

CRLS SPRING 2022 CREW PRACTICE SCHEDULE starts March 21.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY @CBC
						9:30 AM - 12:00 PM Varsity Boys 10:00 AM - 12:30 PM Varsity Girls
EARLY 3:30- 5:30	CBC Boys Novice Boys Varsity	CBC Boys Novice Boys Varsity	CBC Girls Novice Girls Varsity	CBC Girls Novice Girls Varsity	CBC Boys Varsity Boys Novice	
indoors 3:45 RUSSELL Field house	Varsity Girls**	Novice Girls**	Novice Boys**	Varsity Boys**		
Coach choice EARLY	WEATHER OR	SCRIMMAGE	SCHEDULE	Dependent		
LATE 5:30- 7:30	CBC Novice Girls	CBC Varsity Girls	CBC Varsity Boys	CBC Novice Boys	CBC Varsity Girls Novice Girls	
Coach choice LATE	Varsity Girls**	Novice Girls**	Novice Boys**	Varsity Boys**		

NOTES: Varsity practice 6 days/week. Novices practice 5 days/week. There are 2 shifts of practice. Athletes should arrive on time already dressed for practice with athletic shoes and water bottles. Practice will be at CBC or possibly once/week at the Russell Fieldhouse (depending upon weather and race schedule). Please let your coach know if you will be absent AHEAD of time.