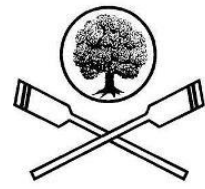


'THE BOSCH STROKE'

Rondebosch Boys' High School Rowing Newsletter

Issue # 2

Spring 2010



A Word from your MiC

We are fast approaching the end of the year with the juniors having finished for the term and the first eight busy with final preparations for Boat Race. My goal for the first eight is to get back into the top 10 at Boatrace, having watched the Heads Race at Misverstand I don't think this is an impossible dream, go for it guys.

The juniors have had a good term and it is very encouraging to see the spirit amongst the u15's.

As we look ahead to the first term our sights must be firmly set on SA Champs in the first week of March. We are also hosting a regatta again next year, it is the first weekend in February at Elgin, it is an all hands on deck affair so please diarise.

I wish everyone a good break and those celebrating Christmas have a blessed one. Boys, although we are not rowing please don't stop your gym work and watch your diet, be ready for the camp in the last week of the holidays.

Regards

Sean Harris

Captain's views

U15 Report

All the Grade 8 boys started rowing this year for the very first time. We have had good coaches who have taught us the technique and given us many hours of on the water training. Our ability has improved a great deal and we are all more confident and more motivated than before. We trained very hard and saw the effects that training had on our bodies. We had a camp at Misverstand where we rowed for many hours and had lots of fun. We did well in some of our races and we all feel that next year is going to be even better.

In my opinion, rowing is the most vibiest sport offered at Rondebosch. It has been a life changing experience for me. We learnt so many things about boats, had fun and got fit in the process. It makes you feel good about yourself. It is an awesome feeling, winning a race. Rowing is the only sport I know of where you are able to hang out with boys from every grade and you get to know each other well. We had lots of laughs, lots of fun and we look forward to next year.

Nic Muller

U15 Captain

U19-Open Report

The Rondebosch Rowing Club started off with a bang this season beginning with enough rowers to select a senior crew inclusive of a reserve as well as some other hard workers. It is the first time there has been a surplus of rowers and the repercussions are proving to be of benefit to the success of the team.

With an extremely rapid start to the season, the seniors managed to pull together some good times on the ergo and some even better results at the Zeekoevlei Heads Regatta on the 23rd October. The first four clenched Bosch's first gold in the A final in a couple of years - the euphoria of which is still prevalent in the minds of the

crew. The first 8 suffered confusion at the start of the race and after being put in the outside lane, managed to put in a performance that was not to be complained about once we hit flat water. The season looked good for Bosch from the beginning.

The next weekend hosted the first "Boat Race" at Misverstand. The regatta was only entered by first 8 crews from Western Cape schools. After not having attended the Knysna regatta, the crew was cautious about its ambitions but the anticipation lead to positive results and many jokes about Chris Knutsens' sabotage in the Bishops composite crew that he was to row in. The first eight finished the course in a time of 18 minutes 35 seconds. The result placed us a mere 25 seconds behind Bishops and 22 seconds behind last years' Boat Race, SA Champs and Buffalo champions, SACS. These results, compared to a heart breaking one minute 30 second defeat last season, instilled a new confidence in the crew.

The weekends that have since gone by have proved tough for the first 8 with many boys having to skip weekends due to unavoidable circumstances and lots of other commitments. The coaches have also been writing exams which called for outside coaches on two occasions. The crew has managed to pull through the seemingly negative occurrences and has come out looking strong as they head to the SA Schools Boat Race in December.

Congratulations to all the crew members for their immense efforts to build up the reputation of the club and continue to build a legacy. We all wait in anticipation for the results the 2010/11 crew can achieve.

Neil Mackenzie
U19 Captain

Ergo trials: U19 OPEN-:

Ergo trials are conducted periodically to test the progress in fitness and strength and are also used to rank rowers for selection purposes. Although the ergo machines, or rowing machines, attempt to simulate the rowing action on land, they do not capture the rowers stroke ability, etc and thus these results are combined with performance on the water in the final analysis. An indication of recent ergo trial results for the u19 Open rowers is given in the accompanying tables.

