

Fall U19 PRACTICE Schedule



Full Package DRC Rowing & Studio Dryland Schedule



Our 6th Fall Season **officially begins with Practice Saturday the 19th** of August.

Notice: This SCHEDULE IS SUBJECT TO CHANGE for load-leveling purposes

Where → Group ↴	STUDIO DRYLAND Northshore Fitness Studio Strength & Conditioning + Rowing ERG	ROWING Dammrich Rowing Center On the Water	Notes
JV VARSITY	Monday: 5:15-6:45PM Wednesday: 5:15 - 6:45PM	Tuesday: 5:20AM and/or 4:50PM Thursday: 5:20AM and/or 4:50PM Saturday: 7:20AM	<u>NOTICE to U19 Team</u> Rower attendance is CRITICAL for Performance & Team morale. Safety also plays a part in this for NOVICE rowers. Any NOVICE rower with two or more practice absences or poor Regatta commitment in the Month of September may be withheld from or limited in their participation.
NOVICE	Tuesday: 4:45 - 6:30PM	Monday: 4:50PM Thursday: 4:50PM Saturday: 7:20AM	Any rower that FAILS to notify the Director proactively or retroactively via a private text message is in violating the Code of Conduct.
DEV	Monday, Wednesday & Thursday: Drop-In 3:15 - 5:15PM Tuesday: Drop-In 3:15 - 6:30PM Saturday: 11AM - 1PM	Tuesday: 4:50PM Wednesday: 4:50PM Saturday: 1, 2:30 & 3:30PM Sunday: 10AM, 1PM & 2:30PM	Practice does MAKE PERFECT in Crew!