WHO CAN START?

The Somerset College Rowing Programme is offered to students from Years 8 to 12. Current Year 7 students can come along and have a go at the Try Rowing Day held in December, but rowing will officially start in January 2015.

HOW TO START

The Try Rowing Day is a good chance to see what it is all about, but not compulsory. The Learn To Row Day is compulsory to start rowing and covers the safety issues. Students who start at the beginning of term will row for the first few weeks in quad and double sculls and will be able to start rowing in single sculls after the capsize drill. Regattas will commence in Term Two.

TRY ROWING DAY

What: This day is an opportunity for prospective rowers to experience rowing for the first time. Our coaches, along with senior and experienced rowers, take the beginners out in quad sculls to have their first row on the water. There will be plenty of parents and Committee members on hand to welcome new parents and to answer any questions.

When: 8.30am to 10.30am, Sunday 30 November 2014
Where: Somerset Boat Shed, Ring Road, Robina (Bond University)
Cost: Free

LEARN TO ROW DAY (Choose one day only):

What: The Learn To Row Day is a comprehensive day where new rowers are taught not only the basics of rowing, but also how to safely handle the rowing and coaching equipment. Rowers will be required to complete their safety swim, either 200m in swimwear or 100m in rowing clothing (shorts and sports shirt). The Learn to Row day is designed so that students can begin training when school starts in January. Permission forms will be available at Learn To Row Day and on My Somerset Learning, via the College homepage, www.somerset.qld.edu.au.

When: 9.00am to 4.00pm Thursday 22 January 2015, Saturday 24 January 2015 and Saturday 31 January 2015
Where: Drop Off – Ray 1.3, Somerset College
Pick up – Somerset Rowing Shed, Ring Road, Robina (Bond University)
Cost: $50.00 ($30.00 refunded if you join the team)

CAPSIZE DRILL – NEW ROWERS AND PARENTS INFORMATION SESSION

What: The purpose of the capsize drill, held in single sculls in the Somerset Pool, is to teach the new rowers how to safely handle and re-enter the boat in the event of a capsize. Rowers need to complete the capsize drill to be able to participate in the single scull. The information session following the drill is an opportunity for new parents and students to gain information regarding the expectations of rowers throughout the season and to run through some of the operational details for the impending regattas.

When: 9.00am, Saturday 7 March 2015
Where: Somerset College Pool
Cost: Inclusive in rowing fees

Further information overleaf
Training Times And Logistics 2015 (Indicative)

Morning Rowing
Sessions will start at the Somerset Rowing Shed at 6.00am, therefore rowers will need to be dropped off before this time. Transport to the College after the training session will be arranged for all students.

Afternoon Rowing
Students will be picked up at the bus zone at 3.40pm and need to be in their sports uniform. Students may be picked up from the Rowing Shed at 5.45pm. Those who are not picked up at this time will be taken back to the bus zone at the College and may be picked up at 6.00pm.

Morning Gym Sessions
6.30am to 7.45am at the College gym in Ray 1.2 and 1.3

Saturday Training
Students are to be dropped off and picked up at the Somerset Rowing Shed. The time will depend on the category below.

Year 8 Boys: Monday mornings, Thursday afternoons, Saturday – 8.00am to 10.00am
Year 9 Boys: Monday mornings, Thursday afternoons, Saturday – 8.00am to 10.00am
Year 8 Girls: Tuesday afternoons, Thursday mornings, Saturday – 8.00am to 10.00am
Year 9 Girls: Tuesday afternoons, Thursday mornings, Saturday – 8.00am to 10.00am
Years 10 to 12 Boys: Tuesday, Wednesday, Friday and Saturday mornings rowing – 6.00am
                      Monday gym – 3.30pm to 5.00pm (optional)
Years 10 to 12 Girls: Tuesday, Wednesday, Friday and Saturday mornings rowing – 6.00am
                      Monday gym – 3.30pm to 5.00pm (optional)

Costs Associated With Rowing For 2015 (Indicative)

- $420.00 per rower (Semester One Fee) payable by the end of Term One
- $200.00 for each additional sibling (Semester One Fee) payable by the end of Term One
- $200.00 per rower (Term Three Fee) Rowers training in Term Three – payable at the end of Term Three
- $100.00 per rower (Term Four and School Holiday Fee) Training for the Nationals – payable at the end of Term Four
- $50.00 Learn to Row course ($30.00 refund if you sign up)
- Additional cost for some Regattas, including South Queensland and Queensland Championships.

Further Enquiries

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