



On Water Practice

- Scheduled Start: Monday February 24 at **4:00!!**
Mon – Fri: 4 - 6 PM Sat: 8:00-10:30 AM
***After daylight saving, practice will end at 6:30**
- Contingency Plans
 - Weather that impacts outdoor land practice
- Dress Code
 - Layers is the key!
 - Long tights, long sleeve technical wear & **HATS!**
 - Refillable water bottle – not disposable!



Plan to be at practice 15 minutes early for Prep and Warm up



Weather Policy

- If school is closed or after-school activities are canceled, so are we
- If wind/rain affects our ability to practice on the water, we will practice on land
- NEW: If weather affects our ability to safely or effectively practice on land, we will practice at the school on our winter conditioning schedule. Announced by noon via Slack, SportsEngine, email.
 - Experienced 3:30-5:30
 - Novice 4:30-6:30