	1st 5km row	04/10/2010
1.	James Wills	18:04.6
2.	James Shamley	18:52.5
3.	Garrick Herman	18:53.3
4.	Andrew Curry	19:15.0
5.	Esmond Schnehage	19:26.9
6.	Neil Mackenzie	19:27.7
7.	Kaashif Wilkie	19:56.2
8.	Chris Knutsen	19:57.3
9.	Matt Harris	20:05.0
10.	Matt Hendricks	20:20.9
11.	Brema Handt	20:26.5
12.	Andrew Trednick	21:02.9
13.	Evan Miles	21:19.1

		2nd 5km row
1.	James Wills	17:58.3
2.	Andrew Curry	18:27.4
3.	James Shamley	18:29.3
4.	Garrick Herman	18:45.7
5.	Neil Mackenzie	18:50.9
6.	Matt Harris	19:18.8
7.	Kaashif Wilkie	19:26.9
8.	Esmond Schnehage	19:45.7
9.	Chris Knutsen	19:52.5
10.	Evan Miles	21:11.4

Race results



A number of results were not available at the time of printing our Autumn 2010 newsletter and are included below for the record. We apologise if the results are incomplete, but they are all that are available to the editor.

V & A Knockout Regatta: 6 March 2010

U15 Quad lost in the quarterfinal to Bishops

U19 Quad lost in the Final to Somerset College

(Ergo) Rowing Regatta results: 11 March 2010

U14 out of 30 boys

N. Muller 8th

S. Werge 14th

U16 out of 30 Boys

K. Wilkie 11th

E. Schnehage 15th

U15 out of 29 boys

D. Beeton 15th

J. Potgieter 18th

U19 out of 26 boys

C. Buddle 9th

R. Herman 17th

Bishops Spring Regatta: Zeekoeivlei, 16 October 2010

B division

U15 quad 3rd

U15 double 1st heat 2nd Final

U16 scull 3rd & 4th

U19 scull 2nd

A division

U16 double 4th

U16 scull 3rd

U19 four 1st & 2nd heat 1st & 4th final

U19 scull 4th

U19 eight 3rd

WCR Sprint Regatta: Zeekoeivlei, 6th November 2010

Boys Open Double:	Evan Miles and Mark Hartman came 2nd
Boys U15 B Scull:	Shaqeel Wilkie came 4th and Mitchel Edwoods came 3rd
Boys Open B Scull:	Evan Miles came 3rd and James Wills came 4th
Boys U16 A Double:	Tyrone Redman and Daniel Hellenberg came 2nd
Boys U16 B Scull:	Daniel Hellenberg came 2nd and Tyrone Redman came 1st *received a medal
Boys U15 Scull:	Stephen Werge came 4th and Nicholas Muller came 5th
Boys U16 B Double:	Sasha Brandt and Dyllon Beeton came 4th
Boys U15 A Quad:	RBHS came 3rd
Boys U 16 A Four:	RBHS came 5th

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>

Visit **WORLD ROWING.com** to "experience what is going on inside an elite athlete's mind"

<http://www.worldrowing.com/index.php?pageid=221>

 **ATHLETE OF THE MONTH**
Malcolm Howard (August 2010)



Coaches' Corner

We are incredibly fortunate to have several excellent coaches on board who not only assist in training our boys to be good rowers, but also instil excellent life skills that promote determination, commitment and camaraderie. Many, if not all the coaches, are busy with tertiary studies at university and their interaction with our boys is a fine example of commitment to sport and studies (hoping that the latter will receive slightly more attention, but we can work on this!!).

A MESSAGE FROM ROB VANLIERDE TO THE 1ST EIGHT:

"If you were born naturally smaller than the competition, you have to work harder than them if you want to win. It is definitely possible, just look at the Danish lightweight four ergo times".

