

ALL HALLOWS' SCHOOL REGATTA.



WYARALONG DAM
SATURDAY 19 AUGUST
2023



BRISBANE SCHOOLGIRLS'
ROWING ASSOCIATION



WIN
A STAYCATION,
A NIGHT OUT
WITH FRIENDS,
OR A DYSON
AIRWRAP STYLER.

All funds support
AHS Rowing.

1 ticket for \$10
3 tickets for \$25
7 tickets for \$50
20 tickets for \$100



Click on QR code to win!

www.rafflelink.com.au/ahsrowing2023
Raffle will be drawn on 27/08/23.

T&Cs apply.



A luxurious staycation at Emporium Hotel

- ✓ 2 nights in a River City King Spa suite
- ✓ Emporium cocktail for 2 people
- ✓ Valet parking
- ✓ High tea for two curated by the Emporium pastry team in BELLE EPOQUE
- ✓ Dinner for 2 people in the premium dining restaurant SIGNATURE
- ✓ Enjoy a 3 course menu featuring Queensland best produce matched with an exquisite wine pairing
- ✓ Full breakfast for 2 people
- ✓ Valued at nearly \$3,000

Dinner for you and your mates at the newly refurbished Normanby Hotel

- ✓ Up to the value of \$1,000

Dyson Airwrap Volume + Shape Long Edition

- ✓ Valued at \$699





MESSAGE FROM THE PRINCIPAL.

WELCOME TO THE ALL HALLOWS' SCHOOL 2023 REGATTA.

AS WE ARRIVE AT THE FINAL LEAD-UP REGATTA OF THE SEASON, OUR CREWS ARE WORKING WITH COHESION AND THEY HAVE DEVELOPED A HIGH LEVEL OF SKILL AND FITNESS.

We commend all students from our BSRA schools for their commitment to this most demanding sport. The physical and technical requirements of rowing, combined with early morning winter training sessions, make participation challenging and invigorating in equal measure. The levels of enthusiasm, skill and determination that are unfailingly displayed by all rowers in our BSRA competition are to be commended.

We also acknowledge and thank the competitors' parents, caregivers and supporters who sacrifice their time and

encourage our rowers in so many ways, enabling them to participate in and enjoy this fantastic sport.

It is hoped that our younger and novice rowers are enjoying their time on the water and are beginning to gain an appreciation of the significant benefits that can be gained through participation in rowing. We also hope that our senior rowers are realising the rewards that their ongoing, extensive dedication to rowing makes possible.

The wonderful camaraderie displayed by rowers both within and between schools has also been a pleasure to see throughout this season. A hallmark of the BSRA regattas is that they are conducted in a competitive but collaborative spirit, with respect and friendliness clearly evident. It is

heartening to know that such a positive spirit will be in evidence at our regatta today and we know that all in attendance will enjoy the energy, joy and focus they see in our rowers.

Rowing is a team sport in every sense both on and off the water and we thank the many people who have contributed to each school's rowing program for 2023. Our special thanks go to your Rowing Parents Support Groups, our Rowing Coordinators and our coaches for their dedication and hard work, not only for this regatta but also throughout the entire 2023 rowing season.

We look forward to a wonderful day of racing and wish all crews the very best for the day.

Mrs Catherine O'Kane
Principal, All Hallows' School

MESSAGE FROM THE ROWING COORDINATOR.

WELCOME TO REGATTA NUMBER FIVE OF THE BSRA SEASON HOSTED BY ALL HALLOWS' SCHOOL. THIS EVENT MARKS THE FINAL REGATTA BEFORE THE HIGHLY ANTICIPATED HEAD OF THE RIVER 2023. THROUGHOUT THIS NAIL-BITING SEASON, WE HAVE WITNESSED NUMEROUS OUTSTANDING ACHIEVEMENTS FROM ALL SCHOOLS, AND I MUST COMMEND ALL THE ROWERS AND COXSWAINS FOR BEING EXCEPTIONAL AMBASSADORS FOR THEIR SCHOOLS AND THE SPORT OF ROWING.

