

Simsbury-Tabor Invitational

Saturday, April 12, 2025
Donahue Rowing Center, Shrewsbury, MA

Bus Information:

Arrive at High School at 9:00 am
Bus Departs at 9:15am

Race Schedule:

G1 Race: 2:30
G2 Race: 1:40
G3 Race: 2:10
B1 Race: 2:40
B2 Race: 2:20
B3 Race: 1:50
B4 Race: 1:30

What to Bring:

Competing Athletes should have:

- Complete change of clothes – it is going to be cold and wet. Have a plastic bag to put wet clothes in as well.
- Unisuit, long spandex or leggings, plus a stretchy shirt or long sleeve shirt
- Rain jacket
- Extra socks and shoes (real shoes, not flip flops or sandals as the ramp is very slippery)
- Snack for the bus if you don't eat at home
- Lunch and a filled water bottle
- Money for Rest Stop on ride home
- Common Table donation on bus

Common Table Information:

Here are just a few reminders/notes about the Common Table 2025:

Welcome to the 2025 Spring Crew Season. All athletes, parents and siblings are encouraged to visit the SHS Crew tent to partake in our Common Table offerings. I have set up a signup genius to enlist parent support for the common table events in April all of which are at the Donahue Rowing Center in Shrewsbury, MA. Your help is greatly appreciated and it's a good opportunity to cheer our athletes on. Times for cleanup after the races are approximate so, please plan on being flexible if you sign up. We'll have more information on the races in May including CPSRA at which we will be grilling again!

[2025 Common Table Help Sign Up](#)

Common Table Reminders

- The food request list changes for every race, **PLEASE CHECK EMAILS**
- If you cannot contribute your assigned food item or if you have been assigned a fruit or vegetable that is not readily available, please make an equivalent contribution. For example, if strawberries are unavailable pick a different type of berry, or if there are no ripe cantaloupes bring a different type of juicy melon.
- If your child has food allergies or intolerances, your item should fit the allergy or intolerance they have. For example, if your athlete is nut-free and you are assigned a dessert, please bring a nut-free version of that dessert.
- Food requests are to be sent with your son/daughter on the bus. They are collected at boarding time and we will have coolers for the perishable items.
- We recommend that you send your food request in a disposable container (Ziplocks are good, they save space in our coolers). If sent in a personal container, please make sure that **you or your athlete** pick the container up before you leave the race.
- **EACH ATHLETE SHOULD BRING HIS/HER OWN LUNCH AND WATER BOTTLE** (the Common Table is only intended to be supplemental nutrition and hydration)
- If you do not see your athlete's name on the list, please donate \$5

Please email me at jamailly@icloud.com if you have any questions or concerns. I am looking forward to seeing everyone there!

Jennifer Anderson – Common Table Chair

