

WJ Crew
Season Information Packet - Spring 2023
February 27, 2023 to June 2, 2023

“Rowing is perhaps the toughest of sports. Once the race starts, there are no timeouts, no substitutions. The coach must therefore impart the secrets of the special kind of endurance that comes from the mind, heart, and body.” – George Pocock, master boatbuilder, boatman to the U.S. Olympic Rowing Team

Season overview

Our athletes have been hard at work during the off-season, conditioning to be ready for the Spring season! The Spring season features some more intense competition. The races are sprints, where generally the boats are in heats and start at the same time, with top boats advancing to the next round. The season itself also increases in intensity - building to the WMIRA Conference Championships, the Stotesbury Cup, and SRAA Youth Nationals. We are looking forward to a great season of racing!

We hope to start water practices the week of February 27. But that will be weather dependent - Stay tuned for updates. As previously announced, due to the availability of our coaches, we need to modify the historical weekly schedule somewhat. We will have Varsity land practice on Tuesdays, and have Varsity and Novice water practice on Wednesdays. We understand that people may have scheduled other activities with the old schedule in mind - communication is the key, let the coaches know about any scheduling conflicts.

Both Varsity and Novices may potentially row in any of the regattas during the Spring, though some of the regattas will only include select boats. Regattas with select boats will skew heavily to Varsity rowers only. The first regatta of the season will be on the Occoquan on March 25 with all rowers racing. Then the first away regattas will be April 1 (in Middletown DE) and continuing on that evening for the Manny Flick in Philadelphia on April 2. This is the first weekend of the MCPS Spring Break. See the schedule section for all the details and events!!

Schedule

- **Week of February 27** - Start water practice, if feasible based on the weather (stay tuned for updates).
- **Week of March 6** - Free trial week for new novice rowers.

- **Weekend of April 7 to 10** - Second weekend of Spring Break - No practice Friday through Monday
- **Week of May 29** - End of season wrap-up (store boats, etc.). *except those that qualify for Youth Nats
- **June 2nd and 3rd** - Middle School Learn To Row dates
- **Sunday, June 4** - Year End Party!

Weekly schedule:

- Monday, Wednesday, Thursday, and Friday - Water Practice 2:45-7:00
- Tuesday - Varsity Land Practice 2:45 to 4:30 (generally girls team) or 4:30 to 6:15 (generally boys team)
- Saturday - Water Practice 8:00-11:00 Unless racing on Saturday or Sunday
- Bus transport is provided to practice, and back, on M, W, Th, & F. No bus transport Sat
- As a reminder, rowers should keep iCrew updated with their practice availability.
- Regular attendance and participation at practices and regattas is expected. Particularly as we move toward the more competitive races, a rower's attendance, or lack of attendance, may impact their rowing development, placement in boats, and whether they participate in regattas where only select boats are eligible. 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 Tuesdays, to prioritize water practices.
- If MCPS is scheduled for an early release or to be closed, there will likely be a modified practice schedule, or no practice, 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.
- When we get to Championship Season (May), land practices will become water practices to prioritize preparing for Championship Races

Regatta Schedule:

- March 25 – Regional Park Regatta, Occoquan VA
- April 1 – St. Andrews Regatta, Middletown, DE - Travel on to Philadelphia that evening
- April 2 – Manny Flick Regatta, Philadelphia, PA
- April 15 – Tri Meet Regatta, Bladensburg, MD/Anacostia (Home Regatta!)
- April 22 – Holton Arms Regatta, Bladensburg, MD (Home Regatta - girls only)
- May 7 – WMIRA Championship Regatta, Occoquan, VA
- May 13 & 14 – Mid-Atlantic Youth Championships, Mercer Lake, NJ (Select boats only)
- May 18 to 20 – Stotesbury Cup, Philadelphia, PA (Many Rowers, but not all will race)
- May 25 to 27 – SRAA Scholastic Nationals, Oak Ridge, TN. (Select boats that qualify only)

- June 8 to 11 - USRowing Youth Nationals, Sarasota, FL (Select boats that qualify at Mid-Atlantic Youth Championships only - only rowers who are racing at Mid-Atlantics)

Parent schedule:

- Registration deadline for Spring season February 26
- Dining Out! Sarah’s Handmade Ice Cream March 1
- Wine Pairing Dinner at Andrew and Alina Regan’s House! March 3
- Spring Parent Meeting - WJ Cafeteria at 7:30 March 14
- Dining Out! Ledo’s Pizza March 15
- Parent's Happy Hour - Not Your Average Joe's March 16
- Plant Sale Pre-Orders due Week of April 10
- Dining Out! Chipotle April 19
- Plant Sale April 29
- Middle School Learn To Row June 2 (bus after school) and June 3 (no bus)
- Dining Out! Ledo’s Pizza June 7

