

SPACKENKILL CREW PRACTICE INFORMATION

Coaches determine practice schedule and will communicate with the rowers. The information below is for planning purposes and will change:

Practice at High School

Until the river is free from ice and the docks are in, practice will take place at the High School. Coaches may schedule a Tank practice at the Boathouse.

Varsity: Monday thru Friday 3:45 – 6:00 PM

Novice: Monday, Wednesday, Friday 3:45 – 5:15 PM

Practice at HRRR Boathouse – All rowers must be picked up at the boathouse

Once practice moves to the HRRR Boathouse there will be a bus that leaves the High School at 3:10, stops at Todd leaving at 3:15, and arrives at the Boathouse at 3:45. There is no return shuttle. **All rowers must be picked up at the boathouse.**

Varsity: Monday thru Friday 3:45 – 6:00 PM, Saturday/Sunday AM as required

Novice: Monday, Tuesday, Thursday, Friday 3:45 – 5:30 PM, Saturday/Sunday AM as required.

As the season progresses and we have more daylight and practices will be extended. Varsity boats may also start weekday morning practices.

Checklist for every practice

- Snack/food** before & after practice – fuel for workout and recovery. Lunch period can be very early and it's not good to start practice with an empty tank.
- Warm clothes** – Sweatpants, Sweatshirts, Jackets. It's always colder at the river!
- Snug shorts/pants and shirts** – loose/long clothing can get caught in slides.
- Warm clothes** – Hats, gloves, socks. It's always windier at the river!
- Running Shoes** – expect to run every day!
- Re-usable water bottle** (Large) – can fill at boathouse water fountain.
- Slides, Crocs** – the boats have shoes, so rowers will wear socks in the boat; a slip on shoe while carrying the boat makes it quicker to transition.
- Change of clothes / socks / warm clothing** – you will get wet.
- Rain Gear** - you will practice in the rain.
- Rowers leave backpacks, books, bags in the Spackenkil bay but the Boathouse does have a locker room with a limited number of lockers.