**Dad Vail Week!**

**May 7th- 14th**

**Important Information (Please if you look at nothing else in this document read this paragraph):**

You are expected to arrive and be ready to practice at **noon**, **Sunday, May 7th**. If you cannot do this for any reason let Cheyenne know ASAP. If you have to arrive earlier than May 7th, please let the person you are staying with or Bridget know so they are prepared for you. We will have two practices Sunday, Monday, and Tuesday and we will bring the boats to Marietta on Tuesday night. We will do a fun practice on Wednesday and leave bright and early in the morning on Thursday. We will get to Philly later that day and practice on the course. Friday we will race. Saturday is finals, and we will either go to those or do fun things around the city and return Saturday night. Please bring everything you need for the **entire week**, and pack the things you need for Vails in a smaller bag. **Bring your unis and a form of id,** in case they double check line-ups at Vails. Avoid bringing items of value and do not leave anything in the vans. Theft has been an issue in the past and valuable items are best left at home. **We will also be moving the boats back to Parkersburg on Sunday, May 14th.** This is a mandatory event and shouldn’t take long. If you have a valid excuse, please let Cheyenne know, otherwise everybody is expected to be there.

**Things to bring:**

* Athletic clothes
	+ 3 days of 2-a-days
	+ 1 day of “fun” athletic practice
	+ Thursday we will have 1 practice in philly
* Other things you may want to wear on the evenings
* Running shoes
	+ Bring more than 1 pair!
* Lots of socks
* Towel
* Toiletries
* Blanket/sleeping bag and pillow
* Anything you would like to do for between/after practices
* Money for food/regatta swag/activities for after Dad Vail
* **Some form of ID -** important in case they check line ups at Vails
* Coxswains, please bring cox boxes
* **Unis**
* Spandex
* Smaller bag to bring just for Vails.
* Sunscreen
* Sunglasses
* Hat
* Any medicines you might take

Housing Assignments: **IMPORTANT:** If you need housing before May 7th, please contact the person or Bridget you are staying with ASAP so they know what to expect.

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| **Zoe**  | **Sydders** | **Alexis**  | **Meggers** |
| **Natrat** | Annabelle | **Erin** | Erin Baker |
| Jacqueline | Cheyenne | Helaine | Madeline |
| Vasel | Malea | Emma | Sam |
| Bridget | Marie | Tiana |  |

People who do not need housing: Paige, Wendy, Caroline

Meal Plans:

You will be on your own for food- this includes breakfast, lunch, and dinner, but you can coordinate with you houses to plan meals! Having team dinners is an option as well. Shout out to Paige who has offered to host team dinner at her place on Monday, May 8th! If anyone would like to do something similar on Sunday, May 7th, Tuesday May 9th, or Wednesday May 10th, please let Bridget know which date you would prefer ASAP, however this is just an option. If nobody volunteers to have it at their place, that is alright, and everybody can eat at their respective houses those nights.

Tentative Itinerary:

You will notice that not all of the times are set in stone yet. This is to give you an overview of the week so you understand what is happening and know what to expect. If you are busy any part of the week that might cause you to miss practice one day please let Cheyenne know. With the semester being over scheduling should be less of an issue but it is important we know of these things in advance.

**Sunday May 7th-**

12:00 pm - first practice

2nd practice

**Monday May 8th-**

First practice

Second Practice

Team dinner at Paige's

**Tuesday May 9th-**

First practice

Second Practice

Bring boats to Marietta

**Wednesday May 10th**

Fun practice (hiking, or something like that)

**Thursday May 11th:**

Wake up: Time to be announced but expect it to be way early in the morning

Leave for Philly

Arrive at Race course

Practice

Leave for hostel

Arrive at hostel

Dinner

Lights out

**Friday:**

Racing!

**Saturday:**

Finals or fun things!

Return to Athens

**Sunday**

Return boats to Parkersburg (**MANDATORY)**