

ROWING SOUTH AFRICA



The National Squad opens its doors to all Senior athletes (U23 and Elite, Women and Men) and invites you to train at Roodeplaat in preparation for the upcoming assessments from the beginning of October 2016.

Assessments:

1. ERG TESTING 26 and 27th October (2000m, 5000m, 17000m @ 24)
Regional Centres: TUKS, Rhodes University, UCT & Michaelhouse KZN

2. Gauteng Junior Champs Sat 5 November: Sculling races (Heat and Final)

This will form part of the continuous assessment for prospective squad members for the season ahead.

Arrangements:

First session starts at Roodeplaat Dam on the Monday the 3rd of October at 7:30am, please bring your single scull.

There will be morning sessions at Roodeplaat Monday to Friday. Further training information will be given then to the group.

If you have strong aspirations for the Tokyo Olympic cycle, this is a good time and place to start.

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