

Our Coaches...

Name	Position	Email Address
Sean O'Brien	Executive Director Varsity Mens Coach	SeanObrien@shencrew.com
Mike Gilbert	Head Coach Varsity Womans Coach	MikeGilbert@shencrew.com
Kelly Lischynsky	Asst. Varsity/ Freshman Girls Coach	kelly.lischynsky@gmail.com
Justin Clement	Asst. Varsity/ Freshman Boys Coach	Justin@shencrew.com
Scott McDonald	Modified Coach	scottlmc@hotmail.com
Dave Clayman	Modified Coach	Dclayman@nycap.rr.com
Sarah Wells	Modified Coach	Sarah@shencrew.com
Lindsay Blake	Modified Coach	blakind@gmail.com

Shen Crew Board of Directors

First	Last	Responsibility	
Ellen	Sherry	President	row@shencrew.com
Joe	Castaldo	ByLaws	JosephCastaldo@pyramidmg.com
Kim	Ferrioli	Registration/Recruiting	shencrewkim@gmail.com
Mary	Hanratty	Volunteer Spot/Safesport	maryhshencrew@gmail.com
Laura	McClendon	Fundraising	lauramcc9001@gmail.com
Scott	McDonald	Boathouse/safesport	scottlmc@hotmail.com
Rob	Partlow	Regatta Planning	crew@partlow4.com
Nancy	Paulsen	Accounts Receivable and Payable	receivables@shencrewadmin.com
Marc	Price	Fundraising	drprice@nycap.rr.com
Lucette	Robillard	Payroll/Secretary/Boathouse	Lucette.Robillard@pepsico.com
Jason	Schoen	Financial MGT	jcschoen@yahoo.com

Practice

Shen Boathouse

801 Maritime Avenue

Time

High School Bus Arrives at 3pm; Middle School Bus Arrives at 4pm

Pick Up Varsity/Freshman 6:15pm Modified 6:30pm

Phone Number: 399-9784

Alplaus, NY 12008

Transportation to Practice**Freshman and Varsity** All Shen Rowers in Grades 9 thru 12 will get the crew bus in the back parking lot of HSE.

10th Graders are assigned to the Upstate Travel Bus. You need to go to the bus immediately after school. The bus will leave at 2:50pm, just like in the spring. In order to keep their schedule, Upstate must leave the parking lot at that time. Amanda Hayes will be in touch with coaches if there is a transportation issue.

9th Graders will leave High School West on a Shen bus located in front of the cafeteria at High School West. The shuttle bus will bring you to the back lot of High School East. Check with your driver the first day to make sure that is where they are going. You will exit that bus at HSE and follow the sidewalk to the Shen Crew Bus in the circle. Move quickly, the Shen Bus can leave when everyone is on.

11th and 12th Graders you know the drill. Please hustle to the Shen Crew Bus and keep an eye out for the 9th graders. The sooner they find the bus, the quicker you can leave. Do not let the Shen Bus leave the bus port if you are missing the 9th graders. The Upstate Bus will fill with 10th graders and leave the lot. The Shen Bus needs to wait for the 9th graders.

Modified rowers in grades 6 through 8, will get their bus in front of Gowana Middle School. The regular bus routes will leave the parking lot first. The Shen Crew bus will then pull into the parking lot. Please, no eating on the bus. Instruments should be left at school, if possible. Anyone with transportation questions can address them to Ellen Sherry at row@shencrew.com

Scotia Glenville Rowers

A shuttle has been arranged to take you from HS to the boathouse. If you have not received information, please contact Ellen Sherry row@shencrew.com

Evening Pick Up Procedure

Our parking lot is very congested at pick up time. Please follow these instructions and drive slowly. From Alplaus Road, turn onto Maritime Avenue, **not** Mohawk Avenue. Mohawk Ave is residential and should not be used as per agreement with town. Our circle needs to be kept clear for emergency vehicles. Parking is allowed on the outside of the circle, but NOT on the inside. We ask the parents of the modified team to arrive at 6:30. When you arrive, wait for your rower to come to you. We have a full roster this spring, and the coaches will need the grassy area and the pavilion area clear.

