

**Fremantle Rowing Club**

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# School Rowing

**Student development  
Educational opportunities  
Health and well being**

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# Why Rowing?

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Rowing is a great sport for students which helps develop teenagers into young adults.. Rowing teaches students skills and values that will be helpful at all stages of life.

- Perseverance** Rowing is a sport that is easy to get started with, but very difficult to master. It takes time and perseverance to develop all the skills to master the rowing stroke. It teaches the value in learning from failures and how to work towards your goals.
- Team Work** Rowing is the ultimate team sport, there is no bench or bad positions, all seats in the boat have equal importance and everyone must work together.
- Work Ethic** Rowing challenges all athletes to push their individual limits. It does this in a safe environment, where the focus is on improving themselves so they can they can beat their PB, and be their best.
- Accountability** Rowing teaches athletes to be accountable. If an athlete doesn't turn up, the crew boat can't get on the water.
- Leadership** Rowing provides many opportunities to develop leadership qualities. Every athlete has the opportunity to lead by example, and in such a tight-nit crew environment, these examples are amplified.
- Personal Development** Rowing helps athletes develop physically and mentally, and teaches the importance of mental and physical fitness for overall health and well being. It also provides daily challenges, which helps personal growth.

## Educational Opportunities

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With rowing being an Olympic sport, there are a number of educational pathways from around the world, that allows both higher education, and high level rowing with many institutes providing full scholarships.



### US Colleges

Rowing is a Division 1 sport in over 20 US Colleges, with many offering full athletic scholarships. In recent years, WA rowing students have been offered scholarships to UCLA, Berkeley, Washington, Stanford, and Harvard.



### UK Universities

Rowing is also a high-profile sport in the UK, with a number of universities providing academic and sporting scholarships, including members of the most prestigious university boat race in the world, Oxford and Cambridge Universities.



### National Training Centre

As well as focusing on their rowing, athletes at the two National Training Centres, home to rowers representing Australia on an international stage are encouraged to undertake higher learning, to ensure they have opportunities post rowing career.

# Rowing Programs

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Getting your school involved with rowing is easy, and we have levels of involvement that cater to each schools individual needs.

## School and Club Partnership

A partnership with the Fremantle Rowing Club is the easiest way to get started with rowing. Students from your school will join our current junior program, so there is no additional cost associated with this level. It is more about opening a door and creating a pathway. This could be achieved by:

- Advertising the club and program around the school
- A club coach speaking at an assembly
- an info day at the school

## WAIS Talent ID Search

The club can run a rowing Talent Identification search at the school, which is conducted in partnership with the WA Institute of Sport. Selected athletes will have the opportunity to then undertake the WAIS TID rowing program.

## Indoor Rowing/ P.E program

We can run a program at your school, with the use of indoor rowing machines. With a full 9-10 week program we can run classes throughout a term with fun games, and virtual racing.

## Outdoor Ed program

The club is able to offer a P.E or Outdoor Ed program for your school. This can be done year round, however would work better in terms 1 and 4 due to the warmer weather. This can be customised and tailored to suit your schools needs.

## Full Rowing Program

If your school would like to join a number of other schools with dedicated rowing programs then we could facilitate this within the Fremantle Rowing Club. We can provide a full service program including boats, facilities, coaches and administration.



# About Fremantle Rowing Club

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The Fremantle Rowing Club has been around for over 130 years. It has a focus on athlete development and has had a junior program within the club for the last 50 years.

The current junior program competes at the All Schools competition held at Champion Lakes in Armadale. We have a number of juniors currently at the club, primarily from non-traditional rowing schools such as CBC Fremantle, JCCA, and other local Fremantle schools.

The Clubs motto is - *Pull Together* - a statement which drives our commitment to work together and create a community centric club.

The Club's four core values dictate how our athletes operate within the club and how we conduct ourselves. These values are:

1. Athlete Accountability
2. Input = Output
3. Follow the structure, trust the process
4. Professionalism

The Club is also a member of the 'Act Belong Commit' program, believing strongly in the value this program has for our members and the community.

The Club also has a strong child protection culture with all coaches, and committee members holding WWC Cards. The club has a comprehensive child protection policy with a focus on ensuring the safety and security of our junior members.

## Contact

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