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## Spring Season with City Honors Crew

February 15, 2019

Welcome to City Honors Crew Spring Season!!! Spring Season is the main season of the year with up to five regattas for varsity and novice, including the State Championships. This is the season the team has been training for all year. Varsity squads will be focused on training for competition. Novice squads will be focused mainly on technique with the opportunity to test out their technique in regattas. The Youth program is focused on learning the sport of rowing with a non-sanctioned "fun regatta" specifically designed for them at the end of the season.

**Open House** – Sunday, March 3rd @ 9:00 – 11:00 am

Please join us for a parent and interested rower open house at West Side Rowing Club from 9:00 am – 11:00 am. At this event, we will discuss the upcoming season including practice and regatta schedules. Board members and coaches will be available to answer any questions parents or rowers have regarding the club. At this event we will also be collecting insurance information and waiver forms. This is also a social event including refreshments to allow parents and rowers to meet and re-connect in a casual setting.

**Tentative Schedule** -- The times below are subject to finalization and may be modified, but tentatively the dates and times for our Spring programs are currently expected to be as follows:

**Varsity Practice (Athletes with at least 1 full year of competitive rowing, subject to coach's discretion)**

Varsity training will take place at West Side Rowing Club beginning **Monday March 4th, 2019**, running through mid-June, as follows:

Mon (land practice)	5:30 - 7:30 pm
Tues, Thurs & Friday	5:30 - 7:30 pm
Sat	7:00 – 9:00 am (boys)/10:00 – 12:00 pm (girls)
Sun	9:00 - 11:00 am (boys and girls)

**Novice Practice (Athletes with less than 1 full year of rowing, 8<sup>th</sup> grade or older)**

Novice Training will take place at West Side Rowing Club beginning **Wednesday March 6th**, running through mid-June, as follows:

Wed, Th & Fri	4:00 – 6:00 pm
Sat & Sun	9:30 am – 11:30 am

**Youth Practice (7<sup>th</sup> graders Only) (may not compete in sanctioned regattas)**

Youth training will take place at West Side Rowing Club beginning Saturday **April 13th**, running through mid-June, as follows:

Sat & Sun                      9:30 am – 11:30 am

**Fees for the season are as follows\*:**

	<u>Varsity</u>	<u>Novice</u>	<u>Youth</u>
City Honors Crew dues (pays for coaching, and overhead)	\$280	\$260	\$200
West Side Rowing Club (pays for equipment, maintenance, insurance)	\$525**	\$525**	20
Travel Costs for the States Competition	<u>\$275</u>	<u>\$275</u>	<u>0</u>
Total Dues for the Spring Season	\$1,080	\$1060	\$220
	2 Installments each \$540	\$530	

The dues may be paid in one lump sum payment or in two installments due 3/15 and 4/15.

**To Register and Pay**

**City Honors Crew dues may be paid by check or via PayPal (due date 3/15/18)**

Link to PayPal:                      <https://www.sites.google.com/site/cityhonorsrowing/>

Checks may be mailed to                      City Honors Crew  
c/o Concetta Ferguson  
339 Starin Ave.  
Buffalo, NY 14216

**West Side Rowing Club dues may be paid at registration or by check. (due date 3/15/18)  
(All rowers are required to register before going on the water)**

Link to Regatta Central:                      <https://www.wsrc.org/spring-programs/>

- For Varsity/Novice registration, scroll down to Scholastic Rowing and choose City Honors School

Checks may be mailed to:                      West Side Rowing Club  
c/o Miles Schwartz  
One Rotary Row  
Buffalo, NY 14201

*\* It is the policy of City Honors Crew and WSRC that no rower should be prevented from participating for financial reasons, and therefore both City Honors Crew and WSRC are able to provide limited financial assistance to families whose circumstances may prevent the payment of full dues. Anyone interested in financial support may contact CHC Treasurer Concetta Ferguson (concettamferguson@gmail.com) on a confidential basis before March 15, 2018.*

*\*\* WSRC dues for coxies who purchase their own cox box are \$262.50. Link at [https://www.regattacentral.com/clubs/?org\\_id=286](https://www.regattacentral.com/clubs/?org_id=286)*

## Uniforms

We will be ordering new uniforms this spring for the varsity squads for those who do not already own the varsity unis. An email will go out shortly with ordering details and costs.

## Please remember the following dates

March 3 <sup>rd</sup>	Spring Open House
March 4 <sup>th</sup>	Varsity and Notice practice schedule begins
March 15 <sup>th</sup>	Fees (or first installments) due
April 15 <sup>th</sup>	Second installment fees due
April 22 <sup>nd</sup>	Dyngus Day fundraising event (we <u>need</u> lots of volunteers!)

## Tentative Regatta Schedule

April 27 <sup>th</sup> – 28 <sup>th</sup>	Saratoga Invitational, Saratoga Springs, NY (Varsity (tentative))
May 5 <sup>th</sup>	John Bennett Regatta WSRC
May 12 <sup>th</sup> -14 <sup>th</sup>	NY State Youth Rowing Championships Saratoga Springs, NY
May 18 <sup>th</sup>	Syracuse Charger Rochester, NY (Novice)
May 18 <sup>th</sup> -19 <sup>th</sup>	Welland SNRC High School Invitational (Varsity)
May 24 <sup>th</sup> -25 <sup>th</sup>	SRAA Nationals, Dillon Lake, Nashport OH (Qualifying Varsity boats)
May 27th	Fontana All High Regatta WSRC
May 31 <sup>st</sup> – June 2 <sup>nd</sup>	CSSRA Championships St Catherine's ON (Varsity).
TBD	Modified "Regatta"