

Shen Crew Weekly Newsletter

Upcoming Dates:

April 13-May 19th – Hoffman Car Wash Sales

May 16 – Board Meeting – Gowana Café 7:00pm

May 19th & 20th Stotesbury Cup Regatta (Varsity & Freshman)

May 19th – Modified Pasta Party at pavilion

May 23rd – Panera Food Fundraiser 4-8:00

May 26th & 27th – SRAA Nationals

June 3rd – Mod Champs

June 5-9th – Free week

June 6th – Annual Membership meeting & board vote 6pm boathouse

June 16th – Spring Banquet at The Vista Restaurant 6:00-9:00pm

Varsity & Freshman Plan for Stotesbury

Stotesbury regatta is fast approaching. For those that have not been before, this race has over 190 schools participating in the two day event. Races start at 8:00 am on Friday and the last race ends at 5:30 pm on Saturday. The race times have been posted, please see the link so parents can plan their own travel. www.rowtown.org. From there you can select Stotesbury and then there's a drop down list when you can choose Shenendehowa and it will show our entries, boat line ups and later results.

Weather: Current forecast for Thursday and Friday are Highs near 90; with Saturday cooling down to the mid 70s. All athletes should prepare for the heat by hydrating now and throughout everyday at Philly. Sunscreen and hats are necessities for kids to bring with them.

Thursday AM Departure: Please arrive at the Crossings bus shelter area by 8:40am. Bus will depart promptly at 9am. The Crossings in the plaza that includes Kohls. Kids should bring lunch (no nuts) & drink.

Saturday PM Return: Return time is TBD Saturday based on boat placement + 4.5 hrs drive home. Please ask you rowers to provide an update for return time via text. **Return will also be at the Crossings** (not at HSE). The bus will be stopping for dinner on way home so please give your child money for dinner for Sat pm.

NYS Championship Results:

Congratulations to all who raced this weekend! Thank you to the coaches for working extremely long days and keeping the kids focused. Shout out of thanks to all the parents that helped out at the food tent and pitched in to breaking it down before leaving on Sunday.

Boys Senior Double: Gold

Boys Lightweight Double: Silver

Boys Junior Quad: Silver

Boys Junior Eight: Bronze

Girls frosh 4x silver
Girls senior 4x silver
Girls junior 4x bronze
Girls light 4x silver

Second Steinmetz update

Last Friday St Augustine, Burnt Hills and Shen Modified had a competitive scrimmage. Please see the attached results sheet and remind kids that this week there will another scrimmage before the Modified Pasta Party. Great racing practice before Mod Champs.

Flower Order pick up this week!!

Reminder your flower orders will be available at R&K NURSERY 1470A Route 9, Clifton Park (South of the Grooms Road and Route 9 Intersection) (Watch for Shen Crew Signs) the schedule is based on letter of Last Name R&K Nursery Flower Pickup Dates and Time:

All orders above \$550 Wednesday May 17th 3:30 – 6pm

A - E = Wednesday May 17th 3:30 – 6pm

F - M = Thursday May 18th 3:30 – 6pm

N - Z = Wednesday May 19th 3:30 – 6pm

Spring 2017 Race Schedule:

Steinmetz Sprints –May 4th, 12th, **19th** & 26 (Modified only at practice times our boathouse)

Stotesbury Cup Regatta (5/19-5/20, Philadelphia, PA, Varsity, Frosh) (Travel on 5/18)

SRAA Nationals (5/26-5/27), Camden, NJ, Qualifying Crews) (Travel and Practice on 5/25)

Mod Champs (6/3, Mechanicville, All Modified)

USRowing Youth Nationals (6/9-6/11, Sarasota, FL, Qualifying Crews only w/ Coach's Discretion)

Hoffman Car Wash – Due this Friday

Sales begin on April 13th and order sheets are due by Friday, May 19th!

A box is at boathouse to collect order forms & cks. For those that are going to Philly Stotesbury race - please plan to drop your orders off before you leave !!

Reminder - Sales goals are as follows: \$150 for a 1 rower family (Buyout price – \$75) and \$225 for a 2 rower family (Buyout price – \$112.50). For the door-to-door sales and the order forms/payments collected, we will place a group order with Hoffman's shortly after the fundraiser ends on May 19. We will receive the tickets shortly after that. Ticket distribution to rowers will occur 7 – 10 days from the official end of the fundraiser.

