Holy Names Academy Crew
Spring 2020 Program Information

**Dates:**
Tuesday, February 4 – Monday, May 18, 2020; Monday – Friday, 3:15 – 6:15 p.m.
- For those who qualify for Nationals, the season will extend until **June 15.**
- Optional practices will be held during **Spring Break, April 13-17.** Varsity-level rowers hoping to qualify for Nationals should plan to be available to practice that week; practice times TBD.

**Try Outs:**
Tryouts will occur February 4–13. Final rosters will be announced by February 13. Program fees will be refunded for those who do not make the team.

**Fees:**
$500 for experienced rowers and $545 for novice rowers (novice fee includes $45 USRowing membership, see below) due by Tuesday, February 4. 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 NW Youth 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.**

**Transport:**
Most athletes will carpool to practice. Athletes without a carpool will travel on HNA mini-buses. Buses leave promptly at 2:45 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.

<table>
<thead>
<tr>
<th>Who</th>
<th>When</th>
<th>What</th>
<th>Where</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varsity</td>
<td>Fri-Sun, March 13-15</td>
<td>*Shamrock Invitational</td>
<td>Redwood Shores, CA</td>
<td>All days</td>
</tr>
<tr>
<td>Nov + Exp</td>
<td>Saturday, March 21</td>
<td>Green Lake Spring Regatta</td>
<td>Green Lake</td>
<td>All day</td>
</tr>
<tr>
<td>Experienced</td>
<td>Saturday, April 4</td>
<td>Husky Open</td>
<td>Montlake Cut</td>
<td>AM</td>
</tr>
<tr>
<td>Varsity +</td>
<td>Mon-Fri, April 13-17</td>
<td>Spring Break Practices</td>
<td>LWRC</td>
<td>TBD</td>
</tr>
<tr>
<td>Nov + Exp</td>
<td>Sat April 18 OR Sun April 19</td>
<td>SRA Scrimmage</td>
<td>TBD</td>
<td>AM</td>
</tr>
<tr>
<td>All</td>
<td>Fri-Sun, April 24-26</td>
<td>*Brentwood Regatta</td>
<td>Victoria, BC</td>
<td>All days</td>
</tr>
<tr>
<td>V8+</td>
<td>Saturday, May 2</td>
<td>Windermere Cup</td>
<td>Montlake Cut</td>
<td>AM</td>
</tr>
<tr>
<td>All</td>
<td>Thurs-Sun, May 14-17</td>
<td>*NW Youth Champs</td>
<td>Vancouver, WA</td>
<td>All days</td>
</tr>
<tr>
<td>All</td>
<td>Week of May 25</td>
<td>HNA Crew Banquet</td>
<td>TBD</td>
<td>PM</td>
</tr>
<tr>
<td>Volunteers</td>
<td>Sunday, June 7</td>
<td>HNA Crew Experience</td>
<td>LWRC</td>
<td>AM</td>
</tr>
<tr>
<td>Must qualify</td>
<td>Mon-Mon, June 8-15</td>
<td>*Youth National Champs</td>
<td>Sarasota, FL</td>
<td>All days</td>
</tr>
</tbody>
</table>

*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).
Registration Instructions

1. REGISTER with HNA Athletics online through FamilyID website
   - Go to Holy Names Academy Athletics page on FamilyID (click here).
     Under Programs, click 2020 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 2020 Crew.
   - Athletes who have not previously registered for any HNA Athletics program in the 2019-2020 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 $500 Experienced or $545 Novice fee for spring crew can 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 2020 Spring Athletic Registration, follow the steps provided for online payment.

3. SUBMIT a photo copy of Passport or Enhanced ID
   Required of all spring crew participants. The official deadline is Monday, March 9, but the sooner the better.