

'THE BOSCH STROKE'

Rondebosch Boys' High School Rowing Newsletter

Issue # 3

Summer 2011



A Word from your MiC

Dear Parents and Rowers

Welcome back from the summer break and a particular warm welcome to all the new rowers and parents who have joined the ranks of RBHS Rowing. We hope that this will be the start of a very pleasant and rewarding journey. During the break the 1st eight participated in the annual SA Schools Boat Race and ended 10th which is an improvement of 3 places on 2009. What made this even more special is the fact that it was Bishops that we beat in the final. Well done guys on a fantastic performance and great reward for all the hard work that you put in during the 4th term. Four of our rowers took part in December in a row from Granger Bay to Robben Island and back. We also started off the 2011 term with a camp at Misverstand Dam near Mooresburg.

This term we concentrate on Sprint rowing in the build up to SA Champs in March. We have four regattas at Elgin and a weekend at Misverstand as our preparation. The highlight for us on the local calendar is our regatta on the 5 February at Elgin. The parents play a vital role in hosting this event and the hope is that we will make a decent profit to contribute towards our fundraising endeavours. If any parent knows of a sponsor for either this event, or events in the future, please let me know.

As far as equipment is concerned, we need to get our own ergo machines as UCT have increased the hire fees by 150%. The purchase of ergo machines will be the focus of our fund raising this year and once again, if anyone knows of a sponsor, please contact me to discuss the matter further.

Good luck for the rowing ahead.

Sean Harris

MiC Rowing

Rondebosch Boys' High School



Welcome from the Parent Support Committee

Rowing is a delightful sport that includes a wealth of positive elements which mould our boys into healthy and determined young men who get to grips with understanding their individual potential. As much as it is a great sport, it is a lot of hard work, not only in the training camp, but also in organising transport and raising funds to purchase much needed expensive equipment. Virtually all training takes place off campus and hence requires transport to either Zeekoeivlei or UCT, or at times, rowing camps at Misverstand Dam near Mooresburg. In addition, regattas are mostly held this term at Eikenhof Dam in Elgin followed by the SA Schools Champs at Roodeplaat Dam near Pretoria. Hence the demands on parents are quite huge, but through well coordinated networks and close cooperation of parents, we actually manage very well. The age-group coordinators play a vital role in arranging shared lifts which ensures that all boys are able to be transported, even those who stay in the boarding house. Of course this relies on everyone contributing in some form or other and we encourage you to participate as much as possible (after all, transport for your boy/s is your responsibility). The RBHS Rowing Parent Support Committee (or PSC as we are known) was established at the beginning of 2010 in order to assist in growing the sport at Rondebosch. As a parent body we realised that the logistical and financial requirements to sustain a vibrant and competitive rowing activity relies heavily on the support of a relatively small parent community and thus the decision to focus our efforts through a co-ordinated support committee. If you wish to be involved in the PSC, please contact the chairperson, Rob Knutsen, or one of the committee members (see end of this newsletter for contact details).

Captain's views

Robben Island Row 2010:

At 7AM on the Wednesday the 22nd December 2010, four Rondebosch boys arrived at Granger Bay, Waterfront to be a part of a row to Robben Island. The event was organised by the marshals of Western Cape Rowing and was intended for senior rowers. The teams came up a few members short and so Aaron Hellenberg, James Shamley, Garrick Herman and Neil Mackenzie applied to fill in the spaces.

The rowers set out for what was to be a challenging but peaceful row through the thick mist to Robben Island shortly after rigging. The mist caused all buildings to disappear within a few minutes and shortly after, one launch boat and two quadruple sculls were making their way through the calm Atlantic Ocean.

The two coxes, Neil and Aaron, noticed that the faint outline of towers were beginning to come into view, and both knew that Robben Island is not home to any tall buildings. The launch boat raced ahead to be sure while the two crews waited alone in the water. They returned to tell us that after half an hour of consistent, confident rowing, we were heading back to where we came from (like walking in circles in the desert!). Disappointment was shown to our navigator and a debate on whether to turn around and head for the Island or keep heading back home was held. The decision was made to carry on towards the island.

After a quick stroke side spin, another feint outline appeared in the distance and although James Shamley's optimism about us having reached Australia lightened the mood, we knew that it had to be Robben Island.

After 102 minutes we arrived at the Island. With no jetty designed for such low boats, we had to use an abandoned jetty that was now used by birds. Only the whitest printing paper can describe the colour of the jetty that the birds had destroyed. We hesitantly disembarked and were quickly questioned by the port control officers who were aware we did not have permission to set foot on Robben Island. James' joke about us having permission from Somalia was not appreciated and our toilet break had to be rushed.

We left as the Robben Island ferry arrived and with the dissipation of some of the mist, we didn't struggle to head home towards the stadium. After 80 minutes we returned to an elated crowd of around 6 people. Although the event was for the most part unknown, everyone involved was elated to have been a part of the first Robben Island Row to be successfully completed.

