

CENTRAL CREW CLUB – SPRING 2020 SEASON INFO

COACHES

Central Crew Coaches	Role	Cell	Email
Mike Shields	Head Coach	(603) 496-7243	mikeshieldsrows@gmail.com
Charmie Curran	Asst. Coach	(603) 496-7411	kingcharmie@gmail.com
Alex Legere	Asst. Coach	(603) 391-5205	amlegere@wpi.edu
Anna O'Connell	Asst. Coach	(603) 391-9869	annaecoconnell@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
- Social Media: Twitter - <https://twitter.com/centralcrewclub> (Primary coach communication method for practice status)
Facebook - <https://www.facebook.com/centralcrewclub>
Instagram - <https://www.instagram.com/centralcrewclub/>

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

- ☐ **Spring Practice Days: Mon -- Tues -- Thur -- Fri** Every Wed OFF – NO PRACTICE to allow kids to study/relax/work/etc.
- ☐ **3/16 (Mon) - Indoor Practice: 3:30 – 5:15pm** (Spring Season - Indoor Practice Starts Mon. 3/16)
 - Location: Central High School - Band Room in back of PA Bldg. (PA Bldg. is on corner of Beech & Amherst St.)
 - Band room entrance/exit door is located on Amherst St., which is one-way down towards Beech St.
- ☐ **Outdoor Practice: 3:30 - 5:45pm** (TBD-Once river is safe) Amoskeag Rowing Club (ARC) - www.amoskeagrowing.org
 - Location: ARC Boathouse & Hooksett Public Boat Launch (GPS: 101 Merrimack St., Hooksett, NH 03106)
 - ARC Boathouse is past Hooksett Courthouse on right, past Dog Park on left @ end of the dirt road

SPRING 2020 – SEASON DATES & INFO

* **Spring Reg. Fee - \$400** Please make checks payable to Central Crew Club & note rowers name + Spring 2020 for tracking

March

- 3/12 (Thur) – Spring Registration/Parent Info Night + Ice Cream Social (6:30-8pm @ Hooksett Library)
 - ✓ **Mandatory at least 1 parent/guardian must attend to register student/athlete for crew & sign MSD documents**
- 3/16 (Mon) – Spring Season Starts (Indoor Practice @ CHS Band Room until ice out/river conditions allow outside)
- 3/20 (Fri) – Transport Ergs from CHS Band Room to Trinity High School Gym 3:30-5pm
- 3/21 (Sat) – 12th Annual Ice Breaker Ergatta @ Trinity High School Gym 8am-2pm (581 Bridge St., Manch-NH)

April

- 4/4 (Sat) – Chipotle Food Fundraiser (33% Proceeds Donated between 5-9pm) / 926 South Willow St. – Manchester
- 4/27 (Mon) – May 1 (Fri) – NH School Vacation

May

- 5/9 + 5/10 (Sat + Sun) – Amber Zapatka Memorial Regatta (Lowell – MA)
- **5/16 + 5/17 (Sat + Sun) – New England Junior Regional Qualifications for US Nationals – TBD / Select Crews (Lowell-MA)**
 - ✓ **If we race/attend it will be select crews only 1x, 2x and/or 4x -- piggyback our shells on another team trailer**
- 5/17 (Sun) -- NH 4's Championships / sweep-vs-scutt (Hanover-NH)
- 5/23 (Sat) – 'Crimson Cup' / Home Race @ ARC (Hooksett-NH)
- 5/25 (Mon) -- Memorial Day / Granite State Junior Sculling Championship (Hanover-NH)
- 5/30 (Sat) – Crew Car Wash @ Irving/CircleK Station 10-2pm / 86 W. River Rd. Hooksett-93N Exit10 / Snacks/Pizza!

June

- 6/6 (Sat) – Learn to Row Day @ ARC Boathouse 9-11am (Hooksett-NH) – Central Crew Team Support
- 6/7 (Sun) – Hanover Sleigh Cup / NH State 8's Championships sweep-vs-scutt (Hanover-NH)
- 6/10 (Wed) – Crew Banquet Dinner @ Backroom Event Center 6-9pm - 245 Hooksett Rd. (Manchester-NH)