

Rowing this week

W/J16 & above - Saturday's session is being replaced by a Friday session in the Gym.

W/J15 - as normal

W/J14 - as normal (including Saturday's session)

Rowing over half term

There will be some rowing sessions over half term. Due to safety considerations, they will be restricted in numbers, with the earliest athletes to reply to get a place on the sessions. I will reply to texts/emails to confirm whether you have a place.

Tuesday 27th Oct: 9-11.30am

Thursday 29th Oct: 9-11.30am

Daylight changes

The hour change over half term brings the changes near, but we usually have a little longer after half term before rowing after school is no longer possible.

Regards

DC