



Training Schedule

Unley High School is committed to providing all rowers with an opportunity to learn, develop and excel in rowing. Training for all squads will commence **Monday 4 September, 2023** (Week 7, Term 3) and continue during each week of the school term, as outlined below, until **Saturday 16 March, 2023** (Week 7, Term 1).

The schedule below is not final and may be modified due to time, equipment or staffing requirements.

Learn to Row *2024 Year 7*

Rowers will:

- Build an understanding of the typical structures within the UHS Rowing Program; structure, facilities, communications, processes, the sport of rowing, school values.
- Develop an understanding of the fundamentals of rowing; basic sequence, terminology, and basics of racing.

Training to be advised

Novice *Year 7/8*

Rowers will:

- Engage in a variety of training styles and modalities to gain a breadth of knowledge in 'how to train'.
- Continue to develop their technical abilities and will be capable of rowing in a variety of combinations regardless of ranking.

Wednesday 4:15-6:30pm | On-water training @ Torrens

Friday 4:15-6pm | Strength & conditioning @ the School

Saturday TBA | Regattas or on-water training @ Torrens

Year 7s racing at the Year 7 Regatta



Juniors *Year 8/9*

Rowers will:

- Utilise a variety of training styles to improve their fitness and strength both on and off the water.
- Seek to maintain technical proficiency in a fatigued state.

Monday 7:15-8:45am | Strength & conditioning @ the School

Tuesday 4:15-6:30pm | On-water training @ Torrens

Wednesday 4:15-6:30pm | On-water training @ Torrens*

Saturday TBA | Regattas or on-water training @ Torrens

^ **Wednesday on-water sessions** | Session is only available to non-HPE Rowing students

Intermediate *Year 9/10*

Rowers will:

- Develop proficiency in executing their technical objectives at higher rates in sculling boats.
- Develop strategies through trial and error in preparation for, during and following racing.
- Be encouraged to engage in a variety of service opportunities through the community.

Schoolgirls

Monday 4:15-6:30pm | On-water training @ West Lakes*

Tuesday 3:45-5:45pm | Strength & conditioning @ the School

Wednesday 6:30-9am | On-water training @ West Lakes*

Saturday TBA | Regattas or on-water training @ West Lakes

Schoolboys

Tuesday 3:45-5:45pm | Strength & conditioning @ the School

Wednesday 6:30-9am | On-water training @ West Lakes*

Thursday 4:15-6:30pm | On-water training @ West Lakes*

Saturday TBA | Regattas or on-water training @ West Lakes

Seniors *Year 10/11 & 11/12*

Rowers will:

- Transition and apply previous learning to sweep rowing.
- Develop their skills in order to maximise their individual athletic performance.
- Engage in service to the program and support the learning and development of younger rowers within the community.

Schoolgirls

Monday 4:15-6:30pm | On-water training @ West Lakes*

Tuesday 7:15-8:45am | Strength & conditioning @ the School

Wednesday 6:30-9am | On-water training @ West Lakes*

Friday 7:15-8:45am | Strength & conditioning @ the School

Saturday TBA | Regattas or on-water training @ West Lakes

Schoolboys

Tuesday 7:15-8:45am | Strength & conditioning @ the School

Wednesday 6:30-9am | On-water training @ West Lakes*

Thursday 4:15-6:30pm | On-water training @ West Lakes*

Friday 7:15-8:45am | Strength & conditioning @ the School

Saturday TBA | Regattas or on-water training @ West Lakes

***West Lakes Bus** | Buses will be provided between the School and West Lakes for these sessions. Please refer to the information circulated separately.