



ROWING

NEWSLETTER



Rowing Notes

Week Ending Sunday, 11 February 2024


| | |
|----------------------------|---|
| Welcome | <p>Welcome Parents and Students to our 2024 Rowing program.</p> <p>I trust you will enjoy the journey ahead and hope to see as many of our new Learn to Row recruits as possible continue on to the TGS Rowing Team for our Term 2/ 3 regatta season.</p> <p>These Rowing Notes are published once a week from now until the Head of the River Championship Regatta in August and serve to provide the most up to date information on training and events.</p> <p>Should you have any questions about an aspect of the rowing program, please send me an email or contact me directly through the School.</p> <p>Tayla Donnell-Wales Director of Rowing</p> |
| Senior Gym Training | <p>The Senior Team Strength and Conditioning program commenced on Monday, 29 January for all Year 10 to 12 Rowers. Jackson Green heads up the program and has the season planned to ensure our squad is at peak performance to coincide with the Head of the River Regatta.</p> <p>The training timetable remains the same as previous years:</p> <ul style="list-style-type: none">Monday 6:45 – 7:45 am: Boys and Girls*Wednesday 6:45 – 7:45 am: Boys and GirlsThursday 3:30 – 4:30 pm: BoysFriday 6:45 – 7:45am: Girls <p>*Wednesday morning sessions Term 1 only.</p> |
| Learn to Row | <p>The Learn to Row program commences next Monday, 12 February. The bus departs from behind DAT 6 at 3:30pm and I will be present during this first week to ensure our newcomers have enough time to navigate the system and find their way on-board.</p> <p>Dress is TGS Sports Uniform with hat. There are full change room/shower facilities at the Clubhouse and so I would ask students not to hold up the bus trying to change uniforms before departure. You may change into your sports uniform at the venue.</p> <p>Training Timetable:</p> <ul style="list-style-type: none">Boys: Mondays and Wednesdays 4:00 – 6:00pm.Girls: Tuesdays and Thursdays 4:00 – 6:00pm. <p>The bus will return to the North Ward Campus by 6:30pm. Parents are welcome to collect students from the Clubhouse at 6:00 pm. Any students not collected by 6:00pm sharp will return to the North Ward Campus for collection. This policy is firm.</p> <p>Riverway Rowing Club is located in the Loam Island Community Centre, 1100 Riverway Drive Rasmussen.</p> <p>On-site Contact: Tayla Donnell-Wales: 0478389669</p> |
| School App | <p>The TGS App plays a very important part in our sports communications. I encourage all students and parents to download this app to your phones as a matter of priority.</p> |



ROWING

NEWSLETTER



| | |
|----------------------------|--|
| | <p>The School App is available for download from the Apple App Store or Google Play, by searching Townsville Grammar School.</p> <ul style="list-style-type: none"> ➤ Search Townsville Grammar School and download ➤ Go to Settings (bottom of screen) ➤ Select NOTIFICATIONS - enable - this will allow you to receive important School notices ➤ Select SUBSCRIPTIONS - select the Year Levels and co-curricular activities that are relevant <p>Once downloaded, select 'Rowing' for notifications.</p>  |
| Weather | <p>Rain, hail or shine, rowing is an all-weather sport. Generally, the only conditions that will prevent training is the presence of an electrical storm or river conditions deemed unsuitable.</p> <p>Any cancellations will be advised through the School App.</p> |
| Senior Team Testing | <p>The first ergometer test for Senior Team members (only) will take place next week:</p> <p>Distance: 2000 meters Rating cap: None Boys Team: Thursday, 15 February Girls Team: Friday, 16 February</p> |

Below are the team lists and schedules for Term 1.

| Senior School Team | | | |
|--------------------------------------|-----------------------|--------------------|--------------------|
| Gym training commenced Week 2 | | | |
| Ephraim Anderson | Julian Beaumont-Walsh | Noah Boggild | Marcos Del Solar |
| Joshua Dreyer | Rhys Jones | James Kavanagh | Gus Maruff |
| Alec Matthews | Arjun Nigam | Hunter Oats | Finn Pacey |
| Joshua Sawrey | Owen Valentine | Jack Mellett | Harry Bunday |
| Ashton Green | Nick Beaumont-Walsh | Max Baldwin | Saran Calleja |
| Naomi Kutash | Kenadi McGeachie | Kate O'Dempsey | Vienne Richardson |
| Sophie Andrews | Zarah Moller | Josie Broad | Sally Broad |
| Lane Scott | | | |
| Learn to Row Squad | | | |
| Training begins Week 4 | | | |
| Harper Caverzan | Harrison Austin | Jamie Kim | Lexi Wood |
| Mary Cato | Saxon Eggerstedt | Zac Wood | Caddell McMoore |
| Cody French | Hugh Shaw | Jacob Sprink | Kelly French |
| Liam Irunei | Marlon Calleja | Neave Broad (York) | Sebastien Chambers |
| Shawn Kinoti | Taylah Green | Ted Baldwin | |

Returning students from the 2023 Year 7 'Try Rowing' Activity combined with continuing students from Learn to Row, training begins Week 7. Signups will open Week 5.