

## **Get Going...Get ROWING Programme – Dominican College Secondary School**



### **About the School**

Dominican College is an all-girls secondary school on Griffith Avenue, Dublin 9.

### **About Get Going ... Get Rowing**

This Rowing Ireland and Women in Sport schools' initiative gives students the opportunity to engage in a new sport, where they may not have had the opportunity to do so before.

Rowing Ireland provides a number of ergometer rowing machines on loan to participating schools as well as providing the school with a Rowing Ireland trained coach to help deliver the 4/6 week programme during PE class time.

### **Dominican College – ROWING Programmes**

PE teacher Deirdre Walls contacted the [Get Going...Get Rowing](#) programme as she had seen the success of a similar programme in the UK. The programme was introduced to Dominican College in 2014 and between then and now the whole school, nearly 700 students from first year to sixth year, have taken part in the programme and tried rowing as part of their PE programme. It has been an incredible success.

Get Going...Get Rowing is a 4/6 week programme delivered as part of the PE programme. On completion students get the opportunity to row on the water. This year students took part in a schools' blitz at Island Bridge Rowing Centre on October 20<sup>th</sup>. They also participated in a blitz that took place in Trinity College, Dublin on Friday 13<sup>th</sup> November 2016 alongside 500 other students from schools across the country. The event was organised by Trinity College in partnership with Rowing Ireland, showing how sport and academia can be so well combined. Trinity College offer a number of rowing scholarships every year to students.

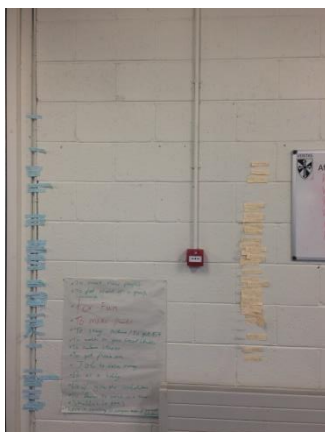


### **Try Rowing Transition year Programme**

25 TY students completed the 6 week [Try Rowing](#) transition year programme and were awarded with an introductory rowing coaching certificate form Rowing Ireland.

### **Rowing in the Morning**

Dominican College has a morning gym club. Many of the girls use the rowing machines during their gym visit so the school has established a Leaders Board.



Schools interested in either the **Get Going...Get Rowing** or the **TrY Rowing** programmes should contact [michelle.carpenter@rowingireland.ie](mailto:michelle.carpenter@rowingireland.ie)