

# SPACKENKILL CREW PRACTICE INFORMATION

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

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 – this may be on a weekend.

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

Bus to the boat house will pick up at the High School and Todd Middle School:

- 3:10 Leave High School
- 3:15 Leave Middle School
- 3:45 Arrive Boathouse

**There is no return bus.**

## Practice Schedule

**Varsity:**

Monday thru Friday 3:45 – 6:00 PM

**Novice:**

2/26 – 3/11 > Monday & Wednesday 3:15 – 4:15 PM (Learn to Row at High School)

3/16 – 4/15 > Monday, Wednesday, Thursday 3:45 – 5:00 PM

4/20 – 5/20 > Monday, Wednesday, Thursday, and Friday 3:45 – 5:00 PM

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.
- Security** - Boathouse has a limited number of lockers. Rowers leave backpacks, books, bags in the Spackenkill bay.