

Updated Spring 2021 Junior Practice Schedule

	Monday*	Tuesday*	Wednesday*	Thursday*	Friday*	Saturday**	Sunday**
Varsity Men	1st Shift: 3 - 5:30pm 2nd Shift: 4 - 6:30pm	4 - 6:30pm	8 - 10am, 4 - 6:30pm	1st Shift: 3 - 5:30pm 2nd Shift: 4 - 6:30pm	3:30 - 5:30pm	8 - 10:30am	8 - 10:30am
Novice Men	5 - 7pm	Off	3:30-5:30	5 - 7pm	5 - 7pm	10 -12:30pm	10 -12:30pm
Varsity Women	3:30 - 6pm	1st Shift: 3-5:30pm 2nd Shift: 4-6:30pm	6 - 8am or 10 - Noon or 2 - 4pm	4 - 6pm	1st Shift: 3 - 5:30pm, 2nd Shift: 4 - 6:30pm	8 - 10:30am	8 - 10:30am
Novice Women	5 - 7pm	5 -7pm	5 - 7pm	Off	5 - 7pm	10 -12:30pm	10 -12:30pm

*Coaches will determine which shifts athletes will row in and will be based upon boatings

**Saturday and Sunday practices alternate for the men and women each weekend