

Cattewater Gig Club Weekend Training Rota

Weekend A

Saturday	<i>Odessa</i>	<i>Catalina</i>
8am-9.30am	Men A	Ladies A
9.15-10.30am	all other rowers	all other rowers
10.15am - ??	Men B	Ladies B

Make sure changeovers are prompt & on time.

Weekend B

Saturday	<i>Odessa</i>	<i>Catalina</i>
8am-9.30am	Ladies B	Men B
9.15-10.30am	all other rowers	all other rowers
10.15am - ??	Ladies A	Men A

Make sure changeovers are prompt & on time.

Sunday	<i>Odessa</i>	<i>Catalina</i>
9am-10.30	call to book a slot	
10.15 - 11.30		
11.15 - 12.30		
12.15 - 1.30pm		

Sunday	<i>Odessa</i>	<i>Catalina</i>
9am-10.30	call to book a slot	
10.15 - 11.30		
11.15 - 12.30		
12.15 - 1.30pm		

Donation £1 per session for members
3 free sessions for novices before joining

Weekend A	Weekend B
	27/03/2010
Dartmouth	10/04/2010
17/04/2010	24/04/2010
IOS W/E	08/05/2010
15/05/2010	22/05/2010

NB - the first crews out are expected to stay behind and help out with the middle crews. Thank you