

## LOOKING FOR A DIFFERENT SPORT?

Continued...

- Rowing (contact Mrs Sam Lowe, teacher at SJC; <http://www.mildurarowingclub.org/>)  
Rowing is a terrific full body fitness exercise for young and old. Mildura Rowing Club has fantastic coaches who offer learn-to-row sessions on a Tuesday evening and have a junior rowing program. We have a number of current female SJC students who are part of the junior program but the club would love to have more boys there trying the sport. However, all are welcome!
- Lawn Bowls (contact Mr Chris Mitchell, at Mildura Bowls Club, 0409 348 600): Lawn Bowls has been used intermittently through our school PE program and the students always seem to enjoy the social aspect but also how competitive and skilful the sport can be. There are currently some excellent younger bowlers in the district but the Mildura Lawn Bowls club would like to have more junior players!
- Mountain Biking (contact Mr Damien Gibson, at Coomealla Mountain-less Bike Club, 0422 875 988; <https://mountainlessbikeclub.net.au/>) SJC run mountain biking as part of Year 8 PE and VO/VCE Outdoor Education programs. Despite not having many mountains, we actually have a mountain bike club that holds race meets regularly at Dareton. There are trained junior coaches who run coaching sessions at every race meet and the club meets for occasional social rides. There are many junior riders and membership numbers are increasing every season. Contact the club if you'd like to improve your fitness, riding skill and/or race!