

Newsletter — April, 2021

The Sunshine Coast Indoor Rowing Club



The Club president, Wendy Coghill, enjoying a training session at O2 performance with SCIRC members, Stephen French, Peta Robinson, Lesley Duffy and Gary O'Callaghan, all aiming for GOLD.

There will be training sessions at O2 Performance every Saturday at 9 am up until the QLD Championships in June. Coach Rob Cossalter will be in attendance again on Saturday, 17th April. Rob works every second weekend. If you are not a member of O2, you will need to pay just \$5 per session and will be able to use any of the gym equipment as well as the rowing machines for that session. If you're coming regularly, you will also need to join the Indoor Rowing Club for just \$25 for 12 months or \$15 for Juniors.



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QLD Indoor Rowing Championships

The Queensland Indoor Rowing Championships are fast approaching and will be held on **Sunday, the 6th of June** at **O2 Performance** at Bokarina on the Sunshine Coast.

This year, all entries must be done online which means there'll be no guest competitors, no free entries, and no bulk entries. If you require any assistance with your registration, please get in touch with an Indoor Rowing Club committee member and they will be able to help you.

We're looking forward to an incredible competition this year despite the continuing covid-19 disruptions! We have safety and hygiene protocols in place ready to keep you safe.

Ages from U10 to 95+

Distances:

- Schools' Challenge
- 1 min
- 100 m
- 500 m
- 1,000 m
- 2,000 m
- Mixed relays

Enter online: www.qldir.com

Enquires to: info@qldir.com

Entries close: 16th May



Students from Sunshine Coast Grammar at last year's competition.

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QRowunion Lunch

Last year everyone did so well in the Indoor Rowing Interstate Challenge - Queensland won! - organised by Rowing Australia. We'd like to continue showing our support for the broader rowing community by promoting the QRowunion Lunch that Rowing Queensland is holding in October.

Date: Noon, Friday 22nd October

Venue: Plaza Ballroom, Brisbane Convention and Exhibition Centre

MC: Ray Ebert

Special Guest Speakers:

David Rose — HOR winner 1977, Qld KC Rep 1982, Rhodes Scholar 1982, President of WA Rowing, Director with KPMG with over 30 years of diverse experience in the mining industry

John Coates AC — Australian Olympic Committee President, International Olympic Committee Vice President, former President of the Australian Amateur Rowing Council

Cost: \$130

If you're interested or would like further information, please contact

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