



# NEW TRIER ROWING



## FALL 2017 TRYOUT SCHEDULE Monday, August 14 – Friday, August 18

### Practice Locations:

**DRC** (Dammrich Rowing Center), 3220 Oakton (east of McCormick Blvd.), 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 & F building.

<b>GIRLS</b>	<b>Mon – 8/14</b>	<b>Tue – 8/15</b>	<b>Wed – 8/16</b>	<b>Thu – 8/17</b>	<b>Fri – 8/18</b>
<b>V</b>	RR 3-5 pm	RR 7-9 am	RR 7-9 am	DRC 2-4 pm	DRC 7-9 am
<b>JV</b>	RR 3-5 pm	RR 7-9 am	RR 7-9 am	DRC 2-4 pm	DRC 7-9 am
<b>N</b>	NCH 3-5:30 pm	NCH 3-5 pm	DRC 3-5 pm	DRC 2-4 pm	DRC 9-11 am
<b>BOYS</b>	<b>Mon – 8/14</b>	<b>Tue – 8/15</b>	<b>Wed – 8/16</b>	<b>Thu – 8/17</b>	<b>Fri – 8/18</b>
<b>V</b>	RR 4:30-6:30 pm	DRC 4:30-6:30 pm	RR 4:30-6:30 pm	DRC 4-6:30 pm	RR 4-6:30 pm
<b>JV</b>	RR 4:30-6:30 pm	DRC 4:30-6:30 pm	RR 4:30-6:30 pm	DRC 4-6:30 pm	RR 4-6:30 pm
<b>N</b>	NCH 4:30-7 pm	DRC 4-6 pm	NCH 4-6 pm	DRC 4-6 pm	NCH 3:30-5:30 pm

Please Note: Rowers must report to the RR or NCH on August 14th with running shoes, socks, "rowing trou" (tight fitting/biking-style shorts) and water bottle as there will be an erg test and conditioning drills. All new rowers are required to pass a basic swim test before they can row on the water, which will be held on Saturday, August 19th. In case of inclement weather, still meet at scheduled location for a revised indoor workout.

**Final rosters will be emailed to all registered rowers the evening of Friday, August 18<sup>th</sup>. The regular season begins on Monday, August 21<sup>st</sup>; student attendance begins Thursday, September 7<sup>th</sup>.**