

Season Information Packet - Winter 2024-25

December 2, 2024 to February 28, 2025

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

Season overview

We had a great start to the 2024-2025 season this Fall!! It was fantastic to see our WJ young adults working together to develop individually, and as a team, and have a great time while doing so. We had an outstanding first regatta at the Head of the Christina, with our Women's Novice 4 and Boys Novice 8 each taking first place, and a fantastic showing by our other boats! We were also able to get bids for both a Women's 8 and a Men's 8 for the Head of the Charles, the largest regatta in the world. Both boats performed admirably on a huge stage! .

The Winter season is about building on the work done in the Fall, and preparing for the Spring season, which culminates in May, with our conference (WMIRA) championships, the Stotesbury Cup, SRAA Scholastic Nationals, and USRowing Youth Nationals. During the Winter season, the team offers a conditioning program, which meets Monday through Friday, and consists of a mix of gym workouts and erging. We will have a Google Meet for parents on Tuesday, November 19 at 7:00 to discuss the Winter season. <https://meet.google.com/kma-nxto-bun>

As most of you know, Washington Sports Club (which was at Georgetown Square) closed last year, and lining up a replacement facility has been an extremely difficult and time consuming process. Gym workouts will be at The North Bethesda Fit Body Boot Camp at 5020 Nicholson Court, about 2.5 miles from WJ. The Men's team and Women's team will each use the facility two days per week. WJ Crew will have exclusive use of the facility during our workouts.

Athletes and parents will need to manage their own transportation to the gym. There is a Ride On Bus that runs from WJ to the North Bethesda Metro Station, 3 blocks from the gym.

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 - Rowers should let the coaches know their plans. Those expecting to compete for top spots should participate in Winter Conditioning with the team or another Winter Sport that trains 5 days a week.

We know many people are doing advance planning for the Spring. A reminder for Spring Break - **There is a home regatta on Saturday, April 12 and the team holds practice during Spring Break (April 14 to 18).** On Monday through Thursday, we anticipate having morning and afternoon

water practices, with a lunch break. And morning only practice on Friday, with no practice April 19 to 21. There is bus transportation from WJ to the boathouse, and back during Spring Break. Again, make sure your rower communicates with the coaches about their schedule.

Schedule

- **Week of November 11** - End of Fall season wrap-up. Men's Team erg tests on Thursday; Women's Team off; unloading and storing boats, etc. on Saturday.
- **Weeks of November 18 & 25** - **NO** practices, and Happy Thanksgiving!!
- **Week of December 2** - Winter conditioning starts, all rowers and coxswains.
- **Saturday, January 4** - Erg-a-thon/Winter Party/Chili Cook-off at WJ
- **Saturday, January 18 & February 8, 12:00 - 4:00** - Rowing at Navy indoor rowing tank, Annapolis, MD <http://www.navyrowingclinic.org/index.html>
- **Saturday, February 1** - Mid-Atlantic ERG Sprints at Alexandria City High School; Huge Indoor Rowing Competition <http://www.ergsprints.com/>
- **Week of March 3** - Spring (water) practices begin (Weather dependent!!)

Weekly schedule:

- For Monday through Thursday, Varsity and Novice of both teams will alternate gym workouts and erging at WJ. There will be a regular schedule, which will be set soon.
- Varsity members of both teams will be erging at WJ on Fridays. The Men's and Women's teams will alternate who ergs early and who ergs late.
- Novices are encouraged to join the Varsity Practice on Friday for extra workouts.
- Erging at WJ will generally run about 2 hours, though sometimes it may not start right after school - check the weekly email for details.
- Team workouts at The North Bethesda Fit Body Boot Camp, 5020 Nicholson Court, will run from 3:00 to 5:00 PM. As a reminder - **Athletes and parents will need to manage their own transportation to the gym.**
- 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:

- Order deadline for wreaths, poinsettias, and candles November 12
<https://wjcrewplantsale.square.site/>
- Google Meet to discuss Winter season - November 19 @ 7:00 pm
<https://meet.google.com/kma-nxto-bun>

- Registration deadline for Winter conditioning November 26
- Erg-a-thon/Winter Party/Chili Cook-off at WJ! January 4
- Registration deadline for Spring season February 28

Other school events:

- Thanksgiving break November 27-29
- Winter break Dec. 23, 2024 to Jan. 1, 2025
- MLK Holiday January 20
- MCPS Closed - Professional Day January 29
- President’s Day Holiday February 17

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 some are parents of rowers who are seniors and will be rotating off - so we are looking for someone to step up to learn the job this year, and take it on next year! And have a few roles which are currently vacant. Please consider stepping up to take on an ongoing volunteer role, to help make the WJ Crew season happen!

- Away Regatta Travel Coordinator – Cassie & Walter Carr
- Chuck Wagon Transport – Nate & Jodi Herman, Team A; Marion & Alisha Keehn, Team B
- Get on Board! Coordinator – Katie Murtha - **Senior parent**
- Food Tent Coordinators -Nate & Jodi Herman
- Fundraising Coordinator – Mary Walker
- Dining Out Fundraising Coordinator - Lisa Townsend
- Erg-A-Thon Coordinator - **Vacant**
- Human Resources - Laurel Fioravanti
- Motor Boat Pool & Equipment – Marion Keehn; Damian Fradet - **Senior parent**
- Pasta Dinner Coordinator – Karine Fradet - **Senior parent**
- Plant Sale Coordinator – 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 - **Senior parent**
- Website Updating –Jurgen Heymann
- Uniform Coordinator – Kimberly Sandoval - **Senior parent**
- Year End Party – Liza Wentworth
- Year End Photo Album – Resha Anderson - **Senior parent**

Registration

Winter fees are \$800 for all rowers; coxswains fees are \$400. The registration fees cover the costs associated with winter conditioning (including gym use, 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 Co-Chairs Alisha Keehn and Mary Roberts 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/516871839>

- 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 Robin Hart about paying by Zelle or submitting a check and receiving a registration code.

Please contact Robin Hart with registration questions.

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. 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.

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. Money we raise through fundraising is directed to pay for rower scholarships and boat purchases.

Fundraising Events

During the Fall, we held a very successful Fall Plant Sale of Pumpkins, Mums, and Cider to support the team. Our “Get On Board!” fundraiser is still ongoing. We need your help to ensure we have another very successful year! Please contact Katie Murtha if you have any questions. And we are doing a Winter Plant Sale fundraiser, but time is running out! Orders for wreaths, poinsettias, and candles need to be submitted by November 12 at <https://wcrewplantsale.square.site/>

We will have our third annual Erg-A-Thon and Chili Cook-off at WJ on Saturday January 4. Last year’s event was an awesome social event, and raised over \$26,000 for the team!! While we have been making necessary preparations for the Erg-A-Thon, we still could really use someone to step up to coordinate all, or a portion of, this event! Please contact Mary Walker ASAP if you can help with this event.

Dining Out

We had successful dining out fundraisers during the Fall season, at Ledo Pizza and Chipotle. Look for more dining out opportunities to come!

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 Mary Walker.

Coaches

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!

Robert Karlen - alum

Ryan Kavanaugh

Cal Labonski - alum & new this year!

Ethan Nguyen - alum & new this Year!

Zoe Wolfel - new this