

Woodson Rowing 2024-2025

Parent information session
February 19, 2025

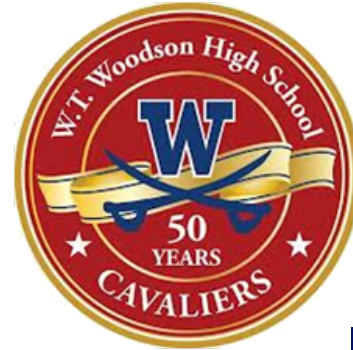


Agenda

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

Woodson Rowing is a Club Sport

- Chartered by Woodson High School
 - Work with Director of Student Activities (DSA)
 - 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 are the
C.G. Woodson High School Rowing Booster Association
Operating as
“Woodson Rowing”**

- 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)
- All volunteer



Board of Directors for 2024-2025

Executive Committee



Maz Chinoy
VP Activities

Bill Westman
President

Tim Schnelle
Sr VP (non-voting)

Jenn McRobbie
VP Communications

Molly Cravholt
Treasurer

Andi Knop
Secretary

Committee Chairs

Catherine Backmeyer
Membership

Lisa Veigel
Service & Volunteering

Dan & Bridget Murray
Fundraising Co-Chairs

Riz Ramakdawala
Equipment & Logistics

Cheryl Urban
Uniforms / Spirit Clothing

Missy Cummings
Booster Liaison

Michael Chase
VASRA Rep

Josh Cravholt
Website

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

What it costs for your athlete to
be part of Woodson Rowing

Dues and Fees

Fee Category	Novice	Returning
Dues	\$850	\$1,000
Activity Fee*	\$150	\$150
Practice Bus (not guaranteed)	N/A	N/A
Uniform (estimated)	\$125	\$0
Stotesbury Cup Regatta† (estimated)	\$535	\$535
SRAA National† (estimated)	\$550	\$550
USRowing Membership (if needed)	Included	Included
Winter Conditioning	Included	Included
Green Days	Included	Included
GRAND TOTAL (without bus)	\$2,210	\$2,235

Notes: The top two items are what we collect through our registration system. Other fees, as noted, are based on transportation needs and whether athletes attend certain events.

* Covers the cost of supplying athletes with food during long regattas at Sandy Run as well as team dinners before each regular season regatta.

† Not all athletes attend the Stotesbury Cup and the SRAA Nationals events. The costs shown here are estimated and only collected from athletes attending. For these events, cost is a direct pass-through for hotel, transportation, and meals.

Fee Considerations

Payment Method: We only accept PayPal or credit cards through PayPal

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

Practice Bus: Maz (V.P. of Activities) worked very hard to solicit bids from several transportation companies to obtain a reasonable charge to take our athletes from Woodson to Sandy Run. Like last year, the practice bus cost was too high, so families will need to arrange 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 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 allow for the hosting of 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 covers regatta day sandwiches, fruit, ice, waters, chocolate milk, as well as pre-regatta dinners for the ten regattas on our schedule this season.

Refunds and Penalties

Novice Refund Policy

- Two weeks on the water to fully commit
- Must submit a written withdrawal to Woodson Rowing Membership by **March 11, 2025**
- Refund of all fees minus credit card fee

Returning Rower Refund Policy

- Must submit a written withdrawal to Woodson Rowing Membership by **February 24, 2025**
- Refund of all fees minus credit card fee
- 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](#).

Fundraising and Volunteering

Keep dues in check while setting a foundation for the future — and make sure our kids have fun.

