

Practices

Pre- Season:

Crew Tanks are held Sunday afternoons at the University of Pennsylvania. There are a total of four tanks sessions. Attendance by freshman/ novice is MANDATORY and it is imperative for the safety of the rowers. Returning rowers are required to attend at least two sessions.

Swim Test:

There will be a MANDATORY swim test at the St. Joseph's University Pool. All new coxswain/ rowers are required to attend. Due to safety concerns **NO** exemptions will be made and no re-test will be given to those who do not pass the initial test.

During The Season:

Tuesday – Friday buses will depart from Harriton at 3:00Pm

Saturday T.B.A

Sunday Race Day

All crews will be scheduled for Saturday morning practice. Coaching staff will assign the time. Crews will be staggered to maximize boat usage.

Rowers are expected to attend all practices. Any known conflicts should be noted on the crew conflict sheet. Priority seats will be given to those without conflicts. A rower cited for an unexcused absence will not be permitted to row the first day back (in lieu of a water workout, a challenging land workout will be assigned)

Any member who misses pre-race practices will not be permitted to race in that corresponding week's race.