

## NBCC 2014 – Weekly Schedule \*

Time of Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-10:00am	Morning Care					OFF	OFF
10:00-10:20am	Boat Assigning and Preparation – Go see your coach!						
10:20-10:40am	On-Land Warm-up						
10:40-11:40am	Scheduled On-Water Practice						
11:40am-12:00pm	Dry Boats & Put Away Equipment						
12:00-1:00pm	Lunch Break						
1:00-1:20pm	Boat Assigning and Preparation – Go see your coach!						
1:20-1:40pm	On-Land Warm-up						
1:40-2:40pm	Scheduled On-Water Practice						
2:40-3:00pm	Dry Boats & Put Away Equipment						
3:00-5:00pm	Afternoon Care						

*\* Please note that this is a generalized schedule. Please refer to the monthly practice schedule for accurate information regarding regatta preparation, dates and practice specifics.*