




ROWING

NEWSLETTER



Rowing Notes

Week Ending Sunday, 10 March 2024

Transition Squad	<p>This is the first week of 'Transition Squad' training and our boys' team took to the water Monday afternoon with a new sense of direction and purpose.</p> <p>Over the remaining weeks of Term 1, we will form crews in Quad Sculls and Double Sculls and determine who our Single Scull racers may be.</p> <p>In Term 2, the current Year 9 Transition Squad members will be joined by returning rowers from 2023 to complete the Middle School Rowing Team.</p> 
Team Erg Testing	<p>Next Week, Week 8 is our testing week!</p> <p>Our first Middle School ergometer test will take place next week and our seniors will be completing their first 5000 metre test. Our year 7 and 8 testing is over 1000 metres and Year 9 testing is over 2000 metres.</p> <p>Transition Squad Athletes</p> <p>Testing will take place at the clubhouse during a normal training afternoon. Athletes will be encouraged to pace themselves at a moderate level and will receive assistance from coaches. This is the first opportunity for you to set a performance benchmark to gauge your progression through the season.</p> <p>Year 9 returning Rowers</p> <p>Testing will take place in the Gym, and you may choose one of the following three sessions to attend:</p> <ul style="list-style-type: none">• Wednesday, 13 March at 6:45am• Thursday, 14 March at 3:30pm• Friday, 15 March at 6:45am <p>Senior School Rowers</p> <p>Your 5000-metre testing will take place next week during your regular gym sessions.</p> <ul style="list-style-type: none">• Distance: 5000 meters• Rating cap: 22



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	<ul style="list-style-type: none">• Girls Team: Monday, 11 March at 6:45am• Boys Team: Wednesday, 13 March at 6:45am <p>All testing is to be completed by the end of the 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> 