

Day:	<u>Monday</u>	<u>Monday - LAND</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Wed - LAND</u>
Time:	4:30 - 7:00pm	8:00-9:30pm	4:30 - 7:00pm	4:30 - 7:00pm	8:00-9:30pm
Squad:	<i>JV/Varsity Women</i>	<i>JV/Varsity Men</i>	<i>JV/Varsity - ALT Schedule*</i>	<i>JV/Varsity Men</i>	<i>Novice Men</i>
Squad:	<i>Novice Women</i>		<i>Novice Men</i>		<i>Novice Women</i>

Day:	<u>Thursday</u>	<u>Friday</u>	<u>Friday - LAND</u>
Time:	4:30 - 7:00pm	4:30 - 7:00pm	6:30 - 8:00pm
Squad:	<i>JV/Varsity Women</i>	<i>JV/Varsity Men</i>	<i>JV/Varsity Women</i>
Squad:	<i>Novice Women</i>	<i>Novice Men</i>	

Day:	<u>Saturday</u>	<u>Saturday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Sunday</u>	<u>Sunday</u>
Time:	8:00 - 10:00am	8:30 - 11:00am	9:00 - 11:00am	8:00 - 10:00am	8:30 - 11:00am	9:00 - 11:00am
Squad:	<i>JV/Varsity Women (1)</i>	<i>Novice Men</i>	<i>JV/Varsity Men (1)</i>	<i>JV/Varsity Women (1)</i>	<i>Novice Men</i>	<i>JV/Varsity Men (1)</i>
Day:	<u>Saturday</u>	<u>Saturday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Sunday</u>	<u>Sunday</u>
Time:	10:00am - 12:00pm	11:00 - 1:30pm	11:00 - 1:00pm	10:00am - 12:00pm	11:00 - 1:30pm	11:00 - 1:00pm
Squad:	<i>JV/Varsity Women (2)</i>	<i>Novice Women</i>	<i>JV/Varsity Men (2)</i>	<i>JV/Varsity Women (2)</i>	<i>Novice Women</i>	<i>JV/Varsity Men (2)</i>

*on Tuesdays the JV/Varsity Men & Women will alternate weeks of on water practice

The Women's squad will practice the following dates: 3/13, 3/27, 4/10, 4/24, 5/8, 5/15 & 5/22

The Men's squad will practice the following dates: 3/20, 4/3, 4/17, 5/1, 5/15 & 5/22