When:
Term 4
Tuesdays 3.30 pm to 5.30 pm
Wednesdays 5.45 am to 7.30 am
Thursdays 3.30 pm to 5.30 pm

Where:
Perth College Gym (Session One) and Perth College Boat Shed, Milne Street, Bayswater (rest of sessions). Girls will be transported to and from school by the Perth College Bus, they can be dropped to the Boat Shed on Wednesday mornings and picked up in the afternoons if more convenient.

Sign-up:
There will be sign-up sheets on the Sports Notice Board from Monday 7th September. Girls can sign up for one or all sessions if desired. Term Four IGSSA Sports must take priority, so if there is a clash between training or a fixture for Waterpolo or Softball with Rowing, the girls must attend Waterpolo or Softball.

What to bring:
Socks to wear in the boat
Water bottle
Hat or visor
Towel
Runners (for when water isn’t suitable to row)
Sunscreen

What to Wear:
PE Uniform, bring a long sleeve t-shirt to wear underneath when it’s cold. Leggings can be worn instead of PE shorts if desired.

For our first session we’ll start with basic rowing technique on ergos at the gym and then the following session head down to the boat shed covering rowing technique, equipment and safety, then we’ll head out onto the water.

If you have any questions, please email: Karlie.payne@pc.wa.edu.au or pop in to the PE Department to see Miss Payne.