

Shen Crew Weekly Newsletter

Important Program & Payment Dates:

Nov 4th – Mod Champs – all modified – Saratoga

Nov 14th – Board meeting – 7:00 Acadia Library

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

Nov 27th – HS Winter Crew starts at Healthplex

**Note Please also visit www.Shencrew.com calendar for full calendar of events.*

HOF results

The Head of the fish was attended by 171 teams competing over the two-day event. Thank you to the coaches, parents and volunteers who stood in the rain to make this event happen. The results are as follows:

HS Boys 2v Four = Bronze

HS Girls freshman/novice quad = Gold

HS Girls freshman 8+ = Bronze

Mod 7th Boys Coxed Quad = Silver

Mod 8th Boys Coxed Quad = Gold

Mod Boys Double = Silver

Congratulations everyone on a competitive Fall Season.

Mod champs

Mod Champs is scheduled at Saratoga this Saturday, Nov 4th. Racing is scheduled to begin at 10:00 am and the last race is at 1:40. There will be 7 teams competing. Athletes should eat breakfast before arriving, dress warmly in layers and lunch is being provided for athletes and coaches by the league. Line ups and arrival times will be coming from coaches later this week.

Fall Banquet Registration ** Flyer attached

Planning has begun 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.

Please see the attached registration form which is due by November 13th to Stephanie Pidgeon to hold your place. There will be no payments at the door.

*Note – Gwen Friesen, Parent Liaison is collecting for all coaches' gifts. Please get to her no later than Nov 6th. ([Gwen Friesen 23 Hemlock Dr., Clifton Park, NY](mailto:Gwen.Friesen@shencrew.com))

Winter Crew Registration information

Winter training: will begin for HS athletes on Monday 27 Nov. Freshmen will ride the HSW transfer bus over to HSE and board the Upstate Transit coach bus to Healthplex. 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. 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 FOSC at [8 Gleneagles Blvd, Malta NY 12019](#) (there's also a box on the front porch). **The registration link will be on the website by Monday 6 November.**

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 2 January.

SafeSport Training:

Shen Crew is committed to creating a safe and positive environment for athletes. SafeSport training was held at the boathouse on October 18th for all teams after practice. Please visit the Shen Crew website and FOSC SafeSport tab to review the brochure, policies, Q&A and incident report to familiarize yourself with expectations of correct behavior. A new committee is being formed to fill vacated spots to begin in November. Anyone interested in serving on this committee should contact Mary Hanratty at maryhshencrew@gmail.com for details or questions.

Clynk Reminder

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. We are asking you to drop off whatever you have to date by 10/31/17 so we can measure how everyone is doing. If you have questions, please contact Barb Moore at barbmoore@shencrewadmin.com.

Fundraiser Updates

Rowathon fundraiser donations are still coming in and we just passed the **\$11,745** toward our goal of 15k. Please let your family, friends and businesses you frequent know we're still accepting donations via ck or online.

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