



CLUB ROWING

Season Information

Rowing at Grammar helps students build strength, endurance, teamwork, and technical skill in a supportive environment. All abilities are welcome, with opportunities to compete at school, regional, state, and national levels.

SEASON OVERVIEW

TERM 1 – LEARN TO ROW/TRANSITION SQUAD

Open to students new to rowing (Weeks 4–6).

- Boys: Mon & Wed, 4:00–6:00pm
- Girls: Tue & Thu, 4:00–6:00pm

Students may be invited to continue with the Transition Squad for the Term 2–3 season.

Senior School Gym Sessions: Monday & Wednesday, 7:00–8:00am

TERM 2 AND TERM 3 – MAIN SEASON

Middle School

- Boys: Mon & Wed, 4:00–6:00pm
- Girls: Tue & Thu, 4:00–6:00pm
- Both: Fri gym, 3:45–4:45pm

Senior School

- On-water: Tue & Fri, 5:30–7:00am & Sat 6:30–9:00am
- Gym: Mon & Wed, 6:45–7:45am

TERM 4 – HIGH PERFORMANCE & TRY ROWING

Selected rowers continue training.

Try Rowing available to Years 6–11.

Training schedules may change and will be updated via email and the School App.

On water training takes place at the Riverway Rowing Club, Loam Island Community Facility, Upper Ross Rover Road, Rasmussen. Gym and Erg training takes place at the North Ward campus Gym.

COMMUNICATIONS

A weekly newsletter is published through the School App and School Website to keep families informed.

ABSENCES

Rowers are expected to attend all training and regattas. Absence without notice is not acceptable.

WEATHER

Training continues in most conditions. If a session is cancelled, updates will be sent via the School App and email.

UNIFORMS

Training

- On-water: Approved zoot suit
- TGS Rowing Sun Shirt (compulsory)
- At school: Exercise gear with joggers and socks

Regattas

- On-water: TGS Zoot Suit, TGS Rowing Sun Shirt (compulsory), TGS bucket hat or cap
- Off-water: TGS State Title Shirt or Gold PE Shirt, Black PE Shorts, TGS bucket hat or cap, TGS Jacket, sunscreen, and water bottle

Rowing sun shirts and rowing jackets are available from the Co-Curricular Office.

SELECTION PROCESS

The Head Coach selects crews using: Attendance, ergo testing, seat racing, single scull time trials, and technique assessment.

ROWING FEES

Fees vary by program. Payment is required before students go on the water.

Fees cover Riverway Rowing Club affiliation, coaching, equipment, administration levies, and (for Middle & Senior School) the Rowing Awards Event.

- Learn to Row (3 weeks / 6 sessions)
- Transition Squad (3 weeks / 6 sessions)
- Middle School Rowing
- Senior School Rowing
- High Performance Program (Terms 4 and 1 – selected rowers preparing for state and national regattas)

HIGH PERFORMANCE PROGRAM

Selected rowers will be offered to undertake the High-Performance Program run during Terms 4 and 1. These rowers are looking to compete in state and national regattas.

[Erin McGuffie](#)

Rowing Co-ordinator | Head Coach