

BSRA Regatta

LOURDES HILL COLLEGE

Saturday 22 July 2023

Queensland State Rowing Centre





Welcome to the first regatta of the 2023 BSRA Season. Lourdes Hill College is excited to commence the competition and celebrate the hard work and dedication of our rowers, coaches, staff, Parents and Caregivers.

This season promises outstanding competition and displays of teamwork, which is a testament to a dedication to training, a willingness to listen to instruction and a calm approach when under pressure.

Lourdes Hill College has a rich history of rowing, with our program officially beginning 24 years ago in 1999. Since then, the program has grown significantly.

Being situated on the beautiful Brisbane River we are lucky enough to be deeply connected to the river and water sports.

I wish to congratulate all rowers, coaches, and their extended communities of supporters for bringing to life what is always a spectacular season of sport.

We look forward and wish everyone the best of luck for the upcoming season and of course the Head of River on Saturday 26 August.

With kindness, peace and hope

Mrs Kay Gleeson

Principal, Lourdes Hill College

Principal's Welcome



Lourdes Hill College

A School of Good Samaritan Education

**YEARS 5 & 6, 2025
ENROL NOW**



*Limited spaces
available*



On behalf of the Lourdes Hill College community, we would like to welcome everyone to the very first regatta of the 2023 BSRA season.

To the rowers, this is our moment to shine. Months of rigorous training, freezing mornings and unwavering determination have led us to this point. So, it's time to grit your teeth and perform your best out here on Lake Wyaralong. There really is no better feeling than going out and seeing every girl perform at their absolute best.

We would like to say a massive thank you to all the coaches, boatmen, parents, officials and organisers who have put in the endless hours to make this first regatta possible. And to all the school supporters; our families, friends and fans, thank you for being here today to cheer us all on.

We wish everyone a happy and successful regatta season.

Good luck and let the racing begin!

Bethanny and Milena
Senior Rowing Captains

Captains' Welcome



Lourdes Hill College Open Eight 2023
Sienna (cox) • Bethanny • Milena • Georgia • Cianna • Paris • Mollie • Olivia • Elodie

LOURDES HILL COLLEGE

★ ROWING RAFFLE ★



\$10

1 ticket

\$25

3 tickets

\$50

7 tickets

\$100

20 tickets

Drawn Saturday 22nd July at 1.00pm

www.rafflelink.com.au/lhcrowing2023



Organised by the LHC Rowing Supporters Group | lhc.qld.edu.au

LOURDES HILL COLLEGE



ROWING RAFFLE



Dietitian and Exercise Science Consultation Package
valued at \$1145
Donated by Inspire Health

Brisbane Lions AFLW Signed Season 7 Guernsey
(with Certificate of Authenticity) valued at \$400
Donated by the Fernandes Family

Brisbane Broncos NRL Signed 2021 Jersey valued at \$400
Donated by the Becker Family and QScan

Queensland Reds Super Rugby Signed 2021 Jersey
valued at \$400
Donated by the Becker Family and QScan

Learn to Row Program at Commercial Rowing Club
valued at \$400
Donated by David Vandas (Commercial Rowing Club)

3 x 1 on 1 Personal Coaching Sessions at Limitless Performance
Centre valued at \$330
Donated by Luke Everett

Gold Coast Titans Inaugural NRWL Season 2007 Jersey – signed
by Kimiora Breayley-Nati valued at \$300
Donated by the Becker Family and QScan

Ten visit pass at Pilates 26 valued at \$270
Donated by Allison and Damon Stokes

2 x Tickets to The Wine Emporium Champagne Tasting Night
with master Bernadette O'Shea valued at \$270
Donated by Ashley Brandon

\$250 voucher to Laser Clinics Australia, Mt Ommaney
Donated by Claire Reid

Stanthorpe Food and Wine Hamper valued at \$200
Donated by Mary McLucas

MECCA beauty Gift Pack valued at \$170
Donated by Amy Nolan, Tania Hall and Janita

Bottle of Champagne valued at \$150
Donated by Ashley Brandon

\$150 voucher to Felons Brewing Co.
Donated by Adam Flaskas and Ashley Brandon

Formal Hair Styling Voucher to Melanie Halpin Hair
valued at \$150
Donated by Melanie Halpin

