

## Upcoming Dates:

**November 15** – Board Meeting 7:00 pm, Gowana Library

**November 18** – Fall Banquet/Pizza Party at HSE cafeteria 6:30-9:00

**November 28** – Varsity/Freshman Winter training begins at Healthplex

**January 3** – Modified Winter training begins at Koda gym

## Modified Championships

Mod champs were held at Saratoga on Saturday, November 5<sup>th</sup>. Shen crew took home 5 Gold, 4 Silver and 2 Bronze medal. A great day of racing!

Boys 7 <sup>th</sup> grade doubles	Silver
Boys 8 <sup>th</sup> grade doubles	
Shen A	Bronze
Shen B	Silver
Girls 8th grade doubles	
Shen A	Gold
Shen B	Gold
Shen C	Gold
Girls 8 <sup>th</sup> grade coxed quads	
Shen A	Gold
Shen B	Gold
Shen C	First - no medals awarded in race
Boys 8 <sup>th</sup> grade coxed quads	
Shen A	Bronze
Shen B	Silver
Boys 8 <sup>th</sup> grade straight quads	Silver

## Fall Banquet/Pizza Party – RSVP Due by 11/11.

The banquet will be on Friday, November 18<sup>th</sup> 6:30–9:00pm at High School East Cafeteria. There will be pizza, salad, bread & dessert. By popular demand, we will again hold a silent auction so bring some cash and lots of luck. Registration form and check is due by November 11<sup>th</sup> to Christy Wronowski to hold your place. If questions, please contact Christy at [cwronows@nycap.rr.com](mailto:cwronows@nycap.rr.com)

***\*\*Note – be sure you have given your liaison money for coaches' gifts to be purchased.***

## Winter Committee Workshop – Asking for input

The Friends of Shen Crew is governed by a group of volunteer parents elected to serve a two year term on the Board of Directors. In addition to the duties of the board of directors, each director oversees a committee. This winter we would like to offer workshops to review our standing committees and seek input from the membership. **Please mark your calendar for Saturday November 19. Shen High School East, room 162 10:00am- Noon.** Details of committee topics to be sent end of the week.

## **Winter Crew – Varsity/Freshman**

Shen Crew Winter training for high school athletes starts in just a few weeks and we need to get your rower registered. Our winter training program is run by Coach Sean and Coach Mike. We want to encourage everyone to participate in winter training with Shen Crew. Both coaches have designed the Mon-Fri training program to help your rower to peak at the height of spring season, minimize injuries, and further your rower's crew-specific physical needs.

November 28, 2016 until March 1, 2017. If your rower is planning to do winter training at healthplex, please confirm to Nancy Paulsen at [receivables@shencrewadmin.com](mailto:receivables@shencrewadmin.com) .

## **Pie Orders**

Pie order pick up is **Nov 21st** at High School East satellite cafeteria from **5-7 pm**. Please be sure to make arrangements to get your baked goods at this time because they need to be refrigerated. If you have questions, please contact Barb Moore [barbmoore@shencrewadmin.com](mailto:barbmoore@shencrewadmin.com) .

## **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, Feb 24-25. This is a great opportunity for modified rowers to learn better technique while getting hands on coaching in PRC's modern indoor rowing tanks. The tentative plan is to depart Gowana by 7am Feb 24 and return by 5pm on Feb 25. The estimated cost is \$150/rower, depending on the number of rowers. Please contact [jonslepski@shencrewadmin.com](mailto:jonslepski@shencrewadmin.com) if interested.

## **Scrip**

**Buy gift cards for the Holidays** and raise money for Friends of Shen Crew.

Think Scrip when buying for family, employees, customers, teachers and staff. We are listed in the program as Friends of Shenendehowa Crew. Scrip orders can be mailed to Barb Moore at 41 Outlook Dr So Mechanicville, NY 12118 with the payment. Your orders will be delivered to your house.

## **How Do It:**

Go to [www.shopwithscrip.com](http://www.shopwithscrip.com)

- Click Register
- Then click Join a Scrip Program
- Enter the enrollment code: **265LC9L15261L**
- Complete steps 1-5 to register
- Then simply select the retailer and quantity of the gift cards you would like to purchase.
- Print out the order form
- Make a check payable to FOSC
- The turnaround is about 2 weeks. We will deliver the gifts to your mailbox!

**Order Dates:**        **2nd Order Due Date: November 18<sup>th</sup>**  
                                 **3rd Order Due Date: December 2<sup>nd</sup>**

If you have questions regarding any of the fundraisers, please contact Barb Moore at [barbmoore@shencrewadmin.com](mailto:barbmoore@shencrewadmin.com)

## **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](mailto:barbmoore@shencrewadmin.com)

## **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.

## **Monthly Board of Directors Meeting**

Monthly meetings are held on the third Tuesday of each month 7:00 – 9:30 pm. 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.

## **Liaisons can answer general qts:**

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

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

Varsity & Freshman Girls: Bridget Lennon [bridlenn96@gmail.com](mailto: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](http://www.shencrew.com/contact.php)**