

NEW TRIER ROWING

SPRING 2022 TRYOUT SCHEDULE Revised 3/3/2022

Monday, March 7– Friday, March 11

Practice Locations: **DRC** (Dammrich Rowing Center), 3220 Oakton (at McCormick), Skokie
RL (NT Rowing Loft), Winnetka Campus, Loft area between gyms G109 and G110
NCH (Northfield Commons Hallway), Northfield Campus, Ground floor in B building - Hallway between Commons and F building.

GIRLS	Mon – 3/7 Late arrival (N/10:15, W 10:35)	Tue – 3/8	Wed – 3/9	Thu – 3/10	Fri - 3/11 LAST DAY OF TRYOUTS Early dismissal*	Sat – 3/12
V	RL 5:45-7:45 pm	RL 3:45-6 pm	RL 5:45-7:45 pm	RL 3:45-6 pm	RL 3:45-6 pm	DRC to rig boats/row 10–12 noon
JV	RL 5:45-7:45 pm	RL 3:45-6 pm	RL 5:45-7:45 pm	RL 3:45-6 pm	RL 3:45-6 pm	DRC to rig boats/row 10–12 noon
N	DRC 5:45-8 pm	NCH 3:45-6 pm	DRC 5:45-8 pm	NCH 3:45-6 pm	DRC 1:00-3:00 pm	DRC to rig boats 10-12 noon after SWIM TEST**
BOYS	Mon – 3/7	Tue – 3/8	Wed – 3/9	Thu – 3/10	Fri – 3/11	Sat – 3/12
V	RL 3:45-6 pm	DRC 4-6:15pm***	RL 3:45-6 pm	DRC 4-6:15pm***	RL 5:45-7:45 pm	DRC to rig boats/row 8-10 am
JV	RL 3:45-6 pm	DRC 4-6:15pm***	RL 3:45-6 pm	DRC 4-6:15pm***	RL 5:45-7:45 pm	DRC to rig boats/row 8-10 am
N	NCH 3:45-6pm	DRC 5:45-8pm	NCH 4:30-6:30 pm	DRC 5:45-8pm	NCH 3:45-6pm	DRC to rig boats 8-10am after SWIM TEST**



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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 RL.

Final rosters will be emailed out to all registered rowers the evening of Friday, March 11th.

*Friday, 3/11 is an Early Dismissal Day N/12:10 and W/12:30. Juniors have IL Science Assessment 12:40-2:30.

**SWIM TEST & USRowing safety video for new rowers will be held for girls and boys at Northfield, Saturday, March 12th from 7:15-8:00 a.m. Meet at the NCH.

*** If the weather permits. If the weather is not permitting, practice is RL 5:45pm-7:45pm