



Welcome to Niskayuna Rowing Information Night, hosted by The Friends of Niskayuna Rowing (FNR).

FNR is the volunteer organization which facilitates the operations of Niskayuna Rowing, and the FNR board has worked hard to prepare for the spring season. We all anticipate a fun, safe, competitive and enriching rowing experience for your child.

As you probably already know, the Niskayuna Central School District is facing some difficult budget decisions for the 2011-2012 school year, and most likely for years to come. We mention this because crew differs from most other scholastic sports in that it requires tremendous resources for safe and productive operation. The school district supports our rowing programs in many ways, so pending budget issues will undoubtedly affect Niskayuna Rowing. Until a final budget is approved we do not have a concrete idea of how FNR and Niskayuna Rowing will be affected, but we think it is safe to assume that there will be changes and we will face challenges in the year(s) ahead.

We have already started to plan for the future, and as part of this effort FNR will launch two new fundraising programs this season: a Big Money Raffle and the Niskayuna Row to Win Club. You will hear more about these programs during tonight's presentation.

In addition, tonight you will hear requests for volunteering your time. There is always much to do to keep your child on the water, fed at away races, and enjoying competition at Niskayuna-hosted Sectionals. FNR volunteers are the way just about everything gets done. Your support in the past has been vital and will be needed even more in the season ahead. It is important that every family contributes.

Finally, a nominating committee has begun to prepare a slate of officers for the 2011-2012 FNR Board of Directors. Some of the current board members will leave the board at the conclusion of their terms and these positions need to be filled. Please consider playing a crucial role in your child's rowing experience by offering to serve on the FNR Board of Directors.

Thank you again for all of your past and continued support.

Here's to a great season,

Jim Grates & Holly Wiegman
co-Presidents, Friends of Niskayuna Rowing

The Niskayuna Rowing Website www.niskyrowing.org has valuable information:

- links to Ronin and USRowing waivers registration on the documents/forms page. **Check with your coach to see if you need to register.**
- information for regatta volunteers for Sectionals on the volunteers page. Be sure to look at the job descriptions for "Spring Sprint Races" and plan to come to the volunteer training tentatively scheduled for April 9.
- the parent/coach relationship form published by Niskayuna Schools on the documents/forms page.

SAFETY FIRST!!

Appropriate Clothing for Rowing in Early Spring

In early spring the air temperature can feel warm, but the water in the Mohawk River can still be dangerously cold. It is unlikely that a rower in an eight will end up in the water, but it is very likely that he or she will get wet. Rowers should dress with that in mind.

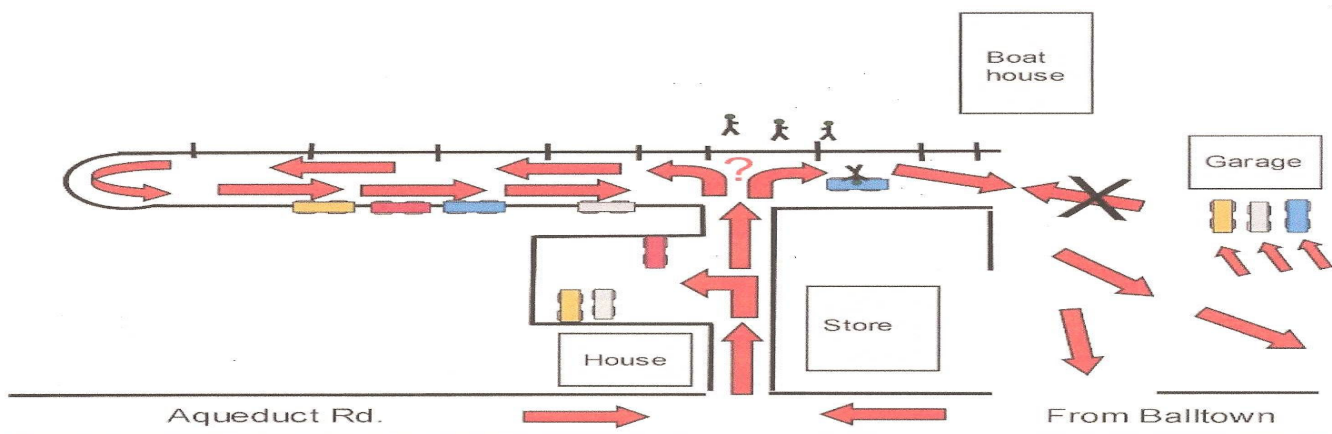
Any clothes worn while rowing should be fleece, synthetics or wool – NEVER COTTON. Rowers should plan to have the following at every practice: long wicking material pants/tights, long-sleeve shirt made of wicking material or wool, windbreaker or waterproof jacket, hat. Rowers should also plan to bring extra clothing to change into after practice.

REMEMBER – in cold weather, a warm rower is a happy rower.

For more information refer to the **Niskayuna Rowing Safety Manual**, the **Rower Gear Checklist** and the **Rower Gear Shopping List** on the documents/forms page of the FNR website.

PRACTICE PICK-UP 101

- 1.) Enter the boathouse area from the one way driveway that comes off of Aqueduct Rd, between the old Aqueduct House and the Boathouse store. **DO NOT** come in past the boathouse by way of the entrance to “Smith’s”, the car repair shop. If you **DO** come in that way, park before the boathouse, but not too close to either of the businesses.
- 2.) If your rower IS NOT waiting for you and if there is space in the little lot as you come in the one way drive, park your vehicle. Or continue through the lot, turn left on to the access road, drive to the end, turn around, come back toward the boathouse and pull over along that access road. Move up as spaces open up.
- 3.) If your rower IS at the fence waiting for you, continue through the lot, pull forward to the right, allowing others to move past you as they turn left onto the access road, pause to load up and continue out toward Balltown Road.
- 4.) **Please** encourage your riders to be prepared to jump right in to avoid creating a gridlock of cars behind you. Exit straight out to Aqueduct, NOT through the little parking lot.
- 5.) Congratulations! You have officially completed Practice Pick-up 101!



