

W-L CREW

WINTER CONDITIONING



Winter Training Details:

Join W-L Crew for Winter Conditioning. No experience needed! Get in shape, learn technique and be part of a fun team.

✂ Experienced Rowers return on Monday, Nov 17. Meet in the cafeteria at 3:30pm.

✂ New Rowers (8th grade and up) start on Monday, Dec 1. Meet in the Little Theater at 3:30pm.

✂ Practice on Monday-Friday from 3:30-5:30pm in the cafeteria. Weight lifting days end at 6pm.

✂ You must register and submit your physical through the W-L Athletics Office (online).

✂ Please use the QR code to complete our team sign-up form:

Contact Head Coach Kara McPhillips (kara.mcphillips@apsva.us) for more information:

