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.

## 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.

### Training Schedule

**Learn to Row**

- **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

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

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**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

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**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

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