

# Year 12 and Rowing? YES, YOU CAN!

Loreto Old Scholars and Community Rowing Club are the only club in SA that offer a fully flexible and individualised program to Year 12 rowers who want to keep rowing after Head of the River.

This program is about what YOU need and about what we can do to support YOUR GOALS.

Busy week at school? *No problem to train less!*

Everything going well and keen to train? *More than welcome!*

Exams time? *Take it easy and focus on your studies!*

Off to Schoolies? *Too easy, have fun!*

**Holly Ashworth, Hannah Sexton and Noni Maccallum** each had a different individualised program, but all ended up making the Youth Eight, going to Nationals and close to or going to Junior Selections. If you trust our process, you'll get the results!

*No two athletes are the same, so why should everyone follow the same program?*

Your coaches:

**Tom Doornbos** – Loreto College Head Coach / 2020 SA Queens Cup Coach / Former Dutch National Team / 2\*FISU World Championships / 3\*Henley Royal Regatta / 2013&2014 Senior World Championships / 3\*World Cup medalist

**Peta White** – Assistant Coach / 7\*SA State Team / Australian National Team 2009 – 2014 / Junior and U23 World Champion / 2012 FISU World Championships / 2011 & 2013 Senior World Championships

Costs:

\$350.00 + Rowing SA fees

Keen?

Leave your details and we'll be in touch!

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