

ROWING TRAINING SESSIONS - TERM 1, 2012

AGE GROUP	DAY	WATER SESSION	ERGO	
U19	MONDAY		06h30 - 07h45	COACH: Marco Baggio TEACHER: Paola Ghignone
			15h15 - 17h00	
	TUESDAY		06h30 - 07h45	
			17h00 - 18h30	
	WEDNESDAY		06h30 - 07h30	
		17h00 - 18h30		
THURSDAY	15h30 - 18h00	06h30 - 07h45		

U16	MONDAY		17h00 - 18h30	COACH: Nic Park Ross TEACHER: Sean Harris
	WEDNESDAY	16h30 - 18h00		
	THURSDAY		17h00 - 18h30	

U15	TUESDAY	15h30 - 17h00		COACH: Jonno Cox TEACHER: Gareth Austin
	WEDNESDAY		07h15 - 08h45	
	THURSDAY		15h15 - 16h45	

U14	MONDAY	15h30 - 17h30		COACH: Chris Buddle TEACHER: Roy Hellenberg
	TUESDAY		15h15 - 16h45	
	WEDNESDAY		15h15 - 16h45	