

## Shen Crew Newsletter

### Important Program & Payment Dates:

**Dec Break** – There WILL be HS Winter training (Tues – Fri at normal times during break)

**Jan 2<sup>nd</sup>** – Winter Crew Modified begins – 3:30-5:30

**Jan 13<sup>th</sup>** – Mod Healthplex additional winter offering begins

**Jan 15<sup>th</sup>** – Martin Luther King holiday – Yes HS practice, No Mod practice.

**Jan 16<sup>th</sup>** – Board Meeting 7:00 Gowana Cafe

**Jan 23<sup>rd</sup>** – Menchie's Food fundraiser 4-8:00

Note – During winter season newsletters will move to monthly or “as needed” to keep everyone informed.

**Happy Holidays to everyone! We hope everyone has a restful and joyous holiday.**

### Modified Winter Crew – Register now!

Modified winter training will begin the first week of January upon return from winter break. It will be 3 days per week with Coach Sarah on Mon, Tues and Friday at Koda Adaptive Gym, beginning Tuesday 1/2/18 immediately after school is dismissed and runs until spring break. Price is \$195 and is due January 2<sup>nd</sup>. Mail your check to FOSC at [8 Gleneagles Blvd, Malta NY 12019](http://8GleneaglesBlvd.MaltaNY12019) (there's also a box on the front porch).

Note to remember - If there is no school there is no practice since held at a school facility.

***New Mod offering !!***-- We are offering an additional Modified Winter training for those participating in the 3-day Mod winter program: Head coach Sean O'Brien will be coaching mod rowers at Healthplex for 8 sessions held on Saturdays 11- 12:00 This is an add-on session above and beyond the basic MS winter training session. Only rowers enrolled in MS Winter Training will be eligible to attend this course. This additional training is a great opportunity to prepare for the Spring racing season.

>Dates: Starting Jan 13<sup>th</sup> – Mar 17<sup>th</sup>. (no practice on 2/24 or 3/3 due to winter break & March Meltdown).

>Transportation: Parents provide training to and from Healthplex Fitness Center, 1673 Rt. 9, Clifton Park 12065.

>Cost: \$ 90.00 due 16 Jan 2018. Check payable to FOSC and mail to Nancy Paulsen, 8 Gleneagles Blvd, Malta 12019.

**The registration link is now open for all teams, please register today to hold your athlete's spot: <https://goo.gl/forms/GpMCKwPtOYHHihEA2>**

### Inclement weather

A reminder to all - If school is cancelled due to inclement weather, all Shen Crew practices will also be cancelled. Safety is our priority and we will follow the school district in these decisions.

## **Food Fundraiser – Menchie’s - Tues 1/23!**

We have planned a “Food Fundraiser” at a local restaurant to help raise proceeds for our equipment fund. Please come out and support Shen Crew on **Tuesday Night, January 23rd between 4pm and 8pm at Menchie’s** in Clifton Park. Please spread the word and pass on to your family/friends/neighbors/anyone! Bring in this flyer, show it on your smartphone or tell the cashier you’re supporting the cause since **20% of the proceeds will be donated from Menchie’s to Friends of Shenendehowa Crew from this event.**

We hope you’ll come and enjoy a treat and help Shen Crew all at the same time. Looking forward to seeing you there!

## **Amazon Smiles – Donate to the equipment fund while you shop**

**Are you an Amazon shopper?** If so, you can donate to **Shen Crew** without spending extra money. **Shen Crew** is a member of the charitable arm of [Amazon.com](http://Amazon.com)’s Smiles Program. Using your same Amazon account login at [smile.amazon.com](http://smile.amazon.com), you only need to set your choice of charity during the first time entering [smile.amazon.com](http://smile.amazon.com). To add Shen Crew as your charity of choice, search for Friends of Shenendehowa Crew Inc. (Please share this email with friends and family so they will be able to support **Shen Crew** while they shop too). This is year round opportunity to support the team while you shop.

Learn more about this amazing program here at [About Amazon Smile](#).

## **FOSC Safe Sport**

Is there something you want to bring to the attention of our Safe Sport committee? The Safe Sport committee will investigate incident reports made within the 30-day reporting deadline. Please, send us an email at: [SafeSport@shencrew.com](mailto:SafeSport@shencrew.com). The report form is located at this link.

<http://www.shencrew.com/2016%20Safe%20Sport%20Attachment%20C%20%20Incident%20form.pdf>.

## **Monthly Board of Directors Meeting**

Monthly meetings are typically held on the second or third Tuesday of each month (unless school vacation weeks) 7:00 – 9:30 pm during school year. While the meetings are open for all to listen, Public Comment period begins promptly at 7:00, ending at 7:30. All are welcome and encouraged to attend. Your input is a valuable source to continue to foster a positive nurturing environment and experience the tradition of Crew. Summer meetings are held 7-9:00 at Clifton Park Town Library. NOTE: If school is cancelled the board meeting is cancelled since all school facilities are closed.

**If you no longer wish to receive team emails, please send a note to registrar Nancy Paulsen at [receivables@shencrewadmin.com](mailto:receivables@shencrewadmin.com).**

Questions?? Please visit the website at [www.shencrew.com](http://www.shencrew.com)

Additionally, our Parent Liaison can answer general questions:

Gwen Friesen [parentliaison@shencrewadmin.com](mailto:parentliaison@shencrewadmin.com)