



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

**GREEN LAKE JUNIOR CREW: SPRING 2020**

This letter confirms your placement in the 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 spring.

The spring season runs from **February 4<sup>th</sup> through May 19<sup>th</sup>** and includes the **Awards Banquet on May 20<sup>th</sup>**. Participation in all scheduled practices is expected. Note: it is not uncommon for the experienced teams to have extra practices during the spring season. Those practices will be determined by the coaching staff.

THE FIRST DAY OF CREW WILL BE Tuesday February 4<sup>th</sup>,  
**4:15-5:30 p.m. FOR EVERYONE!**  
 Novice Parents Meeting at **6:30 p.m on Wednesday, February 12<sup>th</sup>**.  
**Practices are 2 hours long through 3/8, going to 2.5 hours from 3/8 onward.**

**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:** Experienced rowers will need 2020 Medical Release Form, 2020 Code of Conduct, 2020 Risk & Release, US Rowing Championship Membership, USRA online waiver and Parent Volunteer forms do need to be completed and returned to the office first day of practice. If Float Test is expired or near to expiry, it will need to be re-taken and submitted to the office.

**TRAINING SCHEDULE**

SQUAD	MON	TUE	WED**	THU	FRI	SAT
Nov. Girls	4:15-6:15pm	4:15-6:15pm	3:30- 5:30pm	4:15-6:15pm	4:15-6:15pm	
Nov. Boys	4:15-6:15pm	4:15-6:15pm	3:30- 5:30pm	4:15-6:15pm	4:15-6:15pm	
Exp. Girls	4:15-6:15pm	4:15-6:15pm	3:30- 5:30pm	4:15-6:15pm	4:15-6:15pm	7-9am
Exp. Boys	4:15-6:15pm	4:15-6:15pm	3:45- 5:45pm	4:15-6:15pm	4:15-6:15pm	7-9am
<b>After 3/8/20</b>	<b>4:15-6:45pm</b>	<b>4:15-6:45pm</b>	<b>3:30- 6:00pm</b>	<b>4:15-6:45pm</b>	<b>4:15-6:45pm</b>	<b>7-9am</b>
Exp. Boys only Wednesdays after 3/5			<b>3:45- 6:15pm</b>			

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

## Spring 2020 Coaching Staff:

*Boys Team:* Varsity: Scott Selfridge  
Jr. Varsity/3V: Jesse Maritz & Baxter Call  
Novice: Haydon Overturf & Jack Gerhard

*Girls Team:* Varsity: Coby Stites  
Jr. Varsity/3V: Tom Kicinski, Meg Rutherford  
Novice: Avery Brown and Megan Medalia

### 2019-2020 Team Captains:

Boys: Jackson Fellows, Kai Yuen  
Girls: Laurel Aronson

1. An informal meeting will be held for parents of novices and rowers new to the program on **February 12th, 6:30 pm to 7:30 pm at the boathouse**. Important information will be covered including the spring 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 Constant Contact emails. Please go to [www.greenlakecrew.org](http://www.greenlakecrew.org) where instructions for joining the Constant Contact email list are found on the website. You and your rower are encouraged to join and keep up with the announcements sent from the office.
4. We row in rain and sunshine, and soft comfortable clothing that allows ease of movement is recommended. **Please 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 Spring Regatta on March 21st, 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 Annual Raising of the Green, scheduled for April 4<sup>th</sup> at the Nile Temple in Shoreline. **Wendy Caldwell is the Auction Chair, [wendy.h.caldwell@gmail.com](mailto:wendy.h.caldwell@gmail.com)** .
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. E-mail Mike Stanley for more information at [mike@senecagroup.com](mailto:mike@senecagroup.com) or Jason Frisk at [jason.frisk@seattle.gov](mailto:jason.frisk@seattle.gov) or call the office at 206-684-4074.

## Green Lake Crew Parent Communication

Spring Crew season is regatta season and a lot of communication must take place with parents regarding travel. To convey information efficiently, Green Lake Crew is using Constant Contact to manage e-mail communication. Every rower should have at least one parent/guardian on the email group **with an email address that is checked regularly!**

**\*\*ALL GLC email communications will be done through Constant Contact. Please sign up your rower and both parents/guardians\*\***

The sign-up for the Constant Contact e-mail communication list is at: <http://bit.ly/2yoSDbP>.

With Constant Contact you will be able to subscribe and unsubscribe as many e-mail addresses as you wish.

cut off and return to office

Green Lake Crew cannot operate without volunteer involvement of parents/guardians. Please indicate below how you would like to help, and turn this form in at the Parent Meeting or deliver to the office. You can also fill in this form at: <https://goo.gl/forms/zmvjlAEBKJhflOLs1>.

### Chaperone for the following away regatta (indicate which parent/guardian):

- Rose City Dual - Vancouver, WA (April 11)
- Brentwood Regatta, Canada: (April 24 – 26; passport required)
- Northwest Junior Regional Championships, Vancouver WA (May 14 – 17)
- Junior National Championships, Sarasota, FL (June 11 – 14; varsity crews only)

### Help with the following:

- Spring Regatta (**March 21**)
- Team Picture Day (**April 23**)
- Raisin' of the Green (**April 4**)
- Spring Awards Banquet (**May 20**)

Name: \_\_\_\_\_

Best contact phone number: \_\_\_\_\_

Best contact e-mail address \_\_\_\_\_