




CLUB ROWING *Newsletter*



Week Ending Sunday, 31 August 2025

Co-ordinators Notes	<p>Week 1 of our State Championships training is underway, and the squad has hit the ground running. After a huge effort at Head of the River, our athletes have dug deep, showing determination as preparations begin for the trip to Brisbane.</p> <p>The early mornings have been made even more memorable with fog and smoke rolling across the river, creating a special atmosphere for training. Despite some tiredness after a long season, the athletes continue to push hard every session, displaying grit and focus as they build towards the challenge ahead.</p> <p>The countdown is on – just three weeks until States!</p>  <p>We also remind families that the Rowing Awards Night will be held this Friday, 5 September, and we look forward to celebrating the season with everyone.</p> <p>Erin McGuffie Rowing Co-ordinator</p>
No Training	<p>Please note there will be no rowing training this Saturday, 6 September due to a water ski event on the river.</p> <p>Students are encouraged to complete some cross-training at home to keep up their fitness ahead of States.</p>
Uniforms	<p>Uniform Reminder – Queensland Schools State Championships</p> <p>Wyaralong can still be frosty and prone to rain at this time of year, so I want to reinforce uniform compliance now and allow students time to purchase any required apparel ahead of the trip. Please note: there is to be absolutely no mix and match of casual clothing items with the rowing uniform while on-site at the regatta representing the School.</p> <p>Optional cold weather clothing for regatta wear</p> <ul style="list-style-type: none">• TGS Rowing Jacket – \$105.00, available from my office using the attached form.• TGS Track Pants – \$50.00, available from the <i>School Lockers</i> shop (link below).



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- **TGS Sport Jacket** – \$70.00, available from the *School Lockers* shop (link below).

[School Locker – Townsville Grammar School](#)

⚠ Please be reminded: there are **no other acceptable uniform items** for regatta wear. This includes tour jackets, shirts or apparel from any other TGS sport or tour.

Casual clothing may only be worn at all other times in and around the accommodation.

Important Dates

Term	Week	Date	Event
3	8	Friday, 5 September 2025	Club Rowing Awards Night - North Ward Gymnasium
3	Holidays	Saturday, 20 September 2025	QLD Schools' Championship Rowing Regatta
3	Holidays	Sunday, 21 September 2025	QLD Schools' Championship Rowing Regatta
3	Holidays	Monday, 22 September 2025	QLD Schools' Championship Rowing Regatta

TGS Co-Curricular Facebook Page

Follow our [TGS Co-Curricular](#) Facebook page to see all our Activities in action.

School App

The TGS App is an essential tool for staying updated on all our sports communications. We highly encourage all students and parents to download the app to their phones as a priority.

The School App can be easily downloaded from the Apple App Store or Google Play by searching for "Townsville Grammar School."

Steps to get started:

- Search for "Townsville Grammar School" in your app store and download the app.
- Open the app and go to Settings (located at the bottom of the screen).
- Select Notifications and enable them to receive important updates from the School.
- Choose Subscriptions to select the year levels and co-curricular activities that are relevant to you.

Don't forget to select **Rowing** under Subscriptions to stay informed about all rowing-related notifications.

