



## Rowing 2019/2020

### Summary of the Program

#### About Rowing

Rowing is a sport that develops a unique combination of skill, strength and endurance, whilst fostering commitment, focus and team work. The greatest enjoyment in rowing comes from making a boat move fast. This occurs as a result of all crew members using their collective skill, physical power and mental strength in synergy to achieve a common goal.

In addition to the physical and mental benefits of the sport, each student becomes a part of the *Pymble* Rowing Team - a group of people who are committed, supportive and enthusiastic as they strive to get the best out of themselves and each other.

#### Coxswains

The coxswain plays a vital role, as she is the leader of the crew and steers the boat. The coxswain role develops leadership skills through their influence over the crew's actions, course, speed, timing and rhythm. This role also develops confidence, communication skills, people skills and organisational skills through their work with the rowers and the coaches. A weekly coxswains' seminar is offered to all coxswains so that they can learn the necessary skills to become excellent coxswains.

#### Squads

There are four squads:

- Senior squad – current Year 10 and 11 (2019)
- Intermediate squad – current Year 9 (2019)
- Junior squad – current Year 8 (2019)
- Learn to Row squad – current Year 7 (2019)

The Senior and Intermediate squads have two options; Performance or Navy.

*Performance Squad:* If you select the Performance option, you are committed to competing at your highest level as part of the top crews in the *Pymble* rowing squad. This option enables you to be selected into the highest crews including the 1st and 2nd Senior Eights (or more if the numbers allow) as well as the 1st, 2nd and 3rd Intermediate Quads (or more if the numbers allow). This option is for those who want to develop as much as they can and have the greatest competitive opportunity during regattas. All sessions in this option are compulsory.

*Navy Squad:* This squad is for those who would like to row, but would prefer a reduced time commitment than the normal rowing program. This squad will only be required to complete one on-water training session mid-week, one land training session mid-week



and one on-water training session on Saturdays. Where possible, these training days can be organised to best meet the time schedules of the individual and crew. Please note that the Navy Squad's sessions will still have high expectations so that you will be able to compete well and learn the skill. Navy crews will also be able to decide to increase their training throughout the season if they would like. Navy Squad rowers and coxes will not be able to be selected into the top tier crews.

## Program Information

Last Revised	26 July 2019 – Updated <i>Days/Times</i>
Registration Advice	This is a SATURDAY SPORT program which runs for a full two-term SEASON. Due to external competition association timelines, registration is required in the registration period at the end of Term 2 for the full season. All registrants will get a place.
Charging Advice	This SEASON-LONG SATURDAY SPORT program will be charged in TERMLY instalments at the end of each term.
Program Manager	TBA
Coaching Director	Mr Simon Pennington <a href="mailto:spennington@pymblelc.nsw.edu.au">spennington@pymblelc.nsw.edu.au</a>
Instructor/Teacher	There are a number of coaches that will facilitate the summer rowing program.
Administration	N/A
Term/s	Term 4 2019 to Term 1 2020 (Summer Season)
Years	Years 7 to 11 (2019)
Eligibility Requirements	N/A
Days/Times	<p><b>Training:</b> Training schedules will be provided closer to the start of the season in the Rowing Handbook. If you would like to know your squad's training schedule now, please feel free to email <a href="mailto:kschmidt@pymblelc.nsw.edu.au">kschmidt@pymblelc.nsw.edu.au</a></p> <p><b>Competitions:</b> Competitions (regattas) are held on Saturdays during Term 4, 2019 and Term 1, 2020, with two to three Sundays during the season. Specific dates are TBA once published by Rowing NSW, which will be in Term 3.</p> <p>The two main competitions for all crews are the IGSSA and NSW Schoolgirls' Head of the River Regattas. Selected crews will also compete at the State and National Championships as well as the Head of the Yarra, Melbourne.</p>
Program Cost (and itemised inclusions)	<p><b>Senior*</b> Performance: each Term is \$550.00 (this is a two term program) Navy: each Term is \$350.00 (this is a two term program)</p> <p><b>Intermediate*</b> Performance: each Term is \$500.00 (this is a two term program) Navy: each Term is \$350.00 (this is a two term program)</p>



	<p><b>Junior*</b> Each Term is \$500.00 (this is a two term program)</p> <p><b>Learn to Row*</b> Each Term is \$450.00 (this is a two term program)</p> <p>*Includes: Fitness Centre Access for Terms 4 and 1.</p>
Program Extras and Additional Costs	<p>Camp – <b>Cost TBA in Term 4, 2019</b></p> <p>Uniform</p> <p>Head of the Yarra (<i>selected crews only</i>) – <b>Cost TBA in Term 4 2019</b></p>
Minimum	No Minimum
Maximum	No Maximum
Trials/Auditions	N/A
Program Dates (Start/End)	<p><b>Rowing 2019/20 Season Information Night (optional):</b> <b>Wednesday 12 June 2019, 6.30pm to 7.30pm in the Jobson Lecture Theatre</b> This event is for parents and students. It is for current rowers and any girl who is thinking about joining the rowing team and would like to know a bit more about the program.</p> <p><b>Pre-season training Start Date:</b> Monday 16 September 2019 (sessions here are dependent on no clashes with another sport)</p> <p><b>Program Start Date:</b> Monday 14 October 2019 (rowing becomes priority)</p> <p><b>Program End Date:</b> Saturday late March or Early April (note: this is dependent on Rowing NSW and when they select the Head of the River to be held)</p> <p><b>Important Camp Dates:</b></p> <p><u>Seniors</u></p> <ul style="list-style-type: none"> <li>• Saturday 11 January 2020 (Selections at <i>Pymble</i> and LRC)</li> <li>• Sunday 12 January to Monday 20 January 2020 (Senior Camp at Jindabyne/Thredbo) <i>Note: Jindabyne/Thredbo Camp is compulsory for Performance Squad members. The Camp is optional (but recommended) for Navy Squad crews.</i></li> <li>• Wednesday 22 January, Friday 24 January and Monday 27 January – Holiday training for Performance crews (LRC). Navy crews are also welcome if they would like.</li> </ul> <p><u>Intermediate and Junior</u></p> <ul style="list-style-type: none"> <li>• Monday 20 January 2020 (Selections at <i>Pymble</i> and LRC)</li> <li>• Tuesday 21 January to Saturday 25 January 2020 (Inter/Junior Camp at Nepean) <i>Note: Nepean Camp is compulsory for all Intermediate and Junior crews.</i></li> </ul> <p><u>Learn to Row</u></p> <ul style="list-style-type: none"> <li>• Wednesday 22 January 2020 (Selections at <i>Pymble</i>)</li> </ul>



# Pymble Ladies' College

	<ul style="list-style-type: none"><li>Thursday 23 January to Saturday 25 January 2020 (LTR Camp at Nepean) <i>Note: Nepean Camp is compulsory for all Learn to Row crews.</i></li></ul>
Venues/Rooms/ Locations	Health and Fitness Centre (Pymble) Leichardt Rowing Club (62 Glover Street Lilyfield) Sydney International Regatta Centre
Uniform	Rowing Zoot Suit Rowing Red Cap Pymble Tracksuit
Equipment	All equipment provided.
Associated Programs	Winter Rowing – Terms 2 to 3
Further Information	N/A

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