

## ***Stony Brook Crew***

**Spring Break '24**

### **Weekly Focus**

Novice: Improving the Feather & Endurance  
Varsity: Timing - Slowing the Recovery  
Technical: Footstretcher & Oarlock Height Adjustment  
Race Strategy & Game-Day Preparation

**Name**

**Lake Lure, NC**

	<b>Morning</b>	<b>Afternoon</b>	<b>Focus</b>
<b>Sunday</b>	<i>Unloading/Rigging</i>	<i>4x15' /3'Rest @20spm</i>	<i>Water Intro</i>
<b>Monday</b>	<i>6x2000m /4'Rest @18spm</i>	<i>3x20' /3'Rest @24spm</i>	<i>Picks/Technique</i>
<b>Tuesday</b>	<i>3x18' /4'R on 6's @26,28,30</i>	<i>Hike</i>	<i>Pauses/Timing</i>
<b>Wednesday</b>	<i>4x15' /4'Rest @22spm</i>	<i>3x16' /4'R on 2's @32-18spm</i>	<i>Timing/Sync</i>
<b>Thursday</b>	<i>6x Starts 6x Sprints</i>	<i>Racing in 4's</i>	<i>Race Prep</i>
<b>Friday</b>	<i>Derigging/Loading</i>	<i>Out on the Town</i>	

### **Extra Credit**

[\*Team Feedback Survey\*](#)

## ***Stony Brook Crew***

**Sunday**      *Intro - Land Coxswain Calls - Handling Boats - Dock Launching Practice - Rowing x 2, Rowing x 4*

**Monday**      *Refining the Stroke - Pick Drills - On the Square*

**Tuesday**      *Finding our Rhythm and Balance - Pause Drills - Feathering*

**Wednesday**      *Get in the Groove - Pauses/Picks - Review Rigging Adjustments - Minimizing Boat Check*

**Thursday**      *Race Day Essentials - Maunuevering into the Start - 500m Start to Settle - 500m Settle to Sprint*

### Stony Brook Crew - Sunday Afternoon

	Dudzick	Reserve	2014		Kreitzer		Brett
<b>C</b>	Sam	Henry	Harrison	<b>C</b>	Tori	<b>C</b>	Aidan
<b>S</b>	Sydney	Maria	Jamie	<b>S</b>	Alexa	<b>S</b>	Sophie
<b>3</b>	Paxton		Patrick	<b>3</b>	Soph	<b>3</b>	Bryanna
<b>2</b>	Zofka		Nino	<b>2</b>	Cecelia	<b>2</b>	Crystal
<b>B</b>	Alexis		Kenan	<b>B</b>	Taryn	<b>B</b>	Morgan

### Stony Brook Crew - Monday Morning

	Dudzick	Reserve	2014		Kreitzer		Brett
<b>C</b>	Nino	Bryanna	Harrison	<b>C</b>	Morgan	<b>C</b>	Jamie
<b>S</b>	Sydney	Alexa	Kenan	<b>S</b>	Patrick	<b>S</b>	Sophie
<b>3</b>	Paxton		Henry	<b>3</b>	Soph	<b>3</b>	Cecelia
<b>2</b>	Zofka		Aidan	<b>2</b>	Crystal	<b>2</b>	Maria
<b>B</b>	Alexis		Sam	<b>B</b>	Taryn	<b>B</b>	Tori

### Monday Afternoon

	Dudzick	Reserve	2014		Kreitzer		Brett
<b>C</b>	Jamie	Alexis	Harrison	<b>C</b>	Tori	<b>C</b>	Kenan
<b>S</b>	Sydney	Paxton	Aidan	<b>S</b>	Alexa	<b>S</b>	Sophie
<b>3</b>	Cecelia		Patrick	<b>3</b>	Soph	<b>3</b>	Bryanna
<b>2</b>	Zofka		Nino	<b>2</b>	Henry	<b>2</b>	Crystal
<b>B</b>	Maria		Sam	<b>B</b>	Taryn	<b>B</b>	Morgan

## Stony Brook Crew - Tuesday Morning

	Dudzick	Reserve	2014		Kreitzer		Brett
<b>C</b>	Paxton	Soph	Harrison	<b>C</b>	Tori	<b>C</b>	Sydney
<b>S</b>	Bryanna	Sophie	Jamie	<b>S</b>	Alexa	<b>S</b>	Morgan
<b>3</b>	Patrick		Maria	<b>3</b>	Sam	<b>3</b>	Aidan
<b>2</b>	Zofka		Nino	<b>2</b>	Cecelia	<b>2</b>	Crystal
<b>B</b>	Alexis		Kenan	<b>B</b>	Taryn	<b>B</b>	Henry

## Tuesday Afternoon

Hike

### Stony Brook Crew - Wednesday Morning

	Dudzick	Reserve	2014		Kreitzer		Brett
<b>C</b>	Morgan	Zofka	Harrison	<b>C</b>	Tori	<b>C</b>	Sydney
<b>S</b>	Nino	Cecelia	Jamie	<b>S</b>	Alexa	<b>S</b>	Sophie
<b>3</b>	Maria		Patrick	<b>3</b>	Soph	<b>3</b>	Paxton
<b>2</b>	Henry		Aidan	<b>2</b>	Cecelia	<b>2</b>	Crystal
<b>B</b>	Alexis		Kenan	<b>B</b>	Taryn	<b>B</b>	Morgan

### Wednesday Afternoon

	Dudzick	Reserve	2014		Kreitzer		Brett
<b>C</b>	Alexis	Crystal	Morgan	<b>C</b>	Patrick	<b>C</b>	Harrison
<b>S</b>	Sydney	Nino	Jamie	<b>S</b>	Alexa	<b>S</b>	Sophie
<b>3</b>	Paxton		Sam	<b>3</b>	Bryanna	<b>3</b>	Soph
<b>2</b>	Zofka		Henry	<b>2</b>	Cecelia	<b>2</b>	Taryn
<b>B</b>	Kenan		Aidan	<b>B</b>	Maria	<b>B</b>	Tori

### Stony Brook Crew - Thursday Morning

	Dudzick	Reserve	2014		Kreitzer		Brett
<b>C</b>	Alexa	Taryn	Harrison	<b>C</b>	Bryanna	<b>C</b>	Aidan
<b>S</b>	Nino	Tori	Jamie	<b>S</b>	Sydney	<b>S</b>	Sophie
<b>3</b>	Kenan		Patrick	<b>3</b>	Paxton	<b>3</b>	Cecelia
<b>2</b>	Zofka		Maria	<b>2</b>	Henry	<b>2</b>	Crystal
<b>B</b>	Alexis		Sam	<b>B</b>	Soph	<b>B</b>	Morgan

### Thursday Afternoon

	Dudzick	Reserve	2014		Kreitzer		Brett
<b>C</b>	Zofka	Sam	Kenan	<b>C</b>	Tori	<b>C</b>	Cecelia
<b>S</b>	Sydney	Harrison	Jamie	<b>S</b>	Alexa	<b>S</b>	Sophie
<b>3</b>	Aidan		Paxton	<b>3</b>	Soph	<b>3</b>	Henry
<b>2</b>	Nino		Patrick	<b>2</b>	Crystal	<b>2</b>	Bryanna
<b>B</b>	Alexis		Morgan	<b>B</b>	Taryn	<b>B</b>	Maria