

# Wakefield Crew Parent Meeting Handout

Please visit [www.wakefieldcrew.org](http://www.wakefieldcrew.org)

## Table of Contents:

<b>Team Contact Info:</b>	<b>2</b>
<b>Season Schedule</b>	<b>3</b>
Weekday Practices:	3
Weekend Practice Schedule:	4
Spring Break Practice Schedule	4
Regatta Schedule	5
<b>Equipment Needed for Rowers</b>	<b>6</b>
Race Attire/Team Gear:	6
Rower Practice Attire:	6
Coxswain Practice Attire:	6
<b>Financial Commitments</b>	<b>7</b>
<b>2020 Fundraising Drive - Tag Day and Erg-a-thon Information</b>	<b>7</b>
Tag Day Plan: March 7, 2020	8
Erg-A-Thon Day: March 14, 2020	8
Fundraising Calendar	9
<b>Volunteer Requirements</b>	<b>9</b>
<b>Team Selection Requirements</b>	<b>9</b>
<b>Checklist of Crew Related Tasks</b>	<b>11</b>

## Team Contact Info

### Coaching Staff

Please contact the coaching staff about any planned absences from practices or regattas. The sooner we have this info the sooner we can plan around it. Feel free to reach out to coaches about any questions/comments about crew or the team, however keep in mind that coaches cannot incorporate parent feedback into any coaching decisions (line ups, races, boats, etc.)

David Noyes Head Coach & Girls Varsity Coach <a href="mailto:david.noyes@apsva.us">david.noyes@apsva.us</a>	Chris Margopoulos Boys Varsity Coach <a href="mailto:cmargopo@masonlive.gmu.edu">cmargopo@masonlive.gmu.edu</a>
Russell Topp Lead Dev Coach & Boys Novice Coach <a href="mailto:rftopp@gmail.com">rftopp@gmail.com</a>	Cayla Donnelly - Girls Novice Coach <a href="mailto:caylad7@gmail.com">caylad7@gmail.com</a>
Josh Martini - Assistant Coach	Eliot Voelker - Assistant Coach
Jamaal Beazer - Assistant Coach	

### Wakefield Crew Boosters Board of Directors

Wakefield Crew Boosters, Inc. is a 501(c)(3) organization created to foster and sustain the crew program at Wakefield High School.

#### **Steve Frederick - President** - [steveafrederick@gmail.com](mailto:steveafrederick@gmail.com)

The president is the principal operating officer of the Corporation and shall preside at all meetings of members of the Corporation and board of directors, and perform all duties usually appertaining to such an office. The president, with the approval of the board of directors, shall appoint all committees and may appoint assistants to the officers.

#### **Maggie Ryner - Treasurer** - [maggieryner@gmail.com](mailto:maggieryner@gmail.com)

The treasurer shall: be responsible for the maintenance of the books of the Corporation; receive all dues; deposit all funds in the name of the Corporation in some depository satisfactory to the board of directors; disburse the funds of the Corporation upon the authorization and approval of the board of directors; submit an annual budget to the board and present a financial status report at all meetings of the board and general membership. He or she shall deliver to his or her successor, when duly qualified, all books, papers and monies pertaining to the office of treasurer.

**Bonnie Kelly - Secretary - [bonniemkelly@gmail.com](mailto:bonniemkelly@gmail.com)**

The secretary shall keep the minutes of all meetings of members of the Corporation and the board of directors, conduct the correspondence of the Corporation, carefully preserve all books, documents, and papers pertaining to the office of secretary, shall deliver same to his or her successor in good condition, and perform such other duties as may be prescribed by the president and/or board of directors.

**Regina Meeks - VP External Communications - [reginameeks@gmail.com](mailto:reginameeks@gmail.com)**

This position supports the maintenance of the Wakefield Crew website, [www.wakefieldcrew.org](http://www.wakefieldcrew.org), and promotes the team's activities on social media sites as well as sending info about team successes to local sports media. If you'd like to help during regattas with posting to social or taking photos, please contact her.

**Bill Gillen - VP Volunteer Coordinator - [wgmcrew@gillen.org](mailto:wgmcrew@gillen.org)**

This position supports the team through coordinating volunteer position needs for regattas and other events throughout the crew team calendar. Many hands make light work. Volunteer often!

**Marie Uribe - VP Fundraising - [mmdeluka@gmail.com](mailto:mmdeluka@gmail.com)**

This position supports the team through coordinating fundraising activities throughout the year, including restaurant nights, bake sales, Tag Day, Erg-a-Thon and more. Additional help is always appreciated.

