

Bedford Crew 2016 Spring Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday									
MAR 20 No Practice	MAR 21 All (BHS) 2:50-5	MAR 22 All (BHS) 2:50-5	MAR 23 All (BHS) 2:50-5	MAR 24 All (BHS) 2:50-5	MAR 25 All – rigging @ARC	MAR 26 No Practice									
MAR 27	MAR 28 W(BHS) 2:50-5 M(ARC) 3:45-6	MAR 29 M(BHS) 2:50-5 W(ARC) 3:45-6	MAR 30 W(BHS) 2:50-5 M(ARC) 3:45-6 Yoga 4-5	MAR 31 M(BHS) 2:50-5 W(ARC) 3:45-6	APR 1 All BHS Run	APR 2 No Practice									
APR 3 No Practice	APR 4 W(BHS) 2:50-5 M(ARC) 3:45-6	APR 5 M(BHS) 2:50-5 W(ARC) 3:45-6	APR 6 W(BHS) 2:50-5 M(ARC) 3:45-6 Yoga 4-5	APR 7 W(ARC) 3:45-6 M(BHS) 2:50-5	APR 8 All BHS Run	APR 9 (@ARC) W 7-9 am M 9-11 am									
APR 10 No Practice	APR 11 W(BHS) 2:50-5 M(ARC) 3:45-6	APR 12 W(ARC) 3:45-6 M(BHS) 2:50-5	APR 13 W(BHS) 2:50-5 M(ARC) 3:45-6	APR 14 W(ARC) 3:45-6 M(BHS) 2:50-5	APR 15 All BHS Run	APR 16 (@ARC) M 7-9am W 9-11am									
APR 17 No Practice	APR 18 W(BHS) 2:50-5 M(ARC) 3:45-6	APR 19 W(ARC) 3:45-6 M(BHS) 2:50-5	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">APR 20</td> <td style="text-align: center;">APR 21</td> <td style="text-align: center;">APR 22</td> </tr> <tr> <td colspan="3" style="text-align: center;">Intersession</td> </tr> <tr> <td style="text-align: center;">All BHS 2:50-5</td> <td style="text-align: center;">All BHS 2:50-5</td> <td style="text-align: center;">No Practice</td> </tr> </table>			APR 20	APR 21	APR 22	Intersession			All BHS 2:50-5	All BHS 2:50-5	No Practice	APR 23 (@ARC) W 7-9 am M 9-11 am
APR 20	APR 21	APR 22													
Intersession															
All BHS 2:50-5	All BHS 2:50-5	No Practice													
APR 24 APRIL VACATION →	APR 25 No Practice	APR 26 No Practice	APR 27 No Practice	APR 28 No Practice	APR 29 No Practice	APR 30 (@ARC) W 7-9 am M 9-11 am									
MAY 1 No Practice	MAY 2 W(BHS) 2:50-5 M(ARC) 3:45-6	MAY 3 W(ARC) 3:45-6 M(BHS) 2:50-5	MAY 4 W(BHS) 2:50-5 M(ARC) 3:45-6	MAY 5 W(ARC) 3:45-6 M(BHS) 2:50-5	MAY 6 No Practice	MAY 7 PROM (@ARC) W 7-9 am M 9-11 am									
MAY 8	MAY 9 W(BHS) 2:50-5 M(ARC) 3:45-6	MAY 10 W(ARC) 3:45-6 M(BHS) 2:50-5	MAY 11 W(BHS) 2:50-5 M(ARC) 3:45-6	MAY 12 W(ARC) 3:45-6 M(BHS) 2:50-5	MAY 13 No Practice	MAY 14 Lowell Invite Day 1									

Bedford Crew 2016 Spring Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 15 Lowell Invite Day 2	MAY 16 W(BHS) 2:50-5 M(ARC) 3:45-6	MAY 17 W(ARC) 3:45-6 M(BHS) 2:50-5	MAY 18 W(BHS) 2:50-5 M(ARC) 3:45-6 Yoga 4-5	MAY 19 W(ARC) 3:45-6 M(BHS) 2:50-5	MAY 20 No Practice	MAY 21 (@ARC) W 7-9 am M 9-11 am
MAY 22 No Practice	MAY 23 W(BHS) 2:50-5 M(ARC) 3:45-6	MAY 24 W(ARC) 3:45-6 M(BHS) 2:50-5	MAY 25 W(BHS) 2:50-5 M(ARC) 3:45-6	MAY 26 W(ARC) 3:45-6 M(BHS) 2:50-5	MAY 27 No Practice	MAY 28 Crimson Cup - Hooksett
MAY 29 No Practice	MAY 30 NO SCHOOL	MAY 31 W(ARC) 3:45-6 M(BHS) 2:50-5	June 1 W(BHS) 2:50-5 M(ARC) 3:45-6	June 2 W(ARC) 3:45-6 M(BHS) 2:50-5	June 3 No Practice	June 4 (@ARC) W 7-9 am M 9-11 am
June 5 Sleigh Cup - Hanover	JUNE 6 All @ ARC Unload Trailer 3:00-4:00	JUNE 7 Awards Night 7pm - McK	JUNE 8			

Attendance is required. In order for a boat to practice, we need to have consistent attendance. History has shown that athletes who attend practice improve the most over the course of a season.

Please contact Mrs. Ashooh if you are unable to attend a practice.

Contact information:

Mrs. Ashooh – lashooh@comcast.net; 603-785-9788