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Southland Association Supporters



Otago Association Supporters



Hi Folks!

Apologies for the late Regional Rowing update.

Congrats

Congratulations to the Otago University Men's Eight who recently won the 2009 Xinjin Water City International University Rowing Regatta in China. Otago defeated Sydney (AUS), Trinity College (USA) and Peking University (CHN) in the final in front of a crowd of over 100,000.

The crew of Richard Sharp, Alistair Bond, Jamie Osborne, Scott Vandenbosch, William Shaw, Campbell Lowe, Matt Adam, Todd Hale and Michael Dessoulavy (cox) had trailed Sydney by about half a length for much of the race before coming through with 300m to go.

The victory in the eight followed Otago University rower Fergus Fauvel's win in the 2km ergometer race in a time of 6.02mins

Southerners in 2009 NZ team

9 Southland and Otago athletes will have international rowing duties this season. All the best for your upcoming overseas campaigns!

Elite Crews

Nathan Cohen, Storm Uru, Sarah Barnes – Southland
Hamish Bond – Otago

Under 23 Crews

Jade Uru, Louise Ayling – Southland

Junior Crew

Hayden Cohen - Southland

Canadian Henley

Rowing New Zealand is planning to send a team to this year's Canadian Henley.

<http://www.rowingnz.com/Article.aspx?ID=3184>

South Island Under 18 Crews

After an outstanding Maadi Cup by Southland school crews it was great to see so many athletes selected for the SI Under 18 team to compete against and defeat the North Island at Lake Karapiro.

South Island Rowing team:

Katelyn Froude, Ollie Behrent, James Lilley and Lucy Williams from James Hargest College and Robbie Mears from Otago Boys High School.

<http://www.rowingnz.com/Article.aspx?Mode=1&ID=3195>

Interprovincials Postponed

The National Provincials Champs which was to be hosted by the Otago Rowing Association at Lake Ruataniwha in early October has been postponed until 2010 by Rowing NZ.

Discussions regarding a replacement event involving some or all of the South Island Associations are underway.



Otago Rower of the Year Function

A great night was had by all at the recent Award night hosted by the Otago Rowing Club. 2009 World Champion Track Cyclist Alli Shanks inspired the young audience as Guest Speaker. Award winners are named in this months RNZ magazine.

Upcoming Events:

Otago Sports Awards

After winning the prestigious Otago Sportsperson of the Year award last year Hamish Bond is again a finalist in the ASB Otago Sports awards this Friday.

<http://www.sportotago.co.nz/index.php?id=4,1311,0,0,1,0>

Southland Sports Awards – Saturday May 23rd

Olympic sculler Nathan Cohen is a finalist in the Southland Sportsperson of the Year Award category at the 2009 ILT Southland Sports Awards. Best of luck Nathan. Tickets are available from Sport Southland.

South Island Masters Regatta

Best of luck to Otago and Southland crews heading to the South Island Masters regatta on Queens Birthday Weekend at the Dunstan Arm Rowing club.

<http://www.rowingnz.com/Otago/Article.aspx?Mode=1&ID=3186>

Quiz Night

QUEENS HIGH SCHOOL ROWING FUNDRAISER

WHERE: SHIEL HILL TAVERN

WHEN: 3rd JUNE

TIME: 7:45 PM

COST: \$20 PER TEAM- pay on the night

MAXIMUM 6 MEMBERS TO A TEAM

Please email lynn@annepotter.com to confirm your place on the night or ring 4771749

Otago Rowing Association AGM

Sunday 6 June, venue TBC

2009 Southland Rower of the Year Awards -Friday June 26

Venue and nomination forms for the this years Awards will be confirmed and distributed shortly

SIR AGM

The Southland Island Rowing AGM will be held on Saturday June 28 in Twizel.

Coaching Courses this Winter.

Four Coaching Courses are planned for the south this winter.

Level 1 Rowing Course– August 9, Otago University Rowing Club, Dunedin

Level 1 Rowing course – July 25, Dunstan Arm Rowing Club, Clyde

Level 2 Rowing Course– August 22/23, Otago University Rowing Club, Dunedin

For information including a registration form for the above courses please contact Richard Parr, rparr62@hotmail.com

Level 1 Rowing Course– July 25, Waihopai RC, Invercargill

For information including a registration form for the above course please contact John O'Connor, johnandjulie.oc@clear.net.nz

COACHING/CLUB STUFF

Coach Support - Richard Parr and Duncan Holland

We are again very fortunate to have Richard Parr supporting our coaches and athletes in Otago and in Southland during the rowing season. I am pleased to announce international coach Duncan Holland will be guest coach for the ILT Foundation Winter Programme this year. Duncan will be running Camps on the following weekends in Invercargill: May 23/24, June 27/28, August 15/16 and September 19/20.

Coach Education Information

Check out Walter Martindale's Coaching Newsletter. April/May Newsletter - <http://www.rowingnz.com/Article.aspx?ID=3209>

Winter Training Programmes

Dunedin

The winter training programme developed for school aged rowers kicks off in Dunedin tomorrow. Richard Parr and Tamsyn Hayes will again be 'running the cutter' on the programme with weekly spin classes, erg and core strength sessions.

Invercargill

The highly successful ILT Foundation Winter Training Programme has started again under the guidance of Will Payne, off the water and Duncan Holland, on the water.

Winter long Distance races

Southland – Every 3rd Sunday of the month. Crews will leave Sheds at 9am on the dot.

Otago – Every 1st Sunday of the month from then on. Racing starts at 9am from Blanket Bay.

Have Your Say

Remember if you have anything to contribute please feel free to drop me a line at dean@rowingnz.com

If there are people you think would like to receive this newsletter please send their email details and I will add them on to the list.

Cheers,
Dean Horo

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