

Spackenkill Rowing Club Novice

Communicate • Respect • Effort • Work Together

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Important Dates for March

Friday, March 3: Spackenkill Rowing Club Dues Need to be paid.

\$250 for Novice. Make checks payable to: "Spackenkill Rowing Club." Give Payment to Joe Gagliardi (jfgags@gmail.com, 845-418-9261) or Mail to:

Spackenkill Rowing Club
PO Box 1904
Poughkeepsie, NY 12601

Monday, March 6 at 3-4pm: Safety Video/Start of the Season for Varsity Boys and Girls.

At end of school dismissal, Novice will take Rt. 5 bus to the High School. Safety Video and Spackenkill Rowing Club Intro will take approximately one hour. No Learn-To-Row afterwards. Pick up at 4pm.

Sat 11 or Sun 12 Time TBA: Open House/Tour at HRRA Boathouse for Novice and Parents- would there be interest in this? Pls let me know!

Monday, March 13 at 3:30-5pm: Start of Season for Novice.

Online Registration, US Rowing Waivers, and physical clearance MUST be completed - will not be allowed to practice until all are handed in. Take after school bus at 3pm to High School for practice. Practice will continue at High School until further notice.

Tuesday, March 14 at 3-4:30pm: Mandatory Swim Test at Vassar College-Walker Field House/Kresge Pool. NOTE: Parents, please **pick up at the Walker Field House** at Vassar College- directions below. A bus will pick up all 1st time rowers at Todd Middle School at 3:00 pm. Novice will ride with Coach Maya to Vassar College. Please bring **Swimsuit, Towel, Sweatshirt, change of clothes, and plastic bag for wet clothes**. The Swim Test will be 3 laps (6 lengths) with bathing suit, putting on a sweatshirt and treading water for 5 minutes, and finally, putting on a life vest in the water.

Directions

1. From Main Gate go straight toward Main Building.
2. Turn right at the 2nd stop sign onto Main Campus Dr.
3. Turn left at the next stop sign.
4. Turn right onto Sunset Lake Dr.
5. Continue down the hill, over the bridge, and up the hill
6. The AFC is the brick building on right.
7. Parking lot on left

Saturday, March 18 (Time TBA): HRRA Erg Race at Marist College.

Hudson River Rowing League erg race!!!! Will compete against other clubs. Novice will race 1k. (TBA who will compete).

Tuesday, March 21: COSIMO'S DINNER FUNDRAISER!!! Mention Spackenkill Rowing Club and a portion of the check will go to SRC!!! There is no Novice Practice on this date!

Wednesday, March 29: Team Pictures at the Boathouse. Bring 2017 Spackenkill Rowing shirt and black spandex/compression shorts.

Spackenkill Crew

Mar 2017 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28 4:30pm - Learn to	1	2 5:30pm - Learn to	3	4
5	6 3pm - Team Safety	7 4:30pm - Learn to	8	9 5:30pm - Learn to	10	11 1am - Novice Open
12 1pm - Novice Open	13 3:30pm - Practice	14 Swim Test @ Vassar	15 3:30pm - Practice	16 3:30pm - Practice	17	18 HRRR erg race @
19	20 3:30pm - Practice	21 COSIMO'S	22 3:30pm - Practice	23 3:30pm - Practice	24 3:30pm - Practice	25
26	27 3:30pm - Practice	28 3:30pm - Practice	29 TEAM PICTURES @ 3:30pm - Practice	30 3:30pm - Practice	31	1