

2024 **Wappingers Crew Club** Calendar
Winter Training - RCK Weight Room

February 2024

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
11	12	13	14	15	16	17
	N/A	N/A	N/A	N/A	<u>No Practice</u> No School (Conference Day)	
18	19	20	21	22	23	24
	<u>No Practice</u> No School (President's Day)	<u>No Practice</u> No School (President's Day)	<u>No Practice</u> No School (President's Day)	<u>Tryouts</u> RCK Weight Room <u>Novice Boys 2k Test:</u> 4:30 - 6 PM <u>V/JV Boys 2k Test:</u> 5:30 - 7 PM	<u>Tryouts</u> RCK Weight Room <u>Varsity Girls 2k Test:</u> 4:30 - 6 PM <u>Novice Girls 2k Test:</u> 5 - 6:30 PM	
25	26	Feb 27 - ~Apr 1				
	Tryouts Full Team Tryouts RCK Cafeteria 5:30 - 7 PM ----- <i>We will view the Safety Video closer to getting on the water. This is a mandatory viewing. Date/Time/Location TBD</i>	Regular Practice starts <u>5 days/week in the RCK Weight Room</u> <u>Varsity Girls:</u> 4:00-6:00 PM <u>Novice Boys:</u> 4:30-6:30 PM <u>Novice Girls:</u> 5:00-7:00 PM <u>Varsity/JV Boys:</u> 5:30-7:30 PM	<u>Winter Practice continues</u> <i>When the ice melts on the Hudson and the docks go in, we will move to the HRRA Boathouse in Poughkeepsie, hopefully around April 1st.</i>	Bus Information The first day we have a bus is on Tue 2/27. (There is no bus for tryouts.) The bus will only drop off, parents are responsible for pickup. Any after-school or bus behavior issues can lead to disqualification or suspension from the team.	Bus Pickup Time & Location <u>Wapp Jr Bus</u> • Stall #7 at Dismissal <u>John Jay Bus</u> • Gym Lobby at 3:10 PM <u>Van Wyck Bus</u> • Cafe Lobby at 3:10 PM Buses will drop students at RCK at 3:30pm & students should wait in the RCK Main Lobby before practice. When we move to the boathouse, 1 bus will take all 4 schools to HRRA.	

Tentative 2024 Regatta Schedule

<u>Date</u>	<u>Race/Event</u>	<u>Location</u>	<u>Team</u>	<u>Notes</u>
Sat 3/16 AM	Indoor Erg Race	NFA Main Campus	All	
Sat 3/23 - Sat 3/30 AM & PM	Spring Break Practice	<i>HRRA or RCK</i>	All	Time/Dates TBA by coaches
Sat 4/27 AM	HVRL Scrimmage with Suffern	Rockland Lake	All	<i>Select varsity boats may attend Saratoga Invites on Sunday.</i>
05/01 Wed PM	Dutchess Cup	HRRA	Varsity	Makeup date: 5/8 PM
05/03 Fri PM	Novice Triangulars	HRRA	JV & Novice	Makeup Date: 5/4 AM
05/04 Sat PM	Varsity Triangulars	HRRA	Varsity & JV	Makeup Date: 5/5 AM
05/11-05/12 Sat & Sun All Day	NY State Championships	NYS State Boat Launch- Saratoga, NY	All	<i>Tentatively Girls on Saturday & Boys on Sunday</i>
05/18 Saturday All Day	Syracuse Invitational	Long Branch Park- Syracuse, NY	All	Team dinner on Friday 5/17 in Syracuse
05/19 Sun AM	HVRL Novice Champs	Rockland Lake	Novice	
05/22 Wed PM	W.A.R.S Race	HRRA	Varsity & JV	
06/01 Sat AM	HVRL Championships	HRRA	Varsity	<i>Same day as last S.A.T. of the year. Please take the S.A.T. another day</i>
06/02 Sun AM	Miles of Hope Race	HRRA	All	<i>f.k.a. Row for the Cure</i>

Note – Not all athletes will compete at all regattas, however, they should attend all home 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. Additionally, regatta dates & times are tentative based on weather.