Who's Who in FNR for Spring 2011?

Board of Directors

Co-Presidents

Jim Grates
docsox@nycap.rr.com

Holly Wiegman
hollywiegman@gmail.com

1st Vice-President

Karen Malcolm
KarenMalcolm@nycap.rr.com

2nd Vice-President

Steven R. Koch
kochsr@nycap.rr.com

Secretary

Cathy Rotondi
cmerotondi@msn.com

Treasurer

Jim Dwyer
waterchem@msn.com

Registrar

Francesca Marine
fnrregistrar@nycap.rr.com

High School Parent Rep

Stacey McDonald
mcdostac@shenet.org

Modified Parent Rep

Bethan Davenport
bedport@nycap.rr.com

Program Director

Tammy Feenan
feenanmom@yahoo.com

Coaches

Boys Head Coach

Jonathan Markowicz
niskycoach@gmail.com

Girls Head Coach

Bianca Pflagl
b.hughes619@hotmail.com

Modified Head Coach

Rebecca Fogarty
rebecca.a.fogarty@gmail.com

Tammy Feenan

feenanmom@yahoo.com

Molly Grygiel

mollygrygiel@gmail.com

Aaron Rhoades

AaronJRhoades@yahoo.com

Sarah Rhoades

anacherryontop@yahoo.com

Jeremy Rhoades

grmpybear64@yahoo.com

Support People

Apparel

Wendy Grates

Banquet

Tina Mrazik

Boathouse

Richard Marine

Support People, contd.

Bookkeeper

Cindy Gagnon

Chuck Wagon

Jennie Kakavelos
Charlene Huggard

Fundraising

Jim Grates

Garage Sale

Francesca Marine

Launch Maintenance

Herman Wiegman

Niska Day

Bethan Davenport

Salvage

Chris Wolfe

Sectionals

David Malcolm
Craig Rockwell

Travel

Marian Kenter-Dwyer
Jackie Mausert

Volunteer Coordinator

Francesca Marine

Webmaster

Ellen Y Lin

Charitable Giving Guidelines

FNR is an approved 501(c)(3) charitable organization, so your donations to our capital campaign may be fully tax deductible. If your employer matches donations to nonprofit organizations, you can double the value of your gift to us.

GE Employees

Visit http://www.ge.com/foundation/matching_gifts.html

Contact the FNR Treasurer for FNR's federal tax number. Please indicate "GE Match" on your check to us.

If your donation is made by December 31st, you have until January 31st to ask GE to match your gift.

Other Employers

Please contact your benefits administrator for details about matching your gift.

NISKAYUNA ROWING SPRING 2011 SCHEDULE----SUBJECT TO CHANGE

For the most up to date calendar information check the calendar on the FNR Website.

	SUN	MON	TUE	WED	THUR	FRI	SAT
MARCH	6	7 HS practice begins <i>8pm Swim Test</i>	8	9	10	11	12
	13 Begin search— date for Dock In	14 7 PM Crew Info Night	15	16	17 7pm Board Meeting	18 Garage sale and bottle drive prep <i>HS registration close</i>	19 8am-2pm Garage sale and bottle drive
	20 12-4pm Boathouse prep (weather dependent)	21 Mod practice begins <i>8pm Swim Test</i>	22	23	24	25 NO SCHOOL	26
	27	28	29 Mod registration closes	30	31	1	2
APRIL	3	4	5	6	7	8	9 9am-noon Regatta Volunteer training (tentative)
	10	11	12	13	14 7pm Board Meeting	15	16 HS @ Shaker Dual race
	17	18 NO	19 SCHOOL	20 SPRING	21 BREAK	22 WEEK	23
	24	25	26	27	28	29	30 All Team pasta party
MAY	1 HS @ Saratoga Saratoga Invitational	2	3	4	5	6	7 Mods and select HS crews @ Niskayuna Sectionals
	8 HS @ Niskayuna Sectionals	9	10	11	12 7pm Board Meeting	13 HS @ Saratoga Practice for States	14 HS @ Saratoga States
	15 HS @ Saratoga States	16	17	18	19 HS-select crews leave for Stotesbury	20 HS-select crews @ PA for Stotesbury	21 Stotesbury crews return home NISKA DAY
	22	23	24	25	26 HS-select crews @ NJ for SRAA Championships	27 HS-select crews @ NJ for SRAA Championships	28 HS-select crews @ NJ for SRAA Championships
JUNE	29	30 NO SCHOOL	31 HS last day of practice	1	2	3 Mods last day of practice	4 Mods @ BH/Shen Mod Invitational
	5 5:30-9pm Banquet @ Malozzis	6	7	8 HS-select crews @ TN for Youth Nationals (pending NCSD approval)	9 HS-select crews @ TN for Youth Nationals(pending NCSD approval)	10 HS-select crews @ TN for Youth Nationals (pending NCSD approval)	11 HS-select crews @ TN for Youth Nationals (pending NCSD approval)
	12 HS-select crews @ TN for Youth Nationals (pending NCSD approval)	13	14	15	16 7pm Board Meeting	17	18