



FALL SCHOOL YEAR 2023

PRACTICE

WOMEN'S AND MEN'S NOVICE

SUN	MON	TUE	WED	THUR	FRI	SAT
OFF	4:30 – 6:30PM JLAC	4:30 – 6:30PM JLAC	OFF	4 – 5:30PM OT WEIGHT ROOM	OFF	9:30AM – 12PM JLAC

WOMEN'S AND MEN'S VARSITY

SUN	MON	TUE	WED	THUR	FRI	SAT
OFF	4:30 – 6:30PM JLAC	4 – 5:30PM OT WEIGHT ROOM	4:30 – 6:30PM JLAC	OFF	4:30 – 6:30PM JLAC	9:30AM – 12PM JLAC

IMPORTANT DATES

- Sunday, August 6: Parent and Athlete Orientation – JLAC 10AM
- Saturday, August 12: First Varsity Practice for all returning athletes – JLAC 9:30AM
- Sunday, August 13: OUR Open House for Novice Rowers and Parents – JLAC 10AM
- Monday, August 14: First Novice Practice – JLAC 4:30PM
- TENTATIVE – Sunday, September 17: OUR Erg-a-thon, Jack London Square
- Sunday, October 8: Head of the Port Regatta, West Sacramento
- Saturday, October 28: Head of the American Regatta, Sacramento State Aquatic Center, CA
- Sunday, November 12: Head of the Lagoon Regatta, Foster City, CA
- Saturday, December 9: End of Fall Season Team Party – JLAC 10AM