

# Training Schedule

## Learn to Row, Novice and Junior

Unley High School is committed to providing all rowers with an opportunity to learn, develop and excel in rowing. Training for all squads (not including Learn to Row) will commence **Monday 1 September, 2025 (Week 7, Term 3)** and continue each week of the school term, as below, until **Saturday 21 March, 2025 (Week 8, Term 1)**.

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

### Learn to Row

#### Training Priorities

Rowers will;

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

#### Training Schedule

Training will commence in 2026

- Wednesday 4:15-6:30pm at the Torrens Boatshed
- Monday lunchtime in the Fitness Centre

### Novice

#### Training Priorities

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

- Tuesday 3:30-5:30pm in the Fitness Centre
- Thursday 4:15-6:30pm at the Torrens Boatshed
- Saturday Regatta or Torrens Training TBC

### Junior

#### Training Priorities

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.
- Develop independence in both training and racing environments.

#### Training Schedule

- Monday 4:15-6:30pm at the Torrens Boatshed\*
- Tuesday 7:15-8:45am in the Fitness Centre
- Wednesday 3:30-5:00pm in the Fitness Centre
- Saturday Regatta or Torrens Training TBC

Non-HPE Rowing students may elect to attend an additional session Thursday 4:15-6:30pm @ the Torrens Boatshed.

*\*Monday afternoon sessions will relocate to West Lakes in Term 1 - further information will be circulated in Term 4.*

# Training Schedule

## Intermediate and Senior

Unley High School is committed to providing all rowers with an opportunity to learn, develop and excel in rowing. Training for all squads (not including Learn to Row) will commence **Monday 1 September, 2025 (Week 7, Term 3)** and continue each week of the school term, as below, until **Saturday 21 March, 2025 (Week 8, Term 1)**.

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### Intermediate

#### Training Priorities

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.

#### Training Schedule

- Monday 4:15-6:30pm at West Lakes\*
- Tuesday 3:30-5:00pm in the Fitness Centre
- Wednesday 6:30-9:15am at West Lakes\*
- Thursday 7:15-8:45am in the Fitness Centre
- Saturday Regatta or West Lakes training TBC

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

### Senior

#### Training Priorities

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.

#### Training Schedule

- Monday 7:15-8:45am in the Fitness Centre
- Monday 4:15-6:30pm at West Lakes\*
- Wednesday 6:30-9:15am at West Lakes\*
- Thursday 3:30-5:00pm in the Fitness Centre
- Saturday Regatta or West Lakes training TBC

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