John XXIII College Rowing Club fosters rowing’s traditional values of teamwork, discipline, focus and determination within a club culture that is supportive and welcoming.

Offering girls and boys the opportunity to train and compete together, our dynamic club embodies the College’s vision for excellence in coeducation.

Rowing is one of the few sports to use every muscle in the body, offering a complete physical and mental conditioning program all in one. It is a low impact sport that suits all body types but requires consummate teamwork and mental toughness.

Rowing is not easy - it’s a demanding sport and a big lifestyle commitment – but it offers enormous rewards in return. Training is hard work but the resulting improvements in bodily strength and tone makes rowers feel powerful and confident: a mindset that is often hard for teenage girls to otherwise achieve in day to day life.

In addition to achieving peak personal fitness, rowers learn a sense of responsibility toward their crew mates and team that transfers into all walks of life. Close friendships are formed and there’s a high level of camaraderie between all members of the squad, including parents.

The mental and physical demands required in rowing can also help students to develop their self and time management skills. Rowing teaches you how to balance the demands of training, study, work, family life and social groups.

We look forward to seeing all potential and continuing members of the club with their parents to find out more details.

If you’re unable to attend on the night you can still register by filling out the forms that will be emailed over the coming weeks to all girls in years 8 to 12 at the College.
River sessions are held at the John XXIII rowing sheds (located at Canning Bridge) on Monday, Wednesday and Friday mornings from 5:30 AM. The club helps to establish carpools where possible.

At the conclusion of training a bus collects the students and they arrive back at the College in time to purchase breakfast from the canteen and get changed for the school day.

Land training sessions are held at the College on Thursday afternoons from 3:30 to 4:30 PM. These focus on building leg, back and abdominal endurance as well as cardio fitness: essential foundations for rowing.

To get inspired about what rowing could offer you, check out the links below

http://youtu.be/Jiy_SBsvSaY
http://youtu.be/ rJN547QCac
http://youtu.be/AKmzyL3t9bg
http://youtu.be/obdd31Q9PqA
http://www.huffingtonpost.com/amy-yao/rowing -or-the-greatest-de_b_1875862.html

Even better, come down to training to see for yourself what it’s all about!

Regattas are held on Saturdays at Canning Bridge or Champion Lakes Regatta Centre. The season runs from the first IGSSA regatta on 25 May and culminates with the State Championships on 14 September.

Our club is the only one to actively compete in both the IGSSA and Rowing WA Pennant regattas. This gives the girls more opportunities to row competitively (13 regattas as opposed to 5) and offers greater crew flexibility.

In the pennant system, our coaches are able to mix year groups to put together the best crews. The introduction of boys’ winter rowing in the club this year also opens up the possibility of mixed sex crews.

Crews usually have a shared pasta night the evening before regattas, which offers a great opportunity for the girls (and parents) to socialise, carb up and psyche up for race day.

Find us on Facebook
https://www.facebook.com/johnxxiiirowing?fref

 CLUB CONTACTS

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