



# North Shore Rowing Club

Sydney, Australia

## **SCHOOLGIRLS' WINTER PROGRAM 2017**



- *If you have rowed before and would like to row through Winter to prepare for the next season, and to enjoy the best water in Sydney, this is for you.*
- *For current year 9, 10 and 11 students*
- *Enjoy rowing with other schoolgirls*
- *Improve your technique and fitness*
- *Introduction to sweep rowing, or improve it*

### **SESSION TIMES**

Tuesday morning: 5.30am-7.30am OR Thursday morning: 5.30am-7.30am  
Sunday morning: 7.30am-9.30am

There are 2 sessions per week: 1<sup>st</sup> session to choose between Tuesday or Thursday.  
2<sup>nd</sup> session on Sunday for everyone together.

### **PROGRAM DATES**

Term 2: From 15th May to 22nd June (both included)  
Term 3: From 18th July to 20th August (both included)

**CLUB ADDRESS** Aquatic Park, Mary Street, Longueville NSW 1595

**COACH** All sessions will be coached by Gonzalo Briones. Gonzalo started coaching in Spain in 1989. In Australia he has coached for 13 years, most of this time at Schools like Queenwood and Roseville. He is currently the Rowing Head Coach at Roseville College, where he has been since 2012.

**COST** **\$360** (including membership for the duration of the program)

This fee will be payable directly to Gonzalo Briones before the Program starts.

Please, advise if an invoice is required.

Gonzalo contact details are: [gonbriones@optusnet.com.au](mailto:gonbriones@optusnet.com.au) or mobile: 0402 168 789