

## **Xavier Prep Crew**

### **Uniform Information**

The basic fall uniform for Novice is Lycra shorts, t-shirt and mandatory polo shirt for traveling. The basic spring uniform for all athletes includes a unitard (uni), warm up shirt (sleeves), Xavier Prep Crew hooded sweatshirt, Hydro Tex Jacket and Pants. Rowers participating with the team can purchase a team backpack, team duffle bag or Uniform approved sweatshirt at their discretion. Crew members can purchase additional crew clothing for practice or may use other appropriate clothing of their own. Xavier Prep Crew does sell spirit t-shirts, sweatshirts, hats, etc for athletes and parents.

The team travels a lot and temperatures on the water are often 10 degrees cooler than on land. Dressing in layers is very important and being adequately prepared for changing weather conditions is essential for comfort and health. It is also important to have something dry to put on after practice. Rowers need to have a pair of running shoes with them everyday.

A full, detailed practice schedule is available on the website at [www.xavierpreprew.net](http://www.xavierpreprew.net). Please note from the middle of February until Regionals in May, we will have five to six races either in town or in California.