



FALL SEASON 2019

Coaches

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REGISTRATION is now open for all modified and high school rowers! The link to registration can be found on our website, www.shakercrew.org, under the registration tab. Dues for fall are \$700.

PRACTICE

Fall practice will be from 4:00-6:30pm at the Corning preserve boat launch Monday, Wednesday, Thursday and Friday, and Saturday mornings from 8:30am – 11:00am. Bus to the river is provided each week day outside the music wing of the high school between 3:45 and 4:00pm. Rowers should be picked up at the river at the end of practice. We try to get off the river and have equipment put away by 6:30 but sometimes we are delayed until about 6:45. Rowers are expected to stay until all equipment is put away and they are released by the

coaches. If rowers must leave practice early or will be missing practice, please notify the coaches ahead of time.

BUS TRANSPORTATION

Bus transportation is provided by the school with a parent chaperone each day. We ask all parents to sign up for at least 2 dates to chaperone the bus down to the river. The bus leaves the high school around 3:45 – 4:00pm each weekday. Chaperones will ride the bus to the river and then will return on the bus back to Shaker by about 4:30. Please see the google doc to sign up for available days.

REGATTAS:

Regatta lineups are made in advance so if there are any dates your rower is unavailable, PLEASE let the coaches know ASAP. Most of our fall regattas are local (except Charles) so no overnight accommodations are needed. Coaches will let the rowers know of final regatta lineups and when rowers should arrive. All rowers that are participating at a particular regatta are expected to arrive when the coach designates and should plan on staying for all races until the coach releases them. For many local regattas, when available, we usually have our food tent which is the gathering place for rowers, family and friends. Food at the food tent is included and available for all. Please come hang out, socialize and lend a hand!

REGATTA SCHEDULE:

9/21 – Head of the Hudson (Albany), High School Only

9/28 – Tail of the Fish (Saratoga), High School Only

10/6 – Mohawk Fall Classic, Modified and High School

10/13 – Scrimmage vs Newburgh (Tentative)

10/20 – Head of the Charles (Boston), Varsity, Invite Only

10/27 – Head of the Fish (Saratoga), Modified and High School

11/1 – 11/2 – Modified Championships (Saratoga), Modified only***

***On 11/1 – 11/2, Modified Championships are scheduled to be at Fish Creek in Saratoga. Every year at Mod Champs, a different team is responsible for running the food tent and serving the mod rowers. This year, Shaker will be responsible for this. [All High School Parents](#), please mark your calendars as we will need many volunteers to help with this! More info to come.

FORMS DUE

Expectations for athletes - All rowers and parents are required to sign a code of conduct form every season. Please be sure your rowers read and understand this form. Violating the code of conduct will result in disciplinary action which may include suspension or dismissal from the team.

Medical Waiver – Due for all rowers for the 2019-2020 school year.

US Rowing Waiver - A current US rowing liability waiver must be completed online. Visit <https://membership.usrowing.org/> to log in under 'Individuals'. If needed, use the Athlete access code XCFYP. This is required for coverage under our US Rowing policy and for participation in certain regattas. The US Rowing Membership is required for a small fee (less than \$10).

SWIM TEST – All rowers are required to participate in the swim test that the club is holding. The next and FINAL test for the fall season is going to be held on Wednesday, September 18 after school at the high school pool. If you have not been tested this fall, please plan on coming to this test.

SPONSORSHIPS

The fall season fundraising focus is on obtaining ongoing sponsorships. If you know of a company that might like to sponsor Shaker Crew, letters can be provided with more information.

CHIPOTLE FUNDRAISER

Shaker Crew night at Chipotle is Tuesday, September 24 from 4:00 – 8:00pm. Please save the date and spread the word!

CLOTHING ORDER

We have a new vendor for our fall clothing order. Please visit <https://shakercrew-19.itemorder.com/sale> to check out the new merch and place orders. Any new modified rowers should have the blue Adult Competitor Performance T-Shirt for regattas (they do not need a unisuit). Orders are due Monday, September 16 and should be ready in early October.

UNISUITS

All high school rowers should have a unisuit to race in. There is a several week lead time because they are custom made. We ask that unisuit orders are in by THIS THURSDAY,

September 12. Suits should arrive before the Head of the Fish at the end of October. To order, please visit <https://jrowing.com/collections/shaker-crew> and use the JL Racing Sizing Matrix to ensure proper sizes are selected. On the order, use the top and bottom sizes from your measurements in the matrix and provide rower's last name for the back of the suit. Each unisuit is \$104.95.

HELP WANTED

Shaker Crew is run by volunteers and we need your help! We have several key roles that are currently vacant or will be in the next year or so which include:

- Food Tent Coordinator*
- Truck/Chuckwagon hauler (needed immediately)*
- Fundraising Chair and Committee Members*
- Vice President*
- Board Members*
- Handy man/woman to help with boats and motors*