



St Francis
of Assisi College

St Francis of Assisi College has partnered with the Renmark Rowing Club and excitingly launched the College Rowing Program in Term 3, 2022. As the only school in regional South Australia offering rowing to students, it's a unique opportunity for students to participate in the sport and take advantage of our beautiful River Murray.

The College are committed to providing students an opportunity to try the sport of rowing. Through HPE, they will be exposed to the sport and learn to row. From here, students can then choose to follow a pathway, within our Rowing Program, to develop and potentially excel in the sport.

The Rowing Program will provide students with the opportunity to further develop their skills in a safe, supportive and fun environment. They will learn the importance of teamwork, discipline, resilience, perseverance and time management.



St Francis
of Assisi College

260 Twentyfirst Street
Renmark, South Australia 5341

Phone (08) 8595 4550

Email info@assisi.catholic.edu.au

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assisi.catholic.edu.au





Our Program

The following outlines the opportunities available to students from Learn to Row through to our Senior Squad. Entry into the Rowing Program involves a student application process and additional fees.

Learn to Row – Phase 1 (Year 7's)

For our Learn to Row – Phase 1 cohort, we will encourage:

- Introduction to the sport of rowing
- Enjoyment
- Participation
- Exposure to on-water experience

Rowing will be available during HPE in Term 2

Learn to Row – Phase 2 (Year 8's)

For our Learn to Row – Phase 2 cohort, we will encourage:

- Enjoyment
- Skill development
- Team building
- Commitment

The Strength & Conditioning focus for this cohort will be:

- Fundamental movement patterns
- Circuits

Rowing will be available during HPE in Term 1

Additional Learn to Row sessions will be available during Term 2, for those considering joining our College Rowing Program: Tuesdays 3:30 – 5:30pm

Entry into Rowing Program (Terms 3 & 4)

Trainings will occur at the following times:

Monday 3:20 – 4:45pm | Ergo, Strength & Conditioning

- College MP Room

Tuesday 3:30-5:30pm | On-water training

- Renmark Rowing Club

Junior Squad (Year 9's)

For our Junior Squad, we will encourage:

- Enjoyment
- Team building
- Further skill development
- Technical understanding
- Competitive opportunities (1000m races)

The Strength & Conditioning focus for this cohort will be:

- Generic strength program

Additional Learn to Row sessions will be available during Term 2, for those not previously involved and considering joining our College Rowing Program: Mondays or Tuesdays 3:30 – 5:30pm *dependent on numbers

Rowing Program (Terms 3 & 4)

Trainings will occur at the following times:

Monday 3:30–5:30pm | On-water training

- Renmark Rowing Club

Tuesday 1:20-1:40pm (lunchtime) | Ergo training

- College MP Room

Wednesday 3:30-5:30pm | On-water training

- Renmark Rowing Club

Thursday 7:00-8:30am | Ergo, Strength & Conditioning

- College MP Room

Regattas | Held on Saturdays during Term 3 & Term 4, travel is required

Day Camp | Day Camps will be held at the start of Term 3 & Term 4 at Renmark Rowing Club



Senior Squad (Year 10+)

For our Senior Squad, we will encourage:

- Enjoyment
- Crew and individual goals
- Further skill and technical development
- Development of leadership, mentoring and coaching skills
- Increased competitive opportunities (1500m/2000m races)
- Promote future pathways

The Strength & Conditioning focus for this cohort will be:

- Personalised programs tailored to rowing specific technical goals
- Promote independent (supervised) training

Additional Learn to Row sessions will be available during Term 2, for those not previously involved and considering joining our College Rowing Program: Mondays or Tuesdays 3:30 – 5:30pm *dependent on numbers

Pre-season commences Term 3, Wk 7-10

Trainings will occur at the following times:

Wednesday 7:00-8:30am | Ergo, Strength & Conditioning

- College MP Room

Thursday 3:30-5:30pm | On-water training

- Renmark Rowing Club

Rowing Program (Terms 4 & 1)

Trainings will occur at the following times:

Monday 3:30-5:30pm *Term 1 ONLY* | On-water training

- Renmark Rowing Club

Tuesday 6:45-8:30am | On-water training

- Renmark Rowing Club

Wednesday 3:30-5:30pm | On-water training

- Renmark Rowing Club

Thursday 7:00-8:30am | Ergo, Strength & Conditioning

- College MP Room

Friday 1:20-1:40pm (lunchtime) | Ergo training

- College MP Room

Regattas | Held on Saturdays during Term 4 & Term 1, travel is required

Rowing Camp | Seniors will participate in 2 rowing camps during their competitive season. Held during the Term 3 holidays and summer holidays. These camps will run for 2-3 days.

Please note, there may be modifications to the information outlined.