



Ladies' Captain Report 2008

We have reached the end of another enjoyable rowing season. This year has been a big step forward for the entire club with male and female relations within the club improving as well as with our results at regattas taking a step up.

Buffalo Regatta was our first regatta of the season, right at the beginning of the varsity year on 14-16 February and so everything seemed very rushed. This was a wonderful start to the year showing some people their potential and others how much more fitness was needed. The results for this regatta were very pleasing – C1X: 3rd, C4+: 2nd, B1X: 4th and 5th, B4+: 2nd and A2-: 2nd, our A2X also made their final but were unable to race due to a shortage of boats.

The second regatta of the year was SASSU, held as usual at Van der Kloof Dam on 27-29 March. This was a great regatta both points wise and in the fact of club moral. Overall the club did much better than last year with the girls coming 5th over all. This was due to the amount of girls who joined us. The results were pleasing with D4+: 4th, B2-: 4th, B4+: 4th, B4X-: 4th, B2X: 4th, B4-: 3rd and B8+: 2nd.

SA Champs was held in East London this year on 26-27 April which made it possible for us to attend this year. This was a fun-filled regatta as most girls got to row in more than 1 or even 2 races and many of the girls rowed in boats they'd almost never been in before. This was definitely proven as Jaclyn gracefully tipped her scull (in the last 100m) but got right back in and proceeded to finish the race with the whole bank applauding her on. The results of this regatta were D2X: 5th, C2X: 3rd, C1X: 1st, C4+: 1st and B4X-: 4th. Thank you to all our novices who took on the doubles and sculls after only getting in them a few times if at all.

Rowing camp this year wasn't much of a camp but more a week spent out at the river. Due to the high cost of camp in Port Alfred the girls decided to have "camp" at Red House this year. This was a pretty successful 10 days with technique improving drastically, thanks to the help of Mr. Knipe, and with a lot of distance covered. We were quite lucky with the weather which held up for most of the days.

Tri-varsity this year held a lot of confusion but in the end it was a heads race in Port Alfred on 15 August, only a few weeks before Boatrace. This was a fun filled race and enjoyed by all. This was a perfect learning experience for many of the girls as many of the girls crew had never rowed the course before. This was great preparation for Boatrace and made all the girls even more excited for the event of the year still to come. Although there wasn't really much competition because Fort Hare was unable to come,

and beating Rhodes was not even an option, we had a great time despite the rain and at least the water conditions were wonderful.

BOATRACE! The final competition of the season, 10-13 September, and what an eventful competition it was. We stayed in a great house right on the river, perfect for cheering on our male crews. Our heat was a really great race. We thought we were going to be starting last but after some extra competition joined the race we ended up starting 6th out of 9. Everyone worked as hard as they could and gave it everything they had with Jacques, who stepped in for us at the last minute (YOU'RE AMAZING!), doing a fantastic job of coxing and keeping the crew motivated. The whole crew was really excited for our final with us having a great chance at winning it and moving up one more spot from last year, however after some questionable umpiring we were pushed off the course, into the sand bank, in the Bay of Biscay by KZN putting us in last position behind Fort Hare. The whole crew worked hard to get us going again and we finally started taking our water back and passed Fort Hare just before the first bridge but were unfortunately not able to catch KZN thus placing us in 8th position. The Champagne after our race was well deserved, well done girls!

This year turned out to be a year of improvement in club relations and club results which hopefully gives our club the confidence and opportunity to keep growing. Thank you to all the girls for their hard work this year and to all those people who helped us out with coaching, coxing and rowing.

Cari Maclean

Ladies Captain

NMMU Rowing Club