

HNA Crew

Winter 2017-2018 Program Information

Dates: November 20, 2017 – February 2, 2018; Spring season will start on Monday, February 5.
There will be no practice November 22-November 26 or December 18-January 1.

Practices: Monday-Friday, 3:15 – 6:15pm (Friday, 5:15pm)

Fees: \$200.00 for the season, due by Monday November 20. [Pay online at Family ID.](#)

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

**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.

Parent Meeting: There is no parent meeting for Winter Crew.

Events: Participation in [Northwest Ergomania](#), an indoor erg competition, on **Saturday, January 27**, is highly encouraged. Location TBD.

Participation in the [USRowing Junior National Team Identification Camp](#) is also a great opportunity to learn more about the Junior National Team (JNT) system and potentially be invited to participate in JNT summer camps. The ID Camp is a one day event that usually occurs on a weekend in February. Exact date TBD.

Eligibility: All participants must have learned to row in Summer or Fall.

100% compliance on the eligibility requirements below must be met before rowers will be cleared to participate fully in practices. ***If your athlete participated in Fall Crew, only FamilyID registration and payment are required.***

Checklist: **To be submitted to Coaches (enclosed)**

- HNA Winter Crew Program Fee
- USRowing Basic Membership and Online Waiver – only if new to the team in 2017
- Float Test - only if new to the team in 2017

To be submitted to HNA Athletics (online)

- Complete FamilyID registration and three agreements
- Submit WIAA Pre-Participation Physical Eval and History – only if new to the team in 2017 or expired