



Try Rowing – Year 7 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. *Pymble* has a proud and successful track record in Rowing and our major regatta for the season is the NSW Schoolgirls' Head of the River, which will be held on Saturday 4 April 2020.

About the Try Rowing Program

The *Try Rowing Program* is a new initiative designed to give Year 7 girls an opportunity to try rowing early in the year, with the aim of being able to compete at the Head of the River, which is towards the end of Term 1 2020. This program aims to teach girls the basic skills in rowing, establish a sound strength and fitness base and help girls to reach a level of competence that allows them to race in some of the later regattas in Term 1.

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.

Program Information

Last Revised	13 November 2019 – New program
Registration Advice	This is a TERMLY program that will run for eight weeks only. Registration is required toward the end of the term prior to participation and is only valid for one term. Placement will be on a first come, first served basis.
Charging Advice	This program will be charged at the end of Term 1.
Program Manager	Ms Ali Williams aliwilliams@pymblelc.nsw.edu.au
Coaching Director	Mr Simon Pennington spennington@pymblelc.nsw.edu.au
Instructor/Teacher	N/A
Administration	cccsa@pymblelc.nsw.edu.au
Term/s	Term 1
Years	Year 7
Eligibility Requirements	N/A

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Days/Times	<p>On Water Rowing: Monday afternoon Wednesday afternoon Sunday morning (7.00am to 10.30am)</p> <p>Competitions: Once students have sufficient skills and fitness to race, they may start participating in regattas. Most regattas are on Saturday's, with some held on Sunday's during the season. The end goal of this program is for the students to be able to compete in the Head of the River regatta on Saturday 4 April 2020.</p>
Program Cost (and itemised inclusions)	<p>\$400.00 Includes: all on water training sessions and Fitness Centre Access during Term 1</p>
Program Extras and Additional Costs	<p>Rowing Zootie (available from the school uniform shop) Red Rowing cap \$15.00 (optional). This item can be ordered via the Skoolbag App eForm "Sport and Activities Uniform Order Form"</p>
Minimum	10 students
Maximum	15 students
Program Dates (Start/End)	Monday 3 February to Saturday 4 April
Venues/Rooms/ Locations	Saturday On Water Rowing – Boatshed (Leichhardt Rowing Club: 62 Glover Street Lilyfield)
Uniform	<p>Rowing Zootie (Optional – PE uniform can be worn until girls start competing in regattas) Red Rowing cap Socks Running shoes PE uniform</p>
Equipment	Water bottle
Associated Programs	<p>Winter Rowing Season – Term 2 2020 to Term 3 2020 Summer Rowing Season – Term 4 2020 to Term 1 2021</p>