

Season Information Packet - Winter 2022-23

November 28, 2022 to February 25, 2022

"The best athletes are made during the off-season." Anonymous

Season overview

We had a great start to the 2022-2023 season this Fall!! We had a bumper crop of returning Varsity rowers, and a large class of new Novice rowers joined WJ Crew this Fall. It was fantastic to see so many of our WJ young adults working together to develop individually, and as a team, and have a great time while doing so. We had a beautiful day of racing at the Occoquan Chase, and the whole team held its own in a very competitive field. At Head of the Charles, the Women's V8+ placed 63rd, beating out some teams that had raced faster than us at the Occoquan Chase. Frostbite and Bill Braxton saw some difficult conditions and frustrating cancellations, but the team adapted well, which will pay dividends come Spring!

The Winter season is about building on the work done in the Fall, and preparing for the Spring season, which comes to a culmination in May, with our conference (WMIRA) championships, the Stotesbury Cup, and Nationals. During the Winter season, the team offers a conditioning program, which meets Monday through Friday, and consists of a mix of gym workouts at the Washington Sports Club next to WJ and erging. Some athletes choose to stay in shape during the off-season through other activities, such as participating in another sport. As with everything, communication is the key - Let the coaches know what you are planning. Those expecting to compete for top spots should participate in Winter Conditioning, or another Winter Sport that trains 5 days a week.

Schedule

- **Weeks of November 14 & 21** - End of Fall season wrap-up (store boats, etc.) on Saturday, November 19, 9:30 - 11:00 plus some potential informal Captains' Practices (stay tuned for details).
- **Week of November 28** - Winter conditioning starts, all rowers.
- **Saturday, January 21 & February 11, 12:00 - 4:00** - Rowing at Navy indoor rowing tank, Annapolis, MD <http://www.navyrowingclinic.org/index.html>
- **Saturday, January 28** - Row-A-Thon Fundraiser - **Tentative**. **NOTE:** We recognize this would be one of four Saturdays in a row with Crew events, and that everyone may not be able to make every event.

- **Saturday, February 4** - Mid-Atlantic ERG Sprints at Alexandria City High School; Huge Indoor Rowing Competition <http://www.ergsprints.com/>
- **Week of February 27** - Spring (water) practices begin (Weather dependent!!)

Weekly schedule:

- In the next few weeks, the training schedule will be set by the coaches for an ongoing basis. Generally, this will be a consistent schedule with practices after school, ending sometime between 5 and 7 PM (depending on start time).
- Practices will generally run about 2 hours, though they may start later (for example, erging from 4:30 to 6:30).
- Team workouts at WSC will run after school until 5:00 PM. The team as a whole must be out of the gym by the peak usage time for other members (given the size of the group), though rowers can use it as individuals outside of the regular practice times.
- Novices will still be off on Wednesdays, but are welcome to come to the Varsity Practice for extra workouts.
- The WSC gym memberships we obtain through the winter conditioning program are valid from December 1, 2022 through March 31, 2023. Athletes signed up for the program are welcome to use the WSC facilities at any time during that period, in addition to scheduled team workouts.
- If the weather is not conducive to starting water practices in late February, this gives us the flexibility to continue using WSC into the first several weeks of March.
- Rowers should continue to communicate about absences with their coaches, as during the Fall and Spring seasons. They can get alternative workouts from the coaches to make up for a missed practice on their own.

Parent schedule:

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| - Registration deadline for Winter conditioning | November 26 |
| - Raffle Party at Andrew and Alina Regan’s House! | January 6 |
| - Crew Parents Wine Pairing Dinner | February 24 - Date tentative |
| - Registration deadline for Spring season | February 26, 2023 |

Other school events:

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|----------------------------------|-------------------------------|
| - Thanksgiving break | November 23-25, 2022 |
| - Winter break | Dec. 23, 2022 to Jan. 2, 2023 |
| - MLK Holiday | January 16, 2023 |
| - MCPS Closed - Professional Day | January 27, 2023 |
| - Mock SAT | February 11, 2023 |
| - President’s Day Holiday | February 20, 2023 |

Volunteer positions

WJ Crew could not function successfully without our many parent volunteers. We have many wonderful crew parents in charge of various roles. But, we have several roles which are currently vacant, or, like the Away Regatta Travel Coordinator, really need someone to step into the position. And there are several roles currently filled by parents of seniors, for which we need someone who can learn and prepare this year, to be able to take on the role next year (flagged with “senior parent” below). In addition to the senior parent positions listed below, we need volunteers for next year to serve on the Board as Vice Chair and Treasurer for the same reason. Please consider stepping up to take on an ongoing volunteer role, to help make the 2022-2023 WJ Crew season happen and a smooth transition to next year!

