

Upcoming Dates:

November 24 – Happy Thanksgiving to all

November 28 – Varsity/Freshman Winter training begins at Healthplex

December 20 – Board meeting, 7:00pm at Gowana Cafe

January 3 – Modified Winter training begins at Koda gym

Winter Crew – Varsity/Freshman

Shen Crew Winter training for high school athletes starts next week; if you haven't yet signed up your rower, there is still time. We have 42 registered out of a possible 55 spots, so don't miss out! 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. All athletes need to schedule assessment with Mike at healthplex [518-383-0225](tel:518-383-0225), or Michael.Kurkowski.hp@gmail.com.

NOTE - Bus pick up will be same location as fall at HSE.

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

Request for help on Sunday 11/27

Coach Sean is looking for help on Sunday November 27th with moving the ergs from the boathouse to Healthplex. We will need some hands from some rowers with moving the ergs and an extra vehicle (truck or suv) for the overflow of ergs that won't fit into the crew truck. Meeting at the boathouse at 10:30 and should only take 1 hour if only 1 trip is needed from the boathouse to Healthplex. Please email Sean at seanobrien@shencrew.com if you are able to help.

Modified Winter Crew

Coaches Sarah and Maria invite all Shen modified rowers to participate in the winter training program that runs from January 3rd through March 24th, 2017. Program goals include strength training and general rower conditioning, as well as offering a good mix of fun and team building.

Days: three days a week (Monday, Tuesday and Friday)

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

Location: Koda Adaptive Gym.

RSVP: please confirm to Nancy Paulsen at receivables@shencrewadmin.com

The price will be same as last winter, \$195.00. You may send payments or drop off to Nancy Paulsen, 8 GlenEagles Blvd., Ballston Lake, NY 12019. Due Monday, December 19th. Watch for the online registration email!

Workshop Recap

The Saturday 11/19 Winter Workshop session was attended by 7 parents plus 3 board members. A procedure for handling food allergies is being developed and will be presented for review at the December board meeting. It is anticipated that this procedure will cover both regatta overnight travel, and the food tent. We thank all those that participated.

Scrip Program – Next order Dec 2nd

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. ($\$500 \times 4\% = \20 to crew).
5. Do you dine out often? Buy Gift Card to use at Chilies, Olive Garden, Cracker Barrel, Starbucks, Panera, Red Robin (more choices listed) and Shen Crew will get 7-11% depending on restaurant. ($\$50 \times 10\% = \5 to crew).

Collective orders from everyone will add up quickly! Please consider placing an order.

How Do It:

Go to 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: **3rd Order Due Date: December 2nd**

If you have questions regarding any of the fundraisers, please contact Barb Moore at barbmoore@shencrewadmin.com

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. Please contact 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

Questions, Comments, or Complaints?

Please use the link on our website 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. 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.

Liaisons can answer general qts:

Modified: Gwen Friesen gfriesen@hotmail.com

Varsity & Freshman Boys: Jane Neidhart jfnpta@nycap.rr.com

Varsity & Freshman Girls: Bridget Lennon 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