

Shen Crew Weekly Newsletter

Upcoming Dates:

July 18th – Board Meeting 7:00 Clifton Park Town Library

July 21st – Summer & travel regatta registration closes

July 22nd – Philly Youth Regatta (travel day 7/21)

July 30th – Summer Cycling Fundraiser

Aug 7th-13th– Royal Canadian Henley Regatta

Note – Newsletters will be bi-weekly for summer

Drop off/Pick up Reminder

To ALL members/drivers: We had a friendly visit from local law enforcement regarding some complaints of cars driving too fast on Mohawk Avenue and not using Maritime Drive. While Mohawk Avenue is a public road, please respect their space and their neighborhood and ONLY use Maritime Drive for access to the boathouse. The entry to Maritime Drive is closer to the railroad and has a large sign for the Maritime Center on the corner.

Also, as a reminder, the speed limit on Maritime Drive is 25mph. While we are all in a rush to get somewhere, please be mindful of your speed as we often have the kids running as part of their workout routine.

Philly Youth Regatta- Call for chaperones

In preparation for the upcoming regatta, pickup for those attending Philly Youth will be at 8:30 on Thursday 7/20 next week to accommodate trailer loading.

On Friday 7/21 there will be no Practice for varsity and freshmen rowers. The modified team will practice as normal.

Those participating in Philly regatta:

Chaperones: **We are in need of chaperones** to travel on bus with team Friday & Saturday. Room and all meals to be provided by team. If you are available, please email Jon Slepski at jonslepski@shencrewadmin.com.

Depart on Friday: By Coach Bus Friday July 21st from the Kohl's Parking lot (same location as Stotes), **Arrive no later than 7:45am** for an 8:00am departure.

Return to Kohl's on Saturday: Time determined by regatta & traffic, but best guess is around 11:00pm. The kids will be told to text parents as they get closer to home.

Hotel: Springhill Suites, 3900 Commerce Ave, Willow Grove, PA. While there is not a parent block set aside, rooms are available at a limited time basis from the hotel at: <http://www.marriott.com/hotels/travel/phlwl-springhill-suites-philadelphia-willow-grove/>

Race Course/Trailer Address: Gillin Boathouse, 2200 Kelly Dr, Philadelphia, PA 19129

Athletes to pack – Must bring fillable water bottle, Uni's, white hat (not visor), Tshirt for coverage and sunscreen. Pack a bag lunch & drink for Friday (no nuts or nut products) and bring money for dinner stop on way home on Saturday.

Royal Canadian Henley Regatta – Need 1 more chaperone

The 2017 Henley Regatta in Canada this summer. In general, they will participate in three races each and/or more should they qualify for next level. \$250 nonrefundable deposit was due 7/6, if you have not yet sent in, please drop at boathouse this week!

Here are the final details:

- **Dates** - Aug 7th-13th. Racing starts on the 8th so departure will be Monday 8/7 (time & location TBD) and returning Fri 8/11, Sat 8/12 &/or 8/13 depending on race performance and qualifications.
- **Transportation** - We are renting 3 vans for travel to and from the regatta.
- **Chaperones** - We have 2 chaperones and need 1 more volunteer to drive van & chaperone at race. If you are able to chaperone, please email Sean O'Brien.

Summer Cycling Fundraising Event

Rowers, families and friends are invited to a special private indoor cycling event to raise funds for *Friends of Shen Crew*. All proceeds will go directly toward the equipment fund. This will be a high energy, fun event for **ALL** fitness levels.

Sunday, July 30th, 11:00 a.m.-Noon

The Revolution Indoor Cycling Studio Clifton Park

\$25 to reserve a bike

Check or cash accepted. Please make checks payable to Melissa Grattan

No experience necessary! However, **all riders must be at least 5 feet tall.**

Space is limited to 24 riders.

Please contact Melissa Grattan with any questions or to reserve your bike at makefit@nycap.rr.com

SPAC Summer Concerts – Asking for runners

We are asking all parents that have not trained to work cash registers or serve alcohol to volunteer to be runners at SPAC summer concert. (Getting food orders and bringing to cashiers). This is a way to help raise money for our equipment fund and goal to buy one/two boats each year. **WE NEED EVERYONE TO HELP!** Barb Moore will be at banquet with a sign up table and/or email her if you can work one 5 hr shift between June 20 – Sep 2nd to help the team this summer and/or you may use the link below. If you have any questions, please email Barb at barbmoore@shencrewadmin.com.

Here is link for SPAC Concerts – Please put “R: before your name – example R John Jones to designate being a runner. <http://signup.com/go/BuNPbjd>

Monthly Board of Directors Meeting

Monthly meetings are typically held on the third Tuesday of each month (unless school vacation weeks) 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 during school year and offsite locations during summer 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

Varsity & Freshman: Jane Neidhart jfndvm@earthlink.net