



CENTRAL CREW – SPRING 2021 SEASON INFO

COACHES

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

SPRING 2021 SEASON INFO – Varsity + Novice Squads

- Spring 2021 Registration Fees: \$275** (*Make checks payable to Central Crew, include rower name)
- Registration: Online Registration** (Crew website; <https://centralcrew.org/>)
- Practice Start: 3/22 (Mon) @ ARC for 'Land Practice'**
 - Covid protocols in place, masks worn on land and in Boathouse
 - Sign-in & Covid Symptom Review Check-in Station
 - Plan is to row primarily in Singles (1x), a few Doubles (2x), and a few Quads (4x) or Fours (4)
- Practice Info: Varsity + Novice Will Row Together @ Amoskeag Rowing Club (ARC) Boathouse**
 - **Week 1: Land Practice**
 - **Dates: 3/22 Mon – 3/24 Wed – 3/26 Fri**
 - **Time: 3:30-5pm @ ARC**
 - **Week 2: Land Practice**
 - **Dates: 3/29 Mon – 3/31 Wed – 4/2 Fri**
 - **Time: 3:30-5pm @ ARC**
 - **Week 3 + Balance of Season: ** Day & Time Changes ~ On Water Practice**
 - **Dates: Mon – Tue - Thu – Fri** (*Wed OFF for personal/school/work/appts./etc.)
 - **Time: 3:30-5:30pm @ ARC**

- Crew Practice Location: Amoskeag Rowing Club (ARC) Boathouse**
 - GPS: 101 Merrimack Street, Hooksett, NH 03106
 - Detail: Past Hooksett Court then past Hooksett Dog Park (on left) end of dirt road is ARC Boathouse
- Race Info: NO Official US Rowing races set yet for 2021 due to continued COVID-19 Pandemic precautions**
 - 5/29 - Crimson Cup Race @ ARC + Local Team Races @ ARC only due to Covid precautions/TBA