

# Season Information Packet – Fall 2024

August 27, 2024 – November 16, 2024

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*“What’s unique about rowing is this utter dependence on one another - no one guy can make the boat go faster by himself; on the other hand, one guy can slow it down a lot. So rowers really do learn to trust one another and depend on one another in a pretty unique way.” Harry Parker, Head Coach Harvard Varsity Rowing*

## Season overview

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The WJ Crew Team had an awesome 2023-2024 season!! To hit just a few highlights: 1) The Girl’s 1st Varsity 4+ took home the gold medal at the WMIRA Championships and advanced to the semifinals at the SRAA National Championships, placing 9th in the country overall; 2) The Boy’s Junior 8 placed 4th in their semifinal at the Stotesbury Cup; 3) The team sent a Girl’s 4 to the USRowing Youth Nationals; 4) The Washington Post All-Met Spring 2024 Rowing named Senior Rowan Streaker to the First Team and gave Honorable Mentions to Seniors Michelle Kim and Lara Pauw; and 5) Chris Chace received an honorable mention in the “What’s Cookin’?” Challenge at Stotesbury!

We are looking forward to another great season in 2024-2025! 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

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- **Week of September 2 - Varsity practices start (this includes all rowers who were novices last season; **NO** practice Monday (Holiday); BUS starts this week)**
- **Saturday, September 14 - Middle School Row Program Starts**
- **Week of September 16 - Novice practices start (For new novices. The first week is a free trial)**
- **Week of November 11 - 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.
- The main communication platform for sending messages relating to the Team will be Slack. Parents of registered rowers will receive an invitation to the Slack channel for the team.
- WJ Crew is a no-cut program. However, regular attendance and participation at practices and regattas is expected. Given the true team nature of rowing, a rower’s attendance, or lack thereof, 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 or Slack for updates.
- WJ Crew team members are obligated to perform 6 SSL hours per academic year. Tasks will be in support of team activities/support/tasks, e.g. plant sale.

**Regattas (Participation in some events is tentative):**

- October 6 Head of the Christina, Wilmington, DE. Varsity only
- October 13 Occoquan Chase, Sandy Run Regional Park, VA. Varsity only
- October 18-20 Head of the Charles, Boston, MA - Participation tentative; Select Varsity boats only
- November 3 Head of the Occoquan, Sandy Run Regional Park, VA. Varsity and some novices
- November 9 Frostbite West Windsor, NJ. Varsity and most novices; Overnight trip for Varsity only; Novices travel up the morning of.
- November 10 Bill Braxton, West Windsor, NJ - Varsity only; Overnight trip for Varsity

**Pasta Dinners:**

On the Friday before local regattas, the team gathers after practice for some fun and quality carb loading at the home of one of the crew families. This is a team social event and Novice rowers are encouraged to come, even if they are not rowing at the regatta! We are still looking for families to host pasta dinners - please reach out to Karine Fradet if you are willing to host - it is easy, other volunteers bring the food, beverages, paper goods, etc. and work on set-up and clean-up! This Fall, we are planning the following:

- October 4 (before Head of the Christina)
- October 11 (before the Occoquan Chase)
- November 1 (before Head of the Occoquan)

**Parent schedule:**

- Varsity Registration, Medical forms, & Payment deadline September 2, 2024
- Boathouse store open for purchasing splash jackets, etc. (contact Kimberly Sandoval with Qs) September 3 through 14, 2024
- Novice Registration deadline for Free Trial Week (9-16 to 9-20) September 16, 2024
- Varsity parent meeting at WJ Cafeteria September 18, 2024, 8 pm
- Novice Registration, Medical forms, & Payment for Fall season September 23, 2024
- Novice parent meeting at WJ Cafeteria September 25, 2024, 8 pm
- Pumpkin, Pansey, & Cider Sale Orders due September 25, 2024
- Mandatory SafeSport training for rowers on Zoom October 2, 2024 7-9 pm
- Pumpkin, Pansey, & Cider Sale Pickup October 5, 2024 (times TBD)
- Parent Happy Hour–Baby Cat Brewery October 5, 2024 (tentative)
- Dining Out Fundraiser - Chipotle November 6, 2024, 5-9 pm
- Erg-a-thon fundraising starts November 15, 2024
- Erg-a-thon/Winter Party/Chili Cook-off January 4, 2025

**Other school events:**

- September 5 Back to School Night 7:00 pm
- September 21 Kensington 8K (WJ fundraiser)
- October 14-19 Spirit Week: hall decorating 10/16
- October 18 Homecoming game
- October 19 Homecoming dance

**Volunteer positions**

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WJ Crew could not function successfully without our many parent volunteers. We have many wonderful crew parents in charge of various roles. And have a few roles which are currently vacant. Please consider stepping up to take on an ongoing volunteer role, to help make the 2024-2025 WJ Crew season happen!