**Wakefield Athletics Staff**

Nate Hailey - Interim Director of Student Activities

[nathel.hailey@apsva.us](mailto:nathel.hailey@apsva.us)

All info is available on the team website: [www.wakefieldcrew.org](http://www.wakefieldcrew.org) including calendar of events, contact information, the team handbook, safety information, regatta site information, etc.

## **Season Schedule**

### **Weekday Practices**

During the season Wakefield Crew practices daily on the Anacostia River in DC.

Anacostia Community Boathouse  
1900 M ST SE  
Washington, DC 20003

APS and the WHS Crew Boosters provide transportation to and from practices with a bus leaving school between 3:30 - 4:30PM and returning to school before 7:30PM. This leaves roughly an hour in transit (longer on drive in with traffic, shorter on way home)

We fill two buses to go to practice. Due to inconsistencies with bus schedules, we will divide into squads on the way to practice. This means if one bus is late/stuck in traffic, at least half the team can practice.

ALL EVEN DATES GIRLS WILL BE ON THE FIRST BUS. ALL ODD DATES BOYS WILL BE ON THE FIRST BUS.

3:01 PM	School Dismissal
3:15 PM	Study Hall (Health Class Rooms)
4:00 PM	Bus Departs Wakefield for Boathouse
4:40 PM	Bus Arrives at ACBA
6:40 PM	Bus Departs Boathouse for Wakefield
7:00 PM (or earlier)	Bus Arrives at Wakefield

Due to our late arrival time back to Wakefield, the goal is to have student athletes complete most of their homework before leaving for practice. After dismissal from school rowers will come to study hall to check in with coaches for attendance. After that there are 4 options until the bus leaves:

- Completing homework in silent study hall room proctored by coaches
- Meeting with teachers
- Participating in an after school club (that is over before 4:30)
- Working Out/Erging (Last resort option for anyone who claims they have no homework)

Buses are assigned based on boat line ups during study hall. This is so if one bus is delayed in traffic, some full rosters can practice. Rowers can commingle on buses on the way home. Regardless of choice, all rowers must be changed and prepared for practice before the bus arrives.

## **Weekend Practice Schedule**

Any Saturday when there is not a regatta will have practice. On Saturdays a bus will leave Wakefield at 8:00AM, and return by 12:00 Noon.

## **Spring Break Practice Schedule**

Over spring break we will have extended practices. This is typically the most amount of water time we get all year. Novices will be at the river for one big block with a break for lunch/nap in

between practices. Varsity will have 2 practices at either end of the day. This schedule is because David and Chris cannot take a week off.

(Times below are bus departure and return from WHS)

Novices: 8:30AM - 3:30PM

Varsity: 5:30AM - 8:00AM & 4:00PM - 7:00PM

## Regatta Schedule

Most of our regattas are local. The Wednesday before each race coaches will inform athletes of who is racing, and water time they need to be at the race course. There will be buses going to regattas. Regatta bus times and line ups will typically be announced on Wednesday before the race. The final regatta schedule is released the Friday before each race.

All rowers with good attendance are guaranteed to race at least twice per season.

Date	Regatta Name	Location	Notes
3/28	District Sprints	Anacostia Community Boathouse - DC	Home Regatta. All rowers will race. Parent volunteers needed
4/4	Walter Mess Regatta	Sandy Run Regional Park - Lorton VA	8's Only (First Weekend of Spring Break)
4/11	Darrell Winslow Regatta	Sandy Run Regional Park - Lorton VA	Small Boats Only (Second Weekend of Spring Break)
4/18	Ted Phoenix Regatta	Sandy Run Regional Park - Lorton VA	
4/25	Al Urquia Regatta	Sandy Run Regional Park - Lorton VA	
5/2	VA State Championships Day 1	Sandy Run Regional Park - Lorton VA	Novices, Freshman, JV only
5/9	VA State Championships Day 2	Sandy Run Regional Park - Lorton VA	Varsity Only
5/15-16	Stotesbury Cup Regatta	Schuylkill River - Philadelphia PA	No 8th graders. Select Varsity, JV, and Freshman

5/22-23	SRAA National Championships	Camden, NJ	Varsity, JV, and Freshman who medal at States
5/29	<b>END OF YEAR PARTY!</b>		

## Equipment Needed for Rowers

All rowing equipment is paid for by our crew booster club dues, fundraising, and generous donations.

