

# Woodson Rowing 2025-2026

Parent Information Session  
September 17, 2025



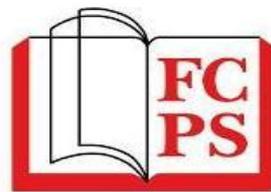
# Agenda



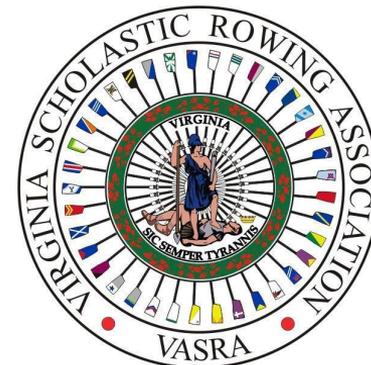
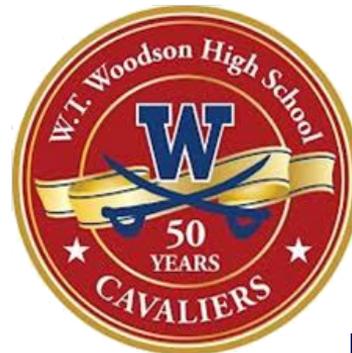
- How Woodson Rowing works
- Your support
  - Dues and fees
  - Fundraising
  - Volunteering
- Coaching staff and philosophy
  - Season overview
- Registration
- Other Information and Logistics
- Questions

## 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)



FAIRFAX  
COUNTY  
PUBLIC  
SCHOOLS





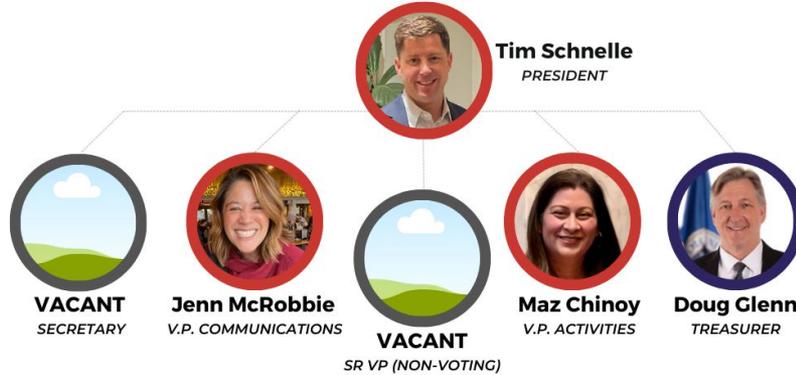
**We are the  
C.G. Woodson High School  
Rowing Booster Association  
Operating as  
“Woodson Rowing”**

- 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 2025-2026



## EXECUTIVE COMMITTEE



## COMMITTEE CHAIRS





# Other Key Support Positions (by Committee)

## ACTIVITIES

Team Dinners: **Gloria Totten**

RAFT: **Ida Hanson**

## FUNDRAISING

Tag Days: **Patrick Obruba**

Craft Show: **Gail Lee**

Restaurant Nights: **Michelle Jo**

## COMMUNICATIONS

Photographer: **Matt Olman**



# 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 For Your Athlete



Fee Category	Novice	Returning
Dues	\$925	\$1,075
Activity Fee*	\$200	\$200
Collected at Registration →	\$1125	\$1275
Practice Bus (not guaranteed)	N/A	N/A
Uniform (estimated)	\$125	\$0
Stotesbury Cup Regatta† (estimated)	\$650	\$650
SRAA Nationals† (estimated)	\$450	\$450
USRowing Membership (if needed)	Included	Included
Winter Conditioning	Included	Included
Green Days	Included	Included
<b>GRAND TOTAL (without bus)</b>	<b>\$2,350</b>	<b>\$2,375</b>

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 accept checks, PayPal or credit cards through PayPal

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

Early Registration Discounts: Register before December 31st and receive \$25 off

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](#).

We want Woodson Rowing to remain accessible to all interested families. Contact the booster club president at [president@woodsonrowing.org](mailto:president@woodsonrowing.org) with any questions or concerns. All inquiries and requests are held in strict confidence.



# 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 9, 2026**
- Refund of all fees minus credit card fee

## Returning Rower Refund Policy

- Must submit a written withdrawal to Woodson Rowing Membership by **February 23, 2026**
- Refund of all fees minus credit card fee
- Withdrawal 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 lower 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.

