

NEW TRIER ROWING

REGULAR SEASON PRACTICE SCHEDULE

SPRING 2025

Begins Monday, March 10th, 2025

Boys	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
V	RL 4-6 pm	DRC 4:15-6:15 pm	RL 4-6 pm or DRC 4:15-6:15 pm	DRC 4:15-6:15 pm	DRC 4:15-6:15 pm	DRC 7:30am-10am
JV	RL 4-6 pm	DRC 4:15-6:15 pm	RL 4-6 pm or DRC 4:15-6:15 pm	DRC 4:15-6:15 pm	DRC 4:15-6:15 pm	DRC 7:30am-10am
N	NCH 3:45-6 pm	DRC 4-6:15 pm	NCH 3:45-6 pm	DRC 4-6:15 pm	DRC 4-6:15 pm or NCH 3:45-6 pm	DRC 8am-10:30am
Girls	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
V	DRC 4:15-6:15 pm	RL 4-6 pm	DRC 4:15-6:15 pm	RL 4-6 pm or DRC 4:15-6:15 pm	DRC 4:15-6:15 pm	DRC 10am-12 pm
JV	DRC 4:15-6:15 pm	RL 3:45-6:15 pm	DRC 4:15-6:15 pm	RL 4-6 pm or DRC 4:15-6:15 pm	DRC 4:15-6:15 pm	DRC 10am-12 pm
N	DRC 4:15-6:15 pm	NCH 3:45-6 pm	DRC 4:15-6:15 pm	NCH 3:45-6 pm	DRC 4:15-6:15 pm or NCH 3:45-6 pm	DRC 9:30am-12:00 pm

Friday practices for Novices typically alternate between boys and girls at the DRC and RL/NCH.

Practice Locations:

DRC (Dammrich Rowing Center), 3220 Oakton, Skokie, IL

RL (NT Rowing Loft), Winnetka Campus, Loft area between gyms G109 and G110

NCH (Northfield Commons Hallway), Northfield Campus, Ground floor in B building - Hallway between Commons and F building.