



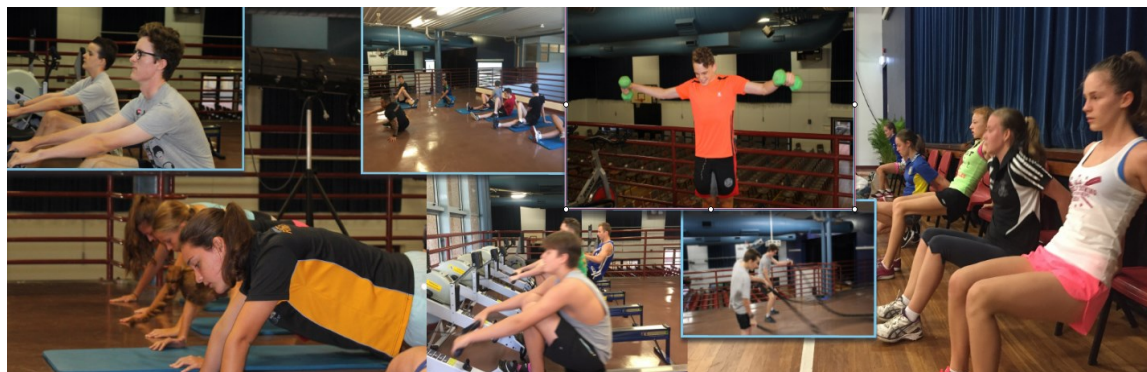
# TGS Rowing

## TGS Rowing Notes - Week Ending 20/03/2016

Greetings 2016 Rowing Team Parents and Students.

### From the Director of Rowing

#### Seniors in the Gym



It's a hive of activity in the School Gymnasium at present as our Senior Team members prepare for their upcoming season. Year 10-12 Students spend Term 1 undertaking a professionally delivered Strength and Conditioning programme to build the muscle they will need to bring to the boats in Term 2.

As a rule Year 10's spend a year on foundation work and bodyweight exercises before progressing to resistance training in Years 11 and 12.

#### Last Training Day Term 1

The last on-water training session for the Transition Squad will be MONDAY 21/03/2016 for Girls and TUESDAY 22/03/2016 for Boys.

The last Gym session will be Thursday afternoon 24/03/2016.

There will be a holiday training programme attached with next weeks notes for those Year 10-12 athletes working under Brent in the Gym.

#### First Training Day Term 2

The first on-water training sessions for Term 2 begin MONDAY 11/04/2016 with the Year 8-9 Girls in the afternoon.

The first Gym sessions for Term 2 begin MONDAY 11/04/2016 with the Year 10-12 Boys session in the morning, and year 10-12 Girls in the afternoon..

#### Public Holidays

**Advance Notice:** There will be **NO TRAINING** on Monday 25/04/2016, ANZAC Day.

**Advance Notice:** There will be **NO TRAINING** on Monday 02/05/2016, Labour Day.

#### BRO Course



The Boat Race Official course (mentioned in our Weekly Notes 28/02/2016) has been confirmed for Saturday 26/03/2016 from 2:00pm to 5:00pm at the Townsville and JCU Rowing Club, 55 Riverside Boulevard, Riverside Gardens, Douglas.

If you are interested in helping at regattas and seeing the races from a whole new perspective, please send an email to Chloe Schauble, Registrar TJCU Rowing Club: [registrar@townsvillejcurowing.com.au](mailto:registrar@townsvillejcurowing.com.au)