

## **Upcoming Dates:**

**January 3** – Modified Winter training begins at Koda gym

**January 17** – Board Meeting – 7:00 Gowana Library

**January 28** – Recruiting Day at Clifton Park Mall 11:30-1:30

**February 19-20** – Modified & Masters Tanks trip – RSVP due by 1/7/17

Note – Newsletters will move to every other week during winter season

## **Modified Winter Crew Begins**

Coaches Sarah and Maria reminding all participants to bring water bottles for practice.

Days: three days a week (Monday, Tuesday and Friday) January 3<sup>rd</sup>- March 24<sup>th</sup>

Times: immediately after school and Pick up will be at 5:30pm.

Location: Koda Adaptive Gym.

## **February Break Modified and Masters Tanks Trip:**

Shen Crew will once again be traveling to the Pittsford Rowing Center to partake in 2 days of training during February break. This is a great opportunity for modified and masters rowers to learn better technique while getting hands on coaching in PIRC's modern indoor rowing tanks. The estimated cost is \$150/rower, depending on the number of rowers. The dates are Sun/Mon Feb 19-20. **We need RSVP by Jan 7<sup>th</sup>**. Please contact [jonslepski@shencrewadmin.com](mailto:jonslepski@shencrewadmin.com) if interested.

## **Clynk bottle redemption**

Clynk is our replacement for the bottle drive! No more massive sorting days -- Hannaford's program is like a continuous bottle drive. Hannaford is now matching all Clynk bags that are donated to Shen Crew. For every \$1.00 to our account, Hannaford will add 50 cents. That means that every returnable item is worth 7.5 cents -- the same as when we sorted them. If every Shen Crew family collected just 4 bags worth \$2.50 each, Shen Crew could earn about \$1500 in no time! Take advantage of the match and the holiday party season. Everyone who attended the fall banquet got a packet of 5 bags and tags, instructions, and some flyers to put on mailboxes. More flyers can be downloaded from the webpage -- check the Fundraising page. If you need more bags and tags, contact Nancy Paulsen ([receivables@shencrewadmin.com](mailto:receivables@shencrewadmin.com)) to arrange to get more.

## **Recruiting Week – January 24-28<sup>th</sup>**

Recruiting is an important part of Shen Crew growth and success. There are two events planned for January. During Regents 1/24, 25 & 26<sup>th</sup> Coach Sean will be asking Varsity athletes to go to the Middle schools with the ergs during Middle school lunches to demonstrate & talk about the sport of rowing. We are also looking for athletes & a few parents to volunteer on Sat 1/28<sup>th</sup> to talk with people

and assist with the ergs at the Clifton Park mall near the theater 11:30 – 1:30. Please tell all your friends and help us get the word out!

\*\*If you can help, please email Coach Sean [seanobrien@shencrew.com](mailto:seanobrien@shencrew.com) and Nancy Paulsen [receivables@shencrewadmin.com](mailto:receivables@shencrewadmin.com).

## **Spring Crew Pricing for High School Crew**

**HS athletes:** Spring pricing has been set at \$830 (spread over 3 payments) for the season and includes tuition, bus transportation to practice, local regatta fees, and includes a 2 day travel regatta to Stotesbury; as always, rowers/coxswains who qualify for select regattas occurring after Stotesbury may incur additional fees.

- 1<sup>st</sup> payment: If your athlete has participated in winter training, your initial payment of \$275 is due on Monday, 27 Feb. If your athlete is returning after one or more seasons away, your first payment of \$425 is due on Monday, 6 Feb.
- 2nd payment: \$325 for winter participants, \$275 for spring only. Due date: Monday, 27 Mar
- Final payment: \$230 for winter participants, \$130 for spring only. Due date: Friday, 28 Apr
- ALL BUYOUTS DUE 28 April.

We intend to release the Mod spring pricing next month. Summer pricing will be set and released April 1<sup>st</sup> for advance notice and planning.

## **Monthly Board of Directors Meeting**

Monthly meetings are held on the third Tuesday of each month 7:00 – 9:30 pm. 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. (Meetings held in Gowana Café or Library, check location on the website and/or on top of this newsletter to confirm).

### **Liaisons can answer general qts:**

Modified: Gwen Friesen [gfriesen@hotmail.com](mailto:gfriesen@hotmail.com)

Varsity & Freshman Boys: Jane Neidhart [jfnpta@nycap.rr.com](mailto:jfnpta@nycap.rr.com)

Varsity & Freshman Girls: Bridget Lennon [bridlenn96@gmail.com](mailto:bridlenn96@gmail.com)