

#docktalk

What a fall it was!

Flying Chase at the Schukyll Regatta



Vol. 2/Issue 1/Jan 2014

Winter is conditioning and Fund raising!

Silent Auction
March 8th, 2014
Our biggest fund raiser of the year – and loads of fun.

Plant Sale
A Bethesda tradition and a great place to get annuals – early spring.

February 27th, 2014
Spring Season Starts

Nothing like a great fall

Just like the rowing stroke is one flawless continuous motion, we moved right from a fantastic season last year to a strong fall season. While a large flock of seniors were launched across the country – many to row for different colleges, a large flock of novices have come to the team.

Our front page picture is of the coxswain toss after the victory at the Schukyll Regatta. A tradition of the ages, perfecting the toss can only be achieved with practice. Let's get lots of it! see funny editorial at: <http://www.row2k.com/columns/19/How-to-Throw-Your-Coxswain-in-the-Water/#.Uoq6qyjRdm0>

This is the second year of #docktalk, so we here at the editorial staff want to welcome you - and to unabashedly ask for somebody to join "us" on staff.



Positive talk: Recent sports research shows that those who give themselves positive feedback while exercising can push themselves to new levels. So bring on the praise – tell yourself how fast you are and how good you feel.

Coach Emma



You Go Girls

All,

I don't think that I can ever say it enough, but I want to send out one huge THANK YOU to every one of you who made the fall season such a success. In particular, I'd like to thank:

Stephen Pruitt and the Board for doing all the little things to keep the team running.

Kjersti Lupo, Dalia Lazarof and Barb Biesecker for doing an amazing job organizing food for regattas and pasta dinners.

Rick Williams for keeping the coaching launches afloat and gas tanks full.

Nimrod Shmul and Tiia Karlen for getting our trailer (AKA the Hulk) to and from regattas.

Erik Voit and Yosi Lazarof for such taking amazing pictures all season long.

Alison Bouquet, Tiia again, Anne Marie Cardoni and Barbara Giles for taking on recruiting, clothing and being liaisons with the boosters club and the school.

And last but not least to all my coaches- Davis, Chris, TJ, Jenny, Remy and Ho. Your contribution to the organization, safety, development, and speed of this program and the kids is truly invaluable.

Thank you all!

Coach Emma

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Davis Says



It is with ambivalent feelings that I pack my bags to return home to Brazil for the Winter. The



past 2½ months have been more fulfilling than I could have hoped, thanks to the boys', varsity and novice alike, dedication and discipline. And, not surprisingly, their efforts paid off, BIG. To appreciate how well the Walter Johnson Varsity Boys Crew has performed this Fall, it is necessary to understand how far they have come. The entire squad raced in two official head races this season - the Head of the Potomac here in D.C., and the Head of the Schuylkill in Philadelphia, the cradle of American rowing, (arguably one of the country's most significant Fall regattas, after Boston's Head of the Charles, which the Varsity girls were fortunate enough to experience.) We also competed in a home course head race hosted by DeMatha High School, and finally the only sprint race (1,500 meters) of the Fall, in Camden, NJ.

A good way to perceive our advancement is to compare our results to those of Thompson Boat Center (TBC), unquestionably our strongest competitor of the Fall regattas, because theirs are composite crews comprised of rowers from numerous top programs not offering crew in the Fall, such as all the Virginia high schools, as well as some Maryland and DC schools. At the **Head of the Potomac** this year, we had a Varsity 4+ entry finish 6th, 57.6 seconds behind 2nd place finisher TBC. In 2012, the gap was 67 s. behind TBC and 7th place. More evidence of our improvement was our Varsity 8+. Last year, we finished 20 of 22 entries, nearly 3 minutes behind 2nd place TBC. This year, we finished 3rd, at a mere 14 seconds behind TBC's 1st place A boat and 10.4 seconds behind TBC's 2nd place B boat, a small margin for a 3-mile race. At **Head of the Schuylkill**, for the first time we entered a sub-17 4+, which finished 1st(of 36 entries), an uncommon Gold medal finish. Though the highlight of the day, it was not our only success. Our sub-19 4+ finished 24th of 55 entries, only 3 places and 15.5 seconds behind TBC's top entry and just over a minute (1:10.05) out of 1st place. Last year our sub-19 4+'s margin was nearly 15 seconds greater, 1:24.32 behind TBC's winning boat. More importantly, in 2012 we were only able to field a non-Varsity 8+, whereas this year we had a Varsity 8+ entry, that did not catch TBC's A boat, but did beat TBC's B boat that had finished ahead of us just one month earlier.

In years past **Tail of the Anacostia** has been our last regatta of the Fall; however, the first and only for the Novice, and an opportunity for the host DeMatha to end its season on a high note, as was the case for their Novice last year. But the tide has turned. Our Varsity 8+, holding back to save itself for the next day's sprint race in Camden, still clocked in 3 seconds ahead of DeMatha. - both our Novice 8+s came in well ahead of DeMatha.

A new season finale this year – the **Bill Braxton Regatta**, brought only one disappointment: that our Novice 8+ was unable to gauge its development against other crews due to high winds which ended the regatta. Our Varsity 8+ was able to race in the eliminator before the winds kicked in, and may have considered theirs to have been a disappointing last effort for the season. However, they would be wrong! Yet, their attitude speaks volumes as to how far they have developed as ambitious, hardworking young men. The V8+ finished 9th in a competitive pack of 18, missing by 4.5 seconds the 6th place needed to advance. Previously, making the Top Half would have been a success. But the current, notable competitive spirit, wanted a run at the medals. But NB that we finished ahead of not only St. John's; but Walt Whitman, the crew (Maryland State Championships silver medalists) and whom we have never beaten before.

