

# Winter 2024

## ROWING PATHWAYS DEVELOPMENT PROGRAM



School Aged Years 8 to 12



22nd April to 31st August



159 Bundall Rd, Bundall



c.holliday@griffith.edu.au



0431 416 004



www.gusprc.com.au



REGISTER NOW



Limited  
Numbers!





# PROGRAM FOCUS

- ✓ Develop Single Sculling
- ✓ Develop Crew Boat Rowing
- ✓ Technical Development
- ✓ Structured Training
- ✓ Access to Gym & Off Water Training at Shed
- ✓ Race Opportunities

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- **PROGRAM DURATION** 16 weeks, plus ongoing membership for the remainder of 2024
  - **PROGRAM COST** \$550 \*Includes all coaching, annual Club membership for 2024 & Pathways T Shirt.
  - **START DATE** Monday 22nd April 2024
  - **SESSION DAYS** 2 x Sessions per week Mon to Sat (actual squad days TBC after registration).
  - **DEADLINE** Registration closes Friday 6th April 2024

This program will also awards opportunities to compete at the QLD State, NSW State and Australian National Championships for selected u17 and u19 athletes.



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