

Wappingers Crew Club

FALL Registration done on-line. <http://www.wappingerscrewclub.org/learn-to-row.html>

9/8 "OPEN HOUSE" H.R.R.A. Boathouse, 272 N Water St. Poughkeepsie 2-4 pm

9/13 LTR Parent Meeting for new rowers, RCK - Cafeteria, 7pm

9/18 Ergometer practice, John Jay 3:30 – 5:30 **ALL** (*Paperwork will be collected*)

9/20 Ergometer practice, RCK 3:30-5:30 **ALL** (*Paperwork will be collected*)

9/26 Sharpe Reservation (On lake water practice)

Session 1: 3:30 – 5:00pm **Session 2:** 5:00 – 6:30pm

9/29 Sharpe Reservation (On lake water practice)

Session 1: 8:00 – 10:00am **Session 2:** 10:00 – 12:00noon

*Water, Shorts, T-Shirt, **Nasty running shoes**, always ready to run

SEPT/OCT.

On lake water practice

Session 1: Wednesday 3:30 – 5:00, Saturdays 8:00-10:00 a.m. (Sharpe Reservation)

Session 2: Wednesday 5:00-6:30, Saturdays 10-12 noon (Sharpe Reservation)

10/30 Last fall practice at SHARPE RESERVATION

Registration Nights: **Spring CREW.** (Fill out On-Line Reg. form and bring printed copy)

John Jay: TBD

RCK: TBD

WINTER: On your own

Tryouts: Early February, More information to follow.

MID FEBRUARY-MARCH fitness/Strength training 5X per week,

Practices @ RCK.

SPRING: Boathouse 4/5X per week, Saturday AM?

We will have practice every day, rowers are expected to attend. We will be practicing during Spring Break.

***Those who are in the best condition and who row the best will be in the fastest boats.
THIS REQUIRES PRACTICE.***

APRIL/MAY: OUR BUSY SEASON

Practice FOUR/FIVE days per week. Races most Saturdays, some Sundays.

Saratoga Invitational, Syracuse & State Championships take a weekend from Friday 4pm through Sunday afternoon.