

# Woodson Crew 2023-24

Parent information session  
September 2023

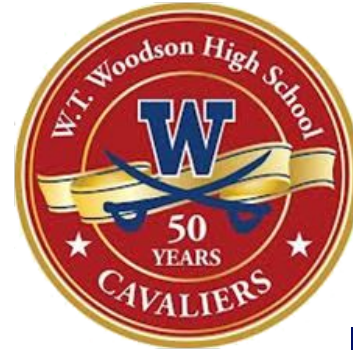


# Agenda

- How Woodson Crew works
- Your support
  - Dues and fees
  - Fundraising
  - Volunteering
- Season overview
- Coaching staff and philosophy
- Registration
- Other Information and Logistics
- Questions

# Woodson Crew is a Club Sport

- Chartered by Woodson High School
  - Work with Woodson Director of Student Activities
  - Varsity athletes earn letters
- Affiliated club of FCPS
- Follow Virginia High School Sports League (VHSL) rules
- Parent organization is the Virginia Scholastic Rowing Association (VASRA)



# We're the Crew Booster Club

- 501(c)(3) tax exempt non-profit organization
- Governed through formal by-laws
- Managed by a board of directors (selected, in June, by families who make up our membership)
- An all-volunteer organization

# Your 2023-24 Boosters Board

## Executive Committee



**Jenn McRobbie**  
VP  
Communications



**Bill Westman**  
President



**Amy Herrera**  
VP Activities &  
Team Liasion



**Jenny Champagne**  
Secretary



**Molly Gravholt**  
Treasurer

## Committee Chairs



**Jenn Ros**  
Membership



**Ana Tolentino**  
Fundraising



**Lisa Veigel**  
Service &  
Volunteering



**Riz Ramakdawala**  
Equipment &  
Logistics



**Cheryl Urban**  
Sportswear



**Kathryn Cook**  
VASRA Rep



**Janae Haaland**  
Website



**Colin Fallon**  
Photographer



**Catherine Backmeyer**  
Booster  
Liaison

# Board Responsibilities

- Hire and support coaches
- Fundraise
- Manage team finances
- Organize volunteers
- Provide logistical support
- Purchase & maintenance of equipment
- Interface with parents
- Cheer for our athletes!

# **NOT Board Responsibilities**

- Day-to-day management of the coaching staff
- Student athlete training
- Boat assignments and other on-the-water decisions

**We leave this stuff in the hands of our coaching staff.**

**\$0**

That's how much money we get from FCPS or Woodson High School.



# Dues and Fees

Learn what it costs for your athlete to be part of Woodson Crew

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# Dues and Fees

Fee Category	Novice	Returning
Dues	\$850	\$1,000
Activity Fee*	\$150	\$150
Practice Bus (estimated)**	TBD	TBD
Uniform (estimated)	\$125	\$0
Stotesbury Cup Regatta†	\$365	\$365
SRAA Nationals†	\$425	\$425
USRowing Membership	Included	Included
Winter Conditioning	Included	Included
Green Days	Included	Included
<b>GRAND TOTAL (without bus)</b>	<b>\$1,915</b>	<b>\$1,940</b>
<b>GRAND TOTAL (with bus)</b>	<b>\$2,565</b>	<b>\$2,590</b>

**Notes:** The top two items are what we collect through our registration system, and there is a payment plan to distribute the impact of this cost. The other fees as noted below are based on transportation needs and whether athletes will attend certain events.

\* To cover the cost of supplying athletes with food during long regattas at Sandy Run as well as team dinners before each regatta. See discussion below

\*\* Athletes in carpools or with their own transportation to Sandy Run after school can opt out of the practice bus (if we get a bus this year),

† Not all athletes will attend the Stotesbury Cup and the SRAA Nationals events. The costs shown here are only collected from athletes attending and are pass-through costs for hotel, transportation, and meals.

