



FEBRUARY

Feb 12 – Lightweight assessments with Trainer (girls <135lbs; boys <155lbs)

Feb 13 - Season Kick-Off Meeting/Booster Meeting, Stuart H.S. 7:00 p.m. ALL ROWERS and PARENTS

Feb - Swim Test, ALL NOVICES please attend unless notified otherwise, Providence RECenter (after school during conditioning, time TBD)

Feb 15 - Final fees payment and all forms and certifications due to registrar

Feb 16 - 8:30 - 1:00 - PWRC Erg Sprints - Forest Park High School, 15721 Forest Park Dr, Woodbridge, VA 22193

1:00 - 3:00 - Move Boats from Sandy Run to Barcroft, ALL ROWERS,

Feb 18 - On-the-Water Practice Begins at Lake Barcroft (M,T,Th,F, Sat. morn); ALL ROWERS (rower weekday pickup from LB, Beach #4 at 6:30)

Feb TBD - Parent Launch Driver Training, Lake Barcroft/Beach #4

Feb 23 - VASRA/Sandy Run Work Day (1 volunteer needed) sign up: <https://www.signupgenius.com/go/30E0E4CA4A82AA20-occoquan1>

MARCH

Mar 2 - VASRA/Sandy Run Work Day (1 volunteer needed) sign up: <https://www.signupgenius.com/go/30E0E4CA4A82AA20-occoquan1>

Mar 9 - VASRA/Sandy Run Work Day (1 volunteer needed) sign up: <https://www.signupgenius.com/go/30E0E4CA4A82AA20-occoquan1>

Mar 13 - Boosters Mtg., 7:00, Rm. 150 at Justice H.S.

Mar 16 - 9:00 - TBD, Move Boats from Lake Barcroft to Sandy Run, ALL ROWERS

Mar 16 - New Parents Tour of Boathouse and Sandy Run Facility (noon)

Mar 16 - VASRA/Sandy Run Work Day (1 volunteer needed)

**Mar 18 - On-the-Water Practice Begins at Sandy Run (M,T,Th,F,)
Bus leaves Stuart High School at 3:30, returns around 7:15) ALL ROWERS**

Mar 22 - Kick-Off Pasta Potluck Dinner (ALL ROWERS, PARENTS, COACHES AND FRIENDS), 7:00 p.m. location TBD

Mar 23 – Polar Bear Regatta, Sandy Run (Upper Boats compete; all should attend)

Mar 30 - Regional Park Regatta, Sandy Run (1st Novice Races)

APRIL

Apr 6 - Walter Mess Regatta, Sandy Run

Apr 10 - Boosters Mtg., 7:00, Rm. 150 at Justice H.S.

Apr 13 - Darrell Winslow Regatta, Sandy Run

Apr 15-19 Spring Break (Carpools to PM Practice)

Apr 27 - Al Urquiiia Regatta, Sandy Run

MAY

May 4 - VSRC/State Competition Day 1, Sandy Run OR
- Mathews Regatta, Williams Wharf, 1070 Williams Wharf Road, Mathews, Virginia 23109, VA

May 8 - Boosters Mtg., 7:00, Rm. 150 at Justice H.S.

May 11 - VSRC/State Competition Day 2, Sandy Run (Select crews – upper boats)

May 17-18 - Stotesbury Regatta, Philadelphia (Select crews)

May 24-25 - SRAA Championship Regatta, Ohio (Qualifying crews from States)

JUNE

Jun 1 - VASRA/Sandy Run Work Day (**1 parent volunteer needed, signup necessary**) sign up: <https://www.signupgenius.com/go/30E0E4CA4A82AA20-occoquan1>

Jun 8 - VASRA/Sandy Run Work Day (**1 parent volunteer needed, signup necessary**) sign up: <https://www.signupgenius.com/go/30E0E4CA4A82AA20-occoquan1>

Jun 15 - VASRA/Sandy Run Work Day (**1 parent volunteer needed, signup necessary**) sign up: <https://www.signupgenius.com/go/30E0E4CA4A82AA20-occoquan1>
End of year boathouse cleanup (AM)

Jun - End of Year Awards Ceremony, Picnic and Boosters Board Elections (afternoon)