

Rowing: Academy in Australia

Duration: 10 weeks



Overview

The Sport Lived Rowing Academy gives you the chance to row in Brisbane, Queensland's picturesque state capital. Our course provides the ultimate rowing experience where you'll receive elite coaching and have access to outstanding facilities.

Recommended for:

- Working intensively on your technique
- Meeting friends through club and academy
- Training alongside elite rowers & coaches
- Time to travel before/after your programme

At a glance:

- Daily training and regular regattas
- Access to world class rowing facilities
- Elite coaching from highly skilled staff
- 4-star fully furnished accommodation

Sporting adventures

Our rowing academy programme runs for 10 weeks from January - March. Whilst on the programme you'll train with the University of Queensland Boat Club and have the chance to compete in state and national regattas. You'll live 15 minutes from the university in 4-star city centre apartments with other Sport Lived participants.

Prices and dates...

Location	Duration	From	To	Price
Brisbane	10 weeks	10/01/2011	20/03/2011	£ 5495

Tuition

We've assembled a high quality coaching team to deliver the academy programme. You'll receive tuition from leading coaches, sports psychologists and fitness experts who'll analyse and develop every area of your game.

The coaching at the academy will focus on:

Rowing technique

You'll receive one-on-one coaching, indoor sessions, and water drills to improve your rowing technique.

Physical attributes

Specialist coaching sessions focusing on all aspects of the physical game including strength, power, speed, agility and endurance development

Psychological conditioning

A key area for rowing development, you'll work on mental skill development. Coaches will work with you on goal setting, overcoming negative thinking, pre-game preparation, visualisation, etc.

Athlete education

Academy students learn about wider aspects of organisation, sport and rowing. You'll undertake lessons in diet and nutrition, injury prevention, tactical and decision making development and time management.

Facilities

Academy sessions take place at the University of Queensland which is on the Brisbane River and has a boatshed and excellent sporting facilities.

At a glance:

- Boatshed on the Brisbane River
- Quality boats including eights and fours
- Gym and fitness centre
- Swimming Pool
- Athletics track
- Video analysis equipment

What to expect

When you arrive at the academy a thorough assessment is made of your strengths and

weaknesses. This assessment provides the basis of your training programme at the academy. Performance objectives are set and continually reviewed as development occurs. The academy has an in-house sports medicine facility which includes physiotherapy, massage therapists and sports physicians.

Timetable

A typical weekly schedule on the 10 week programme is shown below. On the programme players undertake a combination of rowing specific training sessions, strength and conditioning, sports psychology and general rowing education seminars.

A typical weekly schedule...

	Activity AM	Activity PM
Monday	8am - 10am Rowing Specific Training	2pm - 4pm Fitness Session
Tuesday	All Day Optional Gym Session & Free Time	
Wednesday	8am - 10am Rowing Specific Training	2pm - 4pm Fitness Session
Thursday	8am - 10am Rowing Specific Training	12pm - 6pm Optional Gym Session
Friday	8am - 10am Rowing Specific Training	2pm - 4pm Fitness Session
Saturday	All Day Optional Club Training/ Regattas	
Sunday	All Day Rest & Optional Social Activity	

Regattas and competitions

At the academy you might be selected to represent the University of Queensland Rowing Club at regattas and competitions. Athletes who perform particularly well could be selected for crews competing at the Australian National Championships which are held in March.

Whilst at the academy you'll have the opportunity to train alongside some of Australia's best rowers. The University of Queensland Rowing Club is recognised by Rowing Australia as one of

the country's four elite clubs. The club accommodates rowers of all abilities and has an elite stream which boasts Olympians, Youth Olympics and World Championship representatives as well as National and state champions.

Your pad

Accommodation is key to the Sport Lived experience. You'll live in 4-star centrally located apartments. The academy is a 20 minute bus ride from your accommodation and with lots of bars, clubs, restaurants and shops located close by there are plenty of places to work, rest or play!

At a glance:

- 4-star fully furnished apartments
- Located close to transport and nightlife
- Shared with Sport Lived participants
- Inclusive of bills leaving you free to have fun

Home from home...

Apartments are shared with other Sport Lived participants and include many mod cons. Each complex has a 24 hour reception and many have an in house swimming pool and gym. Apartments are fully furnished including a tv, linen, kitchen appliances, washing machines, etc. NB: Illustrative accommodation pictures.

Social life

Regular social events are organised for rowers attending the academy. These include bush trips, days out at the beach and an end of programme dinner.

Through your rowing club...

Rowing clubs enjoy an unrivalled reputation for their social activities! Pub crawls, fancy dress parties, BBQs and nights out at major events will ensure there's never a dull moment.

With Sport Lived...

You'll live alongside other Sport Lived participants who are playing and coaching a wide variety of sports. This provides a ready made group of friends for you to get together with and explore life in your chosen Aussie city. Your programme will begin with introductory drinks during the first week, co-ordinated by your mentor who will also organise monthly social events. These might include a day out at a seasonal sporting event, a traditional Aussie barbie, pub golf, etc.

FAQs

Do you have to be a really good rower to attend the academy?

No. Rowers of all abilities can attend the cricket academy where they'll receive high quality coaching.

How many rowers usually undertake the programmes?

There are usually between 10 and 12 rowers on each academy programme.

What type of visa should I obtain if I attend the rowing academy in Brisbane?

The programmes are intensive, so most players don't work during their time at the academy. We therefore suggest that people obtain an Australia Tourist Visa which your travel agent should be able to organise for you.

If you plan to extend your trip and work in Australia then you should obtain an Australian Working Holiday Visa. This visa enables you to live and work in Australia for up to 12 months. Sport Lived can put you in touch with reputable companies who can organise your Australian Working Holiday Visa.

Can I stay in Brisbane at the end of my programme?

Yes. If you would like to do this please liaise with the Sport Lived staff in Brisbane.

Does our accommodation have internet facilities?

Yes, all apartments have broadband internet access should you wish to bring a laptop.

What bills will I have to pay for in my accommodation?

The apartments are self-catering so you'll need to buy food. Cooking facilities and utensils are provided. You'll also need to pay for the telephone and internet access.

What clothes are provided at the academy?

Upon arrival, you'll receive academy t-shirts, jumper and shorts.

Your coaching team

Your training at the Academy will be led by world class coaches. Our team includes specialists in a variety of disciplines so that all aspects of your sporting development will be covered. Read the profiles of your coaching team below and prepare to be blown away by their experience and enthusiasm.

Antony Wood: Rowing Strength and Conditioning Coach

- Co-ordinates physical development programmes for all academy players
- Programmes focus on developing players speed, agility, strength and power
- Level 1 Strength and Conditioning Coach
- Has a Human Movement Studies Degree from the University of Queensland
- Previously held strength and conditioning roles with the Queensland Rugby Development Squad, Brisbane Bullets Basketball Team and Brisbane Wolves Football Club