

## **Upcoming Dates:**

**November 18** – Fall Banquet/Pizza Party at HSE cafeteria 6:30-9:00 pm

**November 18** – Scrip gift card orders #2 due at Banquet

**November 19** – Healthplex Open House at 11:30 am (Freshman/Varsity)

**November 19** - Workshop for 2017 Season – HSE Room 162 10-12 am

**November 21** - Pie order pick up at HSE satellite cafeteria from 5-7 pm

**November 28** – Varsity/Freshman Winter training begins at Healthplex

**January 3** – Modified Winter training begins at Koda gym (details coming soon)

## **Fall Banquet/Pizza Party**

The banquet will be on Friday, November 18<sup>th</sup> 6:30–9:00pm at High School East Cafeteria. There will be pizza, salad, bread & dessert. By popular demand, we will again hold a silent auction so bring some cash and lots of luck. Registration form and check was due by November 11<sup>th</sup> to Christy Wronowski to hold your place. If questions, please contact Christy at [cwronows@nycap.rr.com](mailto:cwronows@nycap.rr.com)

***\*\*Note – be sure you have given your liaison money for coaches' gifts to be purchased.***

## **Winter Committee Workshop – Asking for input**

As we prepare for the Spring 2017 season we are seeking guidance to assist with developing plans that address keeping students with food allergies safe, recognizing the needs of the overall Shen Crew team while traveling to both local and overnight regatta's. The outcome of this committee should be to establish guideline administered by a food allergy support team that includes the child, parents, coaching staff and Food Tent Chairperson.

The workshop is being held Saturday November 19 at Shen High School East, room 162, 10:00am- Noon. We hope to see you there!

## **Winter Crew – Varsity/Freshman**

Shen Crew Winter training for high school athletes starts in just a few weeks and we need to get your rower registered. Our winter training program is run by Coach Sean and Coach Mike. We want to encourage everyone to participate in winter training with Shen Crew. Both coaches have designed the five day Mon-Fri training program to help your rower to peak at the height of spring season, minimize injuries, and further your rower's crew-specific physical needs. This Saturday, November 19, at 11:30am the HealthPlex will have a Shen Crew Open House Workshop for all parents and athletes (new to HealthPlex program and/or returning) to review the training program this winter.

Dates & Times: November 28, 2016 until March 1, 2017, 3-5:00pm.

Location: HealthPlex Fitness Center

Cost: \$395.00, due on Monday, November 21st. (busing fee included)

RSVP : please confirm to Nancy Paulsen at [receivables@shencrewadmin.com](mailto:receivables@shencrewadmin.com)

## **Pie Orders**

Pie order pick up is **Monday Nov 21st** at High School East satellite cafeteria from **5-7 pm**. Please be sure to make arrangements to get your baked goods at this time because they need to be refrigerated/kept frozen. If you have questions, please contact Barb Moore [barbmoore@shencrewadmin.com](mailto:barbmoore@shencrewadmin.com) .

## **Scrip Program – Order this week!**

What is scrip and how can you use it to help yourself & Shen Crew? Here's how:

1. Use ScripNow for Black Friday or online shopping (see attached flyer)
2. Purchase gift cards to shop & buy from the stores you always shop from (Target (2.5%), Walmart (2.5%), Kohls (4%), JCPenney (5%), Dicks Sporting Goods (8%), Petco (5%), CVS (6%), Amazon (3%) & More !).
3. Give gift cards as gifts in stockings, family, friends, teachers etc
4. Planning to buy new appliances at Home Depot, Sears or Lowes? Buy a gift card to make the purchase and Shen Crew will get 4% of the card. (\$500 x 4% = \$20 to crew).
5. Do you dine out often? Buy Gift Card to use at Chilies, Olive Garden, Cracker Barrel, Starbucks, Panera, Red Robin (more choices listed) and Shen Crew will get 7-11% depending on restaurant. (\$50 x 10% = \$5 to crew).

Collective orders from everyone will add up quickly! Please consider placing an order. **\*Banquet 11/18 will have a collection box for order forms & payments.**

## **How Do It:**

Go to [www.shopwithscrip.com](http://www.shopwithscrip.com)

- Click Register
- Then click Join a Scrip Program
- Enter the enrollment code: **265LC9L15261L**
- Complete steps 1-5 to register
- Then simply select the retailer and quantity of the gift cards you would like to purchase.
- Print out the order form
- Make a check payable to FOSC
- The turnaround is about 2 weeks. We will deliver the gifts to your mailbox!

**Order Dates:**      **2nd Order Due Date: November 18<sup>th</sup> Order Collection box at Banquet**  
**3rd Order Due Date: December 2<sup>nd</sup>**

If you have questions regarding any of the fundraisers, please contact Barb Moore at [barbmoore@shencrewadmin.com](mailto:barbmoore@shencrewadmin.com)

## **Board Seat opening**

We have an open position on the Shen Crew board. If you are interested in getting involved and volunteering to serve a two year board position, please email a write

up on yourself to Laura McClendon [lauramcc9001@gmail.com](mailto:lauramcc9001@gmail.com). We welcome new members to help so no board experience or min of years on team necessary.

### **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, Feb 24-25. This is a great opportunity for modified rowers to learn better technique while getting hands on coaching in PRC's modern indoor rowing tanks. The tentative plan is to depart Gowana by 7am Feb 24 and return by 5pm on Feb 25. The estimated cost is \$150/rower, depending on the number of rowers. Please contact [jonslepski@shencrewadmin.com](mailto:jonslepski@shencrewadmin.com) if interested.

### **Buffalo Wild Wings \*\* Flyer attached**

We have a great new opportunity to eat out and raise money with Buffalo Wild Wings from now until the end of the year! Here is how it works:

1. Bring your Teammate Card (attached flyer) into your Buffalo Wild Wings, **now** until **Dec 31**. Details are on your card.
2. Show your card, on a mobile device or via printed copy, to your server and let them know you are part of the Home Team Advantage Program.
3. The server will add 10% of you total sales to Friends of Shen Crew's running total. It is that easy!
4. At the end of the season, Buffalo Wind Wings will donate the 10% of the sales that the total team generated throughout the season back to your team.

If possible, please scan or take a photo of your receipt so we to can track our totals. Send text to Barb at [5184416066](tel:5184416066) or email at [barbmoore@shencrewadmin.com](mailto:barbmoore@shencrewadmin.com)

### **Questions, Comments, or Complaints?**

Please use the link on our website [www.shencrew.com](http://www.shencrew.com) the link is in the upper right corner of the front page under the tag "Give Rowing A Try" It's an easy way to communicate with the Shen Crew Board, Executive Director, and Head Coach.

### **Monthly Board of Directors Meeting**

Monthly meetings are held on the third Tuesday of each month 7:00 – 9:30 pm. 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.

### **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)

**Please do not reply to this message. Replies to this message are routed to an unmonitored mailbox. If you have questions please go Shen crew contact page for the appropriate recipient or email your liaison above. [www.shencrew.com/contact.php](http://www.shencrew.com/contact.php)**