Modified Pasta Party

On **Friday May 19th from 6:30-7:45** we will have the modified pasta dinner at the boat house pavilion after practice. This dinner is for the rowers and coaches. Please see the sign up link attached. Anyone who is bringing pasta or meatballs please bring your dish warm. <http://signup.com/go/KkfmFIj>

Please drop off all food and items by 5:45 pm to the boathouse so we can have everything ready for the hungry rowers. You can pick up your child by 7:45. Any questions email Sheila at Sbrazie@nycap.rr.com

Lost & Found – Do these belong to you?

The lost & found box at the boathouse has started to fill up. Please look at the list below and ask your child to take home this week. We're trying not to let the pile build to end of season.

From BC Champs – left at food tent – Coffee Thermos & Coffee cup
Shen crew hoodie (Price)
Black Tek Gear sweat pants
Black Danskin sweat pants
Blue Under Armour hoodie
Black hoodie with lime green trim
Black Mountain Hard Wear 1/4 zip pullover
Black Coldpruf crewneck base layer
Numerous water bottles (Camelback, Gatorade, Win Tech, Health Ahead, DeLuke Orthodontics, Healthy Living Market)
Blue EMS Thunderhead jacket. New. \$99 tag still on it
Black North Face jacket
Shen Crew long sleeve tek pullover (Scarafite on tag)
Green Exersion hoody - Medium

Spring Banquet – See attached flyer to RSVP

The Spring Banquet planning has begun. Mark your calendars for **June 16** at 6:00pm! Please see the attached invitation and send in with payment to reserve your spot. The RSVP is due to The Vista on June 10th so don't delay. You will not be able to pay at the door. If you have group photos you'd like considered for the slide show, send to Savannah at shencrewpics2017@gmail.com .

Annual Membership Meeting – We need 3 new board members!

Please join us for the annual membership meeting on Tuesday June 6th at 6pm at the Boathouse. Season summary and future plans will be discussed and we will be electing our new board members. We have three open seats, so anyone interested in seeking a leadership position with the board of directors should contact Mary Hanratty at maryshencrew@gmail.com for more information and to submit a short biography. Note - no board experience necessary, just the willingness to help so our kids can do the sport they love. Board terms are two years.

SRAA Nationals Hotel info (Varsity & Freshman):

For this race, there is no parent block as parents need to make their own reservations. Racing is Friday 5/26 & 27th. Kids will be traveling the Thursday before with Chaperones. Parents can reserve room (first come first serve) at BestWestern online or call: https://www.bestwestern.com/content/best-western/en_US/booking-path/hotel-details.31046.html?propertyCode=31046&disablenav=true&suppressSSLPopup=true&soB=P3434

Clynk bottle redemption- All season

Exciting news – Hannaford stated that Shen Crew is the #1 Clynk fundraising group in NY! Hannaford was filming Kids & parents during the parent meeting and will be highlighting Shen Crew and our success with this program. If you did not attend the meeting and need info on how to sign up for your personal account to go towards Shen Crew success, please email Barb Moore for information.

Summer Freshman/Varsity Announcement

Varsity parents: Summer seems like a long time away, but we have set the price and are committed to giving you more lead time for planning purposes. It is \$510 and will be payable in two payments. Travel, hotel & meals to Philly Youth Regatta are included. Specific data with dates will come out later as it gets closer. There will be a second rower discount. We're looking forward to a great summer of competition and skills improvement!

Summer Modified Announcement

Summer Modified Season is a skills development session for middle school rowers. It runs from 9 am to noon Monday through Friday and begins on Monday, June 26th. It is structured slightly differently this year: Price for any four weeks is \$270; additional weeks will be \$65/week. You may break up your four weeks to accommodate other camps and family vacations, but we ask that you indicate which weeks you intend to send your rower at the time you register. Summer Modified season ends on Friday, August 18th. The Registration link will be active by the end of May and will include an opportunity to select attendance weeks.

Please note that at the end of the spring season, rising 9th graders move up to the Freshman team and are no longer eligible for Modified summer programs, but will be part of the summer competitive varsity program.

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, 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