

NOTES FOR WEEK :
 In preparation for summer camp we will run two water session (location TBC) for those athletes who have returned to Auckland - I strongly encourage those who are available to attend as it helps us to better "hit the ground running" at Summer camp.
 Depending on the senior seat racing that occur in December these dates may be used for seat racing for those who are available in the senior group - if you are not in Auckland **DO NOT** change your plans, we will work around things & you may do some seat racing at Summer camp but this is only if weather doesnt allow seat racing prior to XMAS

JANUARY	11		7	8	9	10	11	12	13
				DEPART 8:30AM FROM WGHS SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP
JANUARY	10		14	15	16	17	18	19	20
	AM	SNR	OFF	OFF	RAME ROAD 5:35-12:00PM	RAME ROAD 5:35-12:00PM		RAME ROAD 7:15AM-11:00AM	RAME ROAD 8:30-11:30AM
		JNR						RAME ROAD 8:30-11:30AM	RAME ROAD 7:15AM-11:00AM
	SESSION/WEEK								
NOVICE				u16			u17-18		
4				4			4		

NOTES FOR WEEK :
 Double sessions across the week, check carefully when you are required at Rame Rd & bring fuel for between rows there will have 2 rowers and a fitness session for weekdays at Rame Rd
 Bring running shoes to all sessions.
 Check Sunday time - late session for seniors

JANUARY	9		21	22	23	24	25	26	27
	AM	SNR		RAME ROAD 5:35AM-10:30AM	RAME ROAD 5:35AM-10:30AM		DEPART FOR CTC ARRIVE WGHS 5:15AM	CAMBRIDGE TOWN CUP	CAMBRIDGE TOWN CUP
		JNR							
	PM	SNR	RAME ROAD 3:00-6:30PM		RAME RD (INCL BOAT LOADING 3:00-6:30PM)		CAMBRIDGE TOWN CUP	CAMBRIDGE TOWN CUP	CAMBRIDGE TOWN CUP
JNR									
SESSION/WEEK									
NOVICE				u16			u17-18		
2				3			3		

NOTES FOR WEEK :
 Meet for CTC at WGHS 5:15am Friday, racing begins Friday at 10am & continues to end of day Monday 28th
 Bring spanners & running shoes to all sessions

JANUARY	8		28	29	30	31	1	2	3
	AM	SNR	NORTH ISLANDS	POST RGATTA OFF	RAME ROAD 5:35AM	RAME ROAD 5:35AM	RAME ROAD 5:35AM	RAME ROAD 5:35AM	RAME ROAD 7:15AM-11:00AM
		JNR							
	PM	SNR	NORTH ISLANDS	POST RGATTA OFF		FITNESS -WGHS 3:30-5:00			
JNR									
SESSION/WEEK									
NOVICE				u16			u17-18		
4				5			5		

NOTES FOR WEEK :
 Novice seat racing - senior squad required for Sunday session

FEBRUARY	Week		MON	TUES	WEDS	THU	FRI	SAT	SUN	
	7		4	5	6	7	8	9	10	
	AM	SNR	RAME ROAD 5:35AM		RAME ROAD 7:00am-3:30pm* (3 rows) BOAT LOADING			RAME ROAD 5:35AM	RAME ROAD SEAT RACING 7:15AM-12:0PM	RAME ROAD 8:30-11:30AM
		JNR								
PM	SNR	FITNESS -WGHS 3:30-5:00		ERG/CIRCUIT WGHS 3:30-5:30		ERG/CIRCUIT WGHS 3:30-5:30				
	JNR									
SESSION/WEEK										
NOVICE				u16			u17-18			
5				6			6			

NOTES FOR WEEK :
 Waitangi day is a full day of training with three rows - you need enough fuel to get you through the day - second breakfast, lunch, morning tea, afternoon tea & other snacks for recovery.
 Bring spanners & running shoes to all sessions
 Saturday will include some seat racing - not for all returning rowers, those apart of the seat racing will be advised in advance

FEBRUARY	6		11	12	13	14	15	16	17
	AM	SNR	RAME ROAD	RAME ROAD 5:35AM	RAME ROAD			HEAD OF HARBOUR 6:30AM-SHIVAN PARK	

FEBRUARY	AM	JNR	5:35AM		5:35AM	RAME ROAD 5:35AM		5:30AM SYLVAN PARK SIDE	POST RGATTA OFF
	PM	SNR	FITNESS -WGHS 3:30-5:00	ERG/CIRCUIT WGHS 3:30-5:30	ERG/CIRCUIT WGHS 3:30-5:30	RAME ROAD 4PM-6:30PM BOAT LOADING	ROW BOATS TO SYLVAN PARK SIDE (IF REQUIRED) 3:45-4:45PM	BOAT UNLOADING	
		JNR							

SESSION/WEEK									
NOVICE				u16			u17-18		
5				6			6		

NOTES FOR WEEK :
Rowing boats to Sylvan park for HOH - crews to be advised

FEBRUARY	5		18	19	20	21	22	23	24
	AM	SNR	RAME ROAD 5:20AM	RAME ROAD 5:20AM	RAME ROAD 5:20AM	2KM -WGHS 6:00AM		KRI 3	KRI 3
		JNR							
	PM	SNR	FITNESS -WGHS 3:30-5:00		ERG/CIRCUIT WGHS 3:30-5:30	RAME ROAD 4PM-6:30PM BOAT LOADING	DEPART FOR KRI 3 1PM FROM WGHS		
		JNR		ERG/CIRCUIT WGHS 3:30-5:30					
	CLUB CHAMPS								

SESSION/WEEK									
NOVICE				u16			u17-18		
5				7			7		

NOTES FOR WEEK :
Please note the change to start times in the morning as NSRC no longer using Rame Rd
Final 2km of season

FEBRUARY	4		25	26	27	28	1	2	3
	AM	SNR	POST RGATTA OFF	RAME ROAD 5:20AM	RAME ROAD 5:20AM	RAME ROAD 5:20AM		RAME ROAD 7:00AM-11:00AM	
		JNR					RAME ROAD 5:20AM	RAME ROAD 8:30-11:30AM	
	PM	SNR	POST RGATTA OFF	FITNESS -WGHS 3:30-5:00		LAKE PUPUKE 3:30-6:00			
		JNR			LAKE PUPUKE 3:30-6:00				

SESSION/WEEK									
NOVICE				u16			u17-18		
6				7			7		

NOTES FOR WEEK :

MARCH	Week		MON	TUES	WEDS	THU	FRI	SAT	SUN
	3		4	5	6	7	8	9	10
	AM	SNR	RAME ROAD 5:20AM	LAKE PUPUKE 6:00-8:00	RAME ROAD 5:20AM		NISS	NISS	NISS
		JNR							
	PM	SNR	FITNESS -WGHS 3:30-5:30		RAME ROAD & LAKE PUPUKE 5:30-6:30PM BOAT LOADING ONLY	DEPART FROM WGHS 1PM FOR NISS AFTERNOON PADDLE AT LAKE*			
		JNR							

SESSION/WEEK									
NOVICE				u16			u17-18		
3				4			4		

NOTES FOR WEEK :