Bosch Parents join the UMPIRE ranks

Five Bosch parents (Lana Redman, Terry Miles, John Werge, Greg Wills and Rob Knutsen) joined WESPRO for an umpire training course on Saturday 9 October 2010 at the Stellenbosch Flying Club. Several talks were presented by the WESPRO officials which provided great insight into the regatta events. The attention to detail which is devoted to SAFETY is impressive and we can rest assured that these events are well planned and executed with the best interests of the rowers in mind. Look out for these Bosch folk on the water or at the finish at forthcoming events and pass them a refreshment or two! If anyone is interested in joining the ranks (it is really not rocket science), please drop Rob Knutsen a note - it is fun - and you get to mix with Bishop's parents!

Parent involvement in Bosch Rowing

It goes without saying that we need to provide as much support as possible to our boys in their sporting endeavours. Rowing is particularly demanding in that regular water training takes place far from the School (southern end of Zeekoeivlei) and regattas are often held at Elgin. Whilst parents are responsible for providing transport for their boys, this task is made much easier by our volunteer lift co-ordinators (Colleen Knutsen, Lana Redman and Colleen Byren). These folk spend considerable effort in contacting parents to develop weekly lift time-tables to ensure that all rowers get where they need to be - on time! Equally important is the transport of the boats and launch to regattas and training camps and once again this is only possible with the generous assistance of so many parents. Keep up the excellent work and if there are others out there who feel that they can assist a bit more, please do not hesitate to contact a member of the Parent Support Committee (PSC).

RBHS Elgin Regatta 2011

It is our turn again to host the annual RBHS Regatta at Elgin on Saturday 5th February 2011. This was a highly successful event in 2010 and it is also an opportunity to raise funds to support the purchase of equipment for RBHS Rowing. The PSC will commence planning soon and it is hoped that all parents will be able to make themselves available to assist in one way or another. We will be calling on you early in the New Year, but if anyone feels that they are able to provide special assistance (e.g. sponsored items such as food, drinks, gazebos, cabaret dancers...), please contact the PSC members well in advance. All the Elgin events are half-day events which means that you are back home by early afternoon after having had a bright and early start to a fresh summer's day (translates to 'you don't want to see anyone until late Sunday morning' - but hey, it is fun!).

DIARISE THESE DATES:

SA Schools Boat Race: U19 8+ PORT ALFRED

4 & 5 December 2010

This race is the premier long distance race (± 5 km) for SA Schools. RBHS Rowing places significant emphasis on preparing the 1st Eight for this race and it is a major highlight for those boys (grade 11) who are about to complete their final season of rowing at schools level. In preparation for this event, the u19 rowers start preparing in earnest at the beginning of September with several weekend trips to Misverstand extending up to the weekend before the race. This reflects tremendous dedication on the part of the boys, the coaches and of course the support parents who have to arrange accommodation, food, lifts (boys and boats) and at least one parent is required to sleep over each weekend in order to assume caretaker responsibility. The boys are well and truly wrecked at the end of these trips but if you manage to enquire before they pass out in the car for the trip home, the response is unanimous each time ; "that was fun!".

RBHS Rowing Camp: ALL ROWERS

9 - 14 January 2011 at MISVERSTAND

The January Holiday Camp is a fantastic opportunity for our rowers to shed the cobwebs that build up over the long holiday, particularly given that the first Elgin regatta takes place on 22 January 2011 (end of first week of term). The camp enables rowers to spend sustained periods on the water in conditions which are often perfect at Misverstand (give or take the odd wake from speedboats). Besides rowing, it is a wonderful time for the boys to interact and enjoy an "away-from-home" experience with their school mates. Detailed information regarding costs and logistics will follow shortly.

SA Schools Champs: ALL ROWERS

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. The school teams turn out in force with trailers, boats, gazebos, and fans a-plenty. A healthy cohort of RBHS parents usually makes the trip to support the boys and they have a fun time on the side of the dam and often arrange to enjoy a meal together in the evenings. Of course the boys love the interaction and friendly rivalry with the other school teams and the abundance of young female rowers does not go unnoticed. So, put the date in your 2011 diary and start saving those pennies (it is around about this time of the year that RBHS Rowing parents are known to befriend their bank managers).

