

ROWING

- Gold Medal: Under 17 Double Scull - National Secondary Schools (Maadi) Cup, Josh Ngaia and Daniel Ward
- 30 Athletes: 19 senior rowers, 9 Novices
- 30 years combined coaching experience
- Give it a Go! - Learn to Row programme available to all
- Weekend and longer trips away to exciting destinations - Meet new friends within school, within Wellington and across the country.
- Excellent for building mental and physical fitness and strength.
- Maadi cup is the biggest sporting event in the Southern Hemisphere.



Year 9 Guide

Terms Competed: 1 & 4 (Summer; September-April)

Event Days: Various weekends and days over the season

Training: 3-4 times per week.

Costs: Learn to Row \$500 Full Season Rowing Fees \$2500

Equipment and clothes: All equipment supplied. Tshirts, hoodies, caps included in costs.

Other Information: Places available for Coxswains. Steer the boat! Boss big guys around! Motivate the crew!

Contact: jonathan.millmow@stpats.school.nz