



## CANTERBURY SPORTS FOUNDATION (INC).

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### CITATION

#### PATRON'S SCHOLARSHIP APRIL 2015

#### HUGO ELWORTHY (ROWING)

Hugo is an 18 year old with a promising rowing career ahead. He has already taken initial steps along Rowing NZ's high performance pathway and his performances to date indicate his resolve to develop and achieve at both National and International level. He is a committed and dedicated rower and enjoyed a great year in 2014. He was a member of the both the Christ's College coxed four, who placed 3<sup>rd</sup>, and the eight, who placed 4<sup>th</sup>, at the Maadi Cup. His performances at Maadi gained him a trial and subsequent selection for the NZ U19 coxed four to compete at the Junior World Championships in Hamburg, Germany. This team achieved the bronze medal in a highly contested event. Hugo comments that standing on the podium in Germany made the rigorous seven-week training build-up at Karapiro all worth it. In November, he was selected as Junior Sportsman of the Year at the Zonta Canterbury Secondary School Sports Awards and was later nominated for Young Canterbury Sportsman of the Year at the recent Marriott Hadlee Sports Awards.

Since then, Hugo has continued his development and has been selected as a member of RPC South for 2014/2015 season. This recognises his potential to represent NZ at the Olympics and world championships over the coming years. The training programme is intense and involves about 20 hours per week including, water training, weights work and plenty of sweat on the ergometer (indoor training machine). Hugo is already seeing improvements in his rowing techniques and enjoys training with other leading rowers. He believes this helps bring out the best in him and each other. He is in the U21 squad and at the NZ University Champs at Easter was 1<sup>st</sup> in the Four, 1<sup>st</sup> in the pair oar and 2<sup>nd</sup> in the eight.

Hugo has the physical attributes to make a very good rower. He is naturally strong. With his dedication, commitment and work ethic, he has the potential to perform well at the highest level. He is a deserving recipient of this award which will assist with training costs and team contributions. We congratulate him on his achievements to date and wish him well for the future.

Thanks to our Patron, Mr M A Henshall, for his support for this award.

21 April 2015