

Squad	Monday	Tuesday	Wednesday	Thursday	Friday
Novice Boys	2:45 – 4:30 CCAC	2:45 – 4:30 B-CC	2:45 – 4:30 CCAC	2:45 – 4:30 CCAC	Please see the schedule below for Friday Practices
Novice Girls	2:45 – 4:30 CCAC	2:45 – 4:30 CCAC	2:45 – 4:30 B-CC	2:45 – 4:30 CCAC	
Varsity Boys	3:45- 5:45 CCAC	2:45 – 4:30 B-CC	4pm - 6pm CCAC	3pm – 5pm CCAC	
Varsity Girls	4pm-6pm CCAC	4pm-6pm CCAC	2:45 – 4:30 B-CC	4pm-6pm CCAC	

Friday Schedule

December 4 th :	Full Team Flag Football	B-CC 2:45
December 11 th :	Full Team 3.5 mile Chase	B-CC 2:45
December 18 th :	Full Team Triathlon	CCAC in scheduled flights from 2:30-5
January 8 th :	Girls CCAC Boys B-CC	Times TBA
January 15 th :	Full Team Triathlon	CCAC in scheduled flights from 2:30-5
January 22 nd :	Girls B-CC Boys CCAC	Times TBA
January 29 th :	Full Team Erg Sprints 2k	CCAC in scheduled flights from 2:30-5
February 5 th :	Girls B-CC Boys CCAC	Times TBA
February 12 th :	Full Team Triathlon	CCAC in scheduled flights from 2:30-5
February 19 th :	Girls CCAC Boys B-CC	Times TBA
February 26 th :	Full Team boathouse workday	TBC 3:30 – 5:30

Teams reserve the ability to schedule Saturday and Sunday practices. Coaches will notify their squads regarding these arrangements

Please note:

When practicing at B-CC, athletes should bring cloths to train both inside and outside. The triathlon consists of a 2.5 mile run done outside. We will run in inclement weather, so please plan accordingly. Athletes should have appropriate shoes in which to train at EVERY practice. Please notify coaches as soon as you are aware of an absence.