



'THE BOSCH STROKE'

Rondebosch Boys' High School Rowing Newsletter

Issue # 4

September 2011



"Winter/Spring"



South Africa

A Word from your MiC

A new season is just around the corner and we are hoping that our rowers will once again rise to the challenge and place RBHS firmly on the local and national regatta stage.

Our last season's goals were to get our 1st eight back into the top 10 in South Africa and this we achieved at both Boat Race, coming in at 10th position after convincingly beating Bishops in the E final and at SA Champs, where we were placed 10th after narrowly losing out to SACS in the B final.

Another goal we set was to qualify for an A final at SA Champs and this was met by our under 15 doubles with both S. Werge/N. Muller and M. Edwoods/L. Byren qualifying for the A Final, an achievement RBHS had not met in the past. S. Werge and N. Muller went on to achieve a Silver medal in the final and M. Edwoods and L. Byren finished 5th - a remarkable achievement.

Our numbers are up, we are now at 40 rowers and this should increase over the next 2 years and then stabilise at about 45-50. This puts extra pressure on our equipment and raises the urgency of ergo machines and more boats.

We are in need of a sponsor for our regatta in February which we host at Elgin. We need an amount of R7500 to cover the event and if any parents know of possible sponsors, please let me know so that we can follow up on any leads.

The new season starts formally with a camp at Misverstand Dam from 2 – 5 October for the u/16 and u/19 rowers. The camp focuses on these rowers due to the need to rapidly develop their skills for the upcoming Misverstand 'head-of-the-dam' competition and of course preparation for the Boatrace in early December. Arrangements will be made to facilitate u/15 training at Zeekoeivlei during the vacation.

Sean Harris

MiC Rowing

Rondebosch Boys' High School



Chairman's Report

The RBHS Parent Support Committee (PSC) is alive and well and has had a very productive fund raising season. Some R90000 has been raised during the 2010/2011 period with much thanks to the success of our golf day that took place in March earlier this year. Boerie sales have also been consistent during the rugby season and the net result is that we have now paid off our debt that accrued from earlier equipment purchases. Special thanks to all who have assisted in ways big and small – it is really great to witness the goodwill and enthusiasm of our rowing parents and friends. We hope to continue to build on the fund raising activities and our next goal is to establish our own ergo gym and to purchase additional blades.

Two new members – Jacqui Woolfson and Tommy Brummer – have joined the PSC as we enter the new season. Of course the PSC is an informal arrangement and we welcome input and participation from all parents who wish to add value to supporting and growing rowing at RBHS. Please do not hesitate to contact me directly if you wish to be more directly involved, particularly if you have good ideas about fund raising.

See you at the water's edge

Rob Knutsen

RONDEBOSCH BOYS' ROWING
"ALL OUT ROWING"



Captain's views

Rowing end of season (1st VIII) :

The team started the January 2011 season on a high after a successful Boat Race season. The coaches had certainly done their job with the 2011 crew, and it made for some heightened spirits.

We started the 2km season with a positive attitude and after being knocked back a little after the first few regattas, we shocked ourselves with the mystical "perfect balance" and it gave us a massive boost at the Somerset College regatta, where the crew led the way right until the end. The race fuelled our enthusiasm and we were hungry for the Western Cape title.

Champs was not a let-down for the first VIII, with the crew finally beating SACS in the heat before losing out by a boat length in the B Final. The loss did not dim the mood. We were satisfied with the huge progress we had made as a Rondebosch underdog crew, and were satisfied when SACS passed the comment "You guys got really fast, really fast".

2010/11 left 9 men with a whole new definition of pain and passion. The season did not fail to disappoint with regards to the lessons that rowing traditionally teaches us every year.

Thanks to the coaches and the management staff for their huge efforts to make this past year successful for the rowers, not just the school.

Neil Mackenzie

U19 Captain (2010/11 season)

Rowing U15:

Hi my name is Nic Muller, I was the past season's junior captain and if I could make only one comment about rowing it would be that it has changed my life completely. Rowing is a team sport even if you are rowing in a scull. It's your team that motivates you to achieve. This has been a great season for me as well as Rondebosch. We hosted a very successful regatta at Elgin and took part in many others. We sent our first under 14 rowers to SA champs, getting two crews into the A finals and getting Rondebosch's first ever medals.

