

Season Information Packet – Fall 2022

August 30, 2022 – November 13, 2022

“Rowing is a sport for dreamers. As long as you put in the work, you can own the dream. When the work stops, the dream disappears.” Jim Dietz, ‘72 & ‘76 Olympic Rowing team, U Mass Coach 1996-2019.

Season overview

The WJ Crew Team had an awesome 2021-2022 season!! To hit just a few highlights: 1) at the Stotesbury Cup, the team advanced the most boats to semifinals in team history; 2) we had the largest group of rowers qualify for SRAA Nationals in team history—including the first time the team had a Boy’s Varsity 8+ at Nationals; 3) the team sent two boats (a Girl’s 2X and a Girl’s 2-) to the Youth Nationals in Florida—the first time we have ever had any boats in that regatta; and 4) we had a team high five athletes recognized with honorable mention for the All-Met Rowing Team by The Washington Post.

We are looking forward to another great season in 2022-2023! For those newer to crew, the Fall season is a bit different from the Spring season - it is focused on [Head Races](#). The races are longer (generally 5K) and are timed – the boats start one after another, not as a group. So, it is very hard to tell who is winning - each boat is racing the clock and trying to get the best time to make the finals.

Schedule

- Week of August 29 - Informal practices for Varsity only (**NO** practice Monday and **NO** BUS this week)
- Week of September 5 - Varsity practices start (this includes all rowers who were novices last season; **NO** practice Monday (Holiday); BUS starts this week)
- Week of September 19 - Novice practices start (For new novices. The first week is a free trial!)
- Week of November 14 - End of season wrap-up (store boats, etc.)

Weekly schedule:

Monday, Tuesday, Thursday, and Friday - Water Practice 2:45-7:00

Wednesday - Varsity only Land Practice 2:45 to 4:30 or 4:30 to 6:15, depending on squad

Saturday - Water Practice 8:00-11:00 **Unless** racing on Saturday or Sunday

- The main platform for practice schedule information is the iCrew app. Rowers are responsible for keeping iCrew updated with their practice availability.
- WJ Crew is a no-cut program. However, regular attendance and participation at practices and regattas is expected. While skipping practices will not result in getting cut from the team, given the true team nature of rowing, a rower’s attendance, or lack of attendance, may impact their rowing development and placement in competitive boats. Most rowers will get the chance to compete during the season, but not all rowers will compete at every regatta.
- Try to schedule tutoring and other appointments for Wednesdays, to prioritize water practices.
- Bus transportation is provided from WJ to practice, and back, on M, T, Th, & F. **No** bus transport Sat.
- If MCPS is scheduled for an early release or to be closed (e.g., teacher professional days), there will likely be a modified practice schedule, determined on a case by case basis.
- There are times that practice needs to be canceled due to weather. This decision is usually made by noon - please be checking your email for updates.

Regattas (Participation in some events is tentative):

- October 2 Head of the Christina, Wilmington, DE. Varsity only
- October 16 Occoquan Chase, Sandy Run Regional Park, VA. Varsity only
- October 21-23 Head of the Charles, Boston, MA - Participation tentative; Select Varsity boats only
- November 5 Head of the Occoquan, Sandy Run Regional Park, VA. Varsity and some novices
- November 12 Frostbite West Windsor, NJ. Varsity and most novices; Overnight trip for Varsity only; Novices travel up the morning of.
- November 13 Bill Braxton, West Windsor, NJ - Varsity only; Overnight trip for Varsity

Pasta Dinners:

On the Friday before some of the regattas, the team gathers after practice for some fun and quality carb loading at the home of one of the crew families. This Fall, we are planning the following:

- September 30 (before Head of the Christina)
- October 14 (before the Occoquan Chase)
- November 4 (before Head of the Occoquan)

Parent schedule:

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| - Varsity Registration, Medical forms, & Payment deadline | September 2, 2022 |
| - Varsity parent meeting at WJ | September 14, 2022, 8pm |
| - Novice Registration deadline for Free Trial Week (9-19 to 9-23) | September 18, 2022 |
| - Pumpkin, Pansey, & Cider Sale Orders due | Week of September 19 - date TBD |
| - Novice Registration, Medical forms, & Payment for Fall season | September 25, 2022 |
| - Novice parent meeting at WJ | September 27, 2022, 8pm |
| - Dining Out Fundraiser - Ledo's or California Pizza Kitchen | Anticipated September 28, 2022 |
| - Beginning of order period for WJ Crew apparel (aka swag) | October 1, 2022 |
| - Pumpkin, Pansey, & Cider Sale Pickup | October 8, 2022 |
| - Orders for WJ crew apparel (swag) due | October 15, 2022 |
| - Dining Out Fundraiser - Chipotle | Anticipated October 27, 2022 |

Other school events:

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| August 24 | New Student Picnic @ WJ - <u>Need Varsity Rowers to staff our table!</u> |
| September 8 | Back to School Night |
| September 24 | Kensington 8K (WJ fundraiser) |
| October 28 | Homecoming game |
| October 29 | Homecoming dance |

Volunteer positions

WJ Crew could not function successfully without our many parent volunteers. We have many wonderful crew parents in charge of various roles. And have several roles which are currently vacant. Please consider stepping up to take on an ongoing volunteer role, to help make the 2022-2023 WJ Crew season happen!