- Away Regatta Travel Coordinator – Kim Guay – **Need A Volunteer to Take Over This Position**
- Chuck Wagon Transporters – Ronen Aronovich; Nate Herman
- Get on Board! Coordinator - Katie Murtha; Annie Rose
- Food Tent Coordinators - Andrew Regan & Alina Regan
- Fundraising Committee - Aimee Frank, Kim Guay, Arina Voznesenskaya, Alina Regan, Michelle Freund, Katie Murtha, Scott Wyerman, Alisha Keehn, & Joel Scanlon
- Fundraising Coordinator – **Vacant**
- Dining Out Fundraising Coordinator - Beth Levine
- Human Resources - Elizabeth Sawicki
- Motor Boat Pool/Equipment Maintenance – Phil Minnick; Damian Fradet, Carl Pauw & Elaine Marie - **Senior Parent**
- Pasta Dinner Coordinator – Karine Fradet
- Plant Sale Coordinators – Kerry Ryan & John Chase - **Senior Parent**
- Raffle Coordinator – Alisha Keehn
- Recruitment – Nicole Minnick - **Senior Parent**
- Regatta Photographers – John Henderson; Karine Fradet
- 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 - **Senior Parent**
- WJ Crew Uniforms Coordinator – Elizabeth Sawicki
- WJ Crew Swag / Clothing Coordinator - Kay Chung - **Senior Parent**
- Year End Party – Brian Kelly
- Year End Photo Album – **Vacant**

Registration

Winter fees are \$595 for all rowers; coxswains fees are \$297.50. The registration fees cover the costs associated with winter conditioning (including WSC memberships, use of the Navy indoor

rowing tanks, the erg sprints, and space for erg workout days) and team operations. If the registration fee poses a difficulty for your family, please reach out to Board Chair Kim Guay (chair@walterjohnsoncrew.org) as soon as possible to discuss scholarship possibilities.

To register your rower for the WJ Crew Team for the Winter season, use the SportsEngine site <https://walterjohnsoncrew.sportngin.com/register/form/785836300>

- 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 paying by Venmo or submitting a check and receiving a registration code.

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

SafeSport

The WJ Crew Board has continued its efforts to create 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. The Board has continued to work on an umbrella SafeSport policy and accompanying procedures addressing prevention, identifying prohibited conduct, establishing reporting policies, responding to prohibited conduct, and criminal background checks. And to ensure compliance with policies and training requirements. 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

During the Fall, we held our Fall Plant Sale of Pumpkins, Pansies, and Cider, which raised over \$5,600 to support the team. Our "Get On Board!" fundraiser is still ongoing, and we are hoping to have another very successful year!

The Raffle Party is Friday, January 6, 2023, at Andrew and Alina Regan's house in Bethesda. For this year's Raffle, we will have several larger prizes, as in years past, including a pair of Bose Noise Canceling Headphones and an Ipad. We have added a bunch of smaller prizes and incentives from the coaches, based on the number of tickets sold. So get your tickets and get in the game!! We distributed a book of raffle tickets to each rower at the Frostbite Regatta. Each family is expected to sell one book of tickets, but don't stop there! There are plenty more tickets, after you sell out your first book. Reach out to Alisha Keehn (askeehn@gmail.com) to get more ticket books or with other Raffle questions.

There will be a Crew Parents Wine Pairing Dinner, tentatively scheduled for February 23, 2023. More details to come soon!

And our Fundraising Committee is hard at work on setting up a Row-A-Thon fundraiser on January 28, 2023. Look for more details to come 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. Use this [Amazon Smile Link](#), which is also on the WJ Crew Website and select WJ Crew as your charity.

Dining Out

We had several successful dining out fundraisers during the Fall season, at California Pizza Kitchen, Sarah's Handmade Ice Cream, and Chipotle, raising about \$600. Look for more dining out opportunities to come!

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:

Robert Karlen
Brandon Wong
Tommy Callaghan
Julian Chavez
Jeremiah Fan
Casi Lausten

Direct questions or concerns to Jodi Herman: Coachconnection@walterjohnsoncrew.org

A Look Ahead: Spring Season

We hope to start water practices the week of February 27, but will need to see if the weather cooperates! The Spring season features exciting, shorter, head-to-head races. It builds to our conference (WMIRA) championships, the Stotesbury Cup, and Nationals.

Details on some of our Spring Regattas are still being finalized, but there are quite a few you can put on your calendars now! The first Spring Regatta will be the Regional Park Regatta at the Occoquan River in VA on Saturday, March 25. As previously announced, our first overnight regatta is the weekend of April 1 and 2 (the first weekend of Spring Break). The team will travel up on Saturday morning for a regatta at St. Andrews in Delaware, and continue on to Philadelphia that evening, for the Third Manny Flick regatta on Sunday.

The Stotesbury Cup in Philadelphia is scheduled for May 19 and 20. Most, but not all, athletes will be rowing. The team will travel up by bus on the morning of Thursday, May 18, to practice on the course. There will be arrangements for transportation that evening for those participating in the WJ instrumental music concert, which is also on May 18. As a reminder, Prom is May 19, so athletes participating in Stotesbury will not be able to attend Prom.

We anticipate we will likely have a number of boats qualify for the SRAA Youth Nationals, though the entire team will not be participating in Nationals. They are scheduled for May 26 and 27 in Oak Ridge, TN. We anticipate the team will travel by bus, departing very early the morning of Thursday May 25, and practicing at the regatta site. Racing starts on Friday, May 26. We will most likely be staying overnight on Saturday, and returning home on Sunday, May 28.

Board

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

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