



TOWNSVILLE GRAMMAR SCHOOL

# Rowing Notes

Week Ending Sunday, 31 October 2021

## Year 7 'Try Rowing' Activity



What a great start we have had with our newest cohort of Year 7 rowers! From early beginnings last week doing small circles in 'the pond', to stretching our way further and further down the river, the squad is now getting around three kilometres of training under their belts each afternoon.

During this introductory course, the students are taken out in 'Quad Sculls'. These boats contain four rowers and one coxswain (who steers the boat and commands the crew). In each boat there is one senior team member who is keeping the boat stable and controlling the crew for the coach.

As the squad develops over the next week or so, we will drop the senior team members out of the boats and hand more control over to the crews themselves. This is where the real teamwork begins.

By the end of the course we should be able to host some mock races and give everyone a taste of the excitement and pressure of competition!

*All photos taken through the duration of the program are available for download from the 'Student Drive' here at School.*

## Tuesday, 9 November

For most students the Year 7 'Try Rowing' activity will finish next Thursday, 4 November.

Tuesday, 9 November is the make-up day for the afternoon session we could not host due to the Co-Curricular Awards last week. Our Tuesday afternoon squad will use this as their last session of the activity.

If any students have a clash with Netball trials on Tuesday, 9 November, and would like to schedule in an alternative day next week, please send me an email.