LAST WEEKS REGATTA - It was great to finally get a full regatta completed as we participated in the SA School State Championships and Super School Series Regatta last weekend. We had some excellent results with some of our single scullers, Max Partington and Isaac Allum Henson finishing 1st and 3rd in their 9/10 race, Mariah and Millie Hatchard finishing 1st and 4th in their respective races, Denby Harding finishing 3rd in his Senior Single Scull and Mateo Deville finishing 4th in his 8/9 Single Scull. In the Quad racing all crews showed signs of improvement and hopefully can build on their performances in the upcoming regattas.

UPCOMING REGATTAS - Our next regatta will be held at West Lakes on March 14. Rowing crews will be advertised via Facebook and Daymap on the Thursday before. The following week as many would know is the Head of the River which is being hosted by Unley High School this year.

TRAINING - Training has been well attended of late as all crews gear up for the Head of the River. If students aren’t able to attend a training session please let either myself, Andy or a specific rowing coach know in advance. There will be a training this Saturday morning (7/3) with boys rowing first at 7am and girls at 9am.

ROD KUCHEL - Our Year 10 boys being coxed by Amalia Witford were unfortunately involved in a collision with CBC at rowing training a few weeks ago. Fortunately none of our rowers were seriously injured although Oscar Noel was struck quite severely on his hip and was sore for quite a few days after. The boat though did not fair to well and we are waiting to hear back from our insurance company as to how we will be reimbursed for the damage.

PASTA NIGHT - Pasta Night is again scheduled for Thursday 19 March at our River Torrens Boatshed. This is the Thursday before the Head of the River. All rowers should now have received details, both hard copy and via Daymap. The more people we get the better but if people could RSVP asap to either the MC or SC Paystations that would be greatly appreciated. On top of dinner we will hold a few fun activities and also talk about what specifically is involved at the Head of the River.

UNIFORM - Attached to the website 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 8s are encouraged to purchase zooties early in preparation for their participation in Term 4 but are not expected to compete in zooties until they are in Year 9.

YEAR 8 ROWERS - The Year 8s have been training very well both on the water and during their Friday morning ergo sessions. It’s an exciting time for them as they prepare for their first regatta next weekend. Results are irrelevant and it is hoped that all Year 8s simply enjoy their first taste of racing experience 😊