



ROW BETTER, FASTER & STRONGER.

At Sydney Rowing Club we've opened 2017 applications for STAP (SRC Talented Athlete Pathway). This targeted annual Winter Program aims to enhance the development of talented male and female school athletes in Years 10 and 11.

Graduates of the STAP program can expect to advance their rowing knowledge and skills giving them a selection advantage in their school programs. Longer term, the STAP program gives athletes the opportunity to become part of the State and National Talent Pathway Program.

SRC's STAP program is the gateway to pathway opportunities. Sydney Rowing Club is a Key Pathway Club in the National Talent Pathway Program. In the last 3 years Sydney Rowing Club's Talent Pathway has produced 3 National Junior crews and sent several boats to Henley Royal Regatta.

In 2017 we're running an innovative new program with individual streams for Year 10 and Year 11 students targeting the specific needs of each year group. Year 10 athletes will have a sculling based program to aid their transition into senior squads. Year 11 athletes will be focused on further developing sculling with an emphasis on big boat sweep skills.

WHY CHOOSE STAP?

YEAR 10 & YEAR 11 INDIVIDUAL PROGRAMS

Programming targets the specific needs of each year group

ADVANCE ROWING KNOWLEDGE & SKILLS

Gain an advantage in school selection programs

IN-BOAT MENTORING WITH OLYMPIC MEDALISTS

James Chapman
Chris Morgan

TALENT PATHWAY EXPOSURE

Introduction and exposure to the Club, State and National Talent Pathways

FUTURE SELECTION OPPORTUNITIES

Such as National Junior and Henley representation



APPLICATIONS ARE OPEN

MOVE QUICKLY AS PLACES ARE STRICTLY LIMITED - we're currently offering positions for both school boys and girls.

SEE OVER FOR APPLICATION DETAILS & PROGRAM SCHEDULE

WINTER TALENT PATHWAY PROGRAM | 2017

To apply, simply book in for STAP Entry Testing between 7-9th April 2017. All applicants will be tested at Sydney Rowing Club using NSWIS TID Protocols. You will then be notified of your application status shortly afterwards.

STAP WINTER PROGRAM - DATES/SESSIONS/FEEES


ELIGIBILITY	ENTRY TESTING	PROGRAM DATES	TRAINING SESSIONS	PROGRAM FEE
OPEN TO ATHLETES ENTERING SCHOOL YEARS 11 & 12 IN 2018	7/8/9 APRIL 2017 LOCATION: SYDNEY ROWING CLUB <i>Places are limited.</i> TO BOOK IN A TIME CONTACT JASON BAKER	STARTS: SUNDAY 7 MAY 2017 ENDS: SUNDAY 6 AUG 2017 <i>Includes final day SRC Boatshed BBQ</i>	TUESDAY OR THURSDAY MORNINGS 5:15AM—7:00AM SUNDAY MORNINGS 7:00AM—9:00AM	\$500 PER ATHLETE <i>Fee includes:</i> • Full annual SRC membership • SRC rowing suit • STAP training shirt

FOR ENTRY BOOKINGS

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