

Dates to Note

14-16 December @ Karapiro (senior rowers only)

19th-20th January Blue Lakes, Rotorua

Coming up soon

Row-a-Thon 8th December

Xmas party 1st December, Glenn's 11a Makaraka Rd



www.gisbornerowingclub.co.nz

email info@gisbornerowingclub.co.nz

P.O. Box 3070

Gisborne

NOVEMBER NEWSLETTER 2012

ANNUAL ROW A THON

The Annual Row-a-thon will take place on 8 December 2012 and runs for 12 hours from 7am until 7pm. We will be located outside of Sun City Pharmacy and will also be running a bake sale and raffle at the same time.

Rowers will be allocated a time slot where they will be required to be helping out at the Row-a-thon. Rowers will be on the ergs for a certain period of time. The aim is for each rower to get individual sponsorship for the season and the proceeds will be directly applied to that rower's account with the Club. Any other proceeds will go towards the general club expenses.

The public will be encouraged to jump on and learn how to erg. There will also be erg races for the public and prizes for different age categories.

Each rower is required to donate two (2) items – one for the bake sale, and something Christmas themed for the raffle. Non-perishable items can be brought down to the sheds on Sunday afternoons leading up to the event. Rowers should indicate to their coaches what item they will be bringing to the bake sale so a record can be kept of what is being donated on the day. Items for the bake sale need to be glad wrapped with your name and phone number on the bottom.

The club appreciates the support of all parents and we are seeking volunteers to help out on the day. If you are interested, please contact us via email or come and talk to us on Sundays down at the sheds.

Please note that if a rower does not participate in such fundraising events, the club will benefit from the proceeds but nothing will be applied to that rower's account to help pay for regattas later in the season.

CHRISTMAS GET TOGETHER

There will be a Christmas party for all members of our rowing club and families on the 1st December from 4.30pm, please bring a plate and byo, at Glenn's place, 11a Main Rd Makaraka.

A regatta calendar with all rowers listed on it will be available from the 6th of November on the noticeboard at the back of the sheds. Rowers can also ask coaches what regattas they hope to attend in the season. Please check and if you are unavailable for any of the dates then please let your coach know as soon as possible.

Rowers are continuing to go to Wairoa with their coaches for further skill building and training, all proving quite beneficial to rowers. This will continue up to the 8th December and then will be reviewed for continued use.

CONGRATULATIONS

A big congratulation to Alex Hyland for winning the Coast Duathlon, Alex is one of our senior rowers who has medalled at Nationals with rowing partner Luke Jenkins. Awesome effort Alex at your race time of 4:21.42 and being the youngest to win in the Coast duathalons 24 year history...!

THANK YOU TO THE CANCER SOCIETY

A big thank you to the cancer society who have provided us with a very large container of sun block for all our rowers to use. This is stored in the shed in the front on the table or little cupboard – please use it whenever you are on the water or doing exercise outside.

LET US KNOW WHAT YOU THINK....

Committee Members are present at the shed on Sunday afternoons towards the end of training. Please feel free to contact us then or by email info@GisborneRowingClub.co.nz

WHERE TO FIND OUT MORE INFORMATION

The Notice board on the back wall of the club by the erg room has all sorts of information on it and there is a calendar showing upcoming events on the front of the Gisborne Boys High Rowing Shed.

Talk with your coaches if you have any concerns about dates for training to Wairoa or for dates of Regattas.

Our fabulous website www.GisborneRowingClub.co.nz is frequently updated and you can also find us on Facebook.

The Gisborne Rowing Club Committee

Jo Ferkins

Secretary

Russell Holland

027 44 22 599

rus@ec2.co.nz

President