


JEB Stuart Crew
2017 Schedule
(Spring Portion)


January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 At School Outside of School	2 New Year's Day Holiday	3 2K Erg Sprint/Speed Focused Work	4 Cross Train Steady State ~ 60 min Body Circuit - C	5 Long Steady-State Work	6 Steady State ~ 45 min Strength Training/ Tabata	7 Cross Train Steady State ~ 60 min
8 Rest	9 Steady State ~ 45 min Strength Training/ Tabata	10 5K Erg Crew Booster Meeting (7:30 PM)	11 Cross Train Steady State ~ 60 min	12 Long Steady-State Work	13 Steady State ~ 45 min Strength Training/ Tabata	14 Cross Train Steady State ~ 60 min
15 Rest	16 Cross Train Steady State ~ 60 min MLK Holiday	17 2K Erg Sprint/Speed Focused Work	18 Cross Train Steady State ~ 60 min	19 Long Steady-State Work	20 Steady State ~ 45 min Strength Training/ Tabata	21 Cross Train Steady State ~ 60 min
22 Rest	23 Steady State ~ 45 min Strength Training/ Tabata	24 5K Erg	25 Cross Train Steady State ~ 60 min	26 Long Steady-State Work	27 Steady State ~ 45 min Strength Training/ Tabata	28 PWRC HS Erg Sprints 2:00-6:00 pm
29 Rest	30 Steady State Strength Training/ Tabata	31 Sprint/Speed Focused Work				


February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest			1 Cross Train Steady State ~ 60 min	2 Long Steady- State Work	3 Steady State ~ 45 min Strength Training/ Tabata	4 Mid- Atlantic Erg Sprints http://www.ergsprints.com/
5 Rest	6 Steady State ~ 45 min Strength Training/ Tabata	7 2K Erg Test (N/A if you did Erg Sprints)	8 Cross Train Steady State ~ 60 min	9 Long Steady- State Work	10 Steady State ~ 45 min Strength Training/ Tabata	11 Cross Train Steady State ~ 60 min ACT - Stuart
12 Rest	13 Steady State ~ 45 min 5K Erg <div style="border: 1px solid black; padding: 2px; display: inline-block;">Fitness Testing</div>	14 2K Erg 	15 Cross Train Steady State ~ 60 min	16 Long Steady- State Work	17 Steady State ~ 45 min Strength Training/ Tabata	18 Move Shells - Sandy Run to Lake Barcroft
19 Rest <div style="border: 1px solid black; padding: 2px; display: inline-block;">Lake Barcroft</div>	20 First Day - On-Water Practice	21	22 Cross Train Steady State ~ 60 min	23	24	25
26 Rest	27	28	<ul style="list-style-type: none"> • All paperwork complete before going on the water • Lightweight Program Initiation this Month (1 wk<, 3 wk> season start) • Swim Test this month (novice) < First On-Water Day 			

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lake Barcroft</p> <p>Sandy Run</p>			1 Participation Policy forms due to ADSA	2 Meet the Coaches Night (6:30 PM) Auditorium	3	4 [Band Assessment] Parents' Day - Barcroft (Tentative) Sandy Run Work Day?
5 ID Camps Deadlines - 18 Mar (Boys); 11 Mar (Girls)	6	7 Crew Booster Meeting (7:30 PM)	8 Preseason Checklist to DSA	9	10	11 Trailer to Sandy Run Rig All Shells / Set Up Launches
Wind Ensemble at Indianapolis/National Concert Band						
12 US Junior Women's ID Camp - Sandy Run www.regattacentral.com	13 Team Pictures? (Time TBD)	14	15	16 Multiple VASRA Suspenses - Certifications, MEL, etc (below) http://vasra.org/	17 	18
19 US Junior Men's ID Camp - Sandy Run www.regattacentral.com	20	21 Regatta Entries - NLT 10:00 PM	22	23	24 Student Holiday Potluck Pasta Dinner at the Arlington Moose Lodge	25 Polar Bear Regatta (Cox Mtg - 8 AM)
26 Regatta Results to DSA	27 SRAA LW Paperwork Due https://www.sraa.net/lightweight-rules/	28 Regatta Entries - NLT 10:00 PM	29	30	31	
<ul style="list-style-type: none"> • Rule Book Certification due to VASRA Secretary from school DSAs • Team Master Eligibility List due to VASRA Secretary from school DSAs • VASRA Insurance Fees due to VASRA Treasurer from Boosters? • Certification that all rowers have signed a liability waiver 						

April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Sandy Run						1 Regional Regatta (Cox Mtg - 7 AM)
2 Regatta Results to DSA	3	4 Regatta Entries - NLT 10:00 PM VASRA BOD Meeting 7:30pm?	5	6 [All State Band]	7 Third Grading Period Ends-2 hr Early Release [All State Band]	8 Walter Mess Regatta [All State Band]
9 Regatta Results to DSA	10 Spring Break	11 Regatta Entries - NLT 10:00 PM Crew Booster Meeting (7:30 PM)	12	13	14	15 Darrell Winslow Regatta (Cox Mtg - 7 AM) [ACT]
16 Regatta Results to DSA 	17 Student Holiday	18 Regatta Entries - NLT 10:00 PM	19	20	21	22 Ted Phoenix (Cox Mtg - 7 AM)
			Music Department Spring Trip			
23 Regatta Results to DSA	24	25 Regatta Entries - NLT 10:00 PM	26	27 Stotesbury Entry Deadline www.regattacentral.com	28	29 Al Urquia Regatta (Cox Mtg - 7 AM)

May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Regatta Results to DSA	1 Championship Regatta Entries - NLT 9:00 AM	2 Email Team Roster / Entries to Mathews (TBD)	3	4	5 Derig / Load Trailer for Mathews - TBD Mathews Regatta (Mathews, VA - if not racing Day1)	6 VASRA Championships Regatta - Day 1 (Cox Mtg - 6:30 AM)
7 Regatta Results to DSA	8 Offload Trailer from Mathews	9 Crew Booster Meeting (7:30 PM, Library)	10	11	12	13 VASRA Championships Regatta - Day 2 (Cox Mtg - 6:30 AM)
14 SRAA Entries / Petitions - see www.sraa.net Regatta Results to DSA	15 Stotes Crew Practice	16 Stotes Crew Practice	17 Derig / Load Trailer for Stotes	18 Travel to Philly PM Practice	19 Stotesbury Regatta (Philly) IB Exams - French?	20 Stotesbury Regatta (Philly)
21 Stotes Results to DSA	22 Offload Trailer from Stotes Nationals Crew Practice	23 Nationals Crew Practice	24 Derig / Load Trailer for SRAA Nationals	25 Travel to Cooper River, NJ PM Practice	26 Scholastic Rowing Assoc/ Nationals (Cooper River, NJ) IB Exams - ?	27 Scholastic Rowing Assoc/ Nationals

<p>28 Nationals Results to DSA</p>	<p>29 Memorial Day Offload Trailer from Nationals</p>	<p>30</p>	<p>31</p>			
<p>June 2016</p>						

- Email Team Roster / Entries to Mathews (TBD) - **Need to plan to rinse shells used in salt water**
- Multiple entry deadlines in short order

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Varsity Awards Ceremony	2	3 Prom
4	5	6	7	8	9	10 Possible NSRA Regatta
11	12	13	14	15 Graduation (3 PM)	16	17
18	19	20	21	22	23 Last Day of School	24
25	26	27	28	29	30	