



2020 MOSMAN ROWING CLUB SCHOOLGIRL WINTER TRAINING PROGRAM



GREAT SKILLS, GREAT WATER, GREAT FUN

**MOSMAN ROWING CLUB'S SCHOOLGIRL WINTER TRAINING PROGRAM IS ON
AND APPLICATIONS ARE NOW OPEN.**

The program is run over 11 weeks and will be divided into two squads -

JUNIOR FEMALE SQUAD

**Current Year 8 – Year 9 | 2 sessions a week | max 20 rowers
&**

SENIOR FEMALE SQUAD

Current Year 10 – Year 12 | 3 sessions a week | max 12 rowers

PROGRAM PERIOD – 11 Weeks - 29th June – 11th September

WEEK 1 - 4 BLOCK - Technical / Winter Base Fitness focus - 22nd June – 17th July

WEEK 5 - 11 BLOCK – Technical / Pre-Season Strength & Conditioning / Fitness focus - 22nd June – 11th September

TERM 2 HOLIDAY – Train through holiday.

Program will finish the week before most schools return to normal training.

Headed by lead coaches, this program specialises in customisation for the individual in sweep and sculling.

This is the perfect season window to get coaching and training excellence and to maximise your potential in an equally intensive & social atmosphere.

THESE PLACES ARE STRICTLY LIMITED! CATCH YOUR PLACE TODAY!

APPLY ONLINE HERE TO REGISTER YOUR INTEREST.

<https://www.revolutionise.com.au/mosmanrc/registration/>

REGISTRATIONS OF INTEREST CLOSE JUNE 25, 2020