

## **Upcoming Dates:**

Next Board Meeting – July 19<sup>th</sup> , 6pm at Clifton Park Library

Philly Youth Regatta – Saturday July 23<sup>rd</sup>, departure Friday 7/22

## **Summer Crew Payments**

The second installment/remaining balance payments for summer crew are due **by July 10th**. Please mail all remaining payments to Nancy Paulsen at 8 GlenEagles Blvd., Ballston Lake, NY 12019 OR put check in the lockbox at the boathouse.

## **Traffic reminder Starting July 5th**

Traffic Reminder for getting to the boathouse - the bridge crossing the creek on Riverview Rd will be closed starting July 5th and that additional time will be required to get to the boathouse, so plan accordingly. A suggested route is Rt 146 west to 914V (continue west through 146 and Rt 110 intersection), at ~1 mile take left on Rt 29 south (Maple Ave) and then a left on Alplaus Ave and across the train tracks.

## **Freshman Liaison needed**

We are looking for a Freshman Liaison (covering both girls & boys) for the fall. The job of a liaison fulfills your membership volunteer job requirement. Liaisons answer parent questions, sends messages out from coaches specific to your group if needed, shares the responsibility of sending 1 or 2 regatta overview emails during the season and collects money and purchases coach gifts at end of the season. Please contact Mary Hanratty if interested – [maryhshencrew@gmail.com](mailto:maryhshencrew@gmail.com)

## **Spring Membership Survey**

Thank you to everyone who completed the 2016 Membership Survey. We are currently processing the results.

## **Philly Youth Regatta information for Tier 1 Summer program**

The Philly Youth Regatta for the Tier One members is approaching. The date of the regatta is July 23 in Philadelphia. There are currently 24 rowers/coxswains at last count. If you have questions, please talk to coach Mike or Sean at practice. We have 2 open spots for chaperones. Due to budgetary concerns we are unable to cover Chaperone expenses (we need to save for equipment). Chaperones rooms are held under the team block and can be paid for by check to the team. If interested – please email Rob Partlow - [crew@partlow4.com](mailto:crew@partlow4.com).

Coaches Justin and Kelly will be joining the team on the bus ride again, while Sean and Mike pull the boats down to Philly. For those who are interested in leaving their cars behind to save on fuel cost and wear and tear, there are many of spots for additional riders. Those people wanting to ride the bus with the team are more than welcome on a first come, first paid basis. Cost will be tiered per family; \$30 for 1 rider, \$50 for 2 riders and \$65 for 3 riders, and will be due by Wednesday, July 20.

The current plan is to depart from the Boathouse parking lot at 9am on July 22 for the regatta location to get in some practice at the course. We will leave for the hotel about 5pm for dinner at 7pm, then bed at 10pm.

We will wake early to eat breakfast at the hotel (TBD) then depart for racing. Race times have not been published yet, with the sprints being the last events starting about 5:30pm. After racing is over we will depart for home. It will be a late arrival to home. Money for dinner on the way home will be needed.

All rooms are located at Crowne Plaza Philadelphia West, 4010 City Avenue Philadelphia, PA 19131, phone [215-477-0200](tel:215-477-0200). The parent rate is \$149 plus taxes (does not include breakfast). The cutoff date on this has been made to be July 1<sup>st</sup> (we have asked for an extension; they will give an extension as people start to book). The link to the parent block is [here](https://resweb.passkey.com/go/ShenendehowaCrewParents) (<https://resweb.passkey.com/go/ShenendehowaCrewParents>). There are only 10 rooms available at this time. More may open from the team block, so if the rooms are sold out, let us know to put you on the wait list.

Breakfast and Dinner are still in progress of planning. Cost will be shared as soon as finalized for those wishing to join the team. Payment will be due by Wednesday, July 20 once determined.

## **Summary of the Summer Modified and Learn-to-Row camp:**

FOSC's modified and learn-to-row (LTR) summer camps started on June 27, with the first 2-week LTR session finishing with great success as near half opted to participate in session 2! The camps are run over an eight week period with two 4-week sessions offered for the modified rowers and four 2-week sessions for the LTR group. To date 11 "seasoned" modified rowers and 32 "green" LTR's have joined the program, as well as 6-8 freshman/varsity "volunteers" who help make the camp a success on a daily basis.

New to the 2016 camp is the use of two sets of stability pontoons commonly used by adaptive rowers, a recommendation made by Coach Mike during a summer camp planning meeting. One set is on loan from our friends at Saratoga and the other is a member gift to the program. A pair of pontoons are affixed to the rigging of the two LTR quads. The increased boat stability realized is sufficient to effectively conduct technique drills without an experienced rower in the boat, aside from a volunteer coxswain. In prior years boat stability was provided by two experienced modified rowers per LTR boat. Now the experienced mods can focus on advancing their skill set as a unit with a dedicated coach while the LTR's work the drills on their own terms and with great success.

### **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.

#### **Liaisons:**

Modified: Gwen Friesen [gfriesen@hotmail.com](mailto:gfriesen@hotmail.com)

Varsity Boys: Jane Neidhart [jfnpta@nycap.rr.com](mailto:jfnpta@nycap.rr.com)

Varsity Girls: Bridget Lennon [bridlenn96@gmail.com](mailto:bridlenn96@gmail.com)