Be Prepared**Layers:**

Wind Jacket	Hat
Warm Sweatshirt	Long sleeve light layer
Short sleeve hot layer	Spandex shorts or other with snug fit
Wind Pants or Spandex	Extra socks, Gym Shorts
<u>1 pair of running shoes</u>	Water Bottle, filled at home, refilled at boathouse
1 7/16 wrench on a lanyard	

Rowers are encouraged to keep sneakers at the boathouse. All other clothing should be carried in and out each day. Rowers should always have clean dry socks!

Team Supplies

Grade Level	Team Supplies
6th	1 box tissues
7th	1 box tissues
8th	1 box Standard Band-Aides
9th	2 rolls paper towels
10th	2 Sleeves of 6-8oz cups
11th	2, 1 gallon jugs of water
12th	2,1 gallon jugs of water

Please drop these off at the boathouse the first week of practice. We will ask for refills when the supply runs low.

Fall Schedule: *Website will always have most up to date Calendar.*

Month	Day	Event	Participants
Aug	31	Fall Season Begins 7am to 9am	Varsity and Freshman
Sept	2	Recruiting Event at HSWEST 11am	Varsity
Sept	8	Afterschool practice begins	Varsity and Freshman
Sept	12	Saturday Practice 8am; Mods Begin	Varsity, Freshmen, and Modified
Sept	12	Parent Meeting 10am	Varsity, Freshmen, and Modified
Sept	14	Mods Afterschool practice begins	Modified
Sept	19	Row A Thon	Varsity, Freshmen, and Modified
Sept	20	Golf Outing	Varsity, Freshmen, and Modified
Sept	23	No School, No Practice	Varsity, Freshmen, and Modified
Sept	26	Tail of the Fish - Saratoga	Varsity, Freshmen, and Select Modified
Oct	4	Spartan Sweeps-Scotia	Varsity, Freshmen, and Modified
Oct	11	New Hampshire Championship (Pembroke NH)	Varsity and Freshmen
Oct	12	No School, No Practice; optional for Charles Boats	Varsity, Freshmen, and Modified
Oct	18	Head of the Charles	Varsity, Freshmen SELECT(extra \$)
Oct	24/25	Mod Champs (tentative date)	Modified (<i>vars/fresh help needed</i>)
Nov	1	Head of the Fish - Saratoga	Varsity, Freshmen, and Modified
Nov	2	Last Day of Practice-Mandatory	Varsity, Freshmen, and Modified
Nov	7	Mod Champs (tentative date)	Modified (<i>vars/fresh help needed</i>)
Nov	10	Banquet (tentative)	Varsity, Freshmen, and Modified

Rowers in Grades 6-8 are considered Modified
Rowers in Grades 9 are considered Freshman
Rowers in Grades 10-12 are considered Varsity
Select Rowers earn spot for Head of the Charles

REGATTAS/SCRIMMAGES

Regattas are an exciting event for the rowers, but they can seem a bit chaotic. The night before a Regatta, the rowers load their boats on the trailer. All rowers must participate in order to row the next day. We arrive very early at our local regattas and rowers are expected to be at the Regatta/Scrimmage for the whole event. **Rowers are not allowed to drive themselves.** Every rower needs to have a responsible adult at the regatta. If you cannot attend with your child, please make sure another parent is responsible for them. **Modified Rowers will have parent sign in sheet** at the food tent. The rowers may not leave until they are dismissed by their coach. It can be a long day for the parents, so we suggest you bring:

- Chairs
- Umbrellas/Boots
- Binoculars
- Sunscreen
- Money for T-shirts, souvenirs, parking
- Blanket

Food Tent for Regattas

Food is provided for the rowers at Regattas. The main priority is for the rowers to eat healthy & stay hydrated throughout the day. Shen Crew owns a food trailer that we ask parents to tow to the regatta. Parents on the food committee organize, prepare, and serve. It's fun for the parents to work together and the kids hover around the tent all day. We encourage all freshman and varsity parents to sign up for the committee. Parents at the regatta should feel free to eat and socialize at the tent.

