

STAY INVOLVED THIS WINTER

WITH YOUR CLUB &



	ROWING SA	CLUBS	ATHLETES	COACHES
27/04 - 03/05	2021-25 STRATEGIC PLAN REVIEW PRESENTATION 6:00pm, Wednesday, April 29 REGISTER HERE!	VIRTUAL OPEN DAY Check your favourite clubs social media pages!	WEBINAR - MANAGING UNCERTAINTY & WELL-BEING TECHNIQUES with Geof Boujar-Marsland (Psychologist) 4:00pm, Friday, May 1 REGISTER HERE!	WEBINAR - COACHING DURING COVID-19 with Renae Domaschewz (Rowing ACT/ACTAS) 6:00pm, Thursday, April 30 REGISTER HERE!
04/05 - 10/05	ROWING SA CHALLENGE CLUB: THE HENLEY ON FOOT Find all the details HERE and join the challenge with the Rowing SA group on STRAVA 			
11/05 - 17/05	2021-25 STRATEGIC PLAN CLUB WORKSHOP (2X CLUB REPS ONLY) 10:00am, Saturday, May 16	SASI WINTER PROGRAM SUPPORT SESSION Details coming soon!	WEBINAR - ROWING STRENGTH, CONDITIONING, & FLEXIBILITY (FOR MASTERS) with Rhiannon Hughes (Physiotherapist) 5:00pm, Tuesday, May 12 REGISTER HERE!	WEBINAR - MAKING ERGS FLOAT (TECHNIQUE EDITION) Details coming soon!
18/05 - 24/05	ROWING SA CHALLENGE CLUB: JED'S 776BC BODYWEIGHT WORKOUT Find all the details HERE and join the challenge with the Rowing SA group on STRAVA 			
25/05 - 31/05			WEBINAR - ROWING SPECIFIC CORE & STRETCHING FOR ALL (#1) with Rhiannon Hughes (Physiotherapist) 5:00pm, Tuesday, May 26 REGISTER HERE!	WEBINAR - MAKING ERGS FLOAT (POWER EDITION) Details coming soon!
01/06 - 07/06	SEASON REVIEW & 2020/21 DRAFT CALENDAR PRESENTATION 6:00pm, Monday, June 1st	ROWING SA CHALLENGE CLUB: LOFTYING Find all the details HERE and join the challenge with the Rowing SA group on STRAVA 		
08/06 - 14/06	CLUB CHECK IN & PLANNING WORKSHOP Details coming soon!	WEBINAR - TECHNIQUE & INJURY PREVENTION with Rhiannon Hughes (Physiotherapist) 5:00pm, Wednesday, June 10 REGISTER HERE!	DEBATES IN ROWING Details coming soon!	
15/06 - 21/06	ROWING SA CHALLENGE CLUB: THE BIG K'S CHALLENGE Find all the details HERE and join the challenge with the Rowing SA group on STRAVA 			
22/06 - 28/06			WEBINAR - ROWING SPECIFIC CORE & STRETCHING FOR ALL (#2) with Rhiannon Hughes (Physiotherapist) 5:00pm, Monday, June 22 REGISTER HERE!	WEBINAR - WHAT NEXT? GETTING BACK TO NORMAL & BACK ON TRACK Details coming soon!
29/06 - 05/07	ROWING SA CHALLENGE CLUB: THE PEOPLES CHOICE CHALLENGE Find all the details HERE and join the challenge with the Rowing SA group on STRAVA 			
06/07 - 12/07			WEBINAR - MENTAL HEALTH & WELL-BEING THROUGH MINDFULNESS with Geof Boujar-Marsland (Psychologist) 4:00pm, Tuesday, July 7 REGISTER HERE!	WEBINAR - SEASON & SESSION PLANNING Details coming soon!

INFORMATION WILL BE UPDATED WHEN IT BECOMES AVAILABLE. PLEASE KEEP AN EYE ON THE ROWING SA FACEBOOK PAGE OR WEBSITE, OR CONTACT YOUR CLUB!