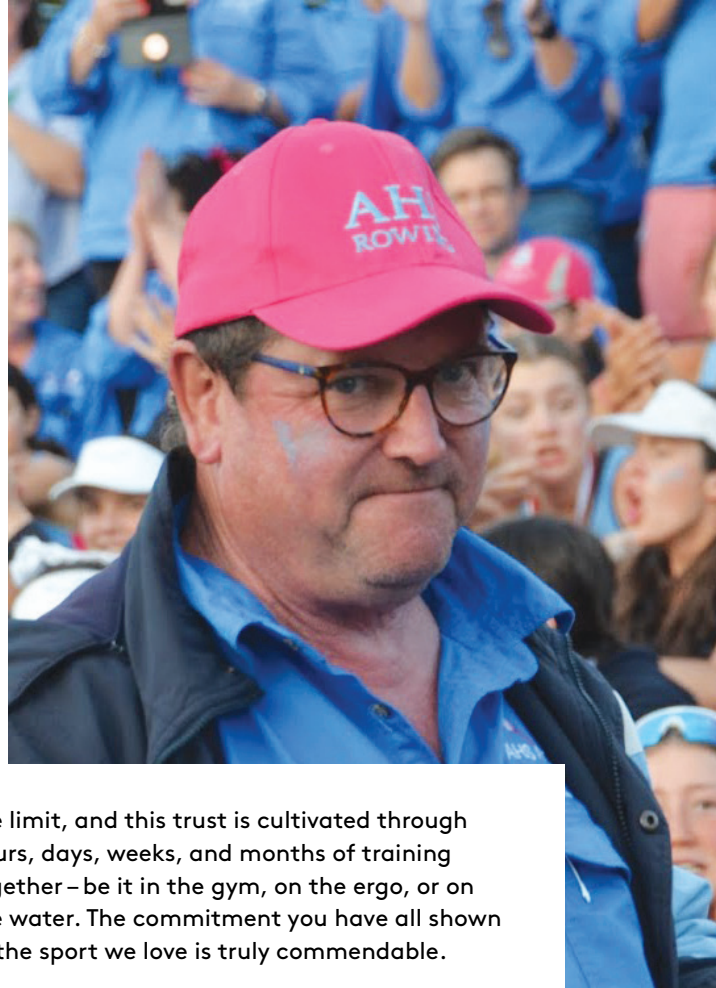
I firmly believe that rowing is the ultimate team sport. There is an incredible sense of unity and connection when rowers synchronize their movements in one rhythm within a boat. In this sport, there is no room for individual hierarchy or solo efforts. Every rower plays a vital role, and there is true parity of esteem among all crew members. Trusting your teammates to give their best allows you to push yourself to

the limit, and this trust is cultivated through hours, days, weeks, and months of training together – be it in the gym, on the ergo, or on the water. The commitment you have all shown to the sport we love is truly commendable.

This year, we were lucky to be visited by Channel 9's Today Show, which joined us to film the weather, during the AHS Open's training session on the Brisbane River.

The morning was filled with fun, laughter, and friendly banter, showcasing the essential balance between unwavering dedication on cold and dark winter mornings and the enjoyment of camaraderie and light-heartedness during rowing training.

The All Hallows' Rowers express their sincere gratitude for the support they receive, and they celebrate some significant aspects of the AHS Rowing community:





Gracie Gascoigne and Danielle Watt competing at the Australian Rowing Championships 2023.



Edie Russell and Gabby Ryan competing at the National Pathways Regatta 2023.