TRAVEL FOR VARSITY & FRESHMEN SUGGESTIONS FOR ACCOMODATIONS, MAKE YOUR OWN RESERVATION Links to each hotel available at www.shencrew.com

Information will be posted on our website. Look for reservation information in our weekly Shen Crew News Mailing.

Photos

Snapfish - www.snapfish.com - Free website for posting Shen Crew pictures You will be sent an email with an invitation to join the room, the password is vespoli contact row@shencrew.com with questions or to request invitation

SportGraphics- www.sportgraphics.com – At some of the Regattas, they take exceptional pictures of our rowers and post them on this website. THE PICTURES ARE AMAZING!!!

Club Responsibility

Fundraising:

This fall we are running three major fundraisers. You must participate in two of them to maintain good standing with the club. We run these fundraisers in order to keep costs low for our members, and we depend on their revenue for our operating costs. If you would prefer to buyout of the fundraisers, you have that option. The cost is \$100 for the golf/pie sale, or \$75 for the rowathon.

1. **Golf outing.** To fulfill your obligation with this fundraiser, you must sell/purchase two tickets for this event or provide one sponsorship. Registration forms and sponsorship brochures are available at the boathouse. Ticket price includes 18 holes of golf, use of a cart, a raffle ticket, entry into hole in one contest with \$10,000 cash prize, and full dinner. The tournament is Sunday, September 20th. Registration is at 12:00, with a 12:30 tee time. Non-golfing members and friends can purchase diner tickets for \$45, but this does not fulfill obligations and is merely offered as a courtesy. Deadline for registration is Tuesday, September 15th.
2. **Dessert sale.** If traditional sales are more your thing, you can opt for the pie sale. We will be selling a selection of pies/cheesecake/cookie dough, which will be delivered the Monday before Thanksgiving. To fulfill your obligation with this fundraiser, you will need to sell \$300 of product. Partial buyouts are allowed. To figure a partial buyout, multiply your sales by .33, then subtract that number from 100 to get your partial buyout figure. Fundraising packets will be available at the boathouse after 9/12/15. Deadline for dessert sales is October 7th, and delivery will be November 23rd.
3. **Rowathon.** All families are required to provide at least 8 names and addresses for the rowathon. Donation letters will be addressed by the rowers and mailed by the club. All high school rowers are required to participate in the row, which will take place on Saturday, September 19th from 8-11. Select modifieds will participate in a shorter version from 8-11. All rowers should bring a water bottle and a simple lunch that can be consumed on the boat.

Please note, we are not doing a bottle drive this fall. However, we do have collections bins and locust lane pool and Collins park, as well as accounts with Savemore beverage and Clifton Park Bottle Return, so you can still support the club with your recyclables by bringing them to any of these spots.

VOLUNTEER

Volunteer Hours:

Every family is required to volunteer for one function to help keep the club running smoothly. A list of volunteer jobs is available from our volunteer spot which can be accessed through our website www.shencrew.com click on volunteer. If you have questions or any problems finding the link, please contact Mary at volunteer@shencrew.com

Some of us like to get our volunteer responsibility done while we watch the regattas. Food Tent Jobs are now a volunteer job. See volunteer spot. If you like to work with a team of parents to prepare, serve, set up, clean up the food tent, please join. Varsity and Freshman parent participation works best with race schedule. Modified parents can help when present.

Fall Season Practice Schedule and Payment Information

Practice Schedule:

Varsity and Freshman Fall Season will begin on August 31st and end on November 2nd. Practice will run the first week from 7am to 9am. There will be no practice on Labor Day and afterschool practice will begin Tuesday, Sept 8th. Rowers should be picked up from the boathouse at 6:15pm. Rowers who plan to miss practice, must let coach know by 2pm.

Modified: Fall Season will begin September 12th and end November 2nd or November 7th (depending on Mod Champs) Practice is five days per week and pick up will be at 6:30pm. Transportation information will be communicated via email. Rowers should let coach know ahead of time the days they will not be attending practice.

Registration:

All Rowers: Pick up a copy of the registration form at the boathouse or at the Ferraioli Home (29 West Sky Lane, Clifton Park). Fill out and return to the Ferraioli home or bring to the boathouse.

New Rowers: No payment is due until the completion of the two week trial period. A mandatory **Swim test** will be Monday Sept 14, 3:45pm at the Shen Pool.

