



Fall Season 2022

Coaches

Burton Apfelbaum, Head Coach: apfelbaum.b@gmail.com, 518-409-3306

Jim Ball, Varsity Coach: jball@kwmce.com

Mick Reilly, Modified Coach: m.riles94@gmail.com

Board of Directors

Jonathan Harkavy, President: jh5710@gmail.com

Kathleen Carey, Treasurer: kathleenbeckcarey@gmail.com

Chrissy Harkavy, Registrar: chrissy.harkavy@gmail.com

David Alexander, dalexander0026@gmail.com

Kate Koonce: kathrynkoonce@ncolonie.org

Jeff Luks: jluks@gmail.com

Anthony Mone: amone2525@yahoo.com

PRACTICE SCHEDULE

If a rower will miss practice for any reason, please communicate that to the coaches as soon as possible. Our coaches put together workout plans based on the number of rowers expected so advanced notice is very much appreciated.

All rowers are expected to stay at the end of practice to help put the boats, oars, and launches away. Our Coaches try their best to end on time, but some things are unpredictable and sometimes practice runs late. Please just keep this in mind as you plan for pick-up and dinner and such.

Grades 9-12

- Starting September 12, practice will be held Monday-Friday 4:30pm-6:30pm.

Grades 6-8

- Starting September 12, practice will be held Monday, Tuesday, Thursday and Friday 4:30pm-6:30pm. (no practice Wednesday)

LOCATION

Shaker Crew shares space at the [Albany Boathouse](#) which is located under the highway at the Corning Preserve (Colonie Street exit off I-787), at the north end of the parking lot, adjacent to the Albany public Boat Launch at the start of the Corning Preserve Bike Trail.

AT PRACTICE

Bring drinking water and wear weather appropriate athletic-type clothing. Tighter fitting clothes and layers tend to be best. Socks and sneakers. Keep in mind that you may get wet! You may want to bring a change of clothes. Practice usually starts with an on-land warm-up and if the river is too rough to row, we will have land practice (ergs, running, etc.).

TRANSPORTATION

Parents are responsible for pick up at the river at the end of weekday practice, but North Colonie busses the team from Shaker High School to the river on weekdays. The bus leaves the High School between 4:30 and 4:45 (note it is a little later this year to due the change in school schedules). Rowers should wait by the stop sign outside of the High School Music Wing. Between school dismissal and crew bus pickup, Middle School students can wait at either the high school or the middle school. Student can also go home between school and practice as long as they have a ride to get to practice on time.

The bus is a courtesy provided to the club by the school. Please remember to thank the bus driver- their impression of our club is important!

North Colonie requires that we provide one parent chaperone on the bus. We ask all parents to sign up for at least 2 dates to chaperone. Chaperones will ride on the bus to the river with our rowers and the driver will also bring you right back to the high school after dropping off the rowers. Chaperones should walk the length of the bus prior to departing from the river to be sure that no belongings have been left on the bus. Sign up at <https://www.signupgenius.com/go/8050B4CA5A92BA1FF2-fall2>

SWIMMING ASSESSMENT

A swimming assessment is required for all new rowers. Shaker Rowing will conduct this assessment periodically at the High School. Rowers should be able to swim for 100 yards and tread for 10 minutes. This is only required once per rower.

REQUIRED FORMS

The following forms are available at http://www.shakercrew.org/Registration_Spring_Season.html and should be submitted to Chrissy Harkavy, Registrar- Chrissy.Harkavy@gmail.com, or mailed to Shaker Crew, PO Box 11212, Loudonville, NY 12211.

- (1) Code of Conduct is required at the beginning of the Fall AND Spring seasons for each school year.
- (2) US Rowing Waiver- Rowers will need to sign up for or renew an annual US Rowing Basic Membership on <https://membership.usrowing.org/> (\$9.75 admin fee). The process will include electronically signing a Waiver related to participation in Regattas.

REGATTAS

TENTATIVE Regatta Schedule.

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

September 18	Head of Hudson, Albany —Grades 9-12
September 24	Tail of the Fish, Saratoga —Grades 9-12
October 2	Mohawk Classic Scotia – Selected Modified, Grades 9 to 12
October 15	Head of the Mohawk, Scotia – Grades 9--12
October 29-30	Head of the Fish, Saratoga --Grades 6to 12
November 5	Modified Championships, location TBA Grades 6-8

Line ups and times for races may be sent out just a few days prior to each regatta. Always check your email the night before the race- line-ups and race times can change on short notice. Depending on COVID, 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 and also to support their teammates in their races.

Parents- meet at our team 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.

SHAKER CREW GEAR

If you are interested in some Shaker Crew merchandise, we will have an on-line store up and running shortly. For regattas, Modified rowers typically wear a blue Shaker Crew performance t-shirt. Varsity rowers wear a Unisuit uniform- orders for those are only placed in the fall.

BOATHOUSE WORKDAYS

Stay tuned for calls for all hands on deck! Periodically, we need help from all rowers and families to get the boathouse in order and to put the dock in and out of the river.

VOLUNTEERS 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:

- Bus Coordinator
- Food Tent Coordinator
- Truck/Chuckwagon hauler
- Fundraising Chair and Committee Members
- Board Secretary
- General Board Members

FUNDRAISING

Parents are requested to participate in supporting the team through various fundraising activities throughout the year.

Amazon Gift Card Raffle

All rowers are expected to participate and sell tickets. More information to come.

Glennpeter Jewelers event Wednesday, February 8, 2023

Mark the date and tell your friends! Hors d'oeuvres, raffle baskets and more...

Amazon Smile

Choose "Shaker Rowing Association Inc" as your charity when you order from Amazon, and Amazon donates \$0.5% to us!

Corporate Sponsorship

We still need help in gathering corporate sponsorships!!! All of us know someone who can be a sponsor, so we ask the following:

- Let our co-chairs, David Alexander at dalexander0026@gmail.com and Nancy Williamson at nswilliamson70@gmail.com know who you want to reach out to for a sponsorship before making any contacts. We don't want 5 people asking the same person/company for a donation, we need to do this in a thoughtful manner. So, all requests must first be shared with David and Nancy.
- Companies big and small can be approached. In addition, we have created a new category of sponsorship of "Friend". This is geared towards parents, other family members and companies. An [information sheet](#) is available for you to share with interested sponsors.
- If you have any questions or want to bounce some ideas around, please feel free to contact David and Nancy and thank you all in advance. With your help, this can be an amazing opportunity for Shaker Crew!!!

Additional fundraisers will be planned during the season- stay tuned!