



Malta's First Indoor Rowing Gym - An initiative by the University of Malta Rowing Club.

The University of Malta Rowing Club today at the University of Malta Grounds announced the first Indoor Rowing Gym in Malta. An initiative supported by Sports Malta and University of Malta, the gym is operating at full capacity.

The University of Malta Rowing Club (UM Rowing Club) recognises the need to promote alternative sports which are accessible to students, alumni and staff. The Club supports a number of active rowers and offers rowing classes including during Degree+ hours, these were made possible through the Sports Malta Technical Equipment Grant and the continuous support of IPES, Degree+ office within UM, and Ghaqda Regatta Nazzjonali u Qdif lehor. The Club recognises the challenges that students face to participate in sports while also studying. The indoor rowing gym which is located at University of Malta Msida Campus aims to mitigate this problem by offering a safe space where everyone is welcome regardless of their abilities.

The Club, which participates in sliding seat rowing, a zero impact sport, is now one of the established sports clubs at the University of Malta and within the Ghaqda Regatta Nazzjonali u Qdif lehor. The Club participates annually in the National Indoor Rowing Championship. In this year's event athletes from the Club won 1st and 2nd place in the heavyweight 1000m male category. Recently the Club applied for grants to purchase two coastal rowing boats in order to start rowing outdoors.

Present at this Press Conference were Junior Minister for Sports and Youth, Hon Clifton Grima. Representing the University of Malta and Pro-Rector for student affairs, Prof Carmen Sammut.

Luke Frendo - President of the Club added: *"This bodes well for our future as a club, with 20 rowers regularly training with the club, such an investment is already reaping its benefits"* he continued by thanking Sports Malta and Hon Grima for their continuous help and commitment to growing this nascent sport.

Eman Borg
Secretary-General
20/11/2019
