

Dear Rowers and Parents,

I am excited to welcome you to the 2019-2020 fall rowing season! I hope that you are enjoying the summer and are starting to look forward to another season of crew. The fall is such a wonderful time of year to get out on the water to learn or continue your training. Warm temperatures and pleasant water conditions allow for lots of valuable on the water training that is hard to replicate indoors. I look forward to working with all of our new families and continuing to watch our returning rowers grow and develop this season.

We will be rowing at the Steel City Rowing Club. Shady Side Academy rows as a composite team with their club and other schools around the city.

Steel City Rowing Club is located at:

101 Arch ST

Verona, PA, 15147

Phone: (412) 828-5565

There are two pre-season sessions. While I recommend both sessions, we encourage rowers to attend at least the second pre-season sessions (Aug. 20th-23rd). This will give the Shady Side team the opportunity to meet the SCRC coaching staff, other teammates, and become comfortable at the boathouse. Please visit the Steel City Rowing Club website (steelcityrowing.org) to fill out the forms they require:

1. SCRC Waiver
2. Health Information
3. Swim Test
4. Junior/Parent Contract

Pre-Season Information:

Please attend every practice with athletic clothes, tennis shoes (2 pairs of socks), slip-on sandals, sunscreen, hat or sunglasses, and a bag with extra clothes incase you get wet. Please avoid loose fitting clothing that may have the potential of getting caught in the equipment and causing injury or broken equipment. Plan for practices to take place inside, outside/running, and on the water.

Pre-season Week 1:

August 13th-16th

8:00 AM-12:00 PM

Week 1 is encouraged for all those new to rowing or with a season or less of experience. SCRC also offers week 1 for all advanced rowers who wish to attend.

Pre-season Week 2:

August 20th-23rd

4:00 PM-6:00 PM

Week 2 is encouraged for everyone!

Register on the Steel City Rowing Club Website:
Steelcityrowing.org

Please do not hesitate to contact me with any questions or concerns; pciardi@shadysideacademy.org.

I look forward to another awesome season!

Thank you,
Coach Pam Lloyd