At the beginning of this year I was pleasantly surprised at the number of Grade 8's that started rowing. This shows that rowing at Rondebosch is getting more and more popular. I think the highlight of this season for me was definitely at SA champs when I heard that we had managed to get two crews into the A finals and then further being able to pick up a place in the top two. Our season ended off again at the V&A regatta where tremendous fun was had by all involved.

To end off I'd like to say well done to the seniors on a great season as well as the juniors' great season.

Good luck for coming season.

Nicholas Muller

U15 Captain

RONDEBOSCH BOYS' ROWING
"ALL OUT ROWING"



Race results



SA Champs at Roodeplaats Dam, 4-6 March 2011:

U14 Sculls

Brian Brummer came 4th in his heat

U15 Sculls

Stephen Werge, Mitchell Edwoods 3rd in their heats
Nick Muller and Liam Byrenr 4th in their heats

U16 Sculls

Tyron Redmand 4th and Daniel Hellenberg 6th in their heats

U19 Sculls

Kaashif Wilkie 5th and Evan Miles 8th in their heats

U19 Pairs

Esmond Schnehage and James Shamley 6th in their heat

U15 Quad

2nd in their heat and qualified for the B final where they finished 3rd

U16 Double

5th in their heat

U19 Fours

A four came fifth in heat and qualified for the B final where they finished 4th
B four came 6th in their heat

U15 Doubles

Stephen Werge and Nick Muller and Liam Byren and Michell Edwoods both came 2nd in their respective heats both qualifying for the A final, this is the first time RBHS has qualified for an A final.
In the final Liam Byren and Mitchell Edwoods finished 6th and Stephen Werge and Nick Muller came 2nd in a photo finish earning silver medals

U19 doubles

Kaashif Wilkie and Evan Miles finished 4th in their heat

U19 Eight

Finished 5th in their heat qualifying for the B final where they finished 2nd , this ranks them as the 9th Schools eight in South Africa.

V & A Regatta, 12 March 2011:

U14 quad - 5th

U15 quad - 3rd

U16 quad - 5th

U19 four - 2nd and 3rd

U19 Eight - 1st beating SACS in the final

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Upcoming Events

Camp

**!!OCTOBER CAMP COMING UP!!
SUNDAY 2 – WEDNESDAY 5**

The camp will take place at Misverstand Dam for the u/16 and u/19 rowers.

Weekend training camps

Additional weekend training camps for the 1st VIII will take place at Misverstand Dam during October and November as they prepare for the run up to Boatrace in early December. Rowers will depart from School on Friday afternoon and depart from Misverstand at 18h00 on Saturday. Accommodation has been arranged at Misverstand (Elani II) on the following nights:

21, 28 Oct, 4, 11, 18 Nov

Regatta programme 2011/2012

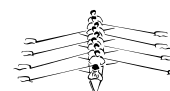
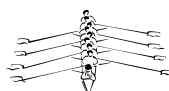
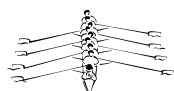
<i>Date</i>	<i>Venue</i>	<i>Host</i>	<i>Type of event</i>	<i>Status</i>
Sat 15 Oct	Z/vlei	Bishops	Sprints	All rowers
Sat/Sun 29/30 Oct	Knysna	WCR	Sprints/Heads	?
Sat 5 Nov	M/verstand	WCR	Heads	u/16, u/19
Sat/Sun 9/10 Dec	Port Alfred	SA Schools	Boatrace	u/19
Sat 21 Jan	Elgin	Peninsula	Sprints	All
Sat 28 Jan	Elgin	SACS	Sprints	All
Sat 4 Feb	Elgin	RBHS	Sprints	All
Sat 11 Feb	Elgin	Somerset	Sprints	All
16-18 Feb	Buffalo		Sprints	No
Sat 25 Feb	Elgin	WCR	Sprints	All
1-4 March	Pretoria	SA Champs	Sprints	Selected
10 March	V&A Waterfront	WCR	Sprints	Competent rowers

