

BOYS' ROWING 2015 – 2016

OUR CLUB

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.

Our rowers compete in a range of school based regattas and all boys currently in years 7 to 11 are now being offered the opportunity to be a part of this dynamic club.



WHY ROW?

Rowing is one of the few sports to use every muscle in the body, offering a complete physical and mental conditioning programme 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 lifestyle commitment – but it offers enormous rewards in return. Training is hard work but the resulting improvements in bodily strength and tone make rowers feel powerful and confident.

In addition to achieving peak personal fitness, rowers learn a sense of responsibility towards 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.

INFORMATION AND REGISTRATION NIGHT

WHEN: Wednesday 2nd September

WHERE: Gonzaga Barry Lecture Theatre

TIME: 7pm

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 to all boys over the coming weeks.

TRAINING SCHEDULE

River sessions are held at the John XXIII rowing sheds (located at Canning Bridge) on Monday, Wednesday and Friday mornings from 5:30am. The club helps to establish carpools where possible.

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

Land sessions are held at the College on Tuesday and/or Thursday afternoons from 15:30 to 16:30. These focus on building leg, back and abdominal endurance as well as cardio fitness: essential foundations for rowing.



WANT TO KNOW MORE?

To get inspired check out the links below

<http://www.youtube.com/watch?v=vOPgE50fSRY&feature=related>

<http://www.youtube.com/watch?v=oHQdzpbZ10A&feature=related>

<http://www.youtube.com/watch?v=obdd31Q9PqA>

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

Find us on Facebook

<http://www.facebook.com/johnxxiirowing?>



REGATTAS

Regattas are held on Saturdays at Canning Bridge or Champion Lakes Regatta Centre.

The John XXIII Sculling Regatta in early November marks the beginning of the competitive season and our boys attend a number of PSA regattas in term one. The South-West Head of the River, held in Bunbury at the end of the term, closes out the boys' summer season.

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

CLUB CONTACTS

Dean Steadman – Rowing Coordinator
steadman.dean@johnxxiii.edu.au

Cath King – President
tacaking@bigpond.com

Louise Boog – Registrar
louisebruce@inet.net.au