Recovery Supplement Pack valued at \$140
Donated by Luke Everett (Limitless Performance Centre)

1 on 1 30 min Mobility Session + Mobility ball
and band valued at \$100
Donated by Luke Everett (Limitless Performance Centre)

\$100 voucher to Paddington Tavern
Donated by Ashley Brandon, Jim McGuire and Megan McGuire

Vincenzo's Hamper valued at \$100
Donated by Anne and Shane Schnitzerling

\$50 voucher to Woolworths
Donated by Di Farmer MP

\$50 voucher to Woolworths
Donated by Lucy Collier – Morningside Ward

\$10

1 ticket

\$25

3 tickets

\$50

7 tickets

\$100

20 tickets



Drawn Saturday 22nd July at 1.00pm

www.raffletex.com.au

Organised by the LHC Rowing Supporters Group | lhc.qld.edu.au

THANKS TO OUR SPONSORS



The Fernandes Family
The Becker Family and
QScan

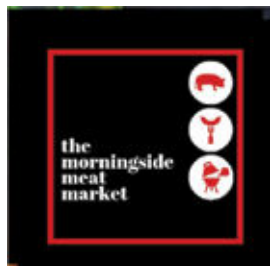
The Stokes Family
Ashley Brandon
Mary McLucas

Di Farmer MP
Lucy Collier
– Morningside Ward



Organised by the LHC Rowing Supporters Group
lhc.qld.edu.au

THANKS TO OUR FOOD & CASH SPONSORS



Brumbies Bakery Bulimba
Rehability Australia

Morningside Meat Market
Feast on Fruit

Mark and Kelly Davidson
Whitesmile Dental Care



Organised by the LHC Rowing Supporters Group
lhc.qld.edu.au



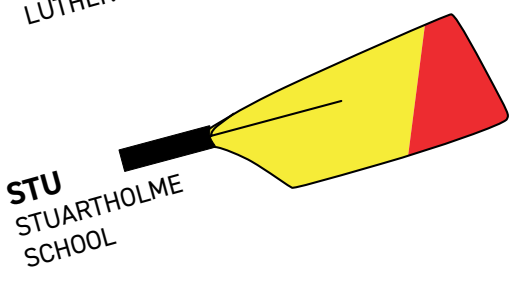
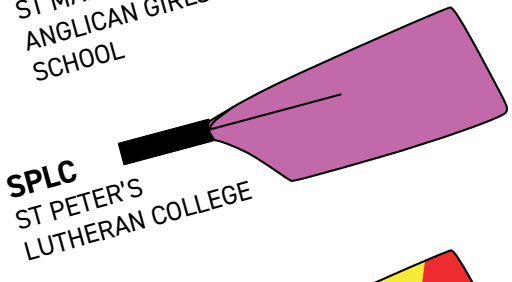
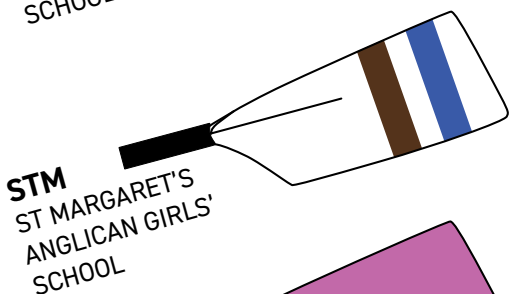
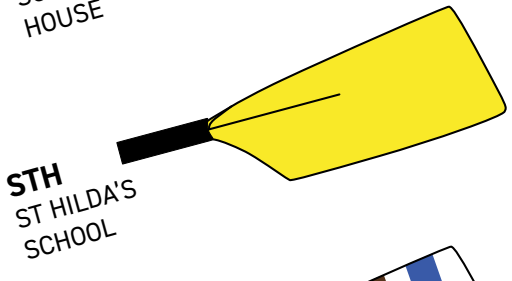
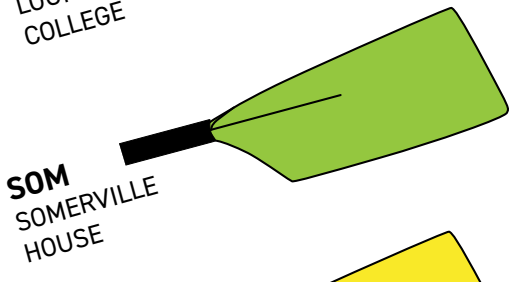
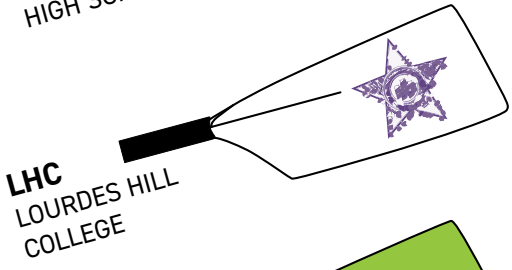
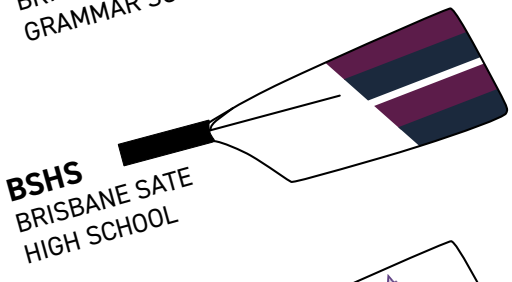
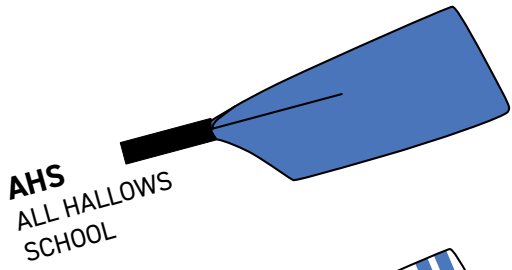
Lourdes Hill College
A School of Good Samaritan Education

