Rowing 2014 - 2015
Term 1 Schedule

Summary:

- With only 5 weeks to prepare for the Head of the River and a very busy term, the schedule is somewhat irregular. As a general rule we will aim to get 2 or 3 rows / week and 2 land sessions. Please consult the Schedule below for times.

Rowing at Malpas:

1. **Wednesday Afternoon Rows:**
   depart TAS at 3:45 pm, return to TAS 6:15pm
2. **Tuesday Twilight:**
   depart TAS at 6pm, sleepover, return to TAS at 8am.
3. **Friday Twilight:**
   depart TAS at 4:00 pm, sleepover, return to TAS at 9:30am Saturday.
4. **Saturday am:**
   departing TAS at 6:30am, returning at 11:30am.

Strength & Conditioning - TAS Gym:

Monday 7:30 – 8:15am and Thursday 3:45 – 4:30pm

Regattas:
- NSW State Championships Regatta 14\textsuperscript{th} Feb 2015 (depart 4pm Fri 13\textsuperscript{th})
- AAGPS Head of the River Regatta 7\textsuperscript{th} March 2015 (depart 8am Fri 6\textsuperscript{th})

for more information about regattas and rowing in NSW, please view Rowing NSW website: [http://www.rowingnsw.asn.au/](http://www.rowingnsw.asn.au/)

Training Schedule:

<table>
<thead>
<tr>
<th>Week Beginning</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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<td>26-Jan</td>
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<td></td>
<td>3:45pm</td>
<td>4pm</td>
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<tr>
<td>2-Feb</td>
<td>7:30 am</td>
<td>6pm</td>
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<td>3:45pm</td>
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<td>Coast weekend</td>
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<tr>
<td>9-Feb</td>
<td>7:30 am</td>
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<td>3:45pm</td>
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<td>swimming</td>
<td>carnival</td>
<td>State Champs</td>
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<td>16-Feb</td>
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<td>23-Feb</td>
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<td>2-Mar</td>
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<td>AAGPS Head of the River</td>
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