Neil Mackenzie
U19 Captain



LEAVING THE
HOMELAND



ARRIVING AT
THE ISLAND



Boat Race: December 2010

The annual Boat Race on the Kowie River in Port Alfred took place on the 4-5 December. The u/19 boys' race attracted 13 entrants from across the country with three entrants from Cape Town, namely Rondebosch, Bishops and SACS. Our 1st eight team, comprising Andrew Curry, Matthew Harris, Aaron Hellenberg (cox), Garrick Herman, Chris Knutsen, Neil Mackenzie (captain), Esmond Schnehage, James Shamley, Kaashif Wilkie and James Wills, travelled up to Port Alfred on 1st December and after a few days to settle in and study the 6.2 km course, they took place in the first time-trial on 4th December. The time-trial is conducted in such a way that the individual boats start at 30 second intervals and race the 6.2km against the clock. The conditions for this part of the event on the Saturday were just about perfect and our 1st eight put in a superb run with the 10th fastest time and ahead of Bishops. The results of the time-trial are used to seed the crews for the final the following day and as it happens, we were to row against Bishops in a head-to-head on the same gruelling 6.2km course.

The weather took a turn for the worse on Sunday and it seemed as if the fiercest of Cape Doctors had moved east up the coast. Nevertheless, the race went ahead and the boys battled the waves. Our 1st eight and Bishops were scheduled for a mid-morning start which coincided with the turning of the tide. The atmosphere was tense with muscles to match, but the mood was lightened somewhat when James Shamley caught a handsome fish on the way up to the start (it literally jumped into his lap!). The boys rowed over to their coach and presented the fish (now expired) as a token of kind appreciation before continuing their voyage up to the start. As soon as the flag dropped our 1st eight jumped into the lead, leaving behind a startled Bishops crew. This pretty much remained the state of affairs for the duration of the race with Rondebosch never really being threatened by their chasers. Rondebosch crossed the finish line a good 3 to 4 boat lengths ahead of Bishops to maintain their overall 10th position. Although still far off the mark, this was a great personal victory for our crew and coaches as they had improved on their previous year's performance by three places. A fitting reward for the many hours (days!) of training prior to the event.



WHAT A BLISSFUL SIGHT!!
THE GREAT HEAD-TO-HEAD
VICTORY OVER BISHOPS

FINISH LINE

Race results

1st 8 BOAT RACE, Port Alfred:

4-5 December 2010



1.	King Edward IV School	24:47:10
2.	Bishop Bavin High School	24:52:60
3.	St John's College	20:28:12
4.	St Benedict's College	21:02:77
5.	SACS	21:19:57
6.	St Andrew's College	17:47:35
7.	St Stithian's College	18:24:40
8.	Jeppe Boys High School	18:39:27
9.	Parktown Boys High School	19:10:63
10.	Rondebosch Boys High School	No time
11.	Bishops	No time
12.	Selborne College	19:06:26
13.	Grey High School	19:54:51

Upcoming Events

2011 RowSA REGATTA PROGRAMME- WESTERN CAPE

DATE			WESTERN CAPE				
			STATUS	EVENT	WHO	VENUE	HOST
February	Sat	5	Local regatta	Rondebosch	J U14-19	Elgin	Rondebosch
	Sat	12	Local regatta	Somerset College	J U14-19	Elgin	Somerset
	Fri	18-20	Training	Weekend Camp	J U14-19	Misverstand	Rondebosch
	Sat	26	Local regatta	WCR	TBC	TBC	WCR
March	Fri	4-6	National Regatta	SA Schools & Junior Champs	J U14-19	Roodeplaat Pretoria	RowSA/ SASRU
	Sat	12	Local regatta	V & A Waterfront	All WC	V & A	WCR

DIARISE THESE DATES:

☠ Elgin Regattas: ALL ROWERS
Sat 5th Feb; Sat 12th Feb 2011.

☠ SA Schools Champs: SELECTED
4 to 6 March 2011.

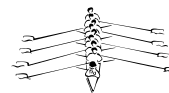
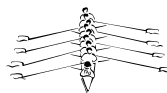
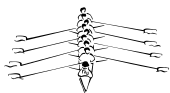
The SA Schools Champs takes place at Roodeplaat Dam (close to Pretoria) and is the official "away" event for RBHS Rowing. The event is attended by all (rowing) schools from across the country and is nothing less than a 3-day extravaganza of rowing activity at its best and the highlight of the season.

☠ V & A Waterfront Regatta: ALL ROWERS
Sat 12th March 2011

HERE ARE SOME ROWING TERMS AND OTHER INFORMATION THAT I'M SURE OUR NEW ROWERS WILL FIND VERY USEFUL

Rowing Terms B-P:





