



Rowing Notes

Week Ending Sunday, 17 March 2024

2024 TGS Rowing Team

May I extend a huge 'welcome' to our 2024 TGS Rowing Team!

We have fifty-two very enthusiastic members on-board this year and I certainly look forward to seeing what we can achieve!

Although weighted a little heavier towards the boys' team in numbers, across the field we have multiple NQ Representatives, State Champions and Head of the River Champions to inspire and lead the team into another competition season.



GIRLS' TEAM

Naomi Kutash	Kate O'Dempsey	Sophie Andrews	Sally Broad
Saran Calleja	Josie Broad	Isla Hunter	Lexi Wood
Lexie Warne	Bella King	Taylah Green	Neave York
Harper Caverzan	Zarah Moller	Vienne Richardson	Lane Scott

BOYS' TEAM

Max Baldwin	Joshua Dreyer	Rhys Jones	Arjun Nigam
Julian Beaumont-Walsh	Jack Mellett	Alec Matthews	Ephraim Anderson
Ashton Green	Marcos Del Solar	Ted Baldwin	Dominic Klerkx
Cameron Mills	Mika Leete	Nicholas Beaumont-Walsh	Caddell McMoore
Sebastian Chambers	Saxon Eggerstedt	Jamie Kim	Hugh Shaw
Marlon Calleja	Jacob Spink	Shawn Kinoti	Zac Wood
Joshua Sawrey	Finn Pacey	Jack Weekers	Owen Valentine
Noah Boggild	Cooper Campbell	Gus Maruff	Jordan Oaklands
James Kavanagh	Matthew Harman-Cooke	Braith Lamari	Harry Bunday

Please note: If you haven't already, please logon to Parent Lounge via the 'Extra-Curricular' tab to accept and submit payment ASAP.

Ergometer Testing



Our Middle School and Senior School rowers will finish their ergometer testing this week. We will publish our 'Top 3' placeholders in next week's Rowing Notes.

Once collated, all ergometer test results will be available on the website.



ROWING

NEWSLETTER



End of Term 1 Training	<p>Due to the 'Activities Week' in Week 10, all rowing training will cease at the end of Week 9. Senior Team members will have a three-week home fitness program to follow during this period. This will be delivered with next week's Rowing Notes.</p>
Training for Terms 2 & 3	<p>Our transition squad concludes next week (Week 9) with these students becoming members of our Middle School Team for Terms 2 & 3. If you are a current Transition Squad Rower and would like to continue rowing, you will need to sign up for our Middle School Team in Parent Lounge.</p> <p>If you are a Senior Team Rower and have not signed up for the Senior School Team, please do so through Parent Lounge before the end of term.</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> <div data-bbox="604 1366 1244 1606"> </div>