

Australian Youth Olympic Festival Team Selected

The AYOF Rowing team has been selected with 5 SASI athletes making the team and a further 8 athletes in SASI's underpinning program also making selection. SASI Coach **Andrew Butler** and SASI Network Coaches **Ron Mobbs**, **John Bolt** and **Phil Blesing** have been selected as coaches for the Festival. The athletes will be competing in various single, double, quad and eights events. The full South Australian contingent will be:

Men

Tom Drought (SASI)
Turon White (SASI)
James Admiral (SASI emerging squad)
emerging squad)
Alistair Murray (SASI emerging squad)
squad)
Tom Hodgkinson
Owen Girardi (SASI emerging squad)
Sam Martin (SASI)
emerging squad)
John Jackson (SASI emerging squad)
emerging squad)
Sarah Jane Hyde
Daniel Marryat

Coaches: **Ron Mobbs** (Network)
(SASI)
and **John Bolt** (Network)
(Network)

Women

Laura Osti (SASI)
Alana Monson (SASI)
Jessica McRae (SASI)

Alex Daniel (SASI emerging)

Annelise Johnson
Emma Zwar
Edwina Munns-Cook (SASI)

Alyssa Parsons (SASI)

Lucy Hyde
Alex Ricketts

Coaches: **Andrew Butler**
and **Phil Blesing**

National Camps at AIS

Ten SASI athletes have been invited to national camps at the AIS in Canberra on the 4th-15th of December. This group of athletes has been identified as the shadow squad for the 2008 Beijing Olympics. The athletes include: **Amber Halliday**, **Marguerite Houston**, **Megan Crawford**, **Tim Hennessy**, **Christopher Morgan**, **James McRae**, **Matt Bolt**, **Bryn Coudraye**, **Nick Andrew** and **Ned Kinnear**. They will attend a five day intensive camp including ergometer testing over 6km and on the 9th December they will attend the Rowing Australia Rower Of The Year Award night.

New Rowing Squad Selected

After last months rigorous testing, the new SASI Rowing Squad has been selected. They include:

Elite

Marguerite Houston
Amber halliday
Chris Morgan
James Mcrae

SASI Development

Stephanie Monson	Trent Collins
Andrew Jackson	Tim Hennessy
Alana Monson	Maja Fiddler
Turon White	Tom Drought
Matt Bolt	Nick Andrew
Laura Osti	Samual Martin
Megan Crawford	Chris Martin
Beau Gora	Jarad Schar
Mitchel Oliver	Andrew Swift
Ned Kinnear	Bryn Coudraye

SASI Head Coach Finalist For International Award

Head SASI Rowing Coach, **Adrian David** is a finalist for the 2006 FISA Coach of the Year, a prestigious International Award.

Initial nominations for the FISA awards are made by FISA's council, commission and staff. The council then decides the finalists and the ultimate decision in each of the categories is made by FISA's executive committee with the help of the chair of the women's, athletes and competitive commissions.

FISA, "Fédération Internationale des Sociétés d'Aviron" in French, or the English equivalent International Federation of Rowing Associations is the governing body of the sport of rowing. It is empowered by its 120 member National Rowing Federations, the National Olympic Committees and the International Olympic Committee to govern the sport of rowing.

The finalists for the 2006 FISA Awards include male and female crew of the year, coach of the year and the distinguished service to international rowing.

Winners will be announced at the FISA Coaches Conference in Cyprus, the first weekend of November.

Finalists for the 2006 FISA Coach of the Year include:

Adrian David, coach of Australia's women's double and lightweight double. At the 2006 World Rowing Championships, Adrian's double not only won gold but dethroned three-time winners, the Evers-Swindell twins of New Zealand. Then in the very competitive lightweight double, Adrian's crew picked up a silver medal. Adrian is originally from Romania where he started coaching in 1976.

Gianni Postiglione, technical director, Greece. Originally from Italy, Gianni took

over the role in Greece after the Athens Olympics and has played a part of the continued improvement of many Greek crews. Greece scored silver at the World Rowing Under 23 Championships and bronze at the World Rowing Championships.

Tom Terhaar, head women's coach, United States. Tom came from collegiate coaching and United States assistant team coach to the position of head women's coach in 2001. As head coach Tom's crews have won medals at both the World Cup and World Championship level including this year's gold in the women's eight and previously Olympic gold at Athens.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 22nd SEPTEMBER 2006

National Time Trials

SASI Rowing has conducted the first National Time Trial of the season. The 4.8km Time Trial was held in perfect conditions and **Tim Hennessy** rowed the fastest time just one second in front of **Chris Morgan**, who only arrived home a week ago from the World Championships in Eton. The fastest Woman was the new junior talent **Alana Monson**. She is sister of **Stephanie Monson** who competed this year's U23 World Championships. **Amber Halliday** and **Marguerite Houston** did not compete at this Time Trial as they are having a well-deserved month break from rowing after a successful World Championships campaign.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 1st SEPTEMBER 2006

Silver for SASI Crew at World Rowing Championships

The Australian women's lightweight double scull comprising of all SASI crew **Amber Halliday** and **Marguerite Houston** won a silver medal at the World Rowing Championships on Sunday at Eton, UK, the 8th and last day of competition.

They are coached by SASI head coach **Adrian David**, who also coached the gold medal winning women's double scull on the Saturday.

China were the red hot favourites for this title as they have been flying in their races this year and have set world best times in this boat class no less than four times. As expected China took the lead soon after the start of the race whilst the Australian crew had a good start but were still in the middle of the field early. Australia gradually worked their way forward and had a great battle with Canada as they raced side by side for 1500 metres, dueling behind the Chinese. Canada briefly held second place 500 metres from the finish but Halliday and Houston lifted for a powerful drive to the finish line which they crossed second just over half a boat length behind China.

