



CENTRAL CREW – FALL 2020 SEASON INFO

COACHES

Central Crew Coaches	Role	Cell	Email
Mike Shields	Coach / Novice	(603) 496-7243	mikeshieldsrows@gmail.com
Charmie Curran	Coach / Varsity	(603) 496-7411	kingcharmie@gmail.com

DIGITAL LINKS ** Check Central Crew website for general info & Central Crew Twitter for real-time practice updates

- Central Crew Club Website:** <https://centralcrew.org/>
- US Rowing:** www.usrowing.org
 1. Individual Annual Membership (\$9.75 Admin Fee):
 - https://usrowing.org/sports/2016/6/27/3316_132107070444805064.aspx
 2. US Rowing Waiver:
 - https://usrowing.org/documents/2020/1/2//USRowing_Waiver_2020.pdf?id=2157
- Social Media:**
 - Twitter - <https://twitter.com/centralcrewclub> (Primary Coaches communication method)
 - Facebook - <https://www.facebook.com/centralcrewclub>
 - Instagram - <https://www.instagram.com/centralcrewclub/>

FALL 2020 PRACTICE INFO – Varsity & Novice Squads

** Check Central Crew Twitter Feed for Coaches 'real-time' updates on crew team practice info for cancellations

- Novices - Start Tues (9/8) 3:30-5:30pm @ ARC Boathouse**
 - **Row Days: Tues + Thur (Mon + Wed + Fri Off!)**
 - **Times: 3:25-5:30pm**
 - **Location: ARC**
 - **Coaches: Coach Mike supported by Varsity Rowers on water**
 - *Swim/Water Tread Test: Pending - TBD*
- Varsity + Experienced – Start Wed (9/9) 3:15-5:15pm @ ARC Boathouse**
 - **Row Days: Mon + Wed + Fri (Tues + Thur Off!)**
 - **Times: 3:15 - 5:15pm**
 - **Location: ARC**
 - **Coaches – 2x Coaches / 2x Launches**
 - *Coach Charmie w/Lead Varsity Practice*
 - *Coach Mike w/work with less experienced rowers*

- Location Info: Amoskeag Rowing Club (ARC) Boathouse**
 - GPS: 101 Merrimack Street, Hooksett, NH 03106
 - Details: Past Hooksett Court (right) then past Hooksett Dog Park (left) to end of dirt road to ARC
- Race Info: NO Official US Rowing / HOCR races for CY2020 due to COVID-19 Pandemic & Safety Concerns**
 - Inter-squad + Virtual Racing @ ARC - Ongoing
 - Local Team Racing @ ARC (e.g. Bedford, Derryfield, etc.) - TBD