 **SATURDAY 4 FEB 2012 - RBHS HOST REGATTA AT ELGIN** 

SOME MORE ROWING TERMS

Rowing Terms R-W:

Rate: (or Rating)	Number of strokes rowed in a minute.
Ratio:	The ratio of the time taken for the <i>power phase</i> to that of the <i>recovery phase</i> of the stroke. Ideally time taken for the recovery will be about three times that of the power phase. 1:3
Recovery:	The part of the stroke phase between the <i>extraction</i> and the <i>beginning</i> or <i>catch</i> when the blade is out of the water.
Regatta:	A competition with events for different boat types and <i>status</i> athletes usually involving heats, semi finals and finals for each event. Boats compete side by side from a <i>standing start</i> .
Rhythm:	Optimum <i>ratio</i> .
Riggers:	Metal outriggers attached to the boat outer shell of the boat next to each seat that support the <i>swivel</i> and the <i>pin</i> . There are currently several different designs of rigger from two or three stay metal or carbon tubing to metal or carbon wings.
Rigging:	The way in which the <i>riggers</i> , <i>slides</i> , <i>swivel</i> , <i>pins</i> , <i>foot plate</i> , <i>oars</i> and <i>sculls</i> can be adjusted to optimise athlete comfort and efficiency.
Rudder:	The device under the boat which when moved causes change of direction. Linked to the <i>cox</i> or a crew member by wires.
Sculling:	Rowing with two <i>oars</i> .
Shoulder:	Reinforcement structure in the cockpit to support the attachment of riggers
Slide:	Two metal runners on which the seat travels.
Stern:	The end of the boat that travels through the water last.
Stern pitch:	Sternwards angle of inclination of the <i>pin</i> to the vertical.
Stroke:	One cycle of the <i>oar</i> . 2. The rower who sits closest to the <i>stern</i> of the boat in front of all the others and is responsible for the <i>rating</i> and <i>rhythm</i> of the boat. (other crew members can influence rating and rhythm from behind)
Stroke side:	The left hand (port) side of the boat as the <i>cox</i> sits or the right hand side of the boat for a rower.
Stretcher:	A metallic or carbon plate inside the boat to which the shoes are attached. Secured with adjustable screws.
Sweep:	Rowing with one oar on one side of the boat.
Washing out:	Occurs when the blade comes off the water during the pull-through before the finish



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

 Our Golf Day was a tremendous success and we raised over R27000. This would not have been possible without your support and generous spirit.

GOLF DAY - 25 MARCH 2011
THANK YOU TO

KENNINGS CAR, VAN AND TRUCK HIRE
(Our anchor sponsor)

TERRY REDMAN-PRO FLIGHT
ALL OUR GOLFERS
and
ALL THE ROWING PARENTS
AQUELLE
ATARAXIA WINES
BORON
CÉCILE AND BOYD'S
CWFM
DI CHANDLER-APRON STRINGS
ELIZABETH ARDEN
GRAHAMSTOWN BUILDING SOCIETY
HALEY SMITH
HENCE TRADING
KENINGS CAR, VAN AND TRUCK HIRE
MOMENTUM
NICK van VUUREN
OLD MUTUAL
PUMA SA
SEEFF PROPERTIES
SOUTHERN CROSS
SSISA
STANDARD BANK SA CORP
STEVE SWANEPOEL INVESTMENT CONSULTANTS
THE CAPE MILNER
THE RAJ-CAMPS BAY
VIADATA-(Craig Byren)
YELLOW ORANGE TRADING

*.....For your generous support of our Golf Day.
Your contribution makes a difference towards ensuring we reach our goals*

 Six rugby home games and over R16 000 more raised. Thank you so much to all the parents who helped braai, serve and make it all happen!

Rondebosch Rowing Parents Support Committee

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We grow and prosper only because we found some great friends like you who give us loyal support along the way.