

FRIENDS' ROWING - TRAINING SCHEDULE FOR ALL SQUADS

		OPENS		YEAR 10 (U16)		YEAR 9 (U15)		YEAR 8 (U14)		YEAR 7 (U13)	
		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
MONDAY	AM										
	PM	GYM 3 - 5pm	ERGO/GYM 3 - 5pm	ROW 3 - 5pm	ROW 3 - 5pm		ROW 4 - 5.30pm		ROW 4 - 5.30pm		
TUESDAY	AM	ROW	ROW		ROW	ROW	ROW				
	PM		ERGO	ROW/ERG						ROW	ROW
WEDNESDAY	AM	ROW	ROW (yoga)	ROW				ROW	ROW		
	PM	GYM			ERG/ROW	ROW					ROW
THURSDAY	AM	ROW	ROW	ROW	ROW	ROW	ROW				
	PM	ERG/Stretch	ERGO/GYM					ROW		ROW	
FRIDAY	AM										
	PM										
SATURDAY	AM	(6.15 - 8.30am) ROW 2nd session	(6.15 - 8.30am) ROW	(6.15 - 8.30am) ROW	(8.30 - 10.30) ROW	(6.15-8.30am) ROW	(8.30-10.30) ROW	(8.30-10.30am) ROW	(8.30-10.30am) ROW		
	PM										
SUNDAY	AM										
	PM										
		Ian McMahon Hugh Baird ass: Max Doyle	Ian Jordan Christie Crow	Anthony Edwards Karl Davidson	Nicola Anderson Ollie Atwell	Greer Wells Hamish Clyne	Jane Hilliard Al Ramsay Poppy Kennett ass: Chris Cooper	Tom Otte Lochie Angel	Melissa Mace Chris Cooper Pippa Abbott	Frances Ward Anna Headlam student coach	Isobel King Eliza Richardson Myf Murphy student coach