Events

St Augustine's College Rowing Squad competes in the NSW Rowing Association Schoolboy Program against the following schools:


This season Years 7, 8 and 9 students will compete in coxed quad sculling events. In the program, the code “4x+” is as follows:

“4” indicates four rowers
“x” indicates sculling
“+” indicates a coxed boat

Year 10 and Open events are “sweep oar” in fours and eights.

All events are raced over 1000, 1500 and 2000 metres.

Training

Training sessions will include a range of activities as follows:

- On-water sessions
  - sculling
  - quad training

- Ergo time trials

- Off-water fitness sessions will be held at school and in the event that the weather is to bad to go out on the water:
  (If conditions on the water are unsafe for rowing, training will be undertaken on rowing machines in the club house or on land i.e. stair climbing, team building activities etc)

Strictly NO weight training for boys under YR 10.