OPEN@Twilight

Friday 6 October | 4pm - 6.30pm

lhc.qld.edu.au





BSRA Regatta

The course will be closed for practice from 7.30am in preparation for the commencement of racing at 8am.

Spectating at the Lead Up Regattas

Regatta's take up a great deal of your time. Wyaralong is a remote location. It's important that you are prepared to make it the best experience.

Bring a camp chair, a hat, sunscreen, \$5 for the parking, \$\$\$ for a coffee and snacks, the Saturday paper and a relaxed attitude. Most of the personnel conducting the regattas are volunteers. Please be patient...

Your school supporters will erect a tent on the spectator headland. The map on the back page shows the location.

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

- The provisional regatta schedule is here.
- Parking each week is \$5 on the website
- Live results are also accessed through BSRA.org.au or Rowing Qld: rowingmanager.com/qld

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

The shuttle Bus is FREE. It operates every 15 minutes. The last race is at approximately 12:50pm. The last shuttle is at 1:20pm. Please do not expect the shuttle to run later than this as the shuttle buses are transporting athletes back to their schools schools. We cannot hold them up.

Head of the River

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. Bring a camp chair and ENJOY sharing the day with your community and witnessing the wonderful spectacle and energy the rowers provide.



LOURDES HILL COLLEGE



WYARALONG DAM Spectator Headland

2023 BSRA REGATTA SEASON EVENT DIAGRAM



- A** Finish line and judges
- B** Spectator tents - 9 zones (marked on site)
- C** Catering
- D** Amenities (Toilets)
- E** Spectator parking (P3)
- F** Bus and spectator parking + Bus Pick Up (P4)
- G** Spectator Bus Drop off only
- H** Shuttle Bus Pick Up/Drop Off (last shuttle finishes 30 min after last race)
- I** Spectator viewing area
- J** Boat ramp
- K** Traffic control
- L** Competitor Bus drop off before 7am
- M** Information Booth
- +** First Aid

No dogs allowed at Wyaralong Dam

KEY SPECTATOR TENTS

1	SOM
2	SPLC
3	STH
4	BSHS
5	AHS
6	STM
7	BGGS
8	LHC
9	STU



NO ACCESS FOR SPECTATORS
VEHICLES ON MEEBUN RING ROAD

To more
Spectator
Parking
(P5 & P6)