- Beginning:** The moment at which the *spoon* of the blade is immersed in the water and propulsive force applied. Also called the *Catch*.
- Blade:** Flattened or spoon-shaped end of oar or scull; often used as term for oar.
- Bow:** Forward end of boat. End of the boat that travels through the water first and is sharpest.
- Bow ball:** Safety ball fitted to sharp stem of racing boat.
- Bowside:** All rowers whose oars are in the water on the right hand side of the boat when viewed from the stern.
- Button:** Plastic sheath on oar to prevent it from slipping through the rowlock; adjustable on modern oars.
- Canvas:** The canvas on fore and aft decks of a boat; in race verdicts, the distance between the bow ball and the bow man's stateroom.
- Catch:** The part of the stroke when the blade is put in the water.
- Coxswain:** Person who steers the boat by means of strings or wires attached to the *rudder*. Can be (Cox) positioned in either the *stern* or *bow* of the boat.
- Crab:** When the *oar* becomes caught in the water at the moment of *extraction* and the blade handle strikes the athlete. Often causes unintentional release of the blade and significant slowing of boat speed.
- Crew:** Rowers who man a boat; American college term for rowing.
- Drive:** The part of the stroke between the catch and the finish.
(or Pull-through)
- Feather:** To turn the blade parallel with the water surface at the start of the recovery to reduce wind resistance.
- Fin:** Small flat plate perpendicular to the bottom of the boat to aid steering a straight course.
- Finish:** The part of the stroke just before and as the blade is taken out of the water.
(or Release)
- FISA:** Federation Internationale des Societes d'Aviron; The International Rowing Federation.
- Gate:** Bar across a rowlock to retain the oar.
- Gunwale:** Horizontal plank at the top of the hull running the length of the boat.
- Hand away:** Blade leaves the water and is feathered at the start of the recovery; sometimes referred to as "out of bow"
- Head Race:** Race in which crews are timed over a set distance. Usually run as a processional race rather than side by side.
- Heel Restraints:** Attached to the heels of the shoes and to the foot plate. Compulsory safety feature that helps the athlete to release their feet from the shoe in the event of a capsized.
- Inboard:** The length of the blade from the end of the handle to the *button* at the point where it will sit against the *swivel*
- Length:** - Length of stroke- the arc through which the blade turns when it is in the water from *catch* to *finish*. Also, The length of the boat (i.e. "They won by a length")
- Oar:** Lever used to propel a rowing boat. Also known as a *blade*.
- Outboard:** The length of the blade from the tip of the spoon to the button at the point where it will sit against the swivel. (Or, the engine on the coaching launch.)
- Power phase:** The part of the stroke between the *beginning* and the *extraction* when the blade is in the water and propelling the boat








Boat types:

Boats are divided into two main categories, namely sculls and rowing boats. With sculls each oarsman has two sculling oars (blades) whereas with rowing boats each oarsman has one sweep oar (blade). Boats also are numbered to show how many oarsmen are in the boat. Some boats have a coxswain and others do not. Illustrations show various boat types below: (graphics borrowed from another rowing website)

☠ **Sculling Boats -where each person has two blades**

	
Octuple / 8x / Scull (coxed) Normally reserved for young trainee crews	Double scull / 2x Two rowing in tandem.
	
Quad / 4x- / quadruple scull The coxless quad is the fastest competitive boat - usually even faster than an eight.	Scull / 1x / single scull This loner has to do it all himself/herself.

☠ **Rowing Boats – where each person has one oar**

	
VIII / 8+ / eight (coxed) The "full sized" boat that everyone knows from the Oxford-Cambridge boat race...	Pair / 2- / coxless pair Arguably the pinnacle of racing, requiring the most balance.
	
IV / 4+ / coxed four As below but with a cox. Used a lot with school rowers and less experienced rowers, or on tighter courses.	Pair / 2+ / coxed pair Cox added in this case, usually for coaching purposes.
	
IV / 4- / coxless four This is a highly competitive class, fast and aggressive (but not requiring as many as an eight).	

A few interesting websites to visit:

<http://www.rowsa.co.za/rowsa-national-regatta-programme/>

<http://www.sasru.co.za/>

<http://ast-ss.com/maxot.php>

<http://www.saschoolsports.co.za/tag/Rowing.html>

Fundraising

Welcome back after the December break!

We have two fundraising events planned for the latter part of the season. One of which is the ROWING GOLF DAY on the 25th March 2011 and details of this have already been forwarded to the entire parent body. The other event is the annual RBHS Regatta which we're hosting at Elgin on Saturday the 5th February 2011. Following the highly successful 2010 regatta which was organised by Tania Shamley, we have once again called upon her legendary catering skills for help on this one. Here is a copy of the e-mail sent out by Tania in January and it is hoped that all parents will be able to make themselves available to assist in one way or another:

I look forward to seeing you all at our regatta which we are hosting on Saturday, 5 Feb. The most important part of all this is that you are all most welcome - and encouraged - to participate in joining us in all aspects of hosting/catering/logistics etc. We have a mean Pimms table, which traditionally becomes a great meeting-new-rowing-friends place for the dads. We also encourage dads to help with Boerie Roll braaing and Egg and Bacon skottel cooking endeavours. For the ladies - all hands on deck - please. (More information to follow from Mr Harris)

Last year the regatta provided the glue that stuck the club together. We had a great time and it was the perfect opportunity for all to get involved in a very social manner. I am involved in the catering, and Crystal Shnehage is sorting the logistics. Please join us. Your age co-ordinators will be in contact with you, or you can drop me a line - best choice !

Cheers

Tania

(0828565484)

Rondebosch Rowing Parents Support Committee

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RONDEBOSCH BOYS' ROWING

"ALL OUT ROWING"