2010 RowSA REGATTA PROGRAMME- WESTERN CAPE
DECEMBER -MARCH 2010/2011

DATE			WESTERN CAPE				
			STATUS	EVENT	WHO	VENUE	HOST
December '10							
	Wed	1-6	Camp & NR	Boat Race	J U19 8+	Kowie River	SASRU/St Andrews
	Sat	4	National Regatta	Old Mutual Schools Boat Race	ALL J U19	Kowie River	
	Sun	5					
January '11	Sun	9-14	Camp	Training Camp	ALL RBHS	Misverstand	RBHS=
	Sat	22	Local regatta	Alfreds & Pens	J U14-19	Elgin	AJRC & PRC
	Sat	29	Local regatta	SACS	J U14-19	Elgin	SACS
February '11	Sat	5	Local regatta	Rondebosch	J U14-19	Elgin	Rondebosch
	Sat	12	Local regatta	Somerset College	J U14-19	Elgin	Somerset
	Sat	26	Local regatta	WCR	J U14-19	Elgin	WCR
March '11	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

Rowing Terms: 'B-G'

Blade:	Flattened or spoon-shaped end of oar or scull; often used as term for oar.
Bow:	Forward end of boat.
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
(starboard)	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.
Crew:	Rowers who man a boat; American college term for rowing.
Drive:	The part of the stroke between the catch and the finish.
(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.
(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.

Photo Gallery



September 2010- Misverstand Holiday Camp ("Thank goodness we don't have to go to the army as well!").



Zeekoeivlei November 2010- U15 ("Hey, where did the boat shed go?")




Zeekoeivlei November 2010- U15 ("Oi, which way should we look? - they're taking photos from all sides!")

September 2010- Misverstand Holiday Camp ("Yes - some of them sold their shirts to pay for the camp!").



Fundraising

THANK YOU  to everyone for your continued support- with your help we have raised **R35 988** during the 2009/2010 season. The breakdown is indicated in the table below. It is worth noting that significant funds are generated from boerewors sales at the RBHS rugby games (nearly double the profit earned from the Vuka raffle ticket sales). Special thanks go to Sharmilla Wilkie for co-ordinating the raffle ticket sales and boerie stands on those sometimes very chilly (and I don't mean the sauce!) Saturday mornings. Of course the execution would not have been possible without the help of so many willing parents - too many to mention.

EVENT	FUNDS RAISED	EXPENSES
Elgin Regatta:- 30 Jan 2010	5 750.00	
5 x Boeriewors Sales:- Apr-Aug 2010	13 291.00	
Quiz Evening:- 14 May 2010	11 034.00	
Crabs Dinner:- 27 Jul 2010		870.00
Vuka Raffle:- Apr-Sep 2010	14 190.00	6499.00

Fundraising for 2011 will be more demanding as the club needs to buy twelve additional blades at a cost of approximately R35 000. We would also like to obtain at least one item on our wish list:

WISH	SUBMITTED BY	COMMENT
Truck and driver	Irma, Sharmilla, Rob vL	
New quality 8+	Rob vL	Cost - R200 000
New cox box	Rob vL	Cost - R10 000
8-10 ergos linked to PC for boys to race at school	Sharmilla	
Corporate sponsorship	Sharmilla	

As you can see it is a very expensive list and we ask that should parents have contacts with regard to any of the items on the list, please let us know. If you wish to assist with fundraising, please contact the chairperson or one of the PSC members (or if you know of a donor who is willing to part with loads of cash, please dial now!).

Rondebosch Rowing Parents Support Committee

Chairperson:	Rob Knutsen	076 833 2615	robert.knutsen@uct.ac.za
Committee:	Irma Louw	082 457 5349	lomac@intermail.co.za
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	Andre Herman	083 270 9051	aherman@mweb.co.za



RONDEBOSCH BOYS' ROWING

"ALL OUT ROWING"

