



# TGS Rowing

## TGS Rowing Notes - Week Ending 28/02/2016

Greetings Learn to Row Parents and Students and 2016 Rowing Team Parents and Students.

### From the Director of Rowing

#### S&C Training



While the Learn to Row squad are busy carving up the waterway our Senior team members are hard at work in the Gym building the muscle they will need for this years racing season.

TGS Rowing offers a full year round Strength and Conditioning programme beginning with foundation work in Year 10 that prepares the athletes for resistance training (weights) that follows on into years 11 & 12. Our S&C trainer Brent Goriss not only oversees our programmes in term time, but writes the programmes that keep the athletes on track over all holiday breaks as well. For example; Year 11 athletes who did their foundation training last year and followed Brent's programme for the weeks covering the Christmas break find themselves in very good stead for the work currently being undertaken.

Year 8 and 9 students are by nature very active taking on many ventures in their young and busy lives. It is not my intention to place too much emphasis on rowing outside the nominated sessions in this early development stage. For some though, rowing may be their only physically activity in a normal week so the Friday morning fitness sessions run by the PE Department offer an excellent cross training activity for these students. It's also a great way to meet some new fitness enthusiasts!

#### Learn to Row

This week sees the end of our 2016 Learn to Row programme with the last session being this afternoon for participants not continuing on with the sport. To those students leaving us, thank you for stepping up and giving rowing a try! You are very fortunate to be part of a school with so much on offer and I wish you all the best with your next endeavour.

My thanks also to the many senior team members who gave up their personal time to assist throughout the Learn to Row programme. Your willingness to help and be involved in the training of so many new rowers is a credit to you and your sense of team spirit.



For those Learn to Row participants who have now joined the 2016 Rowing Team, your training days and times remain the same for the rest of Term 1. You are now officially referred to as the "Transition Squad" and over the next four weeks we will begin training you in smaller boats and forming crews to contest the first regatta of the season on Sunday 08/05/2016. A full 2016 Team list will be published closer to the end of term.



# TGS Rowing

## From the Director of Rowing

### BRO Course



Boat race Officials or BRO's, are vital for the safe and fair running of races at our regattas.

Aside from a core group of Club BRO's, our school system is run predominantly by volunteer parents from every school.

Becoming a BRO is a fantastic way for parents (or grandparents) of rowers to get involved and gain a different view on racing either out on the water or right on the finish line in the judging tent.

No experience is necessary, however I would suggest this is best suited to parents in their second year involved in the sport. (First year parents with boat licences can certainly be involved as drivers for the BRO's. More on that in another newsletter).

The course will be run at the Townsville and JCU Rowing Club, 55 Riverside Boulevard, Riverside Gardens, Douglas.

Below is the content of an email from Chloe Schauble, Registrar of Townsville & JCU Rowing Club scoping out interest and availabilities of parents who may wish to undertake a BRO course.

Please consider this course if you, or someone you may know, would be interested in being involved and contact Chloe directly using the email address listed.

*Would you be interested in attending a Level 1 Boat Race Official (BRO) course sometime during the Easter long weekend?*

- *Free, takes just a few hours*
- *Get the knowledge needed to start helping with officiating at school and/or club regattas. Accredited by Rowing Qld/Rowing Australia.*
- *Volunteer BROs are central to successful regattas. We need lots of these helpers!*
- *Join the enthusiastic gang of fellow members and parents who get a warm glow out of lending a hand (and experience an on-water view of the racing!)*
- *This is our only chance to run this course before the school and club regatta season kicks off (and maybe for the rest of the year)*
- *Potential day is either the Thurs/Fri/Sat/Sun/Mon/Tues -- will depend on interest and room availability.*
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*If YES, let me know by email at [registrar@townsvillejcurowing.com.au](mailto:registrar@townsvillejcurowing.com.au)*

*Chloe*