Fundraising

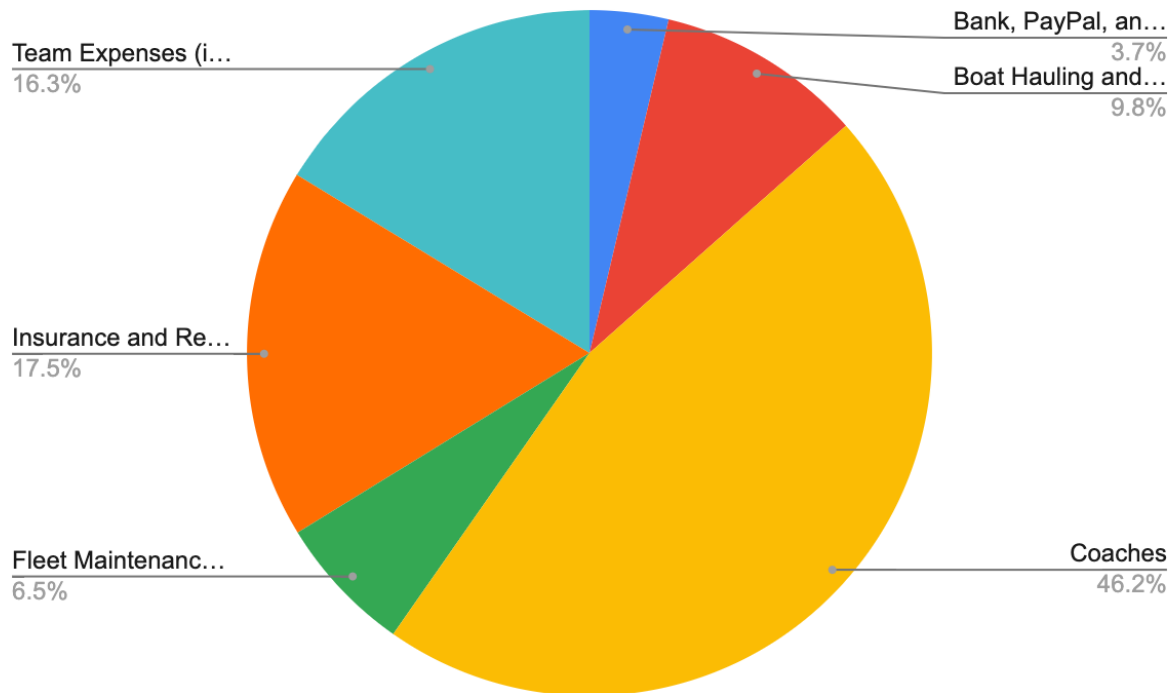
A successful season depends on a strong class of new recruits and the enthusiastic support of families.

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.

Our annual costs

For 2024-2025, the team's draft budget is \$115,288.



Our annual costs

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

Budget: \$115,288

Registration fees: \$ 81,500

Deficit: **\$ 33,788**

Fundraising Commitment

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

Examples of our fundraising events:

- **Corporate Sponsorships**
- **Croc Charms**
- **Spirit Wear**
- **Tag Days**
 - October & November
- **Craft Show**
 - November
- **Restaurant Nights:**
 - Chipotle
 - Wendy's (across from Woodson)
 - Noodles & Co.

The Future

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

We purchased a new boat this 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 2026-2027 season.

Volunteer Commitment

****Each family is required to do 5 volunteer shifts, one of which should be a VASRA task.**

****Returning athletes are expected to do 5 volunteers shifts**

****Novice athletes are expected to do 3 volunteer shifts**

The team tracks participation by assigning “credits” each time a family or athlete volunteers. One shift (regardless of the duration of the shift) = one credit. A team shift can be a Friday night dinner, boathouse work day, chuck wagon work day, football concessions, tag day, craft fair, etc. A VASRA shift can be a VASRA work day or regatta day task.

Failure to meet your volunteer credits by the end of the season will result in a \$200 per credit charge.

Questions? Contact our Volunteer Coordinator.

Volunteer Commitment

Jobs are varied and available for all levels of skill and interest. Opportunities exist year-round.

Learn more at <https://woodsonrowing.org/volunteering>

Woodson Rowing:

Boathouse Work Morning: February 22.

Chuckwagon Work Morning: March 8.



VASRA:

Work days on February 22, March 1, March 8, March 15.

VASRA ensures fair, safe, well-run regattas for our athletes and spectators to enjoy.



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 \$1000 (or more!)

You could make a payment of \$1000 to cover your family responsibilities.



VASRA Jobs

One-time, no experience necessary jobs include:

- Awards assistant
- Flag holder
- Race results poster
- Concessions

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

- **Launch boat driver:** We train you to shuttle coaches or referees on regatta days up and down the racecourse and you get close to the action!
(Launch boat driver training on Saturday, March 8)
- **Dock master:** Help direct traffic on the docks where boats go in and out of the water.
- **LOC CANDIDATE NEEDED!** Referee or River Rat. Filling an LOC positions satisfies ALL Woodson Rowing volunteer requirements for your family (team and VASRA), you are given a parking pass to park for free and are allowed to park in the “B” lot if space is available!

Questions: Contact our VASRA Rep, Mike Chase.

