



SHS CREW 2010 WINTER TRAINING SCHEDULE

Novice winter training will be held on Tuesdays and Thursdays from 2:30 to 4:00 “late bus” at the high school in the cafeteria. If you are new to the rowing program you should attend the novice practice.

Varsity winter training will be held Tuesdays, Thursdays and Fridays from 4:00 to 6:00 pm.

We will be training at the Coast Guard Academy on Fridays on February 5, 12, 19, 26 and March 5. Friday night practice in the tanks at Coast Guard is for all returning rowers from the 2009 season.

We will also have a 2:30 session in the tanks for the novice program.

Date to be announced in the near future.

TRANSPORTATION

We will be asking Varsity rowers and parents to provide transportation to and from the Coast Guard Academy. We will provide a bus for the novice rower’s trip, but will ask parent to pick their sons and daughters up at 4:00 at the end of practice.

All rowers who make the trip to the CGA tanks must have submitted a standard U.S. Rowing Association “Release of Liability Form” marked CGA Rowing Tank Trip. These forms will be handed out to the students at practice and are also available on the [Forms and Registration](#) page on the crew website. This is the standard liability release form recognized in the rowing community and is routinely required for participation in regattas. The rowers will have to complete these forms routinely throughout the season.

DIRECTIONS TO THE COAST GUARD ACADEMY

To get to the Coast Guard Academy, take I-95 south over the Gold Star Bridge. Take Exit 84 (first exit on the New London side) which exits on the right. Upon exiting I-95, stay in the center lane (Marked Exit 84N) that leads to Route 32 toward Norwich. As soon as you come onto Route 32, the Coast Guard Academy will be on your right. Proceed to the first traffic light and turn right on Deshon Street (headed down the hill toward the CGA North entrance) and then take an immediate left onto Nameaug Street. This street curves around and becomes Farnsworth headed down to the Thames River. At the bottom of the hill is the entrance to the Thames Shipyard. At the bottom of the hill, turn right onto the service road, this runs parallel alongside the railroad tracks. Park on the left-hand side of the road, closest to the tracks. The boat house is across the tracks on the water.

If you have any questions or concerns, please contact me at (860) 460-1887.

Thank you,

Coach Mike