Canada were over run in the closing stages by Greece who were the fastest finishing crew and were rewarded with the bronze medal. There was only 3.11 seconds margin between the first four crews at the finish.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 11th AUGUST 2006

SASI Rowers Compete in Commonwealth Regatta, Scotland

In their debut race for Australia, SASI Rowers **Bryn Coudraye** and **Mitchell Oliver** have taken 3rd place in the coxless four at the Commonwealth Regatta in Strathclyde, Scotland. The pair came in behind South Africa and another Australian crew. Coached by SASI coach **Zoltan Shepherd**, they teamed with Victorians **Tom Paton** and **Tom Larkin**.

The crew has now moved on to Trakai, Lithuania where they will compete in the World University Games this weekend.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 28th JULY 2006

U23 World Rowing Championships

South Australians **Nick Andrew** and **Ned Kinnear** have narrowly missed out on a gold medal at the Under 23 World Rowing held in Hazewinkel, Belgium on Sunday.

Andrew and Kinnear teamed up with **Fergus Pragnell**, **Chris Clyne** and coxswain **David McGrath** to finish just 0.6 seconds behind the winning New Zealand crew who covered the 2000 metre course in 6 minutes 3.19 seconds in the coxed four event.

James McRae paired up with Tasmanian **Anthony Males** under the guidance of SASI coach **Zoltan Shepherd**, impressively won their semi-final, then went on to take 5th place in the final of the men's double scull.

Stephanie Monson and **Anna McRae** found the going tough competing in 2 events to earn 5th place in the women's eight and to take 9th place in the women's double scull.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 21st JULY 2006

Lucerne World Cup, Switzerland

In the major lead up competition to the 2006 World Championships, SASI rowers **Amber Halliday** and **Marguerite Houston**, coached by SASI Coach **Adrian David**, placed 5th in the women's lightweight double scull. AIS Scholarship holder **Brooke Pratley** who has been training in Adelaide under the guidance of Adrian David placed 8th in the women's heavyweight single scull.

U23 World Championships

The U23 World Championships starts tonight in Belgium and SASI athletes **Stephanie Monson**, **Anna McRae**, **James McRae**, **Ned Kennear** and **Nick Andrew** will all be competing. SASI Coach **Zoltan Shepherd** has traveled with the team as coach and they have just finished two weeks training in Italy

ROWING HIGHLIGHTS FOR THE WEEK ENDING 16TH JUNE 2006

U23 World Championships Preparation

Last weekend six SASI rowers participated in an AIS Training Camp for the Australian U23 Team. **Stephanie Monson** and **Anna McRae** who are members of the women's double scull and the eight, men's coxless four **Nick Andrews** and **Ned Kinear** and from the men's double scull **James McRae** and coach **Zoltan Shepherd**.

The camp was focused around a joint early session of competitive work which was always hotly contested. It was pleasing to note the intensity with which the athletes trained. The camp will serve as good preparation for the U23 World Championships what will be held in Belgium at the end of July.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 28TH APRIL 2006

Selection Trials in Penrith

For the first time in history, SASI's heavy weight men have filled half of the men's single sculling final at the final selection trials in Penrith on Saturday 22 April.

Tim Hennessy led the way for the South Australian trio by taking 3rd place, followed by **Chris Morgan** and **James McRae** in fifth place with all three within 1 second of second place.

The results have put Morgan and Hennessy in a strong position to claim a spot for the Senior team for the World Championships, whilst McRae is the top contender for the Under 23 team.

In the women's heavy weight sculling **Stephanie Monson** took out the top spot in the under 23 final with **Anna McRae** coming in 3rd, which guaranteed their standings for the next part of the trialing process.

Amber Halliday was back to her winning ways taking out the final of the women's lightweight single scull with **Marguerite Houston** coming in second, with the two SASI rowers proving their dominance by taking a comprehensive win in the Double Scull.

Several other SASI athletes have qualified through for further trialing that will be completed by the 30th of April with the Australian teams being announced in the following week.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 31st March 2006

Nationals

After a very good regatta at the Nationals this year at Lake Barrington in 6 - 12 of March with almost all SASI athletes contributing to the success by winning 19 medals 9 gold, 8 silver and 5 bronze

Anna McRae – 3 gold, 1 silver	Amber Halliday – 2 gold, 2 silver
Marguerite Houston – 2 gold	Laura Osti – 1 gold, 1 silver
James McRae – 2 gold, 1 silver	Trent Collins – 1 gold
Maja Fiddler – 1 silver	Christopher Morgen – 1 gold, 1 silver, 1 bronze
Stephanie Monson – 2 gold, 1 silver	Timothy Hennessy – 1 gold, 1 silver
Rhiannon Hughes – 1 gold, 1 silver	Beau Gora – 1 gold
Andrew Swift - 1 gold	Jarrad Schar – 1 silver, 1 bronze
Matt Bolt – 3 silver	Mitchel Oliver – 1 silver, 1 bronze
Ned Kinnear – 3 silver	Sterling Baker – 1 gold
Nick Andrew – 2 silver, 1 bronze	Turon White – 1 gold
Bryn Coudraye – 2 silver, 1 bronze	Samuel Martin – 1 gold

ROWING HIGHLIGHTS FOR THE WEEK ENDING 24th March 2006

2006 HYDRO TASMANIA AUSTRALIAN ROWING CHAMPIONSHIPS

The South Australian brother and sister combination of **James** and **Anna McRae** both claimed gold in their respective Under 23 Single Scull finals. The 19-year-olds will now switch their focus to South Australia's Men's and Women's Youth Eight which will race on Sunday.