Rowers and Coxswains will need to have adequate clothing to row in, especially while the weather is cold until April.

## Race Attire/Team Gear

Varsity rowers will wear “unis” as uniforms.

Novices this year will race in black spandex trou (short spandex pants), and a team issued tank top. Trou bought individually by rowers. Some good examples are below. These will work for regular practices as well.

Boathouse Sports: <https://www.boathouse.com/collections/rowing-trou-spandex-bottoms>  
 JL Athletics: [www.jlathletics.com](http://www.jlathletics.com)

Wakefield Crew will also offer non-required “Spirit Wear” for purchase throughout the year. All rowers will receive a team t-shirt.

## Rower Practice Attire

Rowers should show up to practice dressed in layers of non-cotton fabric. While rowers going in the water during practice is relatively rare, getting splashed or rained on does happen. Recommended leg wear is leggings or compression shorts. Boats have sliding seats, and baggy clothes will get caught in the slide. Novice rowers should dress warmer than Varsity in the early months due to the fact that learning how to row is less physically demanding than working out on the water. Warm hats are highly recommended, however rowers cannot wear gloves.

## Coxswain Practice Attire

Coxswains should always dress for weather that is 10 degrees colder than the actual temperature. Coxswains won’t be very physically active so they won’t generate much body heat, and they are also more likely to get splashed than the rowers. Coxswains should wear a hat,

gloves, multiple layers, and a waterproof outer layer. A good set of rain pants is highly recommended for coxswains.

## Financial Commitments

The Wakefield Crew Boosters is committed to keeping team dues affordable so that the sport remains accessible to all. Scholarship support is available -- please contact your child's coach to discuss. Payment plans for dues are also available -- please contact Treasurer Maggie Ryner to discuss payment plans ([maggieryner@gmail.com](mailto:maggieryner@gmail.com)).

Dues are \$410 for all returning and novice rowers/coxswains. Dues **must** be submitted by March 7, 2020 unless a payment plan is in place. Checks may be given to coaches or mailed to Treasurer Maggie Ryner: 1219 S. Forest Drive Arlington, VA 22204. **Checks payable to Wakefield Crew Boosters.** Payment via Paypal or credit card for dues is available on the team website: <http://www.wakefieldcrew.org/payments>, but parents must cover the Paypal fee if paying online. Please check the website for more information.

- New and Returning Rowers & Coxswains (\$410 if paying by check; \$420 if paying online)
- 20% family/multiple rower discount on dues (\$660 for two students if paying by check; \$675 if paying online)
- USRowing Membership: \$9.75 (covered by dues)

## 2020 Fundraising Drive - Tag Day and Erg-a-thon Information

**Every crew team member is expected to raise \$400 at a minimum.** Surpassing this goal is strongly encouraged! Fundraising money primarily goes towards capital expenses for the team, and allows us to expand get new boats, oars, ergs, and more. All rowers/coxswains who meet or exceed their fundraising goal will have a chance to enter a raffle for a cash prize.

The team will have two major fundraising events. Our **Erg-A-Thon** will have rowers striving to complete as many meters as they can on the ergs and on the water in boats during a Saturday practice. Rowers should get donations from friends, family, neighbors, or distant billionaire relatives for their efforts.

The **Tag Day** will be on a Saturday afternoon, March 7th after practice. Rowers will be put into groups to go knock on doors in local neighborhoods for donations.

Attendance at Tag Day and the Erg-a-thon is mandatory.

Fundraising is what keeps Wakefield Crew going, and what makes our dues **LESS THAN HALF** of what Yorktown and W&L charge. Fundraising is a required activity for all athletes. *Lack of participation may lead to exclusion from races.*

### **Fundraising Incentives**

When a crew team member hits their \$400 fundraising mark, their name will be entered in a raffle to win a significant cash prize (TBD). For each \$100 more you raise, your name will be entered into the raffle again. This way, every rower has a chance to win, but the more you raise, the more chances you have to win.

For Example:

Jackie raises \$400. Her name is in the raffle once.

Nathan raises \$500. His name is in there twice.

Sarah raises \$800. Her name is in there 5 times!

Reilly raises \$300. His name is NOT in there at all; he has failed to meet the minimum.

