



Winter Rowing 2017

Objectives

After the success of last year's program, we will again be running Winter Rowing for Year 7 to 11 students during Term 2 and 3.

The aim of the *Pymble* Winter Rowing program is to build the skill level, muscular strength and aerobic endurance of rowers in preparation for the 2017/18 regular Rowing Season.

Who is it for?

Winter Rowing is aimed at current rowers who are striving to make it into the top crew in their year group and who have a realistic chance of doing so.

The program is also available for any Year 7 to 11 students who have never rowed before and are interested in learning the skills of rowing and improving their fitness and strength with the intention of rowing in the regular season of Term 4 2017 and Term 1 2018.

If you are a current rower and wish to keep up with your strength and fitness training, but not do the rowing component, then you need to sign up for Strength and Fitness for Terms 2 and 3, rather than Winter Rowing.

Any coxswains who are keen to improve their skills are most welcome to join the program.

Please note: registration for this program will be numbers dependent. If there is a high volume of registrations, it will be necessary to offer places to Rowers and Coxswains who have previously demonstrated a high level of skill and commitment to *Pymble* Rowing at the discretion of the Rowing Manager and Coaching Director.

Coaching

Coaching will be arranged by year groups and skill level. Coaching numbers and personnel will be finalised once student numbers are known.

Manager	Mr Michael Jenkins mjenkins@pymblelc.nsw.edu.au
Coaching Director	Mr Simon Pennington spennington@pymblelc.nsw.edu.au
Term/s	Term 2 and 3
Years	Year 7 to 11
Costs	\$300.00
Class Dates (Start/End)	Term 2 block: Sunday 14 May to Sunday 18 June (5 weeks) Term 3 block: Sunday 23 July to Sunday 27 August (5 weeks)
Schedule	Monday: 6.45am to 7.45am: strength in the Fitness Centre Friday: 6.45am to 7.45am: strength in the Fitness Centre Sunday: 8.00am to 10.30am: rowing at the boatshed (current rowers) Sunday: 8.15am to 10.45am: rowing at the boatshed (new rowers)
Further Information	Attendance at all training sessions during the 2 training blocks is compulsory. Rowing is scheduled for Sundays to encourage student participation in other <i>Pymble</i> Term 2 and 3 sports. Click here to register for Winter Rowing