

# Wakefield Crew

## Parent Meeting Handout

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## 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  
[david.noyes@apsva.us](mailto:david.noyes@apsva.us)

Daniel Voigtsberger - Boys Varsity Coach  
[dantroop648@yahoo.com](mailto:dantroop648@yahoo.com)

Russell Topp - Lead Novice Coach  
[rftopp@gmail.com](mailto:rftopp@gmail.com)

Eliot Voelker - Assistant Coach

Adam Kuntz - Assistant Coach

Josh Martini - 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.

**Brian Doherty - Vice President** - [perezprado@saintly.com](mailto:perezprado@saintly.com)

The vice president of the board of directors shall assist the president and shall preside over the affairs of the Corporation in the absence of the president.

**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.

**Wakefield Athletics Staff**

Noel Deskins - Director of Student Activities

[noel.deskins@apsva.us](mailto:noel.deskins@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 at 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)

3:01 PM	School Dismissal
3:15 PM	Study Hall (Health Class Rooms)
4:30 PM	Bus Departs Wakefield for Boathouse
5:15 PM	Bus Arrives at ACBA
7:00 PM	Bus Departs Boathouse for Wakefield
7:30 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)

The buses to practice will be divided up by gender. If one bus is delayed, this allows half the team to still practice. In an event that the buses don't arrive at the same time, on 1 Days the girls will board the first bus, on 2 Days the boys will board the first bus. Rowers can commingle on the bus ride home.

Regardless of choice, all rowers will have to 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.

## 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. **Parent carpools will be organized to bring rowers to and from races.**

Date	Regatta Name	Location	Notes
3/23	Polar Bear Regatta	Sandy Run Regional Park - Lorton VA	Varsity and Select Novices. Announced a week prior
3/30	District Sprints	Anacostia Community Boathouse - DC	Home Regatta
4/6	Walter Mess Regatta	Sandy Run Regional Park - Lorton VA	
4/13	Darrell Winslow Regatta	Sandy Run Regional Park - Lorton VA	
4/27	Al Urquia Regatta	Sandy Run Regional Park - Lorton VA	
5/4	VA State Championships Day 1	Sandy Run Regional Park - Lorton VA	Novices, Freshman, JV only
5/11	VA State Championships Day 2	Sandy Run Regional Park - Lorton VA	Varsity Only
5/16-18	Stotesbury Cup Regatta	Schuylkill River - Philadelphia PA	No 8th graders. Select Varsity, JV, and Freshman
5/23-25	SRAA National Championships	Dillon Lake - Nashport OH	Varsity, JV, and Freshman who medal at States

## 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:

Race uniforms will be available for purchase in the beginning of the season and are roughly \$110. This uniform will last for the entire time the rower is on the team. A uniform and long sleeve top is required, there will also be optional Wakefield Crew gear available for purchase. Uniform ordering instructions are at the back of this packet.

Wakefield Crew will also offer non-required "Spirit Wear" for purchase throughout the year. All rowers will also 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 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 should be submitted by March 1 unless a payment plan is in place. Checks may be given to coaches. Payment via Paypal or credit card for Dues is available on the team website: <http://www.wakefieldcrew.org/copy-of-requirements> - go to online payments, but parents must cover the Paypal fee if paying online. Please check the website for more information.

- New Rowers (\$250)
- Returning Rowers (\$400)
- Family/multiple rower discount on dues: 20%
- USRowing Membership: \$9.75

<b>2019 season expected family costs:</b>	
<b>New Rower Dues</b>	<b>\$250.00</b>
<b>Returning Rower Dues</b>	<b>\$400.00</b>
<b>Uniform (New Rowers)</b>	<b>\$110.00</b>
<b>Stotesbury Regatta (Select Boats Only)</b>	<b>\$350.00</b>
<b>Nationals (Qualifying Boats Only)</b>	<b>\$350.00</b>

## 2019 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. There will be incentives and prizes for those who meet and exceed their fundraising goal.

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 billionaires for their efforts.

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

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 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:

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

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

Liz 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.

There will also be t-shirt/spiritwear prizes for the team member who rows the greatest distance at the Erg-A-Thon on March 16<sup>th</sup> in four categories: Varsity Boy, Varsity Girl, Novice Boy, Novice Girl



## Tag Day Plan: March 9, 2019

12:00PM	Arrive back at Wakefield after practice Pizza and drinks served to rowers by door 14 (by football field)  <i>March 9 is SAT testing at Wakefield. Please do not enter school through main doors.</i>
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 16, 2019

The Erg-A-Thon is our big fundraising day for the season. On March 16th 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. No individual donation is too small or too big!

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

Food will be provided at the boathouse. This will be a community event to open our season.

## Fundraising Calendar

February 28th	Erg-A-Thon pledge form and envelopes passed out. Rowers start to collect donations and pledges
March 9th	Tag Day
March 16th	Erg-A-Thon

March 22nd	All Erg-A-Thon donations and pledges due.
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## Volunteer Requirements

Throughout the year we will need the volunteer support of our parents. This year we will be carpooling to regattas which we will need parent help.

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

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

## 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.

***Swim test will be offered after school at the Wakefield pool on Feb 13,14,15,19***

## Behavior Requirements

Wakefield Crew shares a community boathouse with several other high school, collegiate, and club rowing teams. We expect all 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 pop up here and there, we're typically unable to accommodate athletes who regularly missing 1 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.

## Uniform Ordering Instructions

All new rowers must purchase a uniform from RegattaSport.

### **ORDERS MUST BE COMPLETED BY SUNDAY FEBRUARY 24TH AT MIDNIGHT.**

(In the event of team selection/cuts taking place, an official roster will be released on Saturday Feb 23)

RegattaSport iTeams Ordering Instructions:

1. [www.regattasport.com](http://www.regattasport.com)
2. Click 'iTEAMS' link in the header
3. Click "Register" then proceed to create your personal account.
4. Once step 3 is complete, click the "iTeams" link again.
5. Select Wakefield High School from the drop box.
6. Password: WHS19A
7. Place order!

Rowers are required to have a unisuit and LS Drive long-sleeve shirt. Any other gear is optional.

## USRowing Membership Instruction

All rowers and coxswains must be active members of the USRowing Association. Wakefield Crew is also an organizational member. This provides our team with insurance, and also supports rowing in the US.

All rowers must be active members BEFORE our first race: March 23rd.

1. [membership.usrowing.org](http://membership.usrowing.org)
2. First Year Rower Instructions:
  - a. Join
  - b. Select "Wakefield High School Crew Team and Crew Boosters"
  - c. Club Code "9JK6W"
  - d. Choose "Basic Membership" (No donations or upgrades with USRowing needed)
  - e. Complete Waiver
  - f. Complete form and Check Out
3. Returning Rower Instructions:
  - a. Members -> Renew/Upgrade
  - b. Choose "Basic Membership" (EXPIRATION DATE MUST BE **AFTER** May 31, 2019)
  - c. Complete Waiver
  - d. Complete Form and Check Out

## 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.

<b>Task</b>	<b>Date Due</b>	<b>Date Completed</b>
Swim Test (1st Year Only)	2/19/2019	
Physical turned in to ATC office	2/19/2019	
Uniform Orders (1st Year Only)	2/24/2019	
Dues Paid	3/1/2019	
Erg-A-Thon Donations Turned In	3/22/2019	
USRowing Membership	3/23/2019	