



TGS Rowing

TGS Rowing Notes - Week Ending 24/04/2016

Greetings Rowing Team Parents and Students.

From the Director of Rowing

Training



Taking on rowing the hardest boat of all is no easy task however, the new optional Wednesday afternoon sessions are proving to be very popular for athletes wishing to explore new combinations and challenges. Year 10 Girls; Mali Thompson, Claire Brooke, Alice Turnour and Claire Dowling are pictured above tackling the infamous "Pair".

As opposed to the "Double Scull" where each rower has a smaller oar (or scull) in each hand, the "Pair" has one larger oar per athlete and presents the ultimate test of balance, power, and the inescapable pressure to maintain your performance otherwise you will just go around in a circle! The girls did an amazing job for their first time on the water in one of these boats!

All athletes are now being prepared for the first regatta of the season and initial crew combinations are starting to take shape. Athletes do not row all classes of boat at these regattas as we are capped on how many entries each school may have and decisions are made based on who works best in which class of boat. To this end training sessions now begin to reflect combinations that will be racing.

After the regatta we review how we have gone and begin trialling new combinations or rotating athletes through different boat classes where suitable.

The first three regatta's of the season will be held at the Townsville & James Cook University Rowing Club on Regatta Drive at Douglas. This is the clubhouse where Ignatius Park College, St. Margaret Mary's College and The Cathedral School are based. All Term 3 Regattas will be hosted at The Riverway Rowing Club.

TCS Regatta



The Cathedral School Regatta is the first event for our season held on Sunday 08/05/2016.

All students will be involved in this regatta and can expect to compete in one or possibly two events pending age group and number of competitors involved. Regattas begin at 7:30am and finish around 4:30pm with heats in the morning and finals in the afternoon.

Similar to last year, the insurgence of weed on our river has caused havoc particularly on Aplin's Weir where the Cathedral School's regatta is scheduled to be hosted. At this stage the organisers are more inclined to run a shorter course in the 800mtrs of clear water currently available rather than a relocation of the event.

More detail on this regatta will be published in next weeks newsletter.



TGS Rowing

ANZAC Day



There is **NO TRAINING** this coming **Monday 25/04/2016** due to the ANZAC Day public holiday and commemorations.

Season Launch

Our season launch is next Friday 29/04/2016. If you have not yet forwarded an RSVP for this event could you please do so as a matter of urgency.

To RSVP simply click this link: Rachael.reeves@tgs.qld.edu.au

Please note there is **NO AFTERNOON TRAINING** for Year 8 and 9 Girls on this day.



Training Cancellation

Advance Notice: There will be NO training Monday 02/05/2016 due to the Labour Day public holiday.

Year 8 & 9 Girls Training

Our Year 8 and 9 Girls have certainly drawn the "short straw" with the next two Mondays being public holidays and next Friday's Season Launch knocking out a third training day for them.

In an effort to claw back a couple of training sessions for this group, I have made provisions to accommodate any of the Year 8 and 9 Girls in the Tuesday and Thursday afternoon Boys sessions next week.

I realise this may not be ideal for everybody however, if you are available and can take advantage of these joint sessions please do.