- Away Regatta Travel Coordinator – Cassie & Walter Carr
- Chuck Wagon Transporters – Nate & Jodi Herman (Team A); Marion & Alisha Keehn (Team B)
- Get on Board! Coordinator – Katie Murtha

- Food Tent Coordinators -Nate & Jodi Herman
- Fundraising Coordinator – Mary Walker
- Dining Out Fundraising Coordinator - **Vacant**
- Erg-A-Thon Coordinator - **Vacant**
- Human Resources - Laurel Fioravanti
- Motor Boat Pool/Equipment Maintenance – Marion Keehn; Damian Fradet
- Pasta Dinner Coordinator – Karine Fradet
- Plant Sale Coordinators – Mary Walker
- Recruitment – Laurel Fioravanti
- Regatta Photographers – John Henderson; Jurgen Heymann
- Safesport Committee - Alisha Keehn, Mary Roberts, John Henderson, Chris Graves, Brandon Wong, Jim Anderson, and Cassie Carr
- SSL Coordinator – Lisa Townsend
- Summer Erg Coordinator - Katie Murtha
- Website Updating –Jurgen Heymann
- Uniform Coordinator – Kimberly Sandoval
- Year End Party – Liza Wentworth
- Year End Photo Album – Resha Anderson

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 Teams A and B
- Pasta Dinner Hosts
- Plant Sale Volunteers

## **Registration**

Fall fees are \$1,650 for varsity and \$1,550 for novices (fees paid for the August learn row week are credited towards registration for novices). The registration fees cover the costs associated with practice 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 Co-Chairs Alisha Keehn and Mary Roberts as soon as possible, but not later than September 25, to discuss scholarship possibilities.

For Novices registering for the free trial week (September 16 to 21), please sign by September 16th at <https://docs.google.com/forms/d/1urvM8w4hW31-vfCBFcDnHcngRR5XhCbb7gqvdraNuo/edit> .

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/925085267>:

- Have your health insurance card and child school ID# handy!
- You may pay by credit card, or, to save the cost of the credit card processing fee charged by SportsEngine, by Zelle or check (contact Robin Hart for a 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
- Rowers who have not completed their registration will not be able to participate in practice.

Please contact Robin Hart if you have questions about registration.

## SafeSport

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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. Kasha Hayes coordinates SafeSport training documentation.

The WJ Crew Board has established a SafeSport Committee to address any issues relating to misconduct: Alisha Keehn and Mary Roberts (Board Co-Chairs), John Henderson (Board Vice Chair), Chris Graves (Women's Head Coach), Brandon Wong (Men's Head Coach), Jim Anderson (parent volunteer), and Cassie Carr (parent volunteer). If you have any concerns relating to potential abuse or misconduct, please contact any member of the SafeSport Committee.

## USRowing Membership

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Rowers must be registered with USRowing and complete the USRowing waiver to compete in many of the regattas the Team attends. To register, go to <https://membership.usrowing.org/individual/join> and then search for Walter Johnson Crew Club. You will be asked to input a club code, which is **KQ6D6**. A basic membership is sufficient (there is a small administrative fee). Please be sure to register the rower as the member, including using the rower's name and date of birth.

## Fundraising

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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. Orders will be due September 27, and pickup is at WJ High School on October 5, 2024. Additional details will be provided by our Plant Sale coordinator, Mary Walker.

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!

### Dining Out

We plan to have 1 dining out fundraiser during each of 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 dine out at Chipotle on November 6, 2024 from 5 to 9pm.

### Fundraising Committee

We are also looking for volunteers to serve on a fundraising committee to explore other fundraising options for the winter and spring. If interested in volunteering in this capacity, please contact Board Co-Chairs Mary Roberts and Alisha Keehn at.

## Coaches

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Men's Head Coach; Varsity Men's Coach: Brandon Wong

Women's Head Coach, Varsity Women's Coach: Chris Graves

Assistant Coaches:

Dylan Dembo (alum & new this year!)

Ava Edison (alum)

Jeremiah Fan (alum)

Sydney Gibbons (alum & new this year!)

Robert Karlen (alum)

Ryan Kavanaugh

Cal Labonski (alum and new this year!)

Ethan Nguyen (alum and new this year!)

Zoe Wolfel (new this year!)

Middle School Coach: Zachary Ryan (new this year!)

Questions or concerns relating to coaching should be directed to Co-Chairs Alisha Keehn and Mary Roberts

## Uniforms and WJ Crew Apparel (Swag)

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The uniform store for varsity rowers has already closed, to ensure that the uniforms are delivered in time for the first regatta of the season. The Boathouse store will be open to purchase splash jackets and the like from September 3 through 14. For novice rowers, they wear WJ Crew tech shirts and trou for the regattas. The team will have the tech shirts available for novice rowers to purchase before their first regattas - they do not need to order through the website. The first regatta in which novices will participate is the Head of the Occoquan on November 3 - only some will participate. And most will participate in the Frostbite regatta on November 9. Contact Kimberly Sandoval with questions about uniforms.

WJ Crew Apparel may be ordered at <https://teamlocker.squadlocker.com/#/lockers/wj-rowing-team-store> on an ongoing basis.

## A Look Ahead: Winter Workouts; Spring Season

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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 workouts (logistics are still being worked out) and erging. We anticipate this will start the week of December 2.

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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Alisha Keehn	Co-Chair	<b>VACANT</b>	Parent / Coach liaison
Mary Roberts	Co-Chair	Robin Hart	Registration
John Henderson	Vice-chair	Laurel Fioravanti	Recruiting
Kuyosh Kadirov	Treasurer	Mary Walker	Fundraising
Jason Silberberg	Secretary	Jurgen Heymann	At large
		Kim Guay	Past Chair

## Internet Resources

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<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