

Peyton Jewell,

My name is Eleanor Wilson and I am the Director of Rowing at St Peters Lutheran College in Brisbane, AUS. I also run the High Performance Program at Brisbane & GPS Rowing Club.

I met Peyton back in November last year (2016). Peyton was very eager to improve her rowing in the “off season”. She had come from a school program that didn’t do much in the way of work on the ergo. Her first ergo she did with us was an 8:04, on static. This wasn’t fast enough for her to be on the water with the HP squad. Peyton however approached me afterwards to ask if she could at least do the land based training with the squad which are gym, ergos and road bike. This to me indicated she was really determined to improve and better herself using her own initiative.

Peyton, from all our HP athletes has not missed a single land based training session. The transition in her physique over just 4 months has been incredible and the development of a much more robust athlete. Peyton has been able to take 14 seconds off her ergo in just 4 months. It is exciting to see what she is capable of with consistent training on the erg.

Peyton has proved to me in the areas of;

- Her diligence to training
- Her ability to thrive and work well in a squad environment
- Her aptitude to never complain or negotiate work load or intensity
- Positive and caring nature, team player
- Understanding of goal setting and what it requires to reach targets
- Will do what is required of her to the best of her ability

I think there are some minor technical changes that need to be made on the erg, however these will only improve Peyton’s overall time and efficiency. I have confidence that in her final year of rowing for school, Peyton has the potential to drop her ergo below a 7:40.

Please do not hesitate to contact me if you have any further questions regarding Peyton’s on land based training (ergs, gym & bike).

Kind Regards,

Eleanor Wilson

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