# Fee Considerations

**Payment Method:** Boosters now only accepts PayPal or credit cards through PayPal for payment of dues & practice bus

**Early Bird Discount:** \$50 discount if paid in full by December 15

**Multiple Athlete Discount:** \$50 discount for families with multiple athletes

**Practice Bus:** IF we get a practice bus, It's could be about \$600 for rides Mondays through Thursdays to the boathouse and back to Woodson. Last year, the bus cost was too high so families arranged carpools to get the athletes to/from the mandatory practices Monday - Friday.

**Scholarships:** Limited scholarship assistance may be available to families with extenuating circumstances. We encourage anyone who needs assistance to start with the [Occoquan Boat Club's Julie Shew scholarship](#). Contact the booster club president at [wtw.crew.president@gmail.com](mailto:wtw.crew.president@gmail.com) to learn more. All inquiries and requests are held in strict confidence.

# Activity Fee

Beginning in 2021, we moved from a wide-ranging collection of donated foods and other supplies to a streamlined plan for feeding athletes at Friday Night Dinners and during regattas.

Last season RAFT — our term for food at regattas — was bulk-purchased by one parent for each event, packed in coolers and brought to the boathouse.

Regatta-eve dinners were catered by local restaurants or otherwise handled with a big night of grilling hot dogs and hamburgers.

This allows us to still have large-scale full team dinners but also host smaller events by squads (varsity 1 +2 athletes, V3/4, Novice) or men's and women's teams.

A single fee of \$150 from each athlete should cover regatta day sandwiches, fruit, ice, waters, chocolate milk, as well as pre-regatta dinners for the nine regattas on our schedule this season.

# Practice Bus

A practice bus is not guaranteed. However, with a critical mass of athletes the bus may cost approximately \$600 for transportation to/from Sandy Run during the season. Absent a practice bus, last year many families arranged carpools to shuttle the athletes back and forth. This option worked well (IMHO).

We are researching the practice bus cost for this year and will inform the parents as soon as we have those estimates. The cost per student-athlete will depend on the number athletes projected to use the practice bus. Should we contract a bus, each family with an athlete on the bus must sign up to chaperone at least once per season.

# Refunds and Penalties

## Novice Refund Policy

- Two weeks on the water to fully commit
- Must submit a written withdrawal to Woodson Crew Membership by March 7, 2024
- Refund of all fees minus credit card fee and \$25 USRowing Membership

## Returning Rower Refund Policy

- Must submit a written withdrawal to Woodson Crew Membership by February 19, 2024
- Refund of all fees minus credit card fee and \$25 USRowing Membership
- Withdraw submitted during the first two weeks of on-the-water practice will be assessed a \$300 penalty.

\*No refunds of dues will be granted after the second week of on-the-water practice unless the student-athlete is cut. See section 6 of the [handbook on wtwcrew.org](http://wtwcrew.org).

# Fundraising and Volunteering

How you can help us keep dues in check while setting a foundation for the future — and make sure our kids have fun.

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# Fundraising

A successful season depends on a strong class of new recruits and the enthusiastic support of families.

We depend on fundraising to help cover the cost of coaching salaries, maintain and replace our equipment, and pay our rent and insurance premiums.

