



NEW TRIER ROWING



SPRING 2019 TRYOUT SCHEDULE

Monday, March 4 – Friday, March 8

REVISED 3/3/19 & TIMES SUBJECT TO CHANGE

Practice Locations: **DRC** (Dammrich Rowing Center), 3220 Oakton (at McCormick), Skokie
RR (NT Rowing Room), Winnetka Campus Field House, room off the indoor track
NCH (Northfield Commons Hallway), Northfield Campus, Ground floor in B building - Hallway between Commons and F building.

	Mon – 3/4 Late arrival (N/10:15, W 10:35)	Tue – 3/5	Wed – 3/6	Thu – 3/7	LAST DAY OF TRYOUTS Fri – 3/8	Sat – 3/9*
GIRLS						
V	RR 7:30-9:30 am	RR 3:45-6 pm	RR 5:45-7:45 pm	RR 3:45-6 pm	Winnetka Track 6-7:15 am	DRC to rig boats* 8-10 am
JV	RR 7:30-9:30 am	RR 3:45-6 pm	RR 5:45-7:45 pm	RR 3:45-6 pm	Winnetka Track 6-7:15 am	DRC to rig boats* 8-10 am
N	DRC 5:45-8 pm	DRC 5:45-8 pm	NCH 3:45-6 pm	NCH 3:45-6 pm	NCH 4:30-6:30 pm	DRC to rig boats* 8-10 am *SWIM TEST
BOYS	Mon – 3/4	Tue – 3/5	Wed – 3/6	Thu – 3/7	Fri – 3/8	Sat – 3/9
V	RR 3:45-6 pm	RR 5:45-7:45 pm	RR 3:45-6 pm	RR 5:45-7:45 pm	RR 3:45-6 pm	DRC to rig boats/row* 8-10 am
JV	RR 3:45-6 pm	RR 5:45-7:45 pm	RR 3:45-6 pm	RR 5:45-7:45 pm	RR 3:45-6 pm	DRC to rig boats/row* 8-10 am
N	NCH 3:45-6 pm	NCH 3:45-6 pm	DRC 5:45-8 pm	DRC 5:45-8 pm	NCH 3:30-5:30 pm	DRC to rig boats* 8-10 am *SWIM TEST

Note: Rowers must report to tryouts with running shoes, socks, “rowing trou” (tight fitting shorts/biking-style shorts) and water bottle as there will be an erg test and conditioning drills. Rowers must have adequate workout gear for outdoor practices at the DRC, NCH and RR.

Final rosters will be emailed out to all registered rowers the evening of Friday, March 8th.

* SWIM TEST & USRowing safety video for new rowers will be held from 7:15 – 8:45 a.m. at Northfield. Meet at NCH Sat., March 9th at 7:15 a.m. New rowers should go to the DRC at 8:45 a.m.