- The AHS boat and equipment renewal program ensures that new boats are available each year, along with upgrades to gym and ergo equipment, providing AHS rowers access to the latest resources.
- The All Hallows' Rowing community and Parent Support Group are vibrant and enthusiastic, contributing to the continuous growth in the number of rowers within the AHS rowing community, which bodes well for the future.
- In 2023, two All Hallows' rowers earned a spot in the Queensland Pathways crew and competed in the National Pathways Regatta in Sydney. Additionally, two All Hallows' Rowers participated in the

2023 Australian Rowing Championships held at Champion Lakes in Perth, which highlights the high standard of coaching and performance within the All Hallows' Rowing Program.

I would like to personally extend my heartfelt thanks and recognition to our coaches, parents, boat race officials, the BSRA, and Rowing Queensland, and most importantly, to the rowers who have been instrumental in driving the growth and development of rowing at all levels in Queensland. Your dedication and hard work are truly appreciated.

Paul Brown
Rowing Coordinator
All Hallows' School





**ALL HALLOWS'
SCHOOL
REGATTA
2023.**



COMMENTARY TEAM.



WE EXTEND OUR GRATITUDE TO OUR OUTSTANDING COMMENTATORS TODAY, BILL O'CHEE AND NADIA VEDELAGO, FOR GENEROUSLY DEDICATING THEIR TIME TO PROVIDE RACE COMMENTARY. WE ARE TRULY FORTUNATE TO HAVE SUCH EXPERIENCED INDIVIDUALS LENDING THEIR VOICES AND EXPERTISE TO THE ALL HALLOWS' HOSTED REGATTA.

WILLIAM O'CHEE (BILL)

William O'Chee (Bill) was born in Brisbane and read Law at Brasenose College, Oxford. During his time as an undergraduate he coxed the Brasenose College Men's 1st VIII for three years, and coxed the Oxford Lightweight Blue Boat in 1987. He has raced in Australia and England, with numerous wins to his credit, including the Queensland Championship Eight in 1988. He has coached the 1st VIII of Queen's College, Oxford, and the Schoolgirl 1st VIII crews of Brisbane State High School and Canberra Grammar School. Bill is also a noted rowing historian and journalist. He writes for www.heartheboatsing.com, and recently published his first book, *The Pinnacle of Fame*, the history of the world's oldest competitive rowing club.

NADIA VEDELAGO

Nadia Vedelago's association with rowing and All Hallows' School spans over many years. Thirty years ago, back in 1993, she competed in the 1st VIII in a crew coached by Peter Howard and held the position of Captain of Boats at All Hallows'. She is now a proud All Hallows' Mum. Her dedication to rowing led her to represent Queensland in 1996, 1997, 2021, and 2022. In 1997, Nadia was part of the Australian Universities Sports Federation Women's 8+ crew, and she has achieved numerous victories in the 2021 and 2022 Masters' State and National Rowing Championships

THANK YOU

THANK YOU TO THE BSRA, THE SPONSORS, SUPPORTERS, AND GENEROUS AHS FAMILIES THAT PROVIDED THE ALL HALLOWS' HOSPITALITY TODAY. THANK YOU TO OUR COACHES FOR THEIR COMMITMENT AND ENCOURAGEMENT TO MAKE US BETTER ROWERS; NOT TO MENTION OUR PARENTS' COMMITMENT TO OUR CHOSEN SPORT THROUGHOUT THE ROWING SEASON. WE ARE SO GRATEFUL!



BSRA REGATTA INFO.

THE BSRA IS EXCITED TO WELCOME YOU TO THE REGATTA SEASON ON THE DAM.

LEAD UP REGATTAS

Go to the BSRA website for calendar, race schedules, pre-pay parking link, program, race draw, race results, competitor info and spectator info as well as maps and directions.

- The provisional regatta schedule is here.
- Parking each week is \$5 on the website.
- Live results are also accessed through the BSRA website or Rowing Queensland.

No traffic on the Ring Road except service providers and host school catering.

The spectator shuttle service is run by the BSRA and operates as soon as the relevant car park is opened. You can get a shuttle to/from your car park to/from the Ring Road consistently at peak times and every 15 minutes in the down times. The shuttle runs for 30 minutes after the last

race (approx. 1:20pm). The buses used for the spectator shuttle are also the transport home for the competitors. We cannot hold them up.