Other school events:

- Early Release March 3
- Early Release March 15
- Mulch Sale March 23-26
- End of 3rd quarter / No School March 31
- Spring Break (see regatta & practice schedule) April 3-10
- Professional Day, No School April 21
- Choral Spring Concert May 16
- Instrumental Spring Concert (Note - team will arrange rides to Stotesbury Cup after concert) May 18
- Prom (Reminder - conflicts with Stotesbury Cup) May 19
- Memorial Day May 29
- Graduation Ceremony June 9
- Last day of School June 16

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 that are 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). We have identified a volunteer for the Vice Chair position on the Board

for next year. But we need volunteers to serve on the Board as Treasurer and for Recruiting. 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! In addition, email contact info for volunteers who will likely need additional volunteer assistance for particular tasks (or whom you may need to contact) is listed below, if you are interested in helping them.

- Away Regatta Travel Coordinators – Kim Guay, Jon Chase, & Matt Freund
- Chuck Wagon Transporters – Ronen Aronovich; Nate Herman
- Get on Board! Coordinator - Katie Murtha (kmurtha@gmail.com); Annie Rose
- Food Tent Coordinators - Andrew Regan (aregan@empiresearch.com) & Alina Regan (alinazarr@gmail.com)
- 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 (kd@fradet.net)
- Plant Sale Coordinators – Kerry Ryan (kerryrohatgi@comcast.net) & Sally Pauw (sally.pauw@live.com) - **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 (kmurtha@gmail.com)
- Website Updating –Nicole Minnick and Jurgen Heymann
- WJ Crew Uniforms Coordinator – Elizabeth Sawicki (easawicki@gmail.com)
- WJ Crew Swag / Clothing Coordinator - Kay Chung (kchung.shin@gmail.com)/Maria Kaplan
- Year End Party – Brian Kelly (bkelly53@hotmail.com)
- Year End Photo Album – **Vacant**

Registration

Spring fees for all rowers and coxswains are \$1,350. The registration fees cover the costs associated with practices and races (bus to Bladensburg, coach salaries, registration fees, etc.) and team operations (boat acquisition and maintenance, equipment, taxes, bookkeeping, etc.). Please note that there will be additional travel-related costs for regattas that require overnight trips, such as the St. Andrews and Manny Flick regattas. Registration fees also do not cover the cost of uniforms or WJ Crew apparel.

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 Spring season, use the SportsEngine site <https://walterjohnsoncrew.sportngin.com/register/form/532005115>

- 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 finalized an umbrella SafeSport policy addressing prevention, identifying prohibited conduct, establishing reporting policies, responding to prohibited conduct, and criminal background checks. And is now working on accompanying procedures to ensure we effectively implement those policies. We also continue to work 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 Winter, we held our annual raffle, including the uproarious raffle party!!! Overall, the raffle raised over \$11k to support the team. Our "Get On Board!" fundraiser is still ongoing, but will be wrapping up on February 28th. So, now is the time to get in any last minute

donations from you and local businesses you patronize! And the Erg-A-Thon is just around the corner, on Saturday, February 25! Rowers - Reach out for people to sponsor you for this event.

The Crew Wine Tasting Dinner will be on Friday, March 3 at Andrew and Alina Regan's House. The meal will be prepared by an acclaimed Michelin star, high profile chef Andrew Kern and paired with a selection of hand selected wines! Cost is \$75 per person. There are some spaces left, but registration closes soon, so act fast to get in on this great opportunity for a fantastic evening of food and wine, and to help support the team!

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 this Spring!

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
Ellie Snyder
Julian Chavez
Jeremiah Fan
Casi Lausten

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

A Look Ahead: Passing the Torch

Although the (sure to be exciting!) Spring season is not yet underway, we are also looking ahead to the inevitable transitions that will come. As mentioned in the volunteer positions section, there are several volunteer positions held by parents of senior rowers. We have identified volunteers for next year for a number of them, but are looking to fill the remaining positions during this Spring, to make for a smooth transition.

We will also be looking to welcome a new group of novice rowers for the 2023-2024 season! We will have our two-day middle School Learn To Row on June 2 and 3. There is bus service on Friday, June 2nd from NBMS and Tilden. And then morning practice, with no bus service, on Saturday June 3. Talk to your own rising 9th-graders and others in your circle about this great opportunity to give WJ Crew a try!!

We will also have our Learn-To-Row week in August for any rising 9-12th graders who are interested. We need some of the returning rowers to help the coaches during the week - it is a fun week, a great chance to reconnect with other rowers and the coaches, and they can earn SSL hours for volunteering, as a bonus! We are working on final scheduling, but this will likely be the week of August 14th.

Board

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