That concludes our Varsity Boys' season with them having finished, in the more competitive 8+s category, **ahead of every DC area high school** crew they faced this Fall (Whitman, St. John's, DeMatha, B-CC, Bishop Ireton, Bishop O'Connell, Woodrow Wilson, and Churchill). This would not have happened but for every boy, in every lineup, pushing one another and working hard to be faster. The entire squad is to be commended for its achievements.

Sincerely,
Coach Davis



Silent Auction

March 8th



The silent auction is WJ Crew's largest fund-raising event, raising over \$15,000 last year. As in years past, we need parents to solicit donations. The point is get things donated and then we can sell them. Most customers are looking for "deals." If you buy something and we sell it for less than what you paid... you should have just given WJ crew the cash! Personal requests elicit the best responses so it is always preferable for you to talk face-to-face with, or call, to make your request. You will be amazed at what you can get just by asking! For novice parents, please talk with your mentors to answer questions you may have.

There will be lots of opportunities to volunteer to make the evening a success so please keep your eyes open as we ask for help. But right now, the key is to GET STUFF.

Go BIG, not many Larger items and special sold well last year. Concert or theater tickets, sport tickets, autographed memorabilia (authors, athletes, actors etc.), original works of art

Give of your time, not your cash – Service donations are popular and cost us time, but not money - and they also let us build community. How about donating a few hours of expert gardening. music lessons, sport lessons, pet care, grooming, interior decorating, photography, cooking, or host a specialty dinner.

Give of your access Do you have access to an interesting place to give a tour? Take someone out sailing? Maybe dinner with a celebrity, author or athlete?

Rowers can join in Make cookies, or a cake on a day of the bidders bidding. Put together a themed basket.



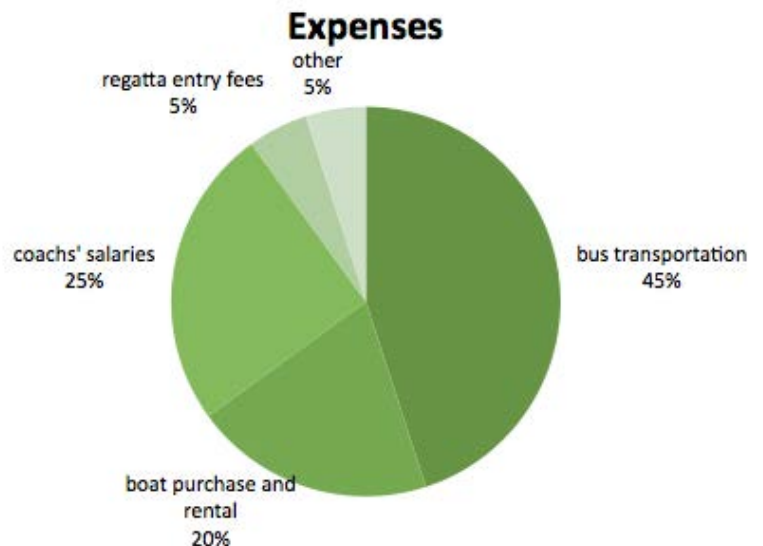
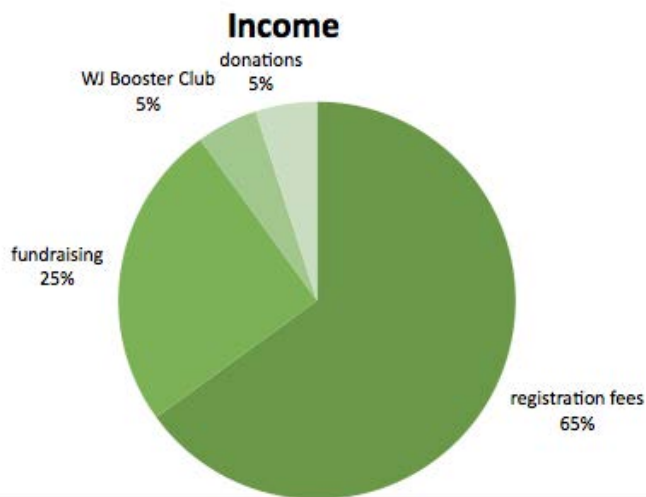
Notes from the board



WELCOME to our first-ever open board meeting.

As we started in the fall, we continue to grow as a team to build our structures up to be self-sustaining and to rely less on the generosity of few and more on the strength of the many.

We are excited to have a strong coaching staff and high participation in the team. WJ is one of the larger teams in our area. As part of this effort, see a pie chart of our income and expenses. One of our largest, and maybe most surprising expenses, is the bus transportation. While we are always open to suggestions, we



remain committed to the safest and most efficient transportation for our rowers. Time is very important to our students. (editorial comment - Maybe we could get the county to build us a river parallel to Democracy?)



Way to go Lupo, this is what we are looking for! Lats are engaged, the legs are coming down with a strong back - straight back transmitting all the power of the legs into the oar. Hips remain slightly behind the shoulders - the back should not "open up" until the legs are all the way down. Nice bend on the oar as the pressure is applied. Outside arm is still straight, not pulling in with the arms until the legs and back have done their work. The blade is just below the water - not buried too deep. (Maybe a tiny bit deep, we wouldn't want him to think he was perfect.)