


# LEICHHARDT ROWING CLUB

JUNIOR DEVELOPMENT PROGRAM

## 2017/18 SEASON

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OPEN DAY SUNDAY 10TH OF SEPTEMBER @ 3PM



Build friendships with people outside school, enjoy the water, become part of a community.

### TEAMWORK

We all recognise the value of great teamwork, and few sports create teamwork like rowing does.

It is simple: learning to row all at the same time builds great comradery and life long friends outside of the school enviroment.

It's easy to learn, difficult to master, and thrilling to win!

### EXPERIENCE

Over the recent 20 years Leichhardt Rowing Club—one of NSW's oldest and biggest clubs—has developed many junior rowers that have become the champions of today. With many juniors being selected to train with elite university squads and on to state selection

LRC won the Rowing NSW Premership shield this year, meaning we won the most races out of all the NSW clubs.

### TRAINING

Experience Sydney Harbour as few do, at dawn, silent, the water like a mirror.

On water training

2 weekday mornings @ 5am

1 weekend morning @ 630 am

A program that is age specific and adjusts each year as the rower develops. Crews will be in coxed boats and with a coach.

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#### PROGRAM

|          | ACTIVITY   | EVENT  |
|----------|--|--|
| October  | Meet coach and squad members<br>Commence endurance and rowing technique training | Welcome to Club Breakfast<br>Athlete Briefing and Club Induction     |
|          | Endurance training and team building<br>Crew combination trialling               | Berry Island Milestone Row<br>Club Breakfast – Squad Captains        |
| November | Strength endurance training<br>Crew formations and selection                     | Lane Cove River Time Trial<br>Coaches Breakfast and Briefing Session |
| December | Interval and endurance training<br>Race planning and objectives                  | Trial Regatta – Local Competition<br>Club Christmas Function         |
| January  | Summer rowing camp<br>Long distance training                                     | Taree Regatta<br>Squad Dinner  |
| February | Interval training and speed rowing<br>Medium distance endurance training         | Regattas (LRC, Drummoyne, Balmain)<br>Squad Breakfast                |
| March    | Race preparation and tactics   | NSW State Championships<br>End of Season Awards BBQ                  |

Rowers like to think they achieve more before 8am than most people achieve all day.

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## JUNIOR SQUAD MEMBERSHIP



We would like to invite local schools to form a relationship with The Leichhardt Rowing Club by activity encouraging students to enroll in the newly developed Junior Development Program. We are a proven performer in developing young talent and have seen many of our junior rowers winning at State and National races and being recruited by some of the most elite clubs in Sydney. We are a community club and believe Junior rowers are a very important balance to the social responsibilities of operating a community club in our local area.

LRC Corporate Membership includes:

- A full year's membership for the Junior student
- An initial fitness and rowing assessment from one of our qualified coaches
- Allocation to a coxed quad for training
- A well-supervised Learn To Row program which will get your guys and girls on the water safely and create competent rowers of them, perhaps even champions over time
- Registration and insurance from Rowing New South Wales
- Regular coaching and a fitness program which will significantly increase their health, self esteem and their ability to work together
- Entry into races as deemed suitable by coaches
- Access to our gym at any time
- Access to our fleet of 40 boats
- Ongoing coaching and supervision



An LRC Junior Membership will give your child life long skills of friendship and determination of succeeding in a competitive sport

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## THE DETAILS



### DATES

Open Day: Sunday 10th Sept 2017

Closing date for registration: Sunday 17th Sept 2017

Orientation session: Sunday 8th Oct

Training commences: Monday 9th October 2017

### F E E S

1 person \$1500 for 1 year membership

### C O N T A C T

Scott Patterson - Juniors Coordinator

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Matt Bourke

Leichhardt Rowing Club - Captain

[captain@lrc.com.au](mailto:captain@lrc.com.au)

