



# Shalom Rowing

## About Shalom Rowing

Rowing is an extra sport offered at Shalom College. Rowing is a unique team sport that is coordinated differently to other school sport. Read below for all of the details.

## Season

The rowing season runs from February to December.

## Training Times

Training is on varying times depending on the coach of each age group. Either morning sessions from 5am or afternoons from 3.30pm &/or weekends. Each crew will train on the water a minimum of twice a week. Extra training available on the ergos (rowing machines) at the school gym. The school gym is also available for students before and after school.

## Training Location

Bundaberg Rowing Club Town Shed (at the back of The Rowers, Quay Street).

## Come & Try

For new rowers there is a few opportunities to try rowing before committing for the year.

- Sunday 5th Feb – 7-9am
- Wednesday 8th Feb - 3.30-5.15pm
- Saturday 11th Feb – 7-9am



## Competition

Rowing is a competitive sport with students participating in both local & regional regattas.

The three local regattas against local schools are:

- Sunday 7th May - Lead-up Regatta #1 (Bucca)
- Saturday 13th May – Lead-up Regatta #2 (Bucca)
- Saturday/Sunday 10th & 11th June – Head of the River Regatta (Bucca)

The regional regattas against other schools are:

- Saturday/Sunday 24th & 25th June – CQ Regatta (Rockhampton)
- Saturday 16th – Monday 18th September – QLD Schools Regatta (Bucca)

**\*\* Other Club Regattas options available throughout the year\*\***

For example - Sat/Sun 29th & 30th July – Bundy Club Regatta (Bucca)

See Rowing Queensland Regatta Calendar for more regattas

Students will be encouraged to participate in a variety of 1000m races in singles, doubles, quads.

## Cost

Due to insurances etc students need to become a member of the Bundaberg Rowing Club. Cost is **\$370** and payment and membership forms are required before training can take place. Payment is direct to the Bundaberg Rowing Club via the website below – registration tab. <https://www.revolutionise.com.au/brc/home/>  
Families can use Fair Play Vouchers to assist with the membership fees.  
**\*\*Payment plans available through Bundaberg Rowing Club\*\***

## Coaches

All coaches are experienced and volunteer their time to assist the Shalom Rowing Team. Coaches range from teachers to parents to previous rowers.



## Attire

**Training:** Sporting attire with thongs. Sun safety items e.g., hat, sunscreen, water bottles are needed. Towel just in case.

**Competition:** Team shirt & zooty available for purchase

## Parents & Fundraising

Parent assistants and volunteers are never refused and is encouraged. We always need help with coaching (course completion & blue card required), boat drivers (if have necessary licence), boat loading, boat washing and canteen assistances at regattas. We also have a great fundraising opportunity through Bingo on Wednesday nights at the RSL 6.30-9.30pm. We ask families to assist. All money goes directly towards the rowing team.

## Contact

Any questions, do not hesitate to contact the Rowing Coordinators –

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 **COME JOIN OUR  
OARSOME TEAM!** 



*2022 Rowing Team at CQ Rockhampton Regatta*