

2023 Wappingers Crew Club

Winter Training Calendar @ RCK Weight Room February 2023

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
12 <i>THERE IS NO TRANSPORTATION FOR TRYOUTS</i> <i>THE BUS BEGINS AFTER TRYOUTS, ON 2/22</i>	13 5:30p-7p - Tryouts - RCK Weight Room <u>Varsity/JV Boys:</u> 2k Test <u>Varsity Girls:</u> Off <u>Novice Boys & Girls:</u> Off	14 <u>No Practice</u> (Valentine's Day)	15 4-5:30p - Tryouts - RCK Weight Room <u>V/JV Boys:</u> Off <u>Varsity Girls:</u> 2k Test <u>Novice Boys & Girls:</u> Off	16 5p-6:30p - Tryouts - RCK Weight Room <u>V/JV Boys:</u> Off <u>Varsity Girls:</u> Off <u>Novice Boys & Girls:</u> 2k Test	17 5:30p-7p - Tryouts - RCK Cafe <u>All:</u> Safety Video in the RCK Cafeteria Pickup at the Weight room	18
19 <i>All athletes must be picked up at the end of their practice from RCK/the boathouse</i> <i>There is no bus home. We encourage car-pooling!</i>	20 <u>No Practice</u> No School (President's Day)	21 5:30p-7p - Tryouts - RCK Cafe <u>All:</u> Full Team Workout in the RCK Cafeteria. Pickup at the Weight room. <i>This is the last day of tryouts. Regular practice begins tomorrow.</i>	22 <u>Regular Practice Begins 5 days/week in the RCK Weight Room</u> <u>Varsity Girls:</u> 4:00pm-6:00pm <u>Novice Boys:</u> 4:30pm-6:30pm <u>Novice Girls:</u> 5:00pm-7:00pm <u>Varsity/JV Boys:</u> 5:30pm-7:30pm <i>*Bus Transportation begins today*</i>	Winter Training Bus Bus Pickup Schedule <u>Bus #1</u> John Jay- Gym Lobby @ 2:30 PM Van Wyck- Gym Lobby @ 2:45 PM <u>Bus #2</u> Wapp Jr – Flagpole @ 2:30 PM Both buses will drop at RCK by 3 PM. Students should sit down by the weight room quietly w/ HW	Middle School Chaperones Van Wyck students should report immediately to the Cafeteria after the last bell & wait for the bus. Wappingers JHS students should report to the Main Lobby & wait with the chaperone. Any after school or bus behavior issues can lead to disqualification from the team.	Water Practice <i>When the ice melts on the Hudson River and the docks go in, we will move to the HRRR Boathouse in Poughkeepsie hopefully around April 1st.</i> <u>We will consolidate down to 1 Bus for the trip to the boathouse.</u>

2023 Regatta Schedule

<u>Date (Times are Tentative)</u>	<u>Race/Event</u>	<u>Location</u>	<u>Team</u>	<u>Notes</u>
Sat 3/25 AM <i>tentatively 7am-12:30pm</i>	Erg Race	Newburgh, NY	All	Volunteering at Maple Fest at Sharpe 3/25 2-4 PM
Sat 4/1 - Sat 4/8 AM & PM	Spring Break Practice	HRRA	All	2-a-day practices, time/dates TBA by coaches
04/28-04/30 Fri PM, Sat & Sun	Saratoga Invites	Saratoga, NY	All	
05/03 Wed PM	Dutchess Cup	HRRA	Varsity	
05/05 Fri PM	Novice Triangulars	HRRA	JV & Novice	
05/06 Sat PM	Varsity Triangulars	HRRA	Varsity & JV	
05/12-05/14 Fri PM, Sat & Sun	NY State Championships	Saratoga, NY	All	
05/20 Saturday All Day	Syracuse Invitational	Syracuse, NY	All	Spaghetti Warehouse team dinner on Friday
05/21 Sun AM	HVRL Novice Race	Rockland Lake	Novice	
05/24 Wed PM	W.A.R.S Race	HRRA	Varsity	
06/03 Sat AM	HVRL Championships	HRRA	Varsity	<i>Same day as last S.A.T. of the year.</i>
06/04 Sun AM	Row for the Cure	HRRA	All	

Note – Not all athletes will compete at all regattas, however, they should attend all races to cheer on their teammates and help out with equipment. Lineups will be determined by the coaches based on skill, strength, weight, attendance, behavior, improvement, and other factors.