



## FALL SEASON 2017

### ✓ *Checklist for August 21, 2017*

- Sign up for Bus Duty
- Sign & Hand in Medical Waiver
- Sign & Hand in Swim Test form (New Rowers)
- Sign & Hand/Send later Media Release Form
- Sign Code of Conduct \*needs to be signed by both rower and parent so can be emailed/mailed in
- Clothing Order/Unisuit Order
- Ballot – fill in & hand in

## **Learn To Row:**

Learn to row will take place Monday, August 28- Friday, September 1 from 4:00pm – 6:00pm at the Corning Preserve Boat Launch, Exit 4A off I-787. Transportation is not provided. Please bring Medical Waiver and Swim Test Form with you. Workout clothes and sneakers should be worn. Bring plenty of water to drink.

## **Fall Season Practice:**

**High School Rowers will start Monday, August 28. Junior High Rowers will start Monday, September 11.**

**Week 1** – (High School) Monday, August 28- Friday, September 1– 4:00pm – 6:45pm No Practice September 2, 3 or 4. No Transportation

**Week 2** – (High School) Tentatively Tuesday, September 5 – Friday, September 8 – 4:00pm-6:45pm AND Saturday, September 9 - 8:30am-11:30am. No Transportation

**Week 3** – (All Rowers) Schedule will be 4 weekdays plus Saturday (weekdays not finalized), tentatively starting Monday, September 11-4:00pm-6:45pm

- On-water practice 4:00pm – 6:45pm at Corning Preserve Boathouse will be 4 weekdays (schedule TBD) and Saturdays mornings 8:30am – 11:30am.
- The Shaker Crew bus will begin transportation from school starting Monday, September 11 on all regular school days (There is **no** Shaker Crew bus for Saturday practice times or for regattas. Bus arrives at the high school by the music wing at 4:00pm. Rowers must be picked up at the river after practice as bus transportation is not provided.
- Coaches and board will communicate any changes to practice via SIPlay emails.

# **\*TENTATIVE\* Regatta Schedule**

*Everyone rows, everyone races: but not everyone races every regatta*

September 23	Head of the Hudson Regatta, Corning Preserve (high school)
October 8	Mohawk Fall Classic, Scotia-Jumpin Jacks (all rowers)
October 20	Scrimmage with Shen (modified)
October 22	Head of the Charles, Boston (for qualified high school rowers)
October 29	Head of the Fish, Saratoga (all rowers)
November 4 or 5	Modified Championships (modified)

## **Coaches**

Brandon Murray: [bmurray7@binghamton.edu](mailto:bmurray7@binghamton.edu)

Rachel Bowen: [rbowen5@suffolk.edu](mailto:rbowen5@suffolk.edu)

Jennifer Amador: [amadoj2@rpi.edu](mailto:amadoj2@rpi.edu)

## **Board Members 2017-2018\***

Ralph Lemme, President: [rlemme1226@gmail.com](mailto:rlemme1226@gmail.com)

Lisa Merolle, Treasurer: [lmerolle73@aol.com](mailto:lmerolle73@aol.com)

Pete Sheremeta\*, Secretary: [pete\\_sheremeta@yahoo.com](mailto:pete_sheremeta@yahoo.com)

Kristen Munro, Registrar: [kmm610@gmail.com](mailto:kmm610@gmail.com)

Clare Beretvas, [fedupwithmoving@gmail.com](mailto:fedupwithmoving@gmail.com)

*\*subject to election 8/21/2017*

## **Key Coordinator Positions**

- **Bus Coordinator – Joan Lemme**
- **Clothing Coordinator – Adriana Connors**
- **Food Coordinator - Jay Merolle**
- **Website Coordinator – Tracy Wernick**
- **Travel Coordinator**

## **Volunteer Expectations for Parents**

### **1. BUSING TO THE RIVER**

All parents **ARE REQUIRED** to chaperone the bus during the season if their child(ren) ride it. Please sign up before leaving the parent meeting. Sign-ups will be posted on the calendar on the team's webpage ([www.shakercrew.org](http://www.shakercrew.org)). If you were unable to attend the parent meeting, please contact our Bus Coordinator, Joan Lemme, ([jlemme10@yahoo.com](mailto:jlemme10@yahoo.com)) and sign-up for an available day.

#### **Busing to practice at the river**

(Remember that it is the function of the chaperone to ensure that these rules are followed.)

**Rowers:** *Please be at the corner of the music department of Shaker High by 3:50pm (time may change because bus departure may vary due to school schedule).*

- The bus is a courtesy provided to the club by the school.
- Please remember to thank the bus driver. His/her impression of our club is important. The school district is doing us a favor by supplying the bus.
- Eating or drinking on the bus is **not** allowed. Rowers should eat a snack before boarding the bus.
- Please be on time. The bus departs at 4:00pm (subject to change) sharp and the driver will not stop for anyone running for the bus. Be courteous to one another on the bus.