Pricing:

1st Rower	Fall	1st payment	2nd payment
	Registration	Due Aug 14th	Due Oct 5
Varsity/Freshmen	\$495.00	\$325.00	\$170.00
Varsity/Fresh Cox	\$410.00	\$275.00	\$135.00
Modified	\$460.00	\$295.00	\$165.00
Modified Cox	\$380.00	\$255.00	\$125.00
2nd Rower with 25% discount			
Varsity/Freshmen	\$390.00	\$260.00	\$130.00
Modified	\$355.00	\$230.00	\$125.00

The **above prices include** coaching, transportation to practice, US Rowing Insurance (\$25), Regatta Entrance Fees and Food Fees. Select Races and the Pittsford Regatta will require extra fees.

Payments for Returning Rowers:

Shen Crew should have the first payment by the first practice of the season. All checks are made out to FOSC. For your convenience we have a black lock box on the interior wall of the boathouse. If you prefer to mail, please send to Nancy Paulsen or place in drop box at this address:

8 Gleneagles Blvd, Ballston Lake 12019

All open balances will need to be paid by October 5th. Any rower, who wishes to participate in the Pittsford Regatta and Modified Championship, will need to be in good standing with the club. Balance Due statements will be sent periodically during the season via email. All rowers participating in a select race will need to pay a deposit prior to the event.

MEMBER COMMUNICATIONS

EMAIL

Shen Crew keeps in contact with its members via email. Look for weekly/ bi-weekly Updates to keep informed. We have simplified our process by having one member send out the group emails using the "noreply@shencrew" address. Each update will contain what is currently happening at crew. If you have questions, please look at the bottom of the email for contact information

WEBSITE www.shencrew.com

Please check out website daily. Calendar is kept up to date. Coaches and Board communicate practice and regatta information.

FACEBOOK Like us on Friends of Shen Crew

TWITTER @shencrew

Remind 101

We are going to start using a new system to get messages out to parents and athletes. It is a one-way messaging system for crew to send out notifications. This will allow anyone signed up (from as many devices and addresses as they like) to receive text messages, and takes about 30 seconds to subscribe to receive the messages. We will use these messages to send out announcements, practice cancellations and reminders.

To sign up for these text reminders simply text the code for the group you wish to join to (518) 633-1673 and that's it. You may join as many groups as you want.

Group codes:

Varsity Boys: @shencrewvb

Varsity Girls: @shencrewvg

Freshmen Boys: @shencrewfb

Freshmen Girls: @shencrewfg

Mod Boys: @shencrewmb

Mod Girls: @shencrewmg

Safe Sport Policy

It is the policy of FOSC to follow the rules and regulations set forth by the US Rowing Safe Sport program. Coaches and student-athletes are expected to represent themselves and their team with honesty, integrity, and character. All members of FOSC are expected to exhibit good sportsmanship at all times. Please click on Board Documents on our website for access to the document and incident report.

ROWERS COUNCIL

Rowers Council is comprised of rowers from all levels. This group gives the rowers a platform to voice their opinions about the team and make positive suggestions. They also serve as liaisons between coaches, Board Members and the rowers. If your rower is interested in joining Rowers Council please have them speak to their coach. Rowers council is a great way for the older rowers to provide guidance and support to the younger ones. This summer the council put together suggestions for clothing in an effort to create a uniform look for the high school rowers.

Questions, Comments, Concerns?

Ever feel like you have no way to voice your concerns or get a question answered? You can question, comment or show concern easily by sending a message to the crew board, Executive Director, and Head coach in one easy step. At the top left corner of our website, there is a link called: Questions, Comments, and Concerns. This link will send your message to the above group, with your email address OR without. It is easier for us to address you personally, if we have your email address. We would like to hear from you!

STILL HAVE QUESTIONS?

The first season of crew can be very overwhelming. We provide each group with a liaison to help answer questions and keep the group informed. The group liaisons are:

Modified: Gwen Friesen gfriesen@hotmail.com

Freshman: open position

Varsity Boys: Wendy Page wkpage@msn.com

Varsity Girls: Pam Landi pjlandi@yahoo.com