

2010 Spring Break Training Schedule

Friday, March 26	Monday, March 29	Tuesday, March 30	Wednesday, March 31	Thursday, April 1
Regular practice				
3-6 PM				
	Varsity and Novice men	Varsity and Novice men	Varsity and Novice men	Varsity and Novice men
Morning	7:45 -10 AM	7:45 -10 AM	7:45 -10 AM	7:45 -10 AM
Afternoon	11:30 - 1:30 PM	11:30 - 1:30 PM	11:30 - 1:30 PM	11:30 - 1:30 PM
	Varsity and Novice Women	Varsity and Novice Women	Varsity and Novice Women	Varsity and Novice Women
Morning	8:00-11:00 AM	8:00-11:00 AM	8:00-11:00 AM	8:00-11:00 AM
Afternoon	1:00-2:30 PM	1:00-2:30 PM	1:00-2:30 PM	1:00-2:30 PM
	Coxswains-	all sessions- every day		

2010 Spring Break Training Schedule

Friday, April 2
Varsity and Novice men
7:45 -10 AM
Varsity and Novice Women
7:45 -10 AM