The Coach's Corner

Bryan Tylander

Head Coach &
Director of Rowing

2024-25 Coaching Staff



MEET THE COACHES

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.woodsonrowing.org/coaches>



MEET THE 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.woodsonrowing.org/coaches>

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 2024 – January 2025)
- Completed VHSL Physical (after May 1, 2024)
- 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

Spring Practices - Sandy Run Park

Mandatory - Monday-Saturday practices beginning February 25th.
Mon-Fri 4:15-6:45 p.m.; Sat 8:30-10:30 a.m.

Regattas begin Saturday, March 22

We will practice over Spring Break

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

Requirements:

- **Swim test**
- **Sports physical on file with Woodson trainer**

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. We do NOT offer a guarantee that each athlete will race.

<https://woodsonrowing.org/on-the-water-practice/>

2025 Regatta Schedule

- Saturday, March 22, 2025: Polar Bear Regatta (Varsity Boats Only)
Saturday, March 29, 2025: Noxontown Pond Regatta
at St. Andrews School, Middletown, DE
Saturday, April 5, 2025: Darrell Winslow Regatta
Saturday, April 12, 2025: Scrimmage vs Wakefield and Walter Johnson
at Anacostia River
- **Spring Break April 14-18: (Practice all week)**
- Saturday, April 19, 2025: Ryz Obuchowicz Regatta
Saturday, April 26, 2025: Al Urquia Regatta
Saturday, May 3, 2025: VSRC (day one)
Typically Freshman, Novice, and 3V Boats
Saturday, May 10, 2025: VSRC (day two)
Typically 1V and 2V Boats
Saturday, May 15-17, 2025: Stotesbury Cup Regatta, Schuylkill River, Philadelphia, PA
(Includes as many athletes as possible)
Saturday, May 22-24, 2025: SRAA Championships, Cooper River Lake Camden, NJ
(Qualifying boats only)



<https://woodsonrowing.org/regatta-schedule/>

**Ready to
Join?**

Registration is open!

Registration

Multi-Step Process (outlined at <https://woodsonrowing.org/registration/>)

(1) Submit Health Info to Woodson Athletic Trainer: Athletes must complete a sports physical with their physician after May 1, 2024 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.)

(2) Complete the Woodson Athletics Registration: This online system includes a mandatory 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 7

(3) Complete Woodson Rowing Registration: available on our website at <https://woodsonrowing.org/2025registrationform/>

Registration

3(A): 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.

3(B): 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. Passage of this test is required only once, in your novice year, so returning athletes may disregard this step.

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 24, 2025.

All this information is available, with applicable links, on our website at:
<https://woodsonrowing.org/registration/>

Questions? Our membership team is here to help:
WTWCrewMembership@gmail.com

Registration

USRowing Membership: Should we participate in any USRowing sanctioned events, your dues will cover an individual basic membership in US Rowing, the national governing body for rowing. If steps are needed by families, you will be contacted via email or Slack at that time.

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.

Other Information and Logistics

There's more?

Transportation

On-the-Water Season starts TUESDAY, FEBRUARY 25th

- We were unable to obtain a bus for transfer to/from practice at a reasonable price.
- Families must arrange transport/carpools.
- If your athlete has a license and there's any chance they'll ever drive another athlete for the team for any reason, they must complete a driver form.

Uniforms and Crew Gear

Required Uniform

Total cost is generally \$125-135. Athletes will be required to purchase a Unisuit and long-sleeved uniform shirt. Your athlete will have assistance with fitting, generally performed at winter conditioning. Uniform ordering dates have already passed.

Just for Fun

Our team sportswear shop contains a range of spirit wear clothing and team swag. We also have a limited number of croc charms and other items available for purchase.

More info on our website at <https://woodsonrowing.org/spirit-wear/>

Please contact Cheryl, our sportswear chairperson with questions.

What's Next?



- Read the weekly emails
 - Get on the team Slack
 - On-the-water practice begins February 25!
 - Volunteer: there is always something to do
- <https://woodsonrowing.org/volunteering>
- Contact our VP of Communications with any questions: wtwcrewcommunications@gmail.com

Keep in touch!

- General question? wtw.crew.president@gmail.com

Newsletter or Slack question? wtwcrewcommunications@gmail.com

Want to learn more? Visit www.woodsonrowing.org

Follow us on Social Media!

Facebook: facebook.com/woodsonrowing

Instagram: instagram.com/woodsonrowing/

Any Questions?