**Chaperones:** please walk the length of the bus prior to departing from the river to be sure that no belongings have been left on the bus.

## **2. FOOD TENT ON REGATTA DAYS**

All parents are required to assist at the food tent during a regatta. The food tent coordinator will send out an email requesting volunteers prior to each regatta. Shifts usually consist of 4 hours blocks of time.

- Morning shift – includes setting up and working food tent
- Afternoon shift – includes working food tent and breaking down

(You may buy-out your food tent time with a \$150 payment to the club.)

## **3. SUPPORT FUNDRAISING AND COMMUNITY ACTIVITIES**

**\*\*\*Parents are requested to participate in supporting the team through various fundraising and other community activities. \*\*\***

There are various Shaker Crew committees and coordinators in order to ensure not only the smooth running of the team, but also to support the team's growth and keep seasonal dues as affordable as possible. That can only happen if every rower is represented by a parent on one or more committees or community activities.

### **Key Committees**

- Fundraising and Special Events
- Sponsorships
- PR and Marketing
- Food Tent

## **Regatta Info/Advice for Parents and Rowers**

- Line ups and times for races may be sent out by Wednesday or Thursday prior to each regatta.
- **ALWAYS** check your email the night before the race, line-ups and race times can change on short notice.
- **Coaches usually require rowers to be at a regatta for the entirety of a regatta, both to ensure rowers are there in plenty of time for warm up BUT also to support their teammates in their races.**
- Clothing/Uniform: A unisuit is needed for all rowers (see clothing order form)
- Further information regarding regatta preparation and necessities, rowing related injuries, etc. will be sent out separately via email and will be available on the website.
- Meet at the food tent and get to know fellow parents – all are welcome!
- Don't be afraid to ask for advice and guidance from coaches, board members, and current rowing families!

***Parent participation is crucial to a smooth season.***

***Go Shaker!***

## **Medical Waivers, Code of Conduct, & Media Release Forms**

Medical waivers MUST be submitted to **Kristen Munro** by mail or scanned and emailed **PRIOR to your child going on the water**. These waivers are needed each season even if your child is a returning rower. Code of Conduct and Media Release forms also must be reviewed and signed by BOTH a parent and the student rower in order to participate in the program.

[Kmm610@gmail.com](mailto:Kmm610@gmail.com)

4 Red Oaks Drive

Latham, NY 12110

518.368.1161 (cell)

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### **SHAKER ROWING ASSOCIATION: MEDIA AND PHOTO RELEASE FORM**

Participant's Name: \_\_\_\_\_

I hereby grant and authorize Shaker crew the right to publish the photographs taken of me, and my name, for use in printed publications and website.

I acknowledge that since my participation in publications and websites produced by Shaker Crew is voluntary; I will receive no financial compensation.

I further agree that my participation in any publication and website produced by Shaker Crew confers upon me no rights of ownership whatsoever. I release Shaker Crew, its contractors and its employees from liability for any claims by me or any third party in connection with my participation.

If the person signing is under the age of consent, then this release must be signed by a parent or guardian

Signature of Rower: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_

# Shaker Rowing Association - Medical Waiver

Rower Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Please indicate if the rower has a history of asthma, diabetes, hypoglycemia, wears contact lenses, or has any other medical/special problems:

\_\_\_\_\_  
\_\_\_\_\_

Please indicate if the rower has allergies to any medications, foods, insect bites, etc., as well as your usual treatment for same: \_\_\_\_\_

\_\_\_\_\_

**HEALTH INSURANCE INFORMATION:** Medical Insurance Co.: \_\_\_\_\_

Name of Insured: \_\_\_\_\_ Policy #: \_\_\_\_\_

**EMERGENCY INFORMATION: (List contacts and ALL phone #'s - beepers, cell phones, car phones, etc.):**

Name of contact (s): \_\_\_\_\_

Emergency phone number (s): \_\_\_\_\_

**PARENT AGREEMENT & AUTHORIZATION: (if rower under 18 years)**

My child, \_\_\_\_\_, has my permission to participate in the activities of the **Shaker Rowing Association**. I understand that the **SRA** does not carry health insurance and I am responsible for any/all health incurred costs. I also grant the coach/chaperone in attendance full authority to take whatever action they deem necessary regarding my child's health and safety, and I fully release the **SRA** from any liability in connection with those decisions.

