

FRIENDS' ROWING - WEEKLY TRAINING SCHEDULE (Term 4 / Term 1)

		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	ROW 3 - 5pm	ROW 3 - 5pm	ROW/ERG 3 - 5pm	ROW 3 - 5pm	ROW 4-5.30pm	ROW 4 - 5.30pm				
TUESDAY	AM	ROW	ROW	ROW	ROW						
	PM	ROW	*ERGO/GYM						ROW		ROW
WEDNESDAY	AM	ROW	ROW (yoga)			ROW	ROW	ROW			
	PM				ERG/ROW					ROW	
THURSDAY	AM	ROW	*ROW	ROW	ROW				ROW		
	PM	ROW	ERGO/GYM	ROW/ERG		ROW	ROW	ROW			
FRIDAY	AM										
	PM										
SATURDAY	AM	(6.15 - 8.30am) ROW	(6.15 - 8.30am) *ROW	(6.15 - 8.30am) ROW	(6.15 - 8.30am) ROW	(8.30-10.30am) ROW	(8.30-10.30) ROW	(6.15-8.30am) ROW	(8.30-10.30am) ROW	(10.30-12.30pm) ROW	(10.30-12.30pm) ROW
	PM										
SUNDAY	AM										
	PM										
		Brett Crow Max Doyle	Ian Jordan Abbie Crow	Ian McMahon Hamish Clyne	Karl Davidson Anthony Edwards	Tom Otte Sam Jones P: Chris Symons	Melissa Mace Chris Cooper	Ed McKay Owen Scott	Jacinta Maloney Maddie Jotic Lucy Wells	Axel Clark Karl Breier Lochie Angel	Emma Riley Emma Hill Sam Steven