

Spring Crew 2019: Schedule

1/28/2019 – DRAFT

Meetings, Practices, and Events

JAN

1/28, Mon Booster Meeting, Parents & Students, 7:00-8:30, Guecia's home

FEB

TBD, additional Booster meetings [Schedule and add Booster Meetings throughout season]
TBD, meeting for interested Novices (parent/student), YHS Flex Room

MARCH – Pre-Season and Dryland

4 – 15, Pre-Season Conditioning for All Varsity rowers and coxswains

- Mon/Wed, 4:15-5:45, Erging at YHS
- Tue/Thu, 3-4:00, Pre-season Varsity Conditioning @ Fitness Success

11, Mon, 7PM, YHS Sports Night, Novice and Varsity

[CEP Sophomores/Juniors, Wed, Thu, Fri]

18, Mon All @YHS; Novices 3:00-4:30; Varsity 4:15-5:45

19, Tue Novices: 3:00-4:30@YHS; Varsity: 3:00-4:00 @ Fitness Success

20, Wed All @YHS; Novices 3:00-4:30; Varsity 4:15-5:45

21, Thu Novices: 3:00-4:30@YHS; Varsity: 3:00-4:00 @ Fitness Success

25, Mon All @YHS; Novices 3:00-4:30; Varsity 4:15-5:45

26, Tue Novices: 3:00-4:30@YHS; Varsity: 3:00-4:00 @ Fitness Success

27, Wed All @YHS; Novices 3:00-4:30; Varsity 4:15-5:45

28, Thu **All @ Waynflete; Ergatta 3:00-6:00**

30, Sat **Fundraiser?** same date as Yarmouth's Got Talent (old Pizza Regatta date)

APRIL - DRYLAND

1, Mon All @YHS; Novices 3:00-4:30; Varsity 4:15-5:45

2, Tue Novices: 3:00-4:30@YHS; Varsity: 3:00-4:00 @ Fitness Success

3, Wed Safety video and swim test at Casco Bay Y (tentative, time TBD)

4, Thu Novices: 3:00-4:30@YHS; Varsity: 3:00-4:00 @ Fitness Success

5, Fri TBD

APRIL – WATER

6, Sat Novices to Tanks, timing TBD, YRC Boatyard Setup Day

8, Mon All @Boatyard; 3:30-5:30; rigging, boatyard orientation

9, Tue All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30

10, Wed All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30

11, Thu All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30

12, Fri All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30

VACATION WEEK - Optional water practices TBD.

15, Mon, 9:00AM-Noon (good water)

16, Tue, 9:00AM-Noon (good water)

17, Wed, 9:00AM-Noon (good water)

18, Thu, 9:00AM-Noon (good water)

19, Fri, 9:00AM-Noon (good water)

KIDS BACK IN SCHOOL

22, Mon Varsity @Boatyard; 4:30-6:30 PM
23, Tue All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30
24, Wed All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30
25, Thu All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30
26, Fri, All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30

27, Sat Fundraiser? No water for practices.

29, Mon All @YHS; Novices 3:00-4:30; Varsity 4:15-5:45
30, Tue All @YHS; Novices 3:00-4:30; Varsity 4:15-5:45

MAY

1, Wed All @Boatyard; MORNING: 6:00-7:30AM
2, Thu All @YHS; Novices 3:00-4:30; Varsity 4:15-5:45
3, Fri All @YHS; Novices 3:00-4:30; Varsity 4:15-5:45
4, Sat *SATs for Juniors, YHS Prom*
5, Sun All: Crew Training Camp at Boatyard - 10AM-4PM

[AP Exams all week]

6, Mon No practice
7, Tue Novices @Boatyard; 3:30-5:30
8, Wed All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30
9, Thu All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30
10, Fri All @Boatyard; 3:30-6:30, Short practice; de-rig/load trailer

11, Sat All: All Day, Lowell Invitational, Lowell, MA

[AP Exams all week]

13, Mon No practice
14, Tue Varsity @Boatyard; 4:30-6:30
15, Wed All @Boatyard; MORNING: 6:00-7:30AM
16, Thu All @YHS; Novices 3:00-4:30; Varsity 4:15-5:45
17, Fri All @YHS; Novices 3:00-4:30; Varsity 4:15-5:45 **(OR derig/load)**
18, Sat TENTATIVE: All @Boatyard; Novices 10:00-12:00; Varsity 11:30-1:30; Practice, derig, load trailer

19, Sun All: All Day, Moose on the Malden, Malden, MA

20, Mon No practice
21, Tue All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30
22, Wed All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30
23, Thu All @Boatyard; Novices 3:30-5:30; Varsity 4:30-6:30
24, Fri All @Boatyard; 3:30-6:30, Short practice; de-rig/load trailer

27, Mon DATE/LOCATION TENTATIVE: MYRA Regatta @Camden, ME

28, Tue All @Boatyard; Fun Row; 3:30-6:30
29, Wed Decommissioning @Boatyard and Boat Barn
30, Thu End of season Banquet?
31, Fri End of season Banquet?

Spring Crew 2019: Coaching Commitments

ALL to attend 3/11/2019 Fall Sports Signup night at YHS

Varsity Coaches: In general, 4:30-6:30PM in Yarmouth; 1 weekend day/week in May

Pre-Season Practices: 3/4 - 3/14	Mon & Wed, YHS, 4:30-5:45 PM
Regular Season Practices, Dryland: 3/18-4/2	Mon & Wed, YHS, 4:30-6:00 PM
Regular Season Practices, Water & Dryland 4/8 - 5/31	Daily (as tides allow), 4:30-6:30 PM Two Wednesday mornings, 6:00-8:00 AM
Training Day	Sunday, 5/5, 10AM-4PM
Regattas	All Day(see schedule)- 5/11, 5/19, 5/27

Novice Coaches: In general, 3:30-5:30PM in Yarmouth; 1 weekend day/week in May

Pre-Season Practices	
Regular Season Practices, Dryland: 3/18-4/2	Mon-Thu, YHS, 3:15-4:30 PM
Field trip to Rowing Tanks	Sat 4/6, Tentative Date
Regular Season Practices, Water & Dryland: 4/8 - 5/31	Daily (as tides allow), 3:30-5:30 PM Two Wednesday mornings, 6:00-8:00 AM
Training Day	Sunday, 5/5, 10AM-4PM
Regattas	All Day(see schedule)- 5/11, 5/19, 5/27

Captains

Pre-Season Practices	Mon & Wed, YHS, organize crew to set up ergs for 4:30 practice; after Varsity loads ergs following their practice, lock up the closet.
Regular Season Practices, Dryland	Mon & Wed, YHS, help novices set up ergs for 3:30 practice; after Varsity loads ergs following their practice, lock up the closet.
Regular Season Practices, Water & Dryland	Water: Arrive 15 minutes before Varsity practice to facilitate Novice/Varsity hot-seating
Training Day	TBD
Regattas	TBD