In the event that I cannot be reached in an **EMERGENCY**, I hereby give permission to the physician selected by the coach/chaperone in attendance to hospitalize and to secure treatment for my child. This health history is correct to the best of my knowledge and my child named above has permission to engage in all rowing events.

I hereby, for myself and for my family, my heirs, executors and administrators, waive and release any and all rights and claims against the **Shaker Rowing Association** or their respective agents, for any and all injuries which may be suffered by my child in connection with his/her participation in any of the activities, or the use of facilities and/or equipment utilized by the **Shaker Rowing Association/Shaker Crew**.

\_\_\_\_\_  
**Parent/Guardian Name (Please Print) Rowing Program**

\_\_\_\_\_  
**Parent/Guardian Signature (if rower under 18 years)**

\_\_\_\_\_  
**Today's Date**



# SHAKER CREW - EXPECTATIONS FOR ATHLETES

The goals of the Shaker Rowing Association are to earn the respect of the Shaker High School, Section II, and US Rowing communities through demonstration of technical knowledge, sportsmanship, citizenship and the enthusiastic commitment to the challenge to excel. To accomplish these goals, we must first demonstrate respect for ourselves, our families, our teammates and our competitors.

## Athlete Responsibilities

*Athletes should recognize that membership in this association is a privilege, not a right.*

### Respect

- Athletes are to be respectful, in word and action, of themselves, their coaches, their teammates, officials, volunteers and their parents at all times.
- Athletes are to demonstrate respect for teammates and coaches by attending all scheduled practices and regattas: arriving on time, rested, with a positive attitude and appropriate gear.
- Athletes who need to be excused from practice or a regatta must let their coach know in a timely manner. Unexcused absences will greatly hinder your ability to be competitive.
- Athletes are to be respectful of other athletes of varying abilities. We are one team.
- Athletes are to be respectful of coaches who make decisions on line-ups and regatta plans based on the best interests of the entire program.
- Athletes should direct questions or concerns to the coaching staff.
- Athletes are to be respectful of their bodies. **Use of alcohol, tobacco, marijuana, and drugs, at any time, impede athletic performance, destroy the trust between teammates and families, are dangerous, and illegal; preceding a practice or competition it is one of the most disrespectful acts an athlete can commit. Distribution or use of the aforementioned is grievous and will be considered a basis for dismissal from the team.**

### Integrity

- Athletes are expected to behave (verbally and physically) in a manner that exemplifies the highest ideals of good citizenship and is a credit to their family, team and school.
- Athletes are expected to participate fully in all activities and demonstrate commitment to the training program and racing plans developed by the coaches.

***Trust and integrity are commodities that are hard-earned and easily lost. Success is knowing that you and your teammates have done the best you can to achieve the goal—win, lose, or draw.***

### Consequences

**All actions carry consequences. Violations of these expectations will result in disciplinary action which may include suspension or dismissal from the team.**

We have read the Expectations for Athletes and agree to abide by these expectations as a condition of participation in Shaker Crew. We agree to accept the consequences for actions that violate these expectations.

\_\_\_\_\_  
Athlete name

\_\_\_\_\_  
Athlete signature

\_\_\_\_\_  
date

\_\_\_\_\_  
Parent name

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
date

## SHAKER ROWING ASSOCIATION - SWIM TEST FORM

Before a rower is allowed to go out on water, Shaker Rowing Association must receive this signed swim test form from the rower's parent or legal guardian.

Shaker Rowing Association must have proof of rower's swimming ability either through a swim test under the supervision of a lifeguard as noted below, **OR** if the parent signs that their child is a capable swimmer and can fulfill the requirements of the test as noted below.

The swim test can be taken at ANY POOL where a lifeguard is present. Please bring the form and have a lifeguard sign it. You can either mail the form to Shaker Rowing Association OR bring it to your first day of class. You will not be boated without this signed form.

### **Instructions:**

1. Write Name of Participant on the Swim Test Form below
2. Have a certified Lifeguard/Water Safety Instructor observe you and complete form below OR have the parent/legal guardian certify that you are capable of passing the swim test.
3. Make a copy of your form for your records
4. Bring this form to the boathouse on the first day of program; or mail/scan/send a copy to the Registrar.

Name of Participant/Rower: \_\_\_\_\_

Name of Lifeguard/Water Safety Instructor: \_\_\_\_\_

Name of Pool: \_\_\_\_\_

Phone Number of Pool: \_\_\_\_\_

***Swim Test Certification: I hereby certify that the participant can swim 50 yards in a competent manner and can remain afloat for at least 5 minutes.***

Signature of Lifeguard/Water Safety Instructor **OR** Parent \_\_\_\_\_

Date of Test (if conducted by a Lifeguard/Water Safety Instructor): \_\_\_\_\_