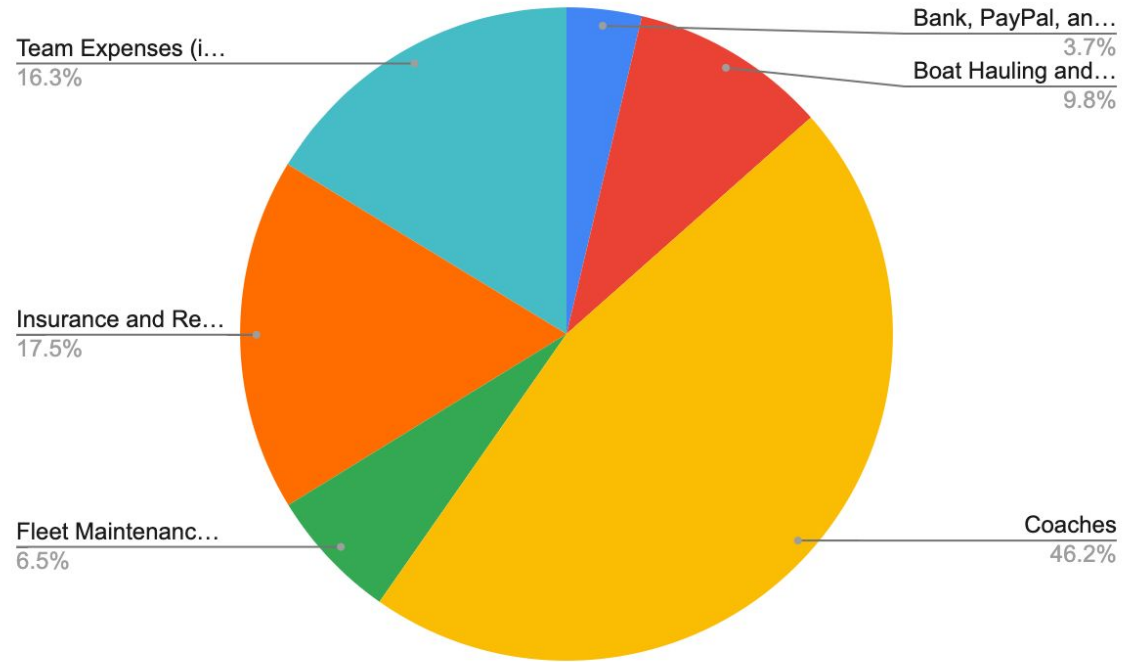
A great season of fundraising keeps dues low, builds a sense of community and shared ownership of the team, and sets future teams up for success. How?



## Our annual costs

For 2023-2024, the board's draft budget is \$110,750.

This budget is based on on the 2022-2023 budget, adjusting for price increases (fuel, maintenance).



## **Our annual costs**

Even with a strong novice class and plenty of returning athletes, dues alone won't cover our total team expenses.

Budget:	\$110,750
Registration fees:	\$80,400
Deficit:	<b>\$20,350</b>

# Fundraising Commitment

How do we make up that gap?  
With your help!

Our biggest fundraising events:

- **Tag Days**
  - **October 7 & November 11**
- Craft Show
  - November 4
  - **Volunteer now**
- Restaurant Nights
  - Chipotle - October 10, 5-9 p.m.
  - Wendy's (across from Woodson), November 7 (all day)
- Corporate Sponsorship
- And more!

## Tag Days - 2023

Last season we conducted **two big all hands on deck tag day events**. This fall, our tag days are:

**October 7 & November 11**

Look out for more info — any athlete looking to participate this season must attend tag days. And we'll need parent volunteers to drive, count cash, and more.

# The Future

Our fleet of rowing shells, launches and motors — and oars and ergs — need to be replaced periodically.

In 2021-2022, we used four **eights** (8 rowers and 1 coxswain) each for the men's and women's squads. We also employed two of our **fours** during practice and early in the regatta season. We purchased a new boat last year.

Our goal is to replace an older shell every other year. Depending on the needs and conditions of the shells we plan to do this for the 2024-2025 season (next year).

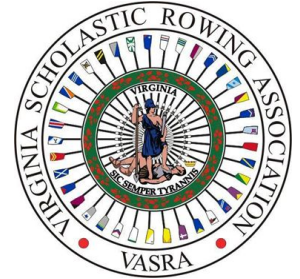
# Volunteer Commitment

## VASRA

We ask every family to complete 1 VASRA or Statesbury volunteer job shift per season. VASRA ensures fair, safe, well-run regattas for our athletes and spectators to enjoy.

