

2020-2021 U17 Target Squad

Age 16 or younger by 31 December 2021?

Keen to take your sculling to the next level?

Ready for the next step and compete at the 2021 National Championships in Tasmania?

We are aiming to send two crews to the **2021 National Championships in Tasmania** on the beautiful Lake Barrington to compete in the **U17W4x+** and to compete for the medals

Here's the deal:

You will still compete for your school, we facilitate the crews

Work together with Junior rowers from other school to form the best quads in SA to compete at a National level

Get to know the girls you compete against in SA and make each other better

Squad sessions at West Lakes during the October School Holidays

Squad sessions and crew selections early January before School Camps

You'll need approval from your School's Rowing Coordinator where this conflicts with your school program – **your school program comes first!**

We'll look at other boat options along the way in consultation with your school

Erg target: 8:20 or faster over 2000m

Single scull target: 9:20 or faster over 2000m

At least one of these targets should be met by the end of October

If you are interested and keen to take your rowing to a higher level, we can strongly recommend you to participate in our Winter Program to work towards these targets or faster!

Contact Head Coach Tom Doornbos for more info: tom.doornbos@loreto.sa.edu.au

Supported by:

LOS&CRC LEGENDS – let's keep rowing (and have) fun 😊