



5900 West Green Lake Way N., Seattle, Washington 98103; (206) 684-4074

GREEN LAKE JUNIOR CREW: FALL 2019

This letter confirms your placement in the fall rowing program at Green Lake. Whether you are new to the Junior Rowing program or are a returning rower, please take a moment to read the entire packet because some information is new this fall.

The fall season runs from **September 4th through November 5th**. Regatta fees for fall regattas are not included in your registration fee. **This program is 5-days/week for Novice Crew and 6-days/week for Experienced Crew** and participation in all practices is expected. Note: it is not uncommon for the experienced teams to have extra practices during the fall season. Those practices will be determined by the coaching staff.

**THE FIRST DAY OF CREW WILL BE Wednesday September 4th,
 4:15-5:45 p.m. FOR EVERYONE!
 Novice/New Parents Meeting at 10:00 a.m. Saturday, September 28th**

Novice Rowing or new to Green Lake Junior Program: The curriculum and volume of new information is vital to learning how to row, **attendance for the first two weeks of novice rowing is required**. Return all forms to the office no later than the first day of practice.

- _____ Float Test (Valid for 3 years) instructions printed on form
- _____ Medical Release Form
- _____ Code of Conduct
- _____ USRA Waiver & Membership (Must be completed online – instructions attached)
- _____ Risk & Release Form
- _____ Parent Volunteer Form

Experienced Rowing: If your rower participated in the *Spring* 2019 Junior Crew, no new paperwork is required *unless information has changed and needs updating*. If your rower only participated in *Summer* 2019 the Code of Conduct is needed *unless information has changed and needs updating*. Everyone should fill out the Volunteer Form and return to the office first day of practice.

	MON	TUE	WED	THU	FRI	SAT
Novice Girls	4:15-6:45pm	4:15-6:45pm	3:30 – 6pm	4:15-6:45pm	4:15-6:45pm	
Exp. Girls	4:15-6:45pm	4:15-6:45pm	3:30 – 6pm	4:15-6:45pm	4:15-6:45pm	7-9am
Nov. Boys	4:15-6:45pm	4:15-6:45pm	3:45-6:15pm	4:15-6:45pm	4:15-6:45pm	
Exp. Boys	4:15-6:45pm	4:15-6:45pm	3:45-6:15pm	4:15-6:45pm	4:15-6:45pm	7-9am

NO ONE IS ALLOWED ON THE WATER WITHOUT THE REQUIRED FORMS!

Fall 2019 Coaching Staff:

Boys' Team: Varsity: Scott Selfridge
Jr. Varsity/3V: Baxter Call
Novice: Haydon Overturf; Asst.: Jack Gerhard

Girls' Team: Varsity: Coby Stites
Jr. Varsity/3V: Tom Kicinski, Meg Rutherford
Novice: Avery Brown; Asst. TBD

2019-2020 Team Captains:

Boys: Jackson Fellows, Kai Yuen
Girls: Laurel Aronson, Tori Ulm, Grace Jiang

1. An informal meeting will be held for parents of novices and rowers new to the program on **Saturday September 28th, 10:00 a.m. at the boathouse**. Important information will be covered including the fall regatta schedule, fees and fundraising opportunities, volunteer opportunities, and our expectations of rowers. Come and get all your (rowing) questions answered and meet fellow parents!
2. The refund policy of Seattle Parks and Recreation states that no refund can be given after the second day of the program and that a refund less 10% will be given if requested any time prior to the second class session. Refunds take up to 3 weeks to process.
3. Additional parent communication is handled through the website www.greenlakecrew.org and a Constant Contact e-mail list. **Instructions for joining the e-mail list are found on the website www.greenlakecrew.org**. You and your rower are encouraged to join and keep up with the announcements sent from the office.
4. We row rain or shine . . . so come dressed for the weather. Soft comfortable clothing that allows ease of movement is recommended. Be prepared for sunshine or windy/cold conditions . . . **bring a hat, sunscreen, extra layers of clothes, rainwear, and a water bottle. All items should be marked with rower's name.**
5. Prior to the Regatta on November 2nd, each athlete must have purchased a racing tank (\$35) from the office. This is the **only** uniform item required; **all other uniform purchases are optional**. Please make checks payable to "City of Seattle" or "COS". If you are paying by cash, please bring the exact amount because we do not carry any change.
6. Please do not bring any valuables with you to crew; the Green Lake Small Craft Center is not responsible for lost or stolen items. Again, please mark all personal items with rower's name. If valuables must be brought to crew, please bring a lock to use on one of our lockers.
7. Mark your calendars for the 20th Annual Green Lake Crew Erg-A-Thon Fundraiser, scheduled for September 28th. Everyone is encouraged to take their turn on the ergometers, as well as to gather pledges and donations for Green Lake Crew. \
8. The Rowing Advisory Council is always looking for new ideas. Get involved in having a voice in Green Lake Crew. We meet every third Wednesday at 7:00pm. Call Mike Stanley for more information at 206-683-2672 or Jason Frisk at 206-684-4074.

Parent Volunteer Opportunities

The annual Frostbite Regatta on November 2nd is the only rowing event at Green Lake during the fall season. Running from 6:30am to 5:00pm, we need a large volunteer force to put on such an event. If you are able to volunteer your time or offer a service please fill out the form below and return it to the office.

We have jobs for everyone and no experience is required!

Dock Master: Manage boat traffic coming in and out of the docks and check for boat safety.

Finish Line: Everything from waving the finish flag to clocking the teams.

Binoculars are helpful for this job, but are also provided!

Officials Tent: Assist in presentation of awards and MANY other random tasks.

Food Tent: Help with feeding the kids snacks all day long.

Launch Driver: Drive safety boat on lake (must be approved through Jason Frisk)

- - - - - Please clip and return this to the office with paperwork - - - - -

Frostbite REGATTA VOLUNTEER SIGN UP

Shifts: All Day (6:30am-5:00pm) _____
Half Day (6:30am-12:00pm) _____ or (11:45-5:00pm) _____

Rower's Name: _____

Parent Volunteer 1: _____

E-mail: _____ phone # _____

Address: _____ City: _____ zip _____

Parent Volunteer 2: _____

E-mail: _____ phone # _____

Address: _____ City: _____ zip _____

Special Talents: _____

I am unable to volunteer the day of the event, but I can assist in pre-regatta needs. _____

My time restrictions are: _____

For more information, please contact the office at 206-684-4074

Thank you!