WEST LAKES ROWING CAMP - As most are aware we held 3 training days at West Lakes. This was a good time for current rowers to consolidate their holiday training and prepare for racing. It was a great opportunity for our large group of Year 8 students to get some quality time on the water and for them to also bond with the older rowers.

PASTA NIGHT – This was held on the Thursday night before our first regatta for 2015. Close to 80 people were in attendance and it was a great opportunity in particular for the Year 8 rowers and parents to get a feel about what the club is all about. We are looking forward to our next Pasta night before the Head of the River and are planning a few fun activities for this night.

LAST WEEKS REGATTA - Last weekend’s regatta went ahead despite the heat. The program started slightly early but was abandoned. The Year 10A’s were the best performing crew on the day exceeding expectations finishing 2nd in their race. Well done to all crews though braving the hot weather!!

REGATTA - This weekend’s regatta we had previously not planned to participate in and it seems as though it was a good decision with the day forecast to be 41 degrees. Given this we will also not be holding training given how quickly we anticipate the temperature will rise. All rowers are expected to try and do some sort of training over the weekend whether it be going for a swim on Saturday or a run and some core work on Sunday.

MURRAY BRIDGE REGATTA – We will be competing on both the Saturday and Sunday for this regatta. Cheap accommodation is available at Long Island Caravan Park but get organised early. The regatta program and the events we will be competing in will be made available on the school Facebook page on Wednesday 18 February.

TRAINING - Attached on the website is the training schedule for the term. This schedule is now finalised however there may still be minor changes that occur week to week but rowers will also always be notified of this when it occurs. Given the time of year and hot weather it is important that all rowers are sun smart at training and this means that you will not go out on the water if you do not have a hat. You must bring a drink bottle with you to all training sessions as well as a pair of running shoes. All rowers are expected to train in t-shirts.

UNIFORM - Attached to the website also is an order form for the rowing uniform. There is a polo shirt and t-shirt that are available to purchase, you can wear either of these, your PE polo or a white t-shirt (under your zootie) at a training session (you need to be in NMHS colours). Year 8’s are encouraged to purchase zooties early in preparation for their participation in Term 4 regattas.

THANK YOU- A big thank you already needs to go to parents for transporting rowers to and from trainings and also the regatta on the weekend. Without your support Norwood Morialta would not have a rowing club. A special thank you though needs to go to members of the parent committee for going above and beyond in their assistance with boat loading, fundraisers and lots of other things that go on behind the scenes. The club is definitely growing and it is exciting to picture how successful it will be a few years down the track.