

2010 LVISSAA Rowing PRACTICE SCHEDULE, ELK LAKE

Draft #1 – Sept. 2, 2010

M-F times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sat/Sun times
8-10 am	<u>B - Claremont</u>		<u>B - Claremont</u>	<u>B - Claremont</u>		C - PCS	<u>B - Stellys</u>	8:30–10:30
2:15–4:15					C - Stellys	A - Claremont	<u>B - Parkland</u>	10:30-12:30
					A - Parkland	<u>C - ROMS</u>	<u>A - PCS</u>	
					<u>B-St.Andrews</u>	B – St. Marg	C - NSMS	
4-6 pm	C - Parkland	A-St.Andrews	C Stellys	<u>A-St.Andrews</u>	C – Stellys	B - Bayside	A - Bayside	12:30 – 2:30
** (Friday -	<u>B – PCS</u>	B – ROMS	<u>B– Claremont</u>	B – Parkland	<u>A – Parkland</u>	<u>C-St.Andrews</u>		
4:15-6:15)	A-Bayside	<u>B – NSMS</u>	A – NSMS	C-PCS	B-St.Marg		A - Stellys	
	A – St. Marg	C –Claremont	A – ROMS			<u>A – Stellys</u>	<u>B – Parkland</u>	2:30 – 4:30
							C - ROMS	

- **Underlined schools are responsible for closing and securing the boathouse, compound, gas storage and all equipment.**

BOAT POOLS

	A	B	C	**Friday schedule is in 2 shifts. – These times will be adjusted when daylight is reduced in the latter part of the season
Coach Boats	1,2,3 &4	5,7, 8 & 14	9,10,11 &12	
8+s	Vic Rotary 8+	Cooper 8+	Athena 8+	
	Barcelona 8+	Atlantis 8+	Duckworth 8+	
	Allan Oliver 8+	Pamela Brambell 8+	Gibson 8+	
4Xs	Rotary 4X	Leitch 4X	Kestral 4X	When only two schools are scheduled, the unused pool will become a shared pool which is to be negotiated between coaches of their respective schools.
	Casey 4X	Redlin 4X	Tom Lathrop 4X+	
	New GVYRS 4+	Loomer 4X	Hot Dog (D. Aylard) 4X	
2Xs	Galiano 2X	Don Jacobson II 2X	Gabriola 2X	All 1Xs are restricted for use by senior (gr. 11 and 12) experienced rowers
	Juan De Fuca 2X	Brian Lamb 2X	Lisa Aylard 2X	
	New GVYRS Light 2X		New GVYRS Mid 2X	
1Xs	Falcon II 1X	Osprey II 1X	Redwing 1X	
	Saanich Sunrise 1X	Heron 1X	Raven 1X	

- Coaches and coxswains are to ensure that any defects are registered in the “book” at the end of practice.
- Any “incidents” are to be listed in the incident book as soon as possible after the event.
- Erg room must be supervised when in use and left with equipment locked when finished.
- **Ensure** that each coach boat is put on its designated trailer, fuel tank removed, life jackets hung to dry and water drained where necessary.
- * **All rowing shells are to be washed down before they are put away.**