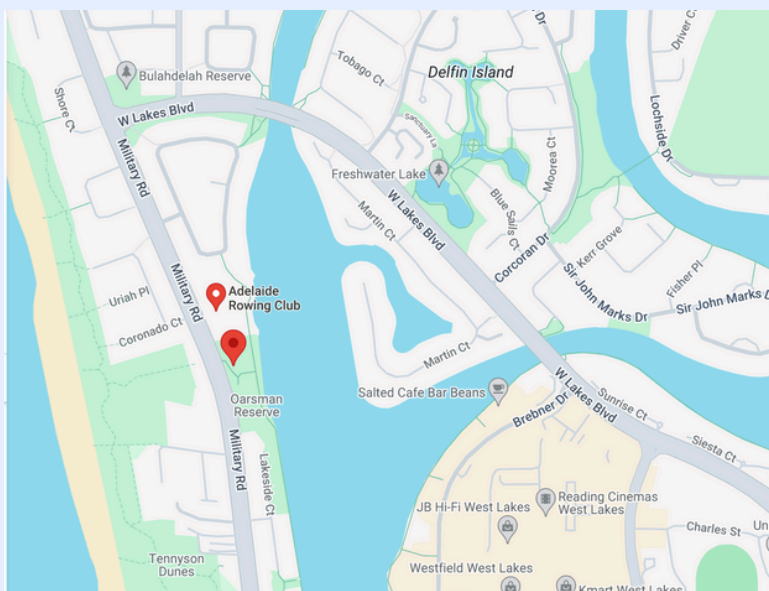
ALEX RAMSAY REGATTA COURSE, MILITARY ROAD, WEST LAKES

SATURDAY 9TH NOVEMBER

The Pulteney Boat Club trailer and marquee will be set up early for friends and family to socialise, watch and cheer on our rowers and enjoy our famous bacon and egg brioche rolls!

Bring your deck chairs or a rug, binoculars, hats and sunscreen.

Contact Tim Bedson 0434 161 581 if you are able to help out with cooking on the bbq or serving customers.



**Please refer to
details from
Daren Potts regarding
racing times and all
other student
information.**

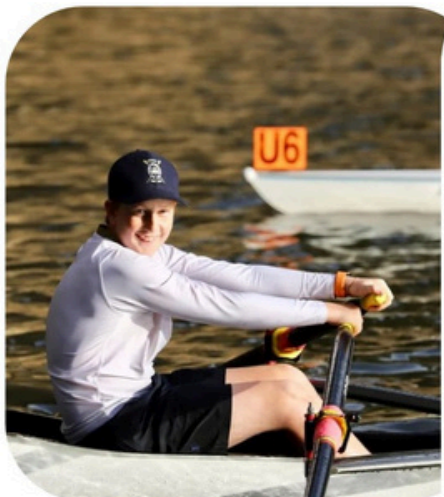


PULTENEY BOAT CLUB WORKING BEE & BBQ AT THE WEST LAKES BOAT SHED

SUNDAY 10TH NOVEMBER
10AM - 1PM

Your help is required and appreciated with annual boat maintenance, new boat rack installation, and cleaning to prepare our club for the next season.

Please bring your own gloves. BBQ lunch provided afterwards. BYO Drinks



PULTENEY BOAT SHEDS, WEST LAKES



THE FINAL SECONDS!

