



TGS Rowing

TGS Rowing Notes - Week Ending 27/03/2016

Greetings Rowing Team Parents and Students.

From the Director of Rowing

Holiday Gym Programmes

Attached with this newsletter are the holiday training programmes Brent has prepared for our year 10 - 12 Team members. It is vital that you undertake this training to ensure the continuation of the great work you have all done in Term 1.

If you have any questions please send Brent an email directly: brent@healthyaddiction.net.au

Early Morning Rowing

Week 1 of Term 2 will be on us before you know it so I am getting in early on outlining the procedures for those athletes involved in early morning rowing which commences Tuesday 12/04/2016 with the Year 10-12 Boys and Girls.

Please refer to your 2016 Rowing Handbook for Training Times and Bus Times.

For those new to early morning rowing sessions here is a brief outline of the protocols.

All athletes must be on-site at 5:20am for a 5:30am start.

A bus service is provided and departs from the Gymnasium at 4:50am SHARP.

Once a rower has been dropped off for training, their school day has begun. Athletes must bring their uniform and school bags, a towel and toiletries. All athletes must return on the bus to school.

Students may choose to shower at the rowing club if they have returned early enough from their training session or upon return to the North Ward campus shower facilities at the Gymnasium, Parker Hall and Middle School Complexes will also be open.

Breakfast@Grammar is a service provided by the school for all students involved in early morning training activities such as Rowing, Rugby and Swimming. The Tuckshop is open for breakfast from 7:30am – 8:40am with a fine selection of food all prepared on site. Students may also pack their own breakfasts and a fridge is available at the rowing club if needed.

Five key points to having a successful and productive early morning training session.

- 1. Go to bed 8 hours before you need to wake up.** (For most that will be an 8:30pm bedtime for a 4:30am wakeup).
- 2. Turn off your mobile phone.** (Friends texting you at 11pm do not help you sleep).
- 3. Turn off your computer.** (Social networking can wait).
- 4. Eat a small snack in the morning before you arrive.** Toast with jam or honey or a banana is a good start with a full glass of water. Like a car, your body requires fuel in the tank before it will run!
- 5. Have a snack ready for immediate consumption after training.** This may be a fruit bar, banana, or jam sandwich. This should be consumed within 10 minutes of training as a source of immediate glycogen replacement.



Happy Easter

*On behalf of the Rowing Coaches and Staff,
may I wish you all a happy Easter and a
relaxing holiday.*

