HNA Crew
Winter 2019-2020 Program Information

Dates: November 18, 2019 – January 31, 2020; Spring season will start on Tuesday, February 4.
There will be no practice November 27-November 29 or December 23-January 3.

Practices: Monday-Friday, 3:15 – 6:15pm

Fees: $275.00 for the season, due by Monday November 18. Pay online at Family ID.
Students who have a financial-aid application on file in the Business Office may request SAFE funds to
assist with non-tuition needs. To request crew registration fee assistance, please call or e-mail Mrs. Kim
Dawson, Vice Principal of Student Life, at (206) 720-7815 or kdawson@holynames-sea.org.

Location: Lake Washington Rowing Club – 910 N Northlake Way, 98103

Transport: Experienced-team athletes will carpool. Novice athletes and any athletes without a carpool will travel
on HNA mini-buses. Buses leave promptly at 2:50 p.m. each practice day

Pick-Up: HNA community cannot use the main apron (tarmac) in front of LWRC for pick-up or drop-off. Car
drivers should use the adjacent public parking spaces south of the LWRC boathouse or elsewhere to wait
for their student. Please respect paid parking lots in surrounding vicinity. Do not idle or block
N. Northlake Way to the south of LWRC boathouse or other parking spots.

Parking: A HNA Crew parking permit, for each season, will be available to students committed to carpooling.
Carpooling is defined as one driver and three crew athletes. HNA will provide a discounted monthly
parking permit for $100 per month for families that desire to purchase a permit. Carpool drivers and
discounted parking drivers will receive a parking permit to display on their dashboard for the U-Park
parking lots. Refer to parking lot maps here.

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

Events: The whole team will compete in Northwest Ergomania, an indoor erg competition. The event usually
occurs late January or early February. Exact date and location is TBA.

Participation in the USRowing U19 National Team Identification Camp is also a great opportunity to
learn more about the U19 National Team system and potentially be invited to participate in national
team summer camp opportunities. The ID Camp is a one-day event that usually occurs in conjunction
with NW Ergomania or a nearby weekend. Exact date TBA.

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.

___Complete FamilyID registration and three agreements
___Submit WIAA Pre-Participation Physical Eval and History – only if new to the team or expired
___HNA Winter Crew Program Fee
___USRowing Basic Membership and Online Waiver – only if new to the team in winter
___Float Test - only if new to the team in winter