



**Wakefield Crew**

# Just say Row!

Welcome! We are so glad you are interested in Wakefield Crew. Being part of our rowing team provides a great full body workout, a beautiful view of DC sites from the river, and the opportunity to be part of a unique team of athletes. Wakefield had great success last season and we look forward to even more in the spring.

## **2019 Virginia State Championships Team Highlights**

**Men's Novice 8: Gold**  
**Women's Freshmen 8: Gold**  
**Women's Junior 8: Silver**  
**Men's Double: Bronze**

**Men's Lightweight 4: Bronze**  
**Women's Double: 4<sup>th</sup> Place**  
**Men's Novice 4: 4<sup>th</sup> Place**

### **What can prospective rowers do now to get ready for the season?**

- Get in shape – running, lifting, be active!
- Join us for Green Day Practices, Saturdays, 9-11 am (9/21, 9/28, 10/5, 10/12, 10/19, 10/26)
- Turn in school sports physical forms if you haven't done so already.

## **Information-at-a-glance**

### **Winter Training Info:**

- Indoor training M-F after school from 3:30 – 5:45
- Starts 11/21 for Novices, 11/25 for Varsity (check website and emails for updates)
- All rowers are HIGHLY ENCOURAGED to attend winter training or participate in another winter sport at Wakefield.
- Winter training is where we build the physical stamina to win races; our boats medaling at states last year all worked hard during the winter

### **Spring Season Info**

- Season starts late-February 2020 and runs through May 2020 (some national events are held in June)
- Practice is six days a week Monday-Friday and Saturday mornings at the Anacostia Community Boathouse - <http://www.anacostiaboathouse.org/>.
- A bus from Wakefield High School takes the team to/from practices and regattas. The bus returns to the school after practice about 7:30 pm.
- Regattas begin in March 2020 and replace the Saturday practices. Unless otherwise indicated, regattas are held at Sandy Run Regional Park on the Occoquan River and typically last all day. (<https://www.novaparks.com/parks/sandy-run-regional-park>)
- All practices are mandatory - students must talk to coaches about exceptions or absences

**Spring Break, April 6– 10, 2020**

Over spring break we have a training camp at the river with two practices per day with a lunch break in between. This is our largest training block for the season and when we make our biggest strides. If able, all rowers are STRONGLY ENCOURAGED to attend this.

## **Tentative Dates & Regatta Schedule\***

\*All regattas are held at Sandy Run Regional Park unless indicated

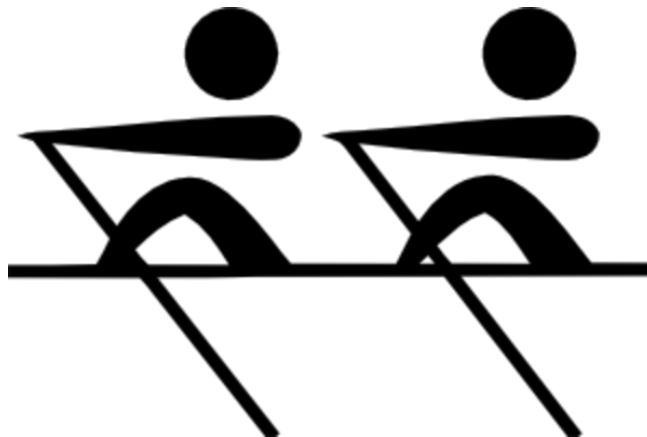
Novice Parent Meeting	First week in December
New Season Parent Meeting	Week of February 21
March 28	District Sprints - Home Regatta on the Anacostia
April 4	Walter Mess
April 11	Darrell Winslow
April 25	Al Urquia
May 2	VSRC Day 1
May 9	VSRC Day 2
May 15-16	Stotesbury Cup, Phil., PA (Varsity & Freshmen)
June	End of Year Party

### **Contact Information**

David Noyes, Head Rowing Coach- [David.noyes@apsva.us](mailto:David.noyes@apsva.us)

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

Steve Frederick, Wakefield Crew Board President, [steveafrederick@gmail.com](mailto:steveafrederick@gmail.com)



*"Rowing is perhaps the toughest of sports. Once the race starts, there are no time-outs, no substitutions. It calls upon the limits of human endurance. The coach must therefore impart the secrets of the special kind of endurance that comes from mind, heart, and body. —George Yeoman Pocock"*

— Daniel James Brown, **The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics**