**Spring Practice – Schedule**

January 10 – early March, 2018 –

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Time/Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday11am – 1pm |
| Cafeteria | 5:30-7:30pm | Group 1 | Group 2 | Group 1 | Group 2 | Group 1 | Group 2 |
| Weight room | 5:30-7:30pm | Group 2 | Group 1 | Group 2 | Group 1 | Group 2 | Group 1 |
|  | 4:30-5:30pm | Group 3 |  | Group 3 |  | Group 3 |  |

Group 1: Returning Boys and Freshmen Boys

Group 2: Returning Girls and Freshman Girls

Group 3: 8th Graders

**Breaks/ Mandatory Practices**

* January 18, 2018: Mandatory Parent/Rower meeting for spring season;

 team photo

* MLK break: optional practices
* February break: optional practices
* Spring break: mandatory practices

**Regattas**

January 27, 2018: Don Bosco Ironman Erg Classic

February 11, 2018: CRASH B Erg Championship (select rowers)

April 8, 2018: 3rd Manny Flick (select boats)

April 15, 2018: 4th Manny Flick

April 22, 2018: 5th Manny Flick

April 28, 2018: Garden State Championship

May 5 – 6, 2018: City Championships

May 12 – 13, 2018: Mid-Atlantic Championships (select boats)

May 18 – 19, 2018: Stotesbury Cup (select boats)

May 25 – 26, 2018: SRAA National Championships (select boats)

\*\*All information can also be found on the Ridgewood Crew website