

Holy Names Academy Crew

Spring 2018 Program Information

Dates: Monday, February 5 – Monday, May 21, 2018. (For those who qualify for Nationals, the season will extend until **June 11.**) Optional practices will be held during **Spring Break, April 2-6.** Varsity-level rowers hoping to qualify for Nationals should plan to be available to practice that week; practice times TBD.

Practices: Monday – Thursday, 3:15 – 6:15 p.m.; Friday, 3:15 – 5:15 p.m. (The novice team will begin at 3:30 p.m.)

Fees: **\$425 for experienced rowers** and **\$470 for novice rowers** (novice fee includes \$45 USRowing membership, see below), due by Monday, February 5. Pay online at [Family ID](#) or by check made payable to HNA Crew. Financial-aid requests for program fees should be made in writing to Vice Principal of Student Life Kim Dawson (kdawson@holynames-sea.org).

USRowing: Individual USRowing membership is required for participation at the District Championship Regatta. Experienced rowers should renew their memberships independently. Novice rowers will be registered by the Head Coach. **The annual membership fee is \$45 and is included in the program fee for novices.**

Location: Lake Union Crew - [2520 Westlake Avenue North](#), Seattle 98109.

Try Outs: Try-outs will occur February 5-15. Final rosters will be announced by February 15. Program fees will be refunded for those who do not make the team.

Transport: HNA buses driven by HNA coaches/staff

Parking/ Pick Up: There is ample free parking in front of the boathouse as well as to the north and south. It is strongly recommended that vehicles **back into parking stalls** when possible, to increase visibility when pulling out; the area is highly utilized by bikers, runners, and pedestrians. For pick-up, please keep traffic lanes clear—do not stop, hover, or wait for your daughter in the middle of the lot.

Spring Schedule:

Who	When	What	Where	Time
Parents	Early Feb, TBD	Parent Meeting	HNA	TBD
All	Friday, March 2	BIRC Scrimmage	Lake Union	3:15-6:15 PM
TBD	Sunday, March 11	SRA Scrimmage	Lake Union	AM
Travel Team	Fri-Sun, March 16-18	*Shamrock Invitational	Redwood Shores, CA	All day
Home Team	Saturday, March 17	Green Lake Spring Regatta	Green Lake	All day
Varsity +	Mon-Fri, April 2-6	Spring Break Practices	LUC	TBD
TBD	Friday, April 6-8	Lake Samish Regatta	Lake Samish	All days
TBD	Sat – Sun, April 21-22	Lake Sammamish Invite	Lake Sammamish	All day
All	Fri-Sun, April 27-29	*Brentwood Regatta	Victoria, BC	All days
V4+/V4x	Saturday, May 5	Windermere Cup	Montlake Cut	AM
All	Thurs-Sun, May 17-20	*NW District Champs	Vancouver, WA	All days
All	Week of May 30	HNA Crew Banquet	TBD	PM
Volunteers	Sunday, June 3	HNA Crew Experience	LUC	AM
Must qualify	Tues-Mon, June 5-11	*Youth National Champs	Sacramento, CA	All days

*Additional fees for travel, lodging, and food will be communicated well in advance of departure. Requests for financial assistance for travel should be made in writing to the HNA Business Office (folson@holynames-sea.org).

For Brentwood, current passport or enhanced driver's license/ID are required for travel. Copies required at registration for eligibility to participate in regatta. novices included!

TO REGISTER:

All athletes: Complete Steps 1 and 2 (also 3 if needed)

Athletes who did not participate in Winter 17-18 Crew: Complete Steps (1–4)

1. REGISTER with HNA Athletics online through FamilyID website

- Go to [Holy Names Academy Athletics page on FamilyID \(click here\)](#). Under *Programs*, click *2018 Spring Athletic Registration*. Under *Sections*, check *Crew*.
- Complete or update basic family registration information. NOTE: If you have previously registered for any HNA Athletics program on FamilyID, you only need to update with any changes (e.g., new contact information, different physician, new health concerns, etc.)
- If you participated in Fall or Winter Crew, you only need to select and register for Spring 2018 Crew.
- Athletes who have not previously registered for any HNA Athletics program in the 2017-2018 school year and their parents must complete the three online Agreements: Athletic Handbook Acknowledgement, Concussion/Head Injury Information Acknowledgement, Parental Permission for Athletic Participation & Emergency Medical Treatment.

2. SUBMIT Spring Crew Program Fee

The \$425 experienced or \$470 novice fee for spring crew can be paid either:

- Via check (payable to HNA Crew and mailed to Holy Names Academy, attention Caitlin McClain, 728–21st Avenue East, Seattle, WA 98112).
- Online (via PayPal) when you register with [HNA Athletics on the FamilyID website](#) (see #1 above). After choosing the program *2018 Spring Athletic Registration*, follow the steps provided for online payment.

3. SUBMIT a photo copy of Passport or Enhanced ID (print the last page)

Required only for first-time athletes or those whose documents have expired.

