

Shen Crew Weekly Newsletter

Important Program & Payment Dates:

Nov 17th – Fall Banquet – HSE 6:30 – 9:00

Happy Thanksgiving to everyone in Shen Crew!

Nov 27th – HS Winter Crew starts at Healthplex

Dec 12th – Board Meeting – 7:00 – Acadia Library

Note – After the Banquet, newsletters will move to monthly or “as needed” during winter season to keep everyone informed.

Fall Banquet

Reminder for our end of season Fall Banquet/Pizza party. The banquet will be on Friday, November 17th 6:30–9:00pm at High School East Cafeteria. There will be pizza, salad, bread & dessert. There will be no payments at the door. **We are having a basket auction so bring some \$ for tickets.** RSVP and payment was already due to Stephanie Pidgeon by 11/13. We will have a brief end of season survey for you to complete at the door on way in.

Winter Crew Registration information

HS Winter training: Registration is due this week and practice will begin for HS athletes on Monday, November 27th!

Busing: Freshmen will ride the HSW transfer bus over to HSE and board the Upstate Transit coach bus to Healthplex.

Times: Practice runs until 5 pm Mon thru Fri until spring season shifts to the boathouse; the move to the boathouse will depend on river and weather conditions.

Evaluations: At the start of winter training, Healthplex staff will conduct an initial assessment to determine how best to tailor training to your athlete's needs. Winter training at Healthplex has been very effective with cardio and strength building for overall good physical fitness, improved injury prevention, and getting athletes ready for a strong spring season when the weather conditions give little time to ramp up before racing starts.

Cost: is \$410 and is due on Monday 20 November. Mail your check to FOOSC at [8 Gleneagles Blvd, Malta NY 12019](#) (there's also a box on the front porch).

The registration link is now open for all teams !!!!:

<https://goo.gl/forms/GpMCKwPtOYHHihEA2>

Modified winter training will begin the first week of January upon return from winter break. It will be 3 days per week (actual days TBD) at Koda Adaptive Gym, beginning immediately after school is dismissed and runs until spring break. Price is \$195 and is due January 2nd.

Clynk Deadline is 12/31/17

A reminder to all families to drop off your Clynk bags as part of your fundraiser commitment. The commitment is \$100 worth or returns approximately 25 bags. Your tags (stickers) with your account number need to be placed on your green clynk bags. You can get more bags online and tags at the Hannaford Kiosk in the Hannaford lobby. We have been having technical difficulties since this is a new program, so, please check your account to be sure your funds are being transferred to Friends of Shenendehowa Crew not Shen Crew. **End of fundraiser and final collection will be 12/31/17.** If you have questions, please contact Barb Moore at barbmoore@shencrewadmin.com.

Presidential Volunteer Award Announcement

Every fall we usually present the Presidents Volunteer Service Award at the fall banquet. This award goes to Shen crew members that volunteer within the community and meet designated levels within the last 12 month period. Along with the recognition of qualifying for this program, award winners receive a medallion and a congratulatory letter signed by the President of the United States. The person receiving this award will not be attending banquet so we're announcing here...for the 4rd year in a row – qualifying for the Silver Award logging **over 175** volunteer hrs. in past 12 months is **Virginia Partlow**. Congratulations Virginia!

Val's store

Just a note to let you know Val's store will be opening soon for holiday gift shopping. This is for "fan wear" not uniform offerings. Stay tuned for more details and links to order.

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. The report form is located at this link.

<http://www.shencrew.com/2016%20Safe%20Sport%20Attachment%20C%20%2020Incident%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.

If you no longer wish to receive team emails, please send a note to registrar Nancy Paulsen at receivables@shencrewadmin.com.

Questions?? Please visit the website at www.shencrew.com

Additionally, our Parent Liaison can answer general questions:

Gwen Friesen parentliaison@shencrewadmin.com