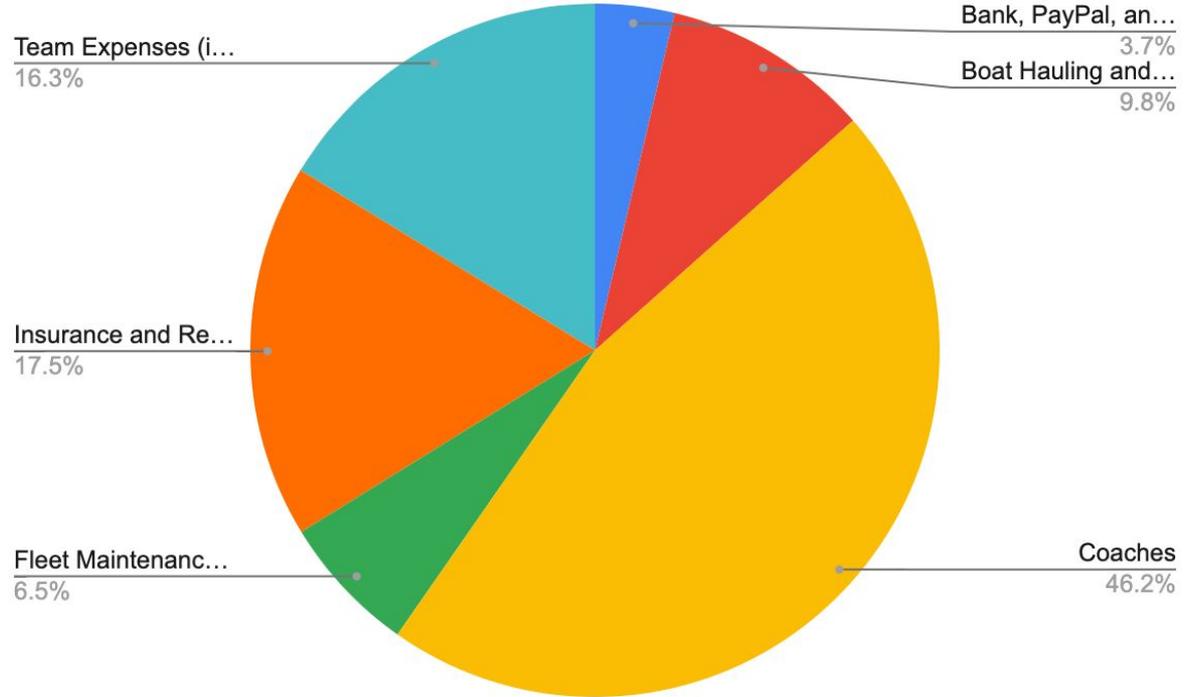
We depend on fundraising to help cover the cost of coaching salaries, maintain and replace our equipment, and pay our rent and insurance premiums.

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.



# Our annual costs

For 2025-2026,  
the team's draft budget is \$120,000.





# Our annual costs

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

Budget: \$120,000

Registration fees: \$ 89,500

Deficit: \$ 30,500



# 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 & January
- Craft Show
  - November
- Silent Auction
  - Feb/March
- 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 for the 2025 season.

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.

\*\*Athletes are expected to volunteer as their schedule and studies allow. They may often earn service credits for any time spent volunteering for the team.

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



# 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!
- **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.



## How Do I Volunteer?

Jobs are varied and available for all levels of skill and interest.

Opportunities exist year-round.

**Find current volunteer opportunities on our website at**  
**<https://woodsonrowing.org/volunteering>**

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

## 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/s of \$1,000 (or more!)

You could make a payment of \$1,000 to cover your family responsibilities.



# The Coach's Corner

Bryan Tylander

Head Coach &  
Director of Rowing





# 2025-26 Coaching Staff

## MEET THE COACHES

MEN'S TEAM



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



**Joseph Hester**  
Men's Novice Coach



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



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



## MEET THE COACHES

WOMEN'S TEAM



**Michelle Su**  
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 2025 – January 2026)
- Completed VHSL Physical (Now valid for 14 months from completion date)
- 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

## Winter Conditioning - Woodson HS

Starts December 1st 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.

## Spring Racing Season - Sandy Run Park

**Mandatory** - Monday-Saturday practices beginning February 23rd.

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

We expect regattas to begin Saturday, March 21

**We will practice over Spring Break (March 28th → April 7th)**

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

**\*\*\*\*Requirements: Swim test, sports physical on file with C.G. Woodson trainer\*\*\*\***



# Green Days Schedule

**Sept 16<sup>th</sup> □ Oct 23<sup>rd</sup>**

## Team Schedule

Tuesday: 4:45-6:45 (Novice start days)

Wednesday: 4:45-6:45

Thursday: 4:45-6:45

**More info on our website at <https://woodsonrowing.org/green-days>**

**\*\*Green days are only conducted on days that school is in session**



# Winter Conditioning Schedule (Draft)

**Starts December 1st**

## **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

**Ready to  
Join?**

Registration will Open  
October 1st!

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# 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, 2025 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.

(3) Complete Woodson Rowing Registration: available on our website at <https://woodsonrowing.org/2026registrationform/>



# 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 these steps are required before athletes can practice on the water with the team. There are no exceptions. That means the deadline is February 23, 2026.

All this information is available, with applicable links, on our website at:

<https://woodsonrowing.org/registration/>

Questions? Our membership team is here to help:

[Membership@woodsonrowing.org](mailto:Membership@woodsonrowing.org)



# 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?

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# Transportation



On-the-Water Season starts MONDAY, FEBRUARY 23<sup>RD</sup>

- If we are 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 from returning athletes.

We are planning on opening uniform ordering the same time as registration.

### 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 Monica, our sportswear chairperson with questions.

# What's Next?



- Read the weekly emails
- Get on the team Slack
- Green-Days started September 16th
- Registration opens October 1st
- Winter Conditioning Starts December 1st!
- On-the-water practice begins February 23rd!
- Volunteer: there is always something to do  
<https://woodsonrowing.org/volunteering>



Contact our VP of Communications with any questions:  
[communications@woodsonrowing.org](mailto:communications@woodsonrowing.org)



**Keep in touch!**

**General question?**

**[president@woodsonrowing.org](mailto:president@woodsonrowing.org)**

**Newsletter or Slack question?**

**[communications@woodsonrowing.org](mailto:communications@woodsonrowing.org)**

**Want to learn more? Visit**

**[www.woodsonrowing.org](http://www.woodsonrowing.org)**



**Any Questions?**