## Woodson Crew

We also ask families to volunteer for jobs that directly support the functioning of the team. Jobs are varied and available for all levels of skill and interest. Opportunities exist year round. Learn more at <https://wtwcrew.org/volunteering-opportunities/>



# Volunteer Credits

	Family	Rower/ Coxswain
<b>1<sup>st</sup> Returning Athlete</b>	Total volunteer requirements. 1 VASRA or Stotesbury task, 4: Tag Day driver, Craft Show, or other team tasks.	Total volunteer requirements. 2 Tag Day shifts, 1 Craft Show, and 1 other team task.
<b>Each Additional Family Returning Athlete</b>	No additional tasks required.	Total volunteer requirements. 2 Tag Day shifts, 1 Craft Show, and 1 other team task.
<b>Freshman/Novice Athlete</b>	Total volunteer requirements. 1 VASRA or Stotesbury task, 4: Tag Day driver, Craft Show, or other team tasks.	Total volunteer requirements. 2 Tag Day shifts or 1 Craft Show and 1 other team task.
<b>Bus Chaperone</b>	Participating families will chaperone the bus (1 per day). Total number of family chaperone tasks is based on number of athletes who take the shuttle. This is an additional family task.	No task required.

**October 28: Crew Shed Work Day and ERG Return Day.**

# Hate Volunteering?

Most families meet their volunteer requirements. But there are options!

You can take on a position on the board!

You could secure a corporate donation of \$525 (or more!).

You could make a payment of \$525 to cover your family responsibilities.



# VASRA Jobs

## **One-time, no experience necessary jobs include:**

- Awards assistant
- Flag holder
- Race results poster
- Concessions
- Fall and Spring workdays

## **If you love the water and want to be more involved at regattas:**

- Boat launch driver: We train you to shuttle coaches or referees on regatta days up and down the racecourse and you get close to the action!
- Dock master: Help direct traffic on the docks where teams racing go in and out of the water.



# **The Coach's Corner**

Bryan Tylander

Head Coach & Director of Rowing

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# 2023-24 Coaching Staff

## MEN'S TEAM



**Aidan Ortiz**  
Men's Asst. Coach

**Bryan Tylander**  
Head Coach, Director of Rowing  
and  
Men's Varsity Coach

**Joseph Hester**  
Men's Novice Coach

For full bios, visit our website:  
<http://www.wtwcrew.org/coaches>

## WOMEN'S TEAM



**Lindsay Bowen**  
Women's Asst. Coach

**Kris Mickey**  
Women's Varsity Coach

**Ronald Lim**  
Women's Novice Coach

For full bios, visit our website:  
<http://www.wtwcrew.org/coaches>

**Eric Ros: Part-Time Assistant Coach**  
**Mya Rowe: Intern Coach (tentative)**

# **Program Philosophy & Goals**

Rowing requires a near perfect blend of power, coordination, and endurance; one of the few non-weight bearing sports that exercises all the major muscle groups; mental/physical; imparts sense of concentration, focus, time management; teamwork.

## **Core Philosophy:**

Achieve excellence through discipline, hard work and perseverance. Winning is a by-product of excellence.

# Program Philosophy & Goals

## Specific program goals:

- Create an enjoyable experience for *all* our athletes
- Field as many athletes in competitive boats as possible
- Teach student-athletes to deal with adversity
- Have maximum number of athletes reach finals and medal at VASRA State Championships
- Enter competitive crews at Stotesbury Cup Regatta
- Qualify the maximum number of athletes at Scholastic Rowing Association of America Championships (Nationals)

# Eligibility and Conduct

## VHSL and VASRA Eligibility Standards

- Must be enrolled in no fewer than 5 subjects
- Must have passed 5 classes during the first semester (August 2023 – January 2024)
- Completed VHSL Physical (after May 1, 2023)
- See specific rules for age, enrollment, transfer status, etc...

