

To: Varsity & Freshmen

Re: Winter Training

Dates & Days:

Jan 2, 2012 through Feb 3 from 3pm to 5pm:

Boys will be at Healthplex Mon,Wed,Fri and LOC 2 Tue,Thurs

Girls will be at Healthplex Tue,Thurs,Fri and LOC 2 Mon,Wed

Feb 6, 2012 through March 30 3pm to 5pm with special time on Tues.

Boys will be at Healthplex Mon, Thurs and LOC 2 Tue*, Wed, Fri

Girls will be at Healthplex Wed, Fri and LOC 2 Mon, Tue* Thurs

*Girls and boys will alternate having practice Tues Evenings from 5:15pm to 7:15pm at LOC 2

Girls take the first Tuesday evening Feb 7.

Location:

HealthPlex on Rt 9, Clifton Park

LOC 2 is Located next to TD Bank at Shopper's World Plaza; Pick up in Rear Lot

Bus:

One bus will bring rowers from HSE to Healthplex and then Loc 2. The bus will be an additional fee charged to rowers using it.

Cost:

Registration Only: \$300 (\$200 Due Dec 28nd, \$100 Due Jan 24th)

Bus Charge: Approximately \$90 will be adjusted based on number of rowers

Registration:

NO PAPER! Look for email regarding ONLINE REGISTRATION on Dec 15th

Payment can be mailed to: Ellen Sherry

27 Casablanca Ct

Clifton Park, NY 12065 or placed in drop box at this address

If you have any questions, please email Ellen at emsherry@nycap.rr.com or call at 369-4748.

