

Upcoming Dates:

December Break – Var/Fresh No practice on Mon 12/26 & Mon 1/2
all other days practice during break will start at 3:30pm.

January 3 – Modified Winter training begins at Koda gym

January 17 – Board Meeting – 7:00 Gowana Library

January 28 – Recruiting Day at Clifton Park Mall 11:30-1:30

February 19-20 – Modified & Masters Tanks trip – RSVP due by 1/7/17

Note – Newsletters will move to every other week during winter season

Modified Winter Crew

Calling all Shen Mods! There's only 100 days until the start of the spring season! Let's be more than ready when we hit the "cold" water this spring in April!

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.

Register: Online registration is open: <http://www.shencrew.com/registration.php>

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. Last call – payments due by 12/23/16!

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. The dates are Sun/Mon Feb 19-20. **We need RSVP by Jan 7th**. Please contact jonslepski@shencrewadmin.com if interested.

Clynk bottle redemption

Clynk is our replacement for the bottle drive! No more massive sorting days -- Hannaford's program is like a continuous bottle drive. Hannaford is now matching all Clynk bags that are donated to Shen Crew. For every \$1.00 to our account, Hannaford will add 50 cents. That means that every returnable item is worth 7.5 cents -- the same as when we sorted them. If every Shen Crew family collected just 4 bags worth \$2.50 each, Shen Crew could earn about \$1500 in no time! Take

advantage of the match and the holiday party season. Everyone who attended the fall banquet got a packet of 5 bags and tags, instructions, and some flyers to put on mailboxes. More flyers can be downloaded from the webpage -- check the Fundraising page. If you need more bags and tags, contact Nancy Paulsen to arrange to get more.

Recruiting Week

Recruiting is an important part of Shen Crew growth and success. There are two events planned for January. During Regents 1/24, 25 & 26th Coach Sean will be asking Varsity athletes to go to the Middle schools with the ergs during Middle school lunches to demonstrate & talk about the sport of rowing. We are also looking for athletes & a few parents to volunteer on Sat 1/28th to talk with people and assist with the ergs at the Clifton Park mall near the theater 11:00 – 1:00. Please tell all your friends and help us get the word out!

If you can help, please email Coach Sean & Nancy Paulsen - seanobrien@shencrew.com and receivables@shencrewadmin.com.

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. (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 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