

JOHN XXIII COLLEGE ROWING CHEAT SHEET

YEAR 7 BOYS & GIRLS **YEAR 9-12 BOYS**

YEAR 8 BOYS & GIRLS **YEAR 9-12 GIRLS**

Water Training

@ John XXIII Rowing Shed, Canning Bridge
School Bus provided

Land Training

@ John XXII College Gymnasium
After school

YEAR 7 BOYS/GIRLS Learn to Row Program

TERM 4 – WATER training after school for 5 sessions

YEAR 8 BOYS/GIRLS After School Program

TERM 2 – WATER training after school
Compete in House Regatta end of Term 2

YEAR 9-12 BOYS Summer Rowing Season

TERM 4 – TERM 1

TRAINING

WATER training 5.30-7.30am Tuesday & Friday
BUS leaves school at 5.05am
6.00-9am Saturday

LAND training 3.30-5pm Tuesday & Wednesday

ROWING CAMP

3 days; last week of Summer Holidays

Rowers stay overnight in the school gym and bus to/
from training

Shared Family Dinner on the last night

REGATTAS

PSA Invitational – start 1st week Term 1
Saturday 8-11am

South West HoR – end Term 1

YEAR 9-12 BOYS Winter Rowing Season

TERM 2 – TERM 3

TRAINING

WATER training 5.30-7.30am Tuesday & Friday
BUS leaves school at 5.05am

LAND training 3.30-5pm Tuesday & Wednesday

REGATTAS

All Schools Competition – 4 regattas over Term 2 & 3

House Regatta – end Term 2

YEAR 9-12 GIRLS Rowing Season

TERM 1 – TERM 3

TRAINING

WATER training 5.30-7.30am Wednesday & Thursday
BUS leaves JTC 5.05am

6.00-9am Saturday

LAND training 3.30-5pm Monday & Thursday

ROWING CAMP

3 days; last week of Term 1 Holidays

Rowers stay overnight in the school TMEC and bus
to/from training

Shared Family Dinner on the last night

REGATTAS

All Schools Competition – 4 regattas over Term 2 & 3

IGSSA – held in Term 2 - 4 regattas plus HoR

House Regatta – end Term 2

REGATTAS

PSA (Public Schools Association) **BOYS ONLY**

PSA SCHOOLS – Aquinas College; Christ Church
Grammar; Guildford Grammar; Hale School; Scotch

College; Trinity College; Wesley College

- JTC is not a member of the PSA
- JTC is included in PSA regattas by invitation only from Host school
- PSA - 5 regattas plus HoR
- JTC is not invited to the PSA Head of River (HoR)
- Saturdays 8.30-11.45am

South-West Head of River (SW HoR) GIRLS AND BOYS

- Held in Bunbury towards the end of Term 1
- Family weekend away
- Last regatta of Boys' summer season
- First regatta of Girls' Rowing Season

IGSSA (Independent Girls' Schools' Sport Association) GIRLS ONLY

IGSSA SCHOOLS – John XXIII College (JTC); St Hilda's; Perth College; Penhros College; Methodist Ladies College (MLC); Presbyterian Ladies College (PLC);

- JTC is a member of IGSSA rowing and attends IGSSA meetings
- JTC HOST an IGSSA regatta
- 5 regattas incl HoR are held in Term 2
- Saturdays 8-12pm

All Schools' Regattas GIRLS AND BOYS

- JTC is a member of the All Schools' Competition
- 3 regattas plus Championship held in Term 2 & 3
- Saturdays 8-12pm
- Presentation Dinner held night of Championship
- Season ends for all rowers after Championship