

ROWING

Winter Term

There will be some training over the last 3 ½ weeks of Term for boys who will be in Year 10, 11 & 12 in Spring Term. Training days will follow the weekly training cycle as per below. Boys should check the rowing notice board for the latest information.

There is also a training camp in Albany for all senior boys during the October holiday break from 5 to 9 October – information has been sent to parents separately about this camp -please let me know if you have not received this information.

Spring Term

This is a preparation period for the Boat Club, with crews being formed and coaches concentrating on the development of good rowing technique and improving fitness. There will be opportunities to compete at the House Regatta, the Aquinas Time Trial on the Canning, and the Guildford Time Trial on the upper Swan.

COMPETITION

House Regatta

The Annual House Regatta will be held on Saturday, 14 October from 9.00am. Each House can enter one VIII and/or a quad scull. The 'Gordon Barratt-Hill' Cup is awarded to the winning quad and the 'Tuckey Shield' to the winning VIII. It is always a pleasant event with morning tea served from 10am.

The keenly contested "Old Boys" versus the 1st VIII race will be the last event.

There will also be a presentation of Golland Club ties to Year 12 boys who are leaving the Boat Club this year.

Aquinas Time Trial

At the Canning River on Saturday, 28 October from 8.30am to approx 10.30am. Year 10, 11 & 12 boys compete.

Guildford Time Trial

At Guildford Grammar on 4 November from 8.30am to 12 noon. Year 10, 11 & 12 boys compete.

TRAINING DURING SPRING TERM

Year 7

Year 7 boys will train in the afternoons from 3.35pm to 5.10pm on Wednesdays. These boys also have Friday afternoon rowing from 1.10pm to 3.30pm.

The first training day will be Friday, 13 October. New boys should also attend on that day.

Bus transport will be arranged to and from the boatshed on each training day. On Wednesdays, the bus departs from Claremont Cres next to the Design & Technology Centre at 3.35pm. The bus returns to the same place at approximately 5.20pm. On Fridays, the bus also departs from the Design & Technology car park at 1.10pm and returns at approx 3.45pm.

Year 8

Year 8 boys will train in the afternoons from 3.35pm to 5.30pm from the Scotch Boatshed on Monday and Wednesday afternoons. These boys also have Friday afternoon rowing from 1.10pm to 3.30pm.

The first training day will be Wednesday, 11 October. New boys should also attend on that day.

Bus transport will be arranged to and from the boatshed on each training day. The bus departs from the Design & Technology car park at 3.35pm on Monday and Wednesday, and at 1.10pm on Fridays.

Year 10

Year 10 boys will train in the mornings from the Scotch Boatshed. Training days will be Monday and Wednesday from 5.30am to 7.30am. Friday afternoon rowing will take place from 1.10pm to 3.30pm.

The first training session will be Wednesday morning, 11 October at 5.30am.

A bus will take boarders or day boys to training - departing at 5.20am - and will be available to return all boys to school at approx 7.30am. The bus departs from Shenton Road in front of the junior boarding houses.

Year 11 & 12

The first training session for this year group will be Thursday, 12 October at 5.30am from the Scotch Boatshed.

Normal training days will be Monday, Tuesday, Thursday and Saturday (when there is no regatta).

A bus will take boarders or day boys to training - departing at 5.20am - and will be available to return all boys to school at approx 7.30am. The bus departs from Shenton Road in front of the junior boarding houses.

Rowing Uniform

Rowing suits are available for purchase from the Uniform Shop. The Scotch maroon cap is available for purchase via Try-booking, and can be collected from my office.

It is important that boys are correctly attired at all times:-

Training: Years 9 to 12 - rowing suit.
 Year 7 & 8 - navy Canterbury rugby shorts with Scotch rowing singlet. The rowing suit is optional.
 On cold mornings boys may wear a white T-Shirt under their rowing suit.

Competition: rowing suit (except Year 8s who wear their training strip). The Scotch maroon peaked rowing cap.

There is to be no spurious clothing e.g. board shorts, worn at any time. Boys must also be correctly attired at weekday gym sessions. Sports shoes must be worn in the weights room, and boys should bring a gym towel.

Training Programme for Spring Term

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOAT						
5.30-7.30am	Year 11 & 12	Year 11 & 12		Year 11 & 12		Year 11 & 12
						if no regatta
LAND						
3.35-5.30pm	Year 11 & 12	Year 11 & 12		Year 11 & 12		
	cross training	Flexibility/Weights		Flexibility/Weights		
BOAT						
5.30-7.30am	Year 10		Year 10			
1.15-3.30pm					Year 10	
LAND						
3.35-5.30pm	Year 10		Year 10			
BOAT						
3.35-5.30pm	Year 8		Year 8			
3.35-5.10pm			Year 7			
1.15-3.30pm					Year 7, 8 & 10	
LAND						
3.35-5.30pm						

Important Dates for Spring Term 2017

Thursday, 5 to Monday, 9 October – rowing camp
 Saturday 14 October House Regatta
 Saturday 28 October Aquinas Time Trial
 Saturday 4 November Guildford Grammar Time Trial

Albany
 Scotch Boatshed (from 9am)
 Canning Bridge
 Guildford Grammar

Important Dates for Summer Term 2018

Rowing Camp – Champion Lakes

Thursday, 18 to Wed 24 January Year 11 & 12 boys
 Thursday, 18 to Wed 24 January Year 9 & 10

Residential
 Non residential

Regattas

Saturday 3 February Hale
 Saturday 10 February Christ Church
 Saturday 17 February Wesley
 Saturday 24 February Trinity
 Saturday 10 March Scotch
 Thursday 15 March Boat Club Dinner
 Saturday 17 March Head of the River

Champion Lakes
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 Dining Room
 Champion Lakes

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