



Dear Parents,

Welcome to Central Crew Club's Fall 2018 Season! We're looking forward to a competitive and fun Fall'18 Central Crew regatta season and continuing to build our team and program. We've listed some helpful information and links below for your reference for Fall'18 crew season. We always need and are actively seeking volunteers and new Crew Board members, so please reach out to us at the Parent Info night to inquire or contact us to discuss open opportunities.

Sincerely,  
Central Crew Club Volunteer Board & Coaches

### CENTRAL CREW - ABOUT US

Central Crew Club is a competitive club sport that provides an opportunity for Manchester-area high school students to participate in the sport of rowing. No experience is required to join Central Crew. We accept athletes throughout the greater Manchester area, and the team includes a strong contingent of Trinity High School and Pinkerton Academy students as well.

- Central Crew Club has competed successfully at the state, regional and national levels since 2001
- We practice rowing out of the Amoskaeg Rowing Club (ARC) boat house located in Hookset-NH
- Merrimack River Boat Launch @ 101 Merrimack St., Hooksett (just past Hooksett Courthouse & Dog Park)

Central Crew Club is a registered 501(c)(3), non-profit organization and NO administrative or financial support is received from either public funding or the Manchester School system, we are completely self-funded!

### CREW - COACHES

Name	Role	Cell	Email
Mike Shields	Coach	(603) 496-7243	<a href="mailto:mikeshieldsrows@gmail.com">mikeshieldsrows@gmail.com</a>
Anna O'Connell	Coach / Teacher @ Parkside	(603)391-9869	<a href="mailto:annaecoconnell@gmail.com">annaecoconnell@gmail.com</a>

### CREW - DIGITAL LINKS (Check Crew website for general info, practice & coaching updates via Twitter)

- Central Crew Club Website: <https://centralcrew.org/> US Rowing: [www.usrowing.org](http://www.usrowing.org)
- Email: [rowcentralcrew@gmail.com](mailto:rowcentralcrew@gmail.com)
- Social Media: Twitter - <https://twitter.com/centralcrewclub> (Preferred method of coach-student communications)  
Facebook - <https://www.facebook.com/centralcrewclub>  
Instagram - <https://www.instagram.com/centralcrewclub/>

### CREW - FALL'18 PRACTICE SCHEDULE (Sept 4 - Oct 31)

- Mon: Practice - 3:30-6PM @ ARC Boathouse (Row on Merrimack)
- Tues: Practice - 3:30-6PM @ ARC Boathouse (Row on Merrimack)
  - **Wed: NO PRACTICE!** (weekly day off, so kids can rest, get tutored, work, go to doctor/dentist appts., etc., so please plan accordingly)
- Thur: Practice - 3:30-6PM @ ARC Boathouse (Row on Merrimack)
- Fri: Practice - 3:30-6PM @ ARC Boathouse (Row on Merrimack / Rigging Activities Prior to Races)

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- **Sat: NO PRACTICES** - Except..... \*Sat (9/8) Practice @ ARC Boathouse  
\* Sat (9/22) Practice @ ARC Boathouse (Time Trials)



## CREW - FALL'18 EVENT & REGATTA SCHEDULE (Sept 4 - Oct 31)

- **9/6 Thursday - Central Crew Parent Info Night**
  - **Who:** Crew Parents & Athletes      **What:** Crew Parent Info Night      **When:** Thur. 9/6
  - **Where:** Central High School Library (Main Entrance off Beech Street)
  - **Why:** Register & Complete Paperwork / Pay Fees / Q&A for Crew Team / Apparel-Uniforms / etc.
  
- **9/8 Saturday - Practice & Car Wash Fundraiser**
  - Practice - ARC Boathouse - Hooksett / 07:30 AM - 10:00 AM
  - Crew Car Wash - Fundraiser - CircleK/Irving @ 86 W. River Road-Hooksett (Exit 10) / 10:30-2:30 PM
    - Food - Pizza / Snacks / Water + Gatorade
  
- **9/15 Saturday - CRI Fall Classic** (Brighton-MA / 07:30 - 2 PM)
  - Location - Harry Parker Boathouse, 20 Nonantum Rd, Brighton, MA 02135
  - Food Tent (Breakfast / Lunch)
  
- **9/22 Saturday - Practice** (ARC Boathouse - Hooksett / 07:30 AM - 10:00 AM)
  - CCC Seat / Time Trials
  
- **9/30 Sunday - Textile River Regatta** (Lowell-MA / 07:30 - 4 PM)
  - Location - 500 Pawtucket Blvd, Lowell, MA 01854
  - Food Tent (Breakfast / Lunch)
  
- **10/14 Sunday - NH Championships / George Dirth Memorial Regatta** (Pembroke-NH / 07:30-5 PM)

- Location - Memorial Park / Field, Pleasant & Exchange Streets, Pembroke, NH
- Food Tent (Breakfast / Lunch)
  - Parking fees (\$10 Stnd./\$20 Premium)
  - Central Crew Team Volunteers for Regatta Setup/Teardown/Parking to reduce our ARC Fees
  
- **10/21 Sunday - Head of the Charles Regatta - HOCR** (Cambridge-MA / 05:45 - 6PM)
  - Location - Soldiers Field Road, Cambridge, MA
  - Only Varsity & Boats that have been picked in HOCR boat lottery
    - Yellow Bus Transport from CHS->HOCR/Cambridge->CHS (Est. \$10/rider - Parents+Athletes)
    - NO FOOD TENT! (Plenty of on-site food vendors @ HOCR)
  
- **10/27 Saturday or 10/28 Sunday - Fun Regatta** (ARC Boathouse - Hooksett ~ TBD for Date/Time)
  - Location - Amoskeag Rowing Club (ARC) - Hooksett/NH boathouse
  - Food Tent (Breakfast / Lunch)