About RGS Rowing

Historically, RGS has had a strong Rowing programme, led by coaches and administrators who have helped develop elite athletes to perform at world level. Graduate Sasha Belonogoff (RGS 2007), pictured, is a 2016 Olympic Silver Medallist. RGS regularly competes at State and National Rowing Championships. RGS rowers at the 2016 Queensland Schools Rowing Championships at Bucca Weir, won three gold, two silver and four bronze medals, as well as winning another bronze medal in an Inter-Regional race.

Highlights of RGS Rowing 2015 include:
• winning three medals at the National Rowing Championships
• attending the South Queensland Rowing Championships
• earning a record 39 medals at the North Queensland Rowing Championships
• topping the medal tally with five gold, one silver and five bronze at the Queensland Schools Rowing Championships hosted in Rockhampton

RGS Rower competes in Rockhampton Inter-School Regattas along with Central Queensland and North Queensland Schools Championships Regattas.

The extensive boys and girls programme attracts about 100 Year 8 to 12 participants annually and is held on the Fitzroy River at Harman Street, Rockhampton.

www.rgs.qld.edu.au/rowing

RGS Co-curricular Sport

RGS students participate in a wide range of competitive pursuits.

Our extensive facilities – an indoor gymnasium, two sporting ovals, an undercover arena, an outdoor Olympic size swimming pool and aquatic centre, tennis and volleyball courts as well as a beach-front campus and Fitzroy River rowing facilities – allow students to extend their talents, fulfil their potential in their chosen fields and strive for excellence in secure and rewarding environments. Offering a progressive and varied programme ensures every student has access to a comprehensive suite of activities that stretch well beyond the traditional, including scuba diving, aerobics and Tae Kwon Do.

We believe participation from everyone is central to a successful whole-of-school physical activities programme. The School’s inclusive sporting philosophy encourages students across all year levels to embrace the benefits of ‘joining in’ and ‘having a go’. Catering for all ability levels, there is an emphasis on supporting a well-balanced and healthy lifestyle.

All efforts are applauded in an atmosphere that prizes teamwork, sportsmanship and respect.

Every opportunity. Every student. Every day.