24 Hour Ergo Challenge

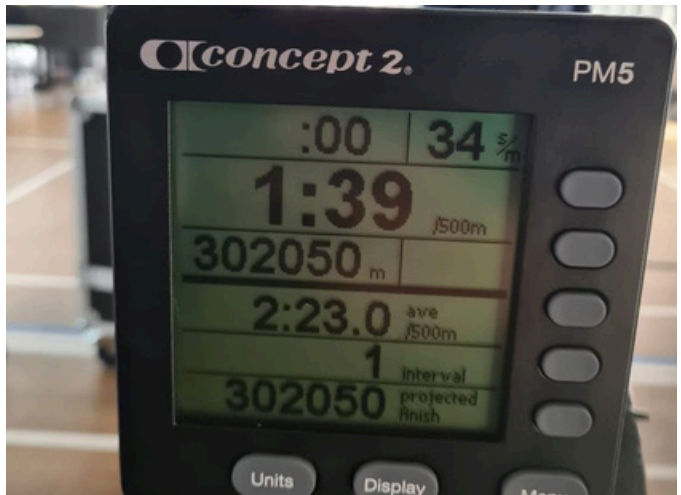
At 4pm on Friday, 30 August, the brave (for they'd been there before) and the innocent (purposely kept in the dark by the brave) rowers of Pulteney Grammar gathered in the gym for the beginning of the 24 Hour Ergo Challenge of 2024.

Rostered on for between 15 minutes (for the youngest) and 30 minutes (for the more seasoned) at a time, in a series of sporadically placed timeslots that seemed designed to achieve maximum damage to their body clocks, rowers pushed themselves to their row erg max with a goal of collectively rowing over 300,000 metres over the course of 24 hours.

In between their turns on the erg, rowers sometimes slept, but there were also games of badminton and basketball hoops, and more singalongs as the hours went by. There was even a bit of drums and piano action towards the end (who said that rowers aren't co-ordinated?!).

Just minutes before 4pm on Saturday 31 August, the last of the rowers ticked the erg past 300,000 metres, cheered along by all those present, for a final haul of 302,050 metres!

It was a fabulous night - even for the supervising grown ups who don't recover from sleep deficits in the magical way of row-fit teenagers! - and hopefully next year's will be an even bigger success.





IMPORTANT DATES

QUIZ NIGHT 6:30pm for 7pm start - Saturday 26 October,

Wyatt Hall, Pulteney Grammar School, 190 South Terrace Adelaide.

MURRAY BRIDGE REGATTA - Saturday 2 November, Murray Bridge

ROUND THE ISLAND REGATTA - Saturday 9 November, West Lakes

WEST LAKES SHED WORKING BEE - Sunday 10th November, West Lakes

YEAR 6 COME AND TRY BBQ - Thursday 14 November, Torrens Boat Shed

3RD GRADE NOVICE STATE CHAMPS - Saturday 16 November

SCHOOL PREMIERSHIP REGATTA #1 - Saturday 23 November, West Lakes Shore

WEST LAKES REGATTA - Saturday 30 November, West Lakes Shore

REMARK 2 DAY REGATTA - Saturday- Sunday 7-8 December, Remark

REMARK REGATTA PULTENEY BOAT CLUB FAMILY DINNER - Saturday 7 December,
Remark, Venue TBA

RIVERLAND TRAINING CAMP - 8-11 December Venue TBA Year 8-11

SUMMER TRAINING CAMP 13-17 January Murray Bridge Year 8-12

SCHOOL PREMIERSHIP REGATTA #2 - Saturday 1 February, West Lakes Shore

SCHOOL PREMIERSHIP REGATTA #3 - Saturday 15 February, West Lakes Shore

SA STATE CHAMPS - Saturday 23 February, West Lakes Shore

SCHOOL PREMIERSHIP REGATTA #4 - Saturday 1 March, West Lakes Shore

WEST LAKES REGATTA - Saturday 8 March, West Lakes Shore

PASTA NIGHT - Thursday 13 March, Pulteney Boat Sheds

HEAD OF THE RIVER REGATTA Saturday 15 March, West Lakes *All Years*

HEAD OF THE RIVER DINNER AND ANNUAL AWARDS NIGHT

Saturday 15 March Venue TBA *(All rowers are expected to attend all Head of the River events.)*

We encourage everyone to come along to the regattas to socialise,
support their club and team mates! **Go the Navy Blues!!**

SEASON 2024 / 25

GO THE
NAVY
BLUES!!

PULTENEY BOAT CLUB