WELCOME BACK – To all Norwood Morialta High School Rowers!!! Hopefully you all enjoyed the break whilst maintaining a good level of fitness. We have a busy 6 weeks ahead with 6 planned regattas.

TRAINING – The training schedule will be finalised by the end of Week 1. All rowers are expected to train and train hard. Rowers are expected to train at least twice a week but 3 sessions are preferred. The harder we train the better we will perform at our regattas!! Just a reminder to be sun smart and bring water to all training sessions.

UPCOMING EVENTS – Aside from the upcoming regattas the NMHS Rowing Club will be having a BBQ at the Bunnings in Kent Town on Sunday February 21st. Support from rowers and parents will be needed for this to ensure that we can fundraise as much money as possible!! We will also be holding a Pasta Night at the River Torrens boat house on March 3rd. This will be in the lead up to the Year 8’s first regatta and will be an opportunity for the club to present all new rowers with a club rowing cap. Finally we are also exploring the possibility of holding a pool/8 ball night on the Parade in Norwood as an opportunity for all members of the club to get together and socialise but stay tuned for this.

YEAR 8 SPECIALIST ROWERS – Welcome to the NMHS Rowing Club to all new Year 8 rowers. The school has never had a Specialist Rowing Class so it really is exciting times for the Norwood Morialta High School. We have 23 students currently enrolled which is fantastic and will significantly boost numbers to the Club this year. The new Year 8 rowers will firstly learn how to row and then after a month of training compete in their first Regatta on March 5 at the School State Championships Regatta at West Lakes. Good luck to all new Year 8 rowers!
Mr Vanderloo
Rowing Coordinator