

Camp Randall Rowing Club – Spring Break Training Itinerary, LaFollette TN
Friday April 7 – Saturday April 15 2017

GENERAL INFORMATION

Rowers will miss school on Friday April 7. Please make arrangements for make-up work and bring homework. **Before rowers may board the bus (Deadline March 1st): Rowers must have (1) ALL registration forms completed; (2) club dues paid; (3) code of conduct signed; (4) electronic US rowing waiver signed; (5) medication form completed and returned. Rowers and chaperones must review the CRRC code of conduct.**

Loading trailer and U Haul: Rowers are required to be at the Boathouse Wed April 5 and Thurs April 6 from 4:30-6:30pm to help load equipment and boats.

What to pack: **Sack lunch for the bus ride**, sleeping bag, pillow, bath and beach towels, overnight bag for bus rides, training clothes, racing clothes (uni/tank), CRRC spirit gear, running shoes, casual clothes (temp 40-80 degrees), extra socks, toiletries, swimsuit, hat, sunscreen, sunglasses, water bottle, **clothes for cold weather**, rain gear, homework, extra money for shopping at Hammers.

Note: Cell phone reception is patchy if at all in TN and KY! Chaperones will send twitter/FB/Instagram updates.

Friday April 7

- 6:30 am Bus departs from Pick-n-Save (formerly Cops) parking lot, 3650 University Avenue. Captains take roll call. Bring sack lunch on the bus. Bus will stop for bathroom breaks but lunch will be eaten on the bus. Chaperones will carry medical forms, first aid kits on the buses.
- 4 am Truck with boat trailer and U Haul depart for TN
- 6:00 pm (estimated) Arrive at Resort (Shanghai Resort, 1042 Shanghai Rd, LaFollette, TN. Phone (423) 562-7651) Dinner at the resort. Rooming lists will be announced on the bus prior to arrival. Jenna and Paul Hansen will arrive early and will coordinate dinner.
- 10:00 – Lights Out

Saturday April 8

- 7-8 am Move trailer to marina, set up dock, unload, rig and row! Chaperones pick up food order.

Sunday April 9-Friday April 14

- 6:30 am – 3 pm typical day of rowing
- All meals are arranged by chaperones in kitchen at the marina. Rowers clean up. Basic meals are two large meals daily (brunch and dinner) with snacks in early AM and between meals.
- Social spaces are living rooms, porches, and on top of house boats. Rowers not allowed in other rooms.
- 10 pm rowers in assigned rooms and 10:30 pm lights out

Special Events:

- MONDAY: Afternoon trip to Hammer's General Store, 1200 Charles G. Sievers Blvd, Clinton TN (865) 457-1436
- TUESDAY: Afternoon hike at Frozen Head State Park. Dinner at Big Ed's Pizza, 101 Broadway, Oak Ridge TN (865) 482-4885.
- THURSDAY: Scrimmage vs. Oak Ridge Rowing Assoc
- FRIDAY: PM load trailer and U Haul. Pack breakfasts for rooms and lunches for buses on Saturday

Saturday April 15

- 6 am depart for Madison. Meals arranged by chaperones on bus.
- 7pm (estimated) Arrive at Pick-n-Save (formerly Coppers) parking lot, Madison. Rowers call for pickup prior to arrival. Watch twitter for updates.

Monday April 17 – No Workout; rowers to help unload UHaul (4:30-6:30pm); return Uhaul

Tuesday April 18 – Practice resumes

CHAPERONES: Pete Fass; Mike Waldvogel; Mark Lilleleht; Melissa Waldvogel; Cynthia Wautlet-Anderson, Paul and Jenna Hansen, Justin and Wendy Cruz

TRUCK AND TRAILER: Pete Fass; Mike Waldvogel

U HAUL: Mark

Melissa Waldvogel 608-575-0031

Mark Lilleleht 608-354-6998

Pete Fass 608-692-0902

Jeff Beckett 608 - 445-0279

Cynthia Wautlet-Anderson 608-239-2916

Wendy & Justin Cruz 608-239-3990; 608-354-4248

Jenna & Paul Hansen 608-445-7474; 608-445-7574

Mike Waldvogel 608-575-4999

Carol Borcharding 608-692-1665

Shayla Dvorak 920-242-4821

Phil White 970-819-9705

Mike Mancusi-Ungaro 610-608-8118

Grace Peterson 608-279-7434

Van Galder contact David Schmeling M-F 7a-5p, Sat 7a-3p, (800) 747-0994 x 1110.