



TUESDAY & WEDNESDAY

**TECHNIQUE INTRODUCTION
& FITNESS TESTING**

3:15-5:30PM@WHS WEIGHT ROOM

THURSDAY & FRIDAY

SWIM TEST & ON THE WATER ROWING

3:15PM-MEET IN WEIGHT ROOM

W/SWIM SUIT & WARM WORKOUT ATTIRE

FOR BUS TO BOATHOUSE

(BUS RETURNS TO WHS AT 6:30PM)

SATURDAY

CREW BOATING SELECTION DAY

10:30AM (BUS DEPARTS WHS)

3:30PM (BUS RETURNS TO WHS)