

Capital Crew Fall Schedule 2009

Date Day	Time	Event	Location
August			
August 31 <i>Monday</i>	3:30 - 6:00	Welcome Back Practice begins	Sac State Aquatic Center
September			
September 9 Wednesday	7:00 p.m.	Novice Parent Information Night	Sac State Aquatic Center upstairs classroom
September 11 Friday	3:30	Varsity Registration Due \$165.00 Booster & \$375.00 Aquatic Center	Sac State Aquatic Center
September 14 Monday	3:30 - 6:00	Novice Practice Begins	Sac State Aquatic Center
September 25 Friday	3:30	Novice Registration Due \$165.00 Boosters & \$375.00 Aquatic Center	Sac State Aquatic Center
October			
October 7 Wednesday	3:30	Varsity Men & Women Letter Writing for Ergathon	Sac State Aquatic Center
October 11 Sunday	TBD	Head of the Port	Port of Sacramento
October 13 Tuesday	7:00 p.m.	General Membership Meeting All parents and rowers welcomed.	Sac State Aquatic Center upstairs classroom
October 14 Wednesday	3:30	Novice Women Letter Writing for Ergathon	Sac State Aquatic Center
October 15 Thursday	3:30	Novice Men Letter Writing for Ergathon	Sac State Aquatic Center
October 24 Saturday	TBD	Head of the American All Squads	Lake Natoma
November			
November 1 Sunday	TBD	Newport Autumn Rowing Festival Selected Varsity Men and Women	Newport Beach, CA
November 7 Saturday	8:00 - 11:30	Ergathon Capital Crew Fundraiser	Sac State Aquatic Center
November 7 Saturday	11:00 - 12:45	Capital Crew Hosts a Family BBQ All welcomed	Sac State Aquatic Center
November 27 Friday	TBD	Capital Crew Alumni Day	Sac State Aquatic Center
December			
December 13 Sunday	8:00 - 11:00	Holiday Scrimage All Squads	Lake Natoma
December 14-18 Monday-Friday	3:30 - 6:30	Optional Workouts Due to final exams.	Lake Natoma
December 18 Friday	3:30 - 6:30	Last day of practice for the Fall year Happy Holidays	Lake Natoma
January			
January 4 Monday	3:30 - 6:30	First Day of Spring Semester All Squads	Sac State Aquatic Center