

Returning Rowers: Beginning Practice Schedule and Key Dates for Returning Rowers (including those who have rowed in the summer Learn to Row program)

New Rowers first report on September 8 to the SHS Pool for a swim test after school followed by a safety video. New rowers first day on the water at the river is September 9 at 4:30 PM. The preseason schedule below is for Returning Rowers.

Date	Grade	Time	Where
8/23 – 8/27	Grades 9-12	7:00-9:00 AM	At River
	Grades 7-8	4:30-6:30 PM	At River
8/23&8/25	Girls, Grades 9-12	5:00 -6:00 PM	SHS Adaptive PE Rm
8/24&8/26	Boys, Grades 9-12	5:00-6:00 PM	SHS Adaptive PE Rm
8/27 New Waiver Forms due for 2010-11 – If not received rower may not go on the water			
8/28 (Sat)	Grades 9-12	9:00-11:00 AM	At River
8/30-8/31 and 9/2-9/3	Grades 9-12	7:00-9:00 AM	At River
	Grades 7-8	4:30-6:30 PM	At River
8/30	Girls, Grades 9-12	5:00-6:00 PM	SHS Adaptive PE Rm
8/31 & 9/2	Boys, Grades 9-12	5:00 -6:00 PM	SHS Adaptive PE Rm
9/1	Grades 7-12 Open House for new rowers	Report at 4:30 PM	At River
9/4 (Sat)	Grades 9-12	9:00-11:00AM	At River
9/6	Labor Day – no practice		
9/7	Grades 9-12	7:00-9:00 AM	At River
	Grades 7-8	4:30-6:30PM	At River
9/8 – NO BUS - Returning Rowers	Grades 7-12	4:30-6:30PM	At River
9/8 NEW ROWERS	All grades	2:30-4:00 PM	At SHS Pool
9/9 – NO BUS	Grades 7-12 – All rowers – new and returning	4:30-6:30PM	At River
9/10 – NO BUS	Grades 7-12	4:30-6:30 PM	At River
9/11 (Sat)	Grades 7-12	TBA	At River
	Car Wash Fundraiser	TBA	Latham Bowl
9/13 – Bus begins-Registration payments due	Grades 7-12	4:00-6:00 PM	At River
9/14	Parent Membership Meeting – Board Elections	7:00-8:30 PM	SHS Taft Dining Hall
	Rower Safety Training	7:00 – 8:30 PM	Room TBA