



Fall 2017 Basic Training Schedule

August 21 - September 1				
Date	Day	Location	Time	Notes
8/21	Monday	Catoosa	4:30pm – 6:30pm	Open House! Meet our competitive team!
8/22	Tuesday	Hutcherson YMCA*	4:30pm – 6:30pm	Swim Test + Safety Video + Calisthenics
8/23	Wednesday	Catoosa	4:30pm - 6:00pm	Land Workout + Early Dismissal
8/24	Thursday	Catoosa	4:30pm – 6:30pm	On the Water
8/25	Friday	Catoosa	4:30pm – 6:30pm	On the Water
8/28	Monday	Catoosa	4:30pm – 6:30pm	On the Water
8/29	Tuesday	Catoosa	4:30pm – 6:30pm	On the Water
8/30	Wednesday	Catoosa	4:30pm - 6:00pm	Land Workout + Early Dismissal
8/31	Thursday	Catoosa	4:30pm – 6:30pm	On the Water
9/1	Friday	Catoosa	4:30pm – 6:30pm	On the Water

Please notify Coach T ahead of time if you know you will not be present for a practice. This will help save time and provide more water time for all athletes. Coach T has to work with other coaches ahead of time in order to secure the proper boats and oars that are needed for each practice.

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