- Away Regatta Travel Coordinator – Kim Guay
- Chuck Wagon Transporters – **VACANT**
- Get on Board! Coordinator - Annie Rose
- Food Tent Coordinators - Andrew Regan & Alina Zarr
- Fundraising Coordinator – **VACANT**
- Dining Out Fundraising Coordinator - Dana Aronovich
- Human Resources - Elizabeth Sawicki

- Motor Boat Pool/Equipment Maintenance – Phil Minnick; Damian Fradet, Carl Pauw & Elaine Marie
- Pasta Dinner Coordinator – Karine Fradet
- Plant Sale Coordinators – Kerry Ryan & John Chase
- Raffle Coordinator – Alisha Keehn
- Recruitment – Nicole Minnick
- Regatta Photographers – John Henderson; Second slot **VACANT**
- Safesport Committee - Kim Guay, John Henderson, Andrew Lalley, Chris Graves, Seema Reeza, and Jim Anderson
- SSL Coordinator – Anil Caliskan
- Summer Erg Coordinator - Katie Murtha
- Website Updating –Nicole Minnick
- WJ Crew Gear/Clothing Coordinators – Elizabeth Sawicki and Kay Chung
- Year End Party – **VACANT**
- Year End Photo Album – **VACANT**

In addition to the ongoing volunteer positions, we will need additional parent volunteers for specific events:

- Chaperones and Drivers for away regattas
- Food Tent Set Up, Operation, and Take Down
- Pasta Dinner Hosts
- Plant Sale Volunteers

Registration

Fall fees are \$1,100 for varsity and \$1,000 for novices (fees paid for the August learn row week are credited towards registration for novices). The registration fees cover the costs associated with practices and races. Please note that there will be additional travel-related costs for regattas that require overnight trips, such as the Bill Braxton and Frostbite regattas. Registration fees also do not cover the cost of uniforms or WJ Crew apparel. If the registration fee or travel costs pose a difficulty for your family, please reach out to Board Chair Kim Guay (chair@walterjohnsoncrew.org) as soon as possible, but not later than September 25, to discuss scholarship possibilities.

For Novices registering for the free trial week (September 19 to 23), please sign by September 18th - the link will be available on the WJ website soon.

For Varsity and Novices to register for the WJ Crew Team for the full Fall season, use the SportsEngine site <https://walterjohnsoncrew.sportngin.com/register/form/830775412>:

- Have your health insurance card and child school ID# handy!
- You may pay by credit card, or, if you wish to save the cost of the credit card processing fee charged by SportsEngine, contact Mary Roberts (registrar@walterjohnsoncrew.org) about submitting a check and receiving a registration code.
- If you pay by credit card, you may choose to pay in 3 installments, rather than in full.
- Submit [Page 5](#) (Medical Eligibility page) of the [MCPS Pre-Participation Physical Evaluation for Athletics](#) through the SportsEngine site

Please contact Mary Roberts (registrar@walterjohnsoncrew.org) if you have questions about registration.

SafeSport

Creating an environment in which our rowers can work and learn together free from emotional, physical, and sexual abuse and misconduct is a central mission for the WJ Crew Board, coaches, athletes, and parents. One of the major components to achieving that mission is our use of SafeSport policies, training, and resources. Our registrar, Mary Roberts, coordinates SafeSport training documentation. The WJ Crew Board has established a SafeSport Committee to address any issues relating to misconduct: Kim Guay (Board Chair), John Henderson (Board Vice Chair), Andrew Lalley (Head Coach), Chris Graves (Women's Head Coach), Seema Reeza (parent volunteer) and Jim Anderson (parent volunteer). If you have any concerns relating to potential abuse or misconduct, please contact any member of the SafeSport Committee.

Fundraising

WJ Crew is a non-profit organization that does not receive funding from either Montgomery County Public Schools or the WJ Booster Club. We are sustained by membership dues and our fundraising efforts. Athletes and their families are expected to participate in fundraising efforts to help ensure we meet our operational expenses. Donations are tax deductible and we have historically achieved great results gaining support from local businesses in the Bethesda and Rockville areas.

