



Seeking new rowers & coxswains!

The Radford rowing program is a vibrant community of students, coaches and parents based out of the school boatshed on Black Mountain peninsula. We are proud of the strong social community participation in rowing whilst also punching above our weight in competition. The students have won several Australian Championship titles and been the grassroots club for rowers who have gone on to represent Australia or gained US college scholarships. Rowing is a fun activity with a strong social side for the students in Years 6-12.

We are currently seeking recruits particularly in Years 7 and 8. **The training times for Year 6-8 groups are on the following page.**

Students interested in trying rowing may attend the Learn to Row camp 6-9th October and then decide should they wish to continue in Term 4.

We welcome new recruits from Year 6-12.

Please direct any queries to the Technical Director of Rowing:

vicky.spencer@radford.act.edu.au

Year 6

Friday Row 3:45-5:45pm (Radford Boatshed)

Saturday Row 10:00 – 12 noon (Radford Boatshed)

Year 7 & Year 8

Female

Monday Row 3:45-6:00pm (Radford Boatshed)

Wednesday Row 3:45-6:00pm (Radford Boatshed)

Thursdays Erg 3:45-5:00pm (Wigg 2.1/2.2)

Year 8 only: Friday Strength & Conditioning 3:45-5:00pm (optional)

Year 7: Saturday Row 8:30-10:30am (Radford Boatshed) or race

Year 8: Saturday Row 7:00-9:00am (Radford Boatshed) or race

Male

Tuesday Row 3:45-6:00pm (Radford Boatshed)

Wednesdays Erg 3:45-5:00pm (Wigg 2.1/2.2)

Thursday Row 3:45-6:00pm (Radford Boatshed)

Saturday Row 8:30-10:30am (Radford Boatshed)

Year 8 only: Friday Strength & Conditioning 3:45-5:00pm (optional)

Year 7: Saturday Row 8:30-10:30am (Radford Boatshed) or race

Year 8: Saturday Row 7:00-9:00am (Radford Boatshed) or race

Vicky Spencer

Technical Director (Rowing) | Radford College



Under 17 Eight, ISRA