## FCPS and Woodson HS Conduct Standards

- Present in school and in good standing
- Not under suspension
- Must report detention to Coach
- Must not engage in hazing or harassment of any kind

# Season Overview

## Green Days - Sandy Run Park

No obligation experience days for rowers new to crew

Opportunity for returning athletes to get back on the water before winter

**Requirements: Swim test and sports physical on file with W.T. Woodson trainer**

## Winter Conditioning - Woodson HS

Starts November 16 for all athletes

Monday - Friday after school in cafeteria

Running, ergs, circuit, weight training, and yoga

Not mandatory, but recommended to learn technique and build fitness before season.

**Requirements: Swim test, sports physical on file with W.T. Woodson trainer**

## Spring Racing Season - Sandy Run Park

**Mandatory** - Monday-Saturday practices beginning February 20th.

Mon-Fri 4-6:30 p.m.; Sat 8:30-10:30 a.m.

Regattas begin Saturday, March 16

**We will practice over Spring Break**

Row in rain, snow, wind and cold (*not lightning*)

**Requirements: Swim test, sports physical on file with W.T. Woodson trainer**

# Winter Conditioning Schedule (Draft)

## Women's Team Schedule

Monday: 5:00-7:00  
Tuesday: 3:30-5:30  
Wednesday: 5:00-7:00  
Thursday: 3:30-5:30  
Friday: 3:30-5:30

## Men's Team Schedule

Monday: 3:30-5:30  
Tuesday: 5:00-7:00  
Wednesday: 3:30-5:30  
Thursday: 5:00-7:00  
Friday: 3:30-5:30

**Winter break** – We will schedule “open gym” the second week if athletes are available.

# Winter Conditioning Planning

## What to expect:

- All athletes, new and returning, will be challenged physically and mentally
- Expect some sore muscles and exhaustion as winter conditioning begins
- Support and encouragement from parents and teammates is ESSENTIAL

## The Practices:

- Running, Ergs, Circuit Training, and Weight Training
- 5K and 2K Erg Testing

## What to bring:

- Clothing for working out indoors and outdoors in the cold
- Layers!
- Running shoes that are less than 4 months old
- Large water bottle to fill before practice
- Snacks to eat before practice



# Spring Racing Season

## On the Water!

- No baggy clothing: performance fabric strongly recommended
- Wear multiple layers when cold
- No gloves, skin-to-oar contact at all times
- Hydrate! Bring a FULL water bottle (no running water at the park when it is cold)
- Fuel up! Eat up to an hour before practice and immediately after practice
- Early treatment of blisters is key

## Practice Attendance is MANDATORY!

- Boats cannot practice when athletes are missing
- Team practices twice per day & may race during Spring break
- Attendance DOES influence race line-ups

## Boat Assignments are based on:

- Performance, participation, and attitude
- Erg scores, power factors, seat racing, and demonstrated technical skill
- Dynamics/chemistry (Crews that row best together)

We field as many competitive boats as possible. The Club does NOT offer a guarantee that each athlete will race

# Tentative 2023-2024 Regatta Schedule

Saturday, March 16, 2024:	Polar Bear Regatta
Saturday, March 23, 2024:	Regional Park Regatta
Saturday, March 30, 2024:	Invitational at St. Andrews, Middletown, DE
<b>Saturday, April xx, 2024:</b>	<b>Tri-Meet vs Wakefield and Walter Johnson at Anacostia River</b>
Saturday, April 20, 2024:	Ryz Obuchowicz Regatta
Saturday, April 27, 2024:	Al Urquia Regatta
Saturday, May 4, 2024 :	VSRC (day one) Typically Freshman, Novice, and 3V Boats
Saturday, May 11, 2024	VSRC (day two) Typically 1V and 2V Boats
Saturday, May 17-18, 2024:	Stotesbury Cup Regatta, Philadelphia, PA (Includes as many athletes as possible)
Saturday, May 24-25, 2024:	SRAA Championships, Camden, NJ (Qualifying boats only)

*Dates are pending release of final schedule*

*Participation at other local meets is TBD*

**Ready to Join?**

Registration opens November 1

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# Registration

## **Submit Health Info to Woodson Athletic Trainer:**

Athletes must complete a sports physical with their physician after May 1, 2023 and using the VHSL sports physical form (Revised January 2021).

