

Upcoming Dates:

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

January 3 – Modified Winter training begins at Koda gym

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

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.

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.

Scrip Program ** Flyer attached

Scripnow ecards are electronic gift cards that can be ordered and printed or pulled up on your electronic device right from your ShopWithScrip account-perfect for last minute situations.

You can also send ScripNow eGifts via email. With the option to add a personal message, just schedule a delivery for a specific date up to a year in advance for birthdays, thank-you's, graduation and more. See Attached flyer for info.

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

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. (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