### **Tag Day Plan: March 7, 2020**

12:00PM	Arrive back at Wakefield after practice Pizza and drinks served to rowers Review of Tag Day instructions, get in teams, etc.
12:30PM	Rowers group up and depart in parent carpools to canvass neighborhoods
3:30 - 4:00PM	Return to Wakefield to turn in donations

Rowers should bring a change of clothes for after practice. **Everyone should wear as much Wakefield Crew gear as they have while fundraising.**

### **Erg-A-Thon Day: March 14, 2020**

The Erg-A-Thon is our big fundraising day for the season. On March 14th we'll have a modified public practice at the boathouse. Rowers will be on the ergs and in boats striving to row as many meters as possible. Parents and family are encouraged to come down to watch rowers toil away on the ergs and row down the Anacostia.

Rowers will work with their coaches to come up with a total meter goal for the day.



## Fundraising Calendar

February 25th	Erg-A-Thon pledge form and envelopes passed out. Rowers start to collect donations and pledges
March 7th	Tag Day
March 14th	Erg-A-Thon
March 27th	All Erg-A-Thon donations and pledges due

## Volunteer Requirements

Throughout the year we need the volunteer support of our parents.

There will be a weekly email calling for volunteers for specific activities at regattas and for food donations.

On March 28, Wakefield Crew will host District Sprints - a home regatta in DC. We'll need about 30 parent volunteers to make this a success, no experience running a regatta required!

The regatta is a success because of our parent volunteers. We have volunteer positions both on the water, and on land. Talk to Bill Gillen if you're interested in helping!

## Team Selection Requirements

Wakefield Crew strives to get as many people on the water as possible! However we are limited by the physical number of seats in boats, and by the number of boats that each of our coaches are able to safely oversee. Rowing on a public river can be an inherently risky activity, and our staff's first priority has to be rower safety.

If more than 80 rowers/coxswains are interested in rowing for Wakefield, cuts may have to be made. If this is a necessity, a clear rubric for novice and varsity rowers will be distributed during tryouts.

## Academic Requirements

***Wakefield Crew consistently has the highest team GPA and the highest percentage of AP/Honors students of all athletic teams at Wakefield.*** To be academically eligible, all rowers must maintain a 2.0 GPA. Rowers are expected to use study hall to stay on top of their coursework.

## Swim Requirements

All rowers and coxswains must be able to swim 50 yards (1 lap or 2 lengths of the WHS pool) without touching the bottom or sides of the pool AND be able to tread water for 5 minutes. Due to the nature of rowing and the equipment in the coaching safety launches, the US Coast Guard does not require rowers to wear PFDs while on the water. Due to this, only rowers/coxswains who pass the swim test will be allowed to row.

***Rowers who have not completed a swim test will row in barges only while wearing a PFD and should talk to a coach immediately to get tested.***

### **Behavior Requirements**

Wakefield Crew shares a community boathouse with several other high school, collegiate, and club rowing teams. We expect our rowers to be respectful members of that community. Rowers are expected to act respectfully towards one another, other teams, the facilities, our own equipment, and anyone they encounter.

On an average practice day we have roughly \$200,000 worth of equipment in use. While accidents happen, rowers are expected to be good stewards of the equipment. Equipment usage is a privilege, not a right.

### **Attendance Requirements**

Rowing requires all athletes in the boat to be in sync with each other. The only way to achieve that is for people to be at practice and take strokes together as a boat. Rowers on the Wakefield Crew team are expected to commit to practice 5 days a week. While absences can popup here and there, we're typically unable to accomodate athletes who regularly miss one or more days per week.

### **Returning Rower/Coxswain Requirements**

League rules prohibit athletes from having two novices seasons, therefore all returning rowers and coxswains must have the skills and physical abilities to row safely and productively with varsity athletes. Returning coxswains must be able to lead their crew/boat between the boathouse and the dock safely with no supervision from coaches. Returning coxswains must also be able to relay commands to their crew on the water, execute pre-planned practice plans, steer safely, and act as proactive leaders of their crew. Returning rowers must be able to take a proper rowing stroke and have the physical fitness needed to keep up with their peers for practices and/or a 1500m race.

### **Health Insurance**

All rowers and coxswains must be covered by an active health insurance policy.

## Checklist of Crew Related Tasks

Below is a checklist of things needed to participate this season. Use this for reference, and clarify with coaching staff when tasks are completed.

Task	Date Due	Date Completed
Swim Test (1st Year Only)	2/24/2020	
Physical turned in to ATC office	2/24/2020	
Dues Paid	3/7/2020	
Erg-A-Thon Donations Turned In	3/27/2020	