

Edward Trickett regatta

As our regatta season begins to wind down, the NUBC travelled down to the Sydney International Regatta Centre to compete at the Edward Trickett NSW Grade Championships on April 9/10. This will be one of our last major regattas before a long winter of intense training for Uni Games 2011. **Jessica Richardson, Anthony Mujic, Conrad Bond** and **Jason Nissen** all competed well in various Singles and Doubles events. Well done guys!



The heat is on! Racing at NUBC Novice Regatta

Novice Regatta

How time flies! We are already well into another University year and after our intense recruiting efforts at O-Week we have a bunch of fresh-faced new rowers at our club. As is the tradition, we recently held our NUBC Novice Regatta at Berry Park. The event allows new rowers to have their first taste of competition, as well as a whole lot of fun!



Getting Sweaty: Novice Regatta erg racing

We were able to field three mixed Fours, consisting of new and experienced rowers for the event. Three short races were held and what they lacked in distance they made up for in excitement. Crabs were caught, leads were lost and tension was high. The crews then fought it out on land in an exciting erg race to determine which crew would receive the coveted NUBC medals.



Winners!

NUBC/Mountaineering Challenge

Held at Berry Park in conjunction with our Novice Regatta was the first ever NUBC/Mountaineering Challenge. Originally proposed by the Newcastle University Mountaineering Club, the challenge involved a kayak/rowing relay race which put both rowers and mountaineers out of their comfort zones.



Sun's out, Guns out - One of the crews at the NUBC Novice Regatta 2011

The challenge began with a brief training session in which NUBC rowers learnt how to kayak and the mountaineers learnt how to row. Two things happened during this session (1) NUBC members realised that kayaking was REALLY fun, and all secretly considered if it was possible to replace our boats with kayaks, and (2) mountaineers realised that rowing is not as similar to kayaking as they thought, and that it is quite hard to pick up in one morning.

The relay involved three races, a single kayak leg, a double canoe leg and a rowing Quad leg. NUBC were confident we could win it. We did not. No-one was directly blamed but everyone is still quietly wondering what might have been if **Anthony Mujic** hadn't fallen, repeatedly, out of his kayak.

Despite our embarrassing loss, everyone had a fun and enjoyable morning. The mountaineering crew received medals and a BBQ for their efforts. NUBC received a lifetime of shame.



NUMC members learn to row



NUMC - Winners!

In order to forget our terrible loss, the NUBC joined the NUMC at King Street Hotel that night....



Why NUBC lost #1 (Julia Hanrahan)



NUBC King Street Party Times.

NUBC Training

Regular squad training sessions are currently under way:

- Weekly training for the **women's squad** every Friday morning.
- The **Men's squad** weekly session is every Wednesday morning



Why NUBC lost #2 (Anthony Mujic)

Wednesday and Friday sessions will begin at 5.50 am at the shed. We are hoping to increase men and women's squad training to **two sessions** per week and will send out information when that occurs.

Of course we also encourage you to come and train on any morning you can, as well as at our Saturday session. If you would like to get involved in other sessions please let Merran (merran.holmes@gmail.com), Emma (emma.mujic@gmail.com or secretary@nubc.info) or Anthony (anthony.mujic@gmail.com) know. We look forward to seeing you at training!

Death Training - New Time!

All NUBC members are encouraged to attend our weekly Death Training session. DT is held at the University Forum every **Thursday at 7.30 pm**. Death training focuses on strength and core exercises and is a really, really great workout. It is also cheap, at only \$2 per person per week for hire of the room!

NUBC Gym Membership & Weekly Ergs

The NUBC now has an agreement with the Forum at Uni, which entitles our members to discounted gym visits. Please contact Merran if you are interested in receiving this discount. You will need to have paid your membership to receive this discount. Using this discount we will be running weekly erg sessions at the gym. Please contact Merran to receive more details about this fitness program.

As part of our 50th Anniversary celebrations, I will be including some of our archival NUBC photos in each of our newsletters. Our website will be updated with these photos in coming weeks as well. If you have any photos from your time at NUBC you would like to see in the newsletter, please email them to me (annelise.bissett@gmail.com)



NUBC at Mildura Intersvarsity event 1973 Photo courtesy of Neil & Margarete Ritchie



Bonfire at Raymond Terrace boat shed after a shed cleanout - 1973. Photo courtesy of Neil & Margarete Ritchie