




ROWING

NEWSLETTER



Rowing Notes

Week Ending Sunday, 16 February 2024

Learn to Row	<p>What a great start we have had to the new rowing season this week! One-hundred percent attendance is what we like to see, and the girls' squad did just that allowing us to get everyone on the water in crews for their initial sessions.</p> <p>Likewise, the boys' squad took to the water with great excitement and conviction and already show promise for the season ahead. Keep up the great work and attendance everyone!</p> 
Seniors Gym	<p>While the Learn to Row program is underway, our senior team is hard at work in the gym three times per week preparing for the Term 2 racing season.</p> <p>TGS Rowing offers a full year-round strength and conditioning program for Senior School students. They begin this training in Year 10 with foundation work that prepares them for resistance training (weights) in Years 11 and 12. Our fitness trainer, Jackson Green, not only oversees our programs in term time, but writes the programs that keep the athletes on track over the holiday breaks as well.</p>
Senior Team Testing	<p>The first ergometer test for Senior Team members (only) take place this week:</p> <p>Distance: 2000 meters Rating cap: None Boys Team: Thursday, 15 February Girls Team: Friday, 16 February Results will be sent out next week</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> <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> 