HEAD OF THE RIVER

Please be advised that parking and traffic management generally, is a tricky logistic at Wyaralong. The BSRA member schools all arrange supporter buses for this event, and you are encouraged to book a seat for you, your family, friends, interested parties. This way you will get to enjoy the day without the headache of sitting in a traffic jam. Please look out for this detail in your school communications.

This weekend, book your parking pass early and leave heaps of time. Don't forget to bring a camp chair and ENJOY sharing the day with your community and witnessing the wonderful spectacle and energy the rowers provide.

AFTER SECURING THE 2022 AGGREGATE CUP WIN, AS CAPTAINS, WE HAVE EMBARKED ON A JOURNEY TO LEAD THE AHS SHED TO ANOTHER HOPEFUL VICTORY IN THE ULTIMATE TEAM SPORT. OUR KEY DISCOVERY HAS BEEN THE SIGNIFICANCE OF UNITY AND COLLABORATION IN NURTURING A POSITIVE, CLOSE-KNIT COMMUNITY. WITH THE DEMANDING NATURE OF ROWING AND THE LARGE NUMBER OF PARTICIPANTS IN THE AHS PROGRAM, WE ARE GRATEFUL TO HAVE AN AMAZING SUPPORT CREW THAT HAS PROVEN ESSENTIAL.

OUR COORDINATOR, MR. PAUL BROWN (BROWNIE), IS AN INSPIRATION, TIRELESSLY ENSURING THE SMOOTH RUNNING OF THE SHED. WITH BROWNIE'S SUPPORT, ALONG WITH GUIDANCE FROM THE SPORTS DEPARTMENT, WE HAVE BEEN ABLE TO LEAD THE SHED THROUGH ANOTHER REMARKABLE SEASON. OUR PARENTS AND COACHES HAVE ALSO PLAYED PIVOTAL ROLES IN FOSTERING THE GROWTH OF OUR COMMUNITY.

DESPITE THE EARLY 4AM WAKE-UP CALLS, THE GIRLS CONTINUE TO AMAZE US WITH THEIR DEDICATION, PUTTING THEIR HEART AND SOUL INTO EVERY SESSION. THEY FACE THE COLD, DARK MORNINGS, AND BLISTERED HANDS WITH UNWAVERING DETERMINATION, BRINGING JOKES AND SMILES ALONG THE WAY.

IT TAKES COURAGE, STRENGTH, AND DISCIPLINE TO EXCEL IN THIS SPORT. THE UNITY WITHIN OUR SHED HAS ALSO CULTIVATED A SENSE OF TRUST, WHICH IS CRUCIAL IN A TEAM-DEPENDENT SPORT LIKE ROWING. TRUSTING THAT EVERY CREW MEMBER IS GIVING THEIR ALL, RELYING ON OUR COACHES AND TRAINING, AND HAVING FAITH THAT OUR COX WILL STEER US TO THE FINISH LINE – ALL THESE ELEMENTS CONTRIBUTE TO OUR SHARED TRUST AND CAMARADERIE.

THROUGH COUNTLESS BREAKFASTS, BOAT LOADINGS, AND EARLY MORNINGS, WE HAVE BUILT THIS TRUST AND STRENGTHENED THE BONDS WITHIN OUR SHED. AS THE AHS 2023 ROWING CAPTAINS, WE ARE INCREDIBLY PROUD TO HAVE PLAYED A PART IN DEVELOPING THIS UNITY. LET'S COME TOGETHER AND UNITE UNDER OUR MOTTO:

'BLUE PINK WHITE, UNITE!'

BRIDGET OBERTHUR & SARAH HISLOP, AHS ROWING CAPTAINS



**BRISBANE SCHOOLGIRLS'
ROWING ASSOCIATION**