Fundraising Events

The main Fall fundraiser is our Fall Plant Sale of Pumpkins, Pansies, and Cider. Volunteers will be needed to help promote the sale and distribute the goods. We expect orders to be due sometime the week of September 19, and pickup to be at WJ High School on October 8, 2022. Additional details will be provided by our Plant Sale coordinators, Kerry Ryan and John Chase.

This Fall we will also be selling tickets for our Raffle and Raffle Party to be held on Friday, January 6, 2023 and will be conducting our Get On Board! fundraiser. The Raffle will look slightly different this year; be on the lookout for details in October!! Last year's Get on Board! was very successful, and it will look much the same this year. Depending on the level of the donation, donors, generally small business owners (e.g., your dentist or realtor), will be recognized in a variety of ways (For example having the donor name on the Team T-Shirt or having the name and company link of the donor on the WJ Crew Website). Look for more information soon!

Amazon Smile

Amazon Smile is an easy way for you to help raise money for WJ Crew every time you shop at Amazon, with no cost to you! Amazon will donate a portion of every purchase you make through Smile to WJ Crew. Follow the steps below to configure Amazon Smile to donate to WJ Crew and make sure to use smile.amazon.com for all of your future purchases.

1. Visit smile.amazon.com
2. Sign in to your Amazon account
3. Select **Walter Johnson Crew Club** as your charity
4. Start shopping!
5. Important: Bookmark smile.amazon.com and use that link anytime you shop on Amazon!

If you are using the Amazon app on your phone or tablet, follow the steps below:

1. Open the Amazon Shopping app
2. Navigate to the main menu (=)
3. Tap on Settings and then select "AmazonSmile"

4. Select **Walter Johnson Crew Club** as your charity and then follow the on-screen instructions to turn ON AmazonSmile in the mobile app

Dining Out

There will typically be at least two dining out fundraisers during both the Fall and spring seasons, where a portion of the proceeds of sales at a restaurant will go to WJ Crew. This Fall, we anticipate a dining out pizza night (Ledo's or California Pizza Kitchen) on Wednesday, September 28 and at Chipotle on Wednesday, October 27. Look for confirmation on the dates and locations to come!

Fundraising Committee

We are also looking for volunteers for a fundraising committee to explore other fundraising options for the winter and spring. If interested in volunteering in this capacity, please contact Kim Guay at chair@walterjohnsoncrew.org.

Coaches

Head Coach, Varsity Men's Coach: Andrew Lalley (andrew@walterjohnsoncrew.org)

Women's Head Coach, Varsity Women's Coach: Chris Graves (chris@walterjohnsoncrew.org)

Assistant Coaches:

Tommy Callaghan
Robert Karlen
Brandon Wong
Sophie DiFrank

Questions or concerns should be directed to Coachconnection@walterjohnsoncrew.org

A Look Ahead: Winter Workouts; Spring season

We are just starting the Fall season, but here is a little preview of the rest of the year, particularly for those who are newer to WJ crew. The coaches expect that all members of the team will either participate in winter conditioning with the team, or be participating in another sport, between the Fall and Spring seasons. The conditioning program consists of a mix of gym workouts (expected to be at the Washington Sports Club next to WJ) and erging. We anticipate this will start the week of November 28 or December 5.

The Spring season practices are expected to begin at the end of February or beginning of March, weather dependent. The coaches like to take advantage of spring break and anticipate holding two-a-day practices, generally with one of the weekends off completely. The Spring season builds towards a culmination in May, with our conference (WMIRA) championships, the Stotesbury Cup, and Nationals.

Board

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| Kim Guay Chair@walterjohnsoncrew.org | Chair | VACANT | Coach liaison coachconnection@walterjohnsoncrew.org |
| John Henderson vicechair@walterjohnsoncrew.org | Vice-chair | Mary Roberts registrar@walterjohnsoncrew.org | Registration & SafeSport coordination |
| Dana Aronovich Secretary@walterjohnsoncrew.org | Secretary | Nicole Minnick nicole@walterjohnsoncrew.org | Recruiting/At large |
| Quinn Ho Treasurer@walterjohnsoncrew.org | Treasurer | | |

Internet Resources

<http://walterjohnsoncrew.org/> Team Web Site, with various info on the team and events. You can also check out our Twitter and Instagram feeds (both are @wjcrew)

<http://www.row2k.com> Results, pictures, Regatta links...it's all here.

<http://www.regattacentral.com> Results, entries, participants in each boat included

<http://www.usrowing.org> National organization information