

Upcoming Dates:

July 23rd - Philly Youth Regatta – departure Friday 7/22
July 25 - 6pm locust Lane Pool—option 1 Swim Test for new members
August 5 - Last Day Varsity/Freshman Tier 2 Practice
August 8 - 6pm locust Lane Pool—option 2 Swim Test for new members
August 8 - 2 week Varsity/Freshman Session Begins
August 16 - Next Board Meeting, 6pm at Clifton Park Library
August 19 - Last Day Summer Modified/ Learn to Row Session
August 19- Last Day Varsity/Freshman 2 Week Session
August 29- Varsity/Freshman Fall Program Begins (7am -9am 8/29- 9/2)
September 5 - Labor day-- No Practice
September 7 – First Day of School – Freshman & Varsity Fall Program begins
September 12- Modified Fall Program Begins

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.

SPAC Update

We are getting closer to our goal of purchasing new equipment. All proceeds from SPAC concession is earmarked toward the purchase of a new boat(s). Thank you to all those that have volunteered so far. We are averaging \$1,000 for each concert (the big ones offset the smaller concerts &/or those where we did not have all workers on registers). Did you miss the training or attend the training and not yet work ?? YOU CAN STILL HELP. We need more volunteers to reach our goal... upcoming dates are: Sun 7/31 Luke Bryan, Sun 8/14 Toby Keith, Sun 8/28 Florida Georgia Line and Thur 9/8 Joan Jett/Cheap Trick concerts. Please contact Laura McClendon at lauramcc9001@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

A Message from the coaches regarding this weekends race.

We are bringing a FULL trailer so loading this Wed and Thursday after am practice. Pick-up is 8:30am those day as communicated previously by email

Depart: By Coach Bus Friday July 22nd from the Boathouse, Arrive no later than 8:30am

Return to Boathouse: Time determined by regatta and traffic, but best guess ~ 11:30pm.

Hotel: Crowne Plaza Philadelphia West, 4010 City Avenue Philadelphia, PA 19131, phone 215-477-0200

Race Course/Trailer Address: Gillin Boathouse, 2200 Kelly Dr, Philadelphia, PA 19129

WEATHER will be HOT!!! To avoid heat injuries, see below:

~All Athletes should have a white hat, sunscreen, water bottle, light colored clothing.

~Apply sunscreen multiple times

~Drink ½ a water bottle (8-12oz at least) before launching

~Every athlete takes a full bottle in the boat

~Wear a white hat with a few ice cubes under it to stave off the heat

~No extra activities (play, walks, etc),

~Should be sitting in shade when not racing or rigging, if no option for A/C exists.

~STAY OUT OF THE SUN it can increase the effect of the heat by 15 degrees!

**We have scratched several (mostly mid-day events) to limit exposure to the heat/sun, secured 2pm checkouts in several rooms to have a place to go between races and be cool.

Dehydration effects are cumulative from day to day so make sure they are hydrated especially Thursday and Friday. Coaches will decide for each crew if practicing Friday is beneficial or not once at the course (mother nature is really the boss).

[Link to Heat Sheet with Shen events only](#)

Questions please contact Coach Mike or Coach Sean.

Summer T Shirts

Shen summer tee shirts available now! "Shenendehowa, catch us if you can, pronounce us if you dare", color is Shen Green. If you want yours before the Philly regatta, Kelly Mariano will be selling at the boathouse at pickup time on Thursday. Just \$10 each. If you would like to purchase a shirt but can't make it then, please contact Kelly at kellymariano@yahoo.com

Volunteers

Shen Crew depends on volunteers. In the next couple weeks a CALL FOR HELP will be sent out. Please consider volunteering. If volunteer positions are not filled, the activity associated may be cancelled. The success of our program depends on our student-athletes, our coaches, our equipment and the support of all members.

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.

Liaisons:

Modified: Gwen Friesen gfriesen@hotmail.com

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

Varsity Girls: Bridget Lennon bridlenn96@gmail.com