Completed physicals must be submitted directly to the Athletic Trainer at Woodson, Room C158. (It's a good idea to keep a copy of your physical before submitting it.)

# Registration

**Complete the Woodson Athletics Registration:** This online system includes a training on understanding concussion symptoms and the required recovery time as well as other risk factors for our students. You will also update your emergency care form through this system. It is available online at <https://wtwoodson-ar.rschooltoday.com/>

# Registration

## **Submit Field Trip, Driver's License and Vehicle**

**Information Forms:** As our practices, regattas and some of our fundraiser events require local travel, these forms must be completed. Some athletes will also travel to away regattas.

# Registration

**Complete a Swim Test:** Every athlete is required to pass a swim test certified by a Woodson Crew coach prior to participating in on-the-water practices. A round of fall Swim Tests have already happened but we're working on putting one more together to get athletes on the water for green days next month. Another round will be scheduled early in 2024. Passage of this test is required only once, in your novice year, so returning athletes may disregard this step.

# Registration

**USRowing Membership:** Your dues include an individual basic membership in US Rowing, the national governing body for rowing. There is no action required for families.

**USRowing Waiver:** US Rowing provides our team with an insurance policy so parents (unless their athlete is 18 in January 2024) will need to sign this waiver before we begin on-the-water practice.

**FCPS Athletic Participation Policy:** The coaching staff will talk about and distribute the participation policy form on the first day of on-the-water practice. Please read, sign (both parent and student athlete) and return to the respective coach.



# Registration

**All of these steps are required before athletes can practice on the water with the team. There are no exceptions. That means the deadline is February 20, 2024.**

All this information will be on our website before registration opens. If you have questions, our membership team is here to help:  
WTWCrewMembership@gmail.com

# **Other Information and Logistics**

There's more?

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# Transportation

## No transportation is provided for winter conditioning

- Students and parents are encouraged to organize carpools.

## On-the-Water Season starts FEBRUARY 20th

- If we have a practice bus this season and our athlete wishes to pay for a seat on the practice bus, they have a ride Monday-Thursday. Families must arrange transport/carpools for Fridays.
- If your athlete is on the bus, you will be asked to do at least one shift as a bus chaperone.
- If you opt out of the bus, you can coordinate carpools
- If your athlete has a license and there's any chance they'll ever drive another athlete from the team for any reason, they must complete a driver form.

# Uniforms and Crew Gear

## Required Uniform

Athletes will be required to purchase a Unisuit and long sleeved uniform shirt. Your athlete will have assistance with fitting\*  
Cost is generally \$125-135.

## Just for Fun

Our team sportswear shop contains a range of spirit wear clothing and team swag:

<https://teamlocker.squadlocker.com/#/lockers/wt-woodson-crew>

*\* Uniform fitting and spirit wear store dates will be announced via weekly email.*

# What's Next?



- Read the weekly emails
- Get on the team Slack
- Look out for **registration opening November 1**
- Volunteer to help out the **Craft Show and Tag Days**
- Get your athlete ready for **Winter conditioning beginning November 16**
- Look for a **parent on-the-water meeting** in early '24

# Keep in touch!

- Have a question? [wtw.crew.president@gmail.com](mailto:wtw.crew.president@gmail.com)
- Want to get on the email list? [wtwcrewcommunications@gmail.com](mailto:wtwcrewcommunications@gmail.com)
- Want to learn more? Visit [www.wtwcrew.org](http://www.wtwcrew.org)
- Follow us on Social Media!

Twitter: [twitter.com/woodsoncrew](https://twitter.com/woodsoncrew)

Facebook: [facebook.com/woodsoncrew](https://facebook.com/woodsoncrew)

Instagram: [instagram.com/woodsoncrew/](https://instagram.com/woodsoncrew/)

**Any Questions?**

**Thanks.**