



SPRING 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 under the registration tab, or

http://www.shakercrew.org/Registration_Spring_Season.html

Dues for spring are \$700.

PRACTICE and REGATTAS

Spring practice starts Wednesday, March 6 from 4:00-6:00pm in the Taft Cafeteria. Workouts will be indoors until the docks are put back in the river, usually early April. Please see the calendars on the next pages for a tentative practice and regatta schedule. The only regattas that are finalized are NY State High School championships, May 11 and 12, and Stotesbury Cup in Philadelphia, May 17 and 18. These are high school only. We have several other scrimmages and regattas for mod and high school levels that are tentative dates as of now.

BUS TRANSPORTATION

Bus transportation to the river will begin once we are able to get back on the water. 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.

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 if rowers are new or if information has changed since Fall 2018.

Swim Test Form – Due from new rowers only. This can be signed by a parent to verify that your rower can perform the activities listed.

US Rowing Waiver - A current US rowing liability waiver must be completed on line. 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.

FUNDRAISER

The popular Southwest Airlines Gift Card raffle will be our spring fundraiser. More details will be forthcoming.

CLOTHING ORDER

If you are interested in some new merchandise, please pick up an order form. Clothing and unisuit orders will be due on March 22. New this season – royal blue dry-fit shirts!

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:

- Bus Coordinator (needed immediately)
- Truck/Chuckwagon hauler (needed immediately)
- Fundraising Chair and Committee Members
- Treasurer
- Food Tent Coordinator
- Vice President
- General Board Members
- Webmaster

March 2019

February '19							April '19							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2			1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	
24	25	26	27	28			28	29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1	2
3	4	5	6 SPRING PRACTICE START 4-6PM @ HS	7 PRACTICE 4-6PM @ HS	8 PRACTICE 4-6PM @ HS	9
10	11 PRACTICE 4-6PM @ HS	12	13 PRACTICE 4-6PM @ HS	14 PRACTICE 4-6PM @ HS	15 PRACTICE 4-6PM @ HS	16
17	18 PRACTICE 4-6PM @ HS	19 PRACTICE 4-6PM @ HS	20 PRACTICE 4-6PM @ HS	21 PRACTICE 4-6PM @ HS	22 PRACTICE 4-6PM @ HS	23
24	25 PRACTICE 4-6PM @ HS	26	27 PRACTICE 4-6PM @ HS	28 PRACTICE 4-6PM @ HS	29 PRACTICE 4-6PM @ HS	30

April 2019

March '19							May '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2			1	2	3	4	
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
						31							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 PRACTICE 4-6PM @ HS	2 PRACTICE 4-6PM @ HS	3 PRACTICE 4-6PM @ HS	4 PRACTICE 4-6PM @ HS	5 PRACTICE 4-6PM @ HS	6
7 SCRIMMAGE @ KINGSTON HS ONLY	8 TENTATIVELY ON WATER PRACTICE 4-6:30PM AT RIVER	9	10 PRACTICE 4-6:30PM AT RIVER	11 PRACTICE 4-6:30PM AT RIVER	12 PRACTICE 4-6:30PM AT RIVER	13 PRACTICE 8:30-11:00AM AT RIVER
14	15 PRACTICE 4-6:30PM AT RIVER	16	17 PRACTICE 4-6:30PM AT RIVER	18 PRACTICE 4-6:30PM AT RIVER	19 PRACTICE 4-6:30PM AT RIVER	20 PRACTICE 8:30-11:00AM AT RIVER
21	22 PRACTICE 4-6:30PM AT RIVER	23	24 PRACTICE 4-6:30PM AT RIVER	25 PRACTICE 4-6:30PM AT RIVER	26 PRACTICE 4-6:30PM AT RIVER TENTATIVE SCRIMMAGE W/ AUGUSTINE AND ALBANY	27 PRACTICE 8:30-11:00AM AT RIVER
28 SCRIMMAGE W/ NEWBURGH @ HOME All Rowers	29 PRACTICE 4-6:30PM AT RIVER	30	1	2	3	4

May 2019

April '19							June '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23	24	25	26	27	28	29
							30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 PRACTICE 4-6:30PM AT RIVER	2 PRACTICE 4-6:30PM AT RIVER	3 PRACTICE 4-6:30PM AT RIVER	4 PRACTICE 8:30-11:00AM AT RIVER SCRIMMAGE W/ ORANGE COUNTY or SEC II Champs
5	6 PRACTICE 4-6:30PM AT RIVER	7	8 PRACTICE 4-6:30PM AT RIVER	9 PRACTICE 4-6:30PM AT RIVER	10 PRACTICE 4-6:30PM AT RIVER	11 HS REGATTA STATE CHAMPS SARATOGA
12 HS REGATTA STATE CHAMPS SARATOGA	13 PRACTICE 4-6:30PM AT RIVER	14	15 PRACTICE 4-6:30PM AT RIVER	16 TRAVEL TO STOTESBURY PHILLY, PA HS ONLY	17 STOTESBURY CUP REGATTA - PHILLY, PA HS ONLY	18 STOTESBURY REGATTA - FINALS IF QUALIFIED
19	20 PRACTICE 4-6:30PM AT RIVER	21	22 PRACTICE 4-6:30PM AT RIVER MOD SCRIMMAGE W/ SHEN	23 PRACTICE 4-6:30PM AT RIVER	24 PRACTICE 4-6:30PM AT RIVER	25
26	27 PRACTICE 4-6:30PM AT RIVER	28	29 PRACTICE 4-6:30PM AT RIVER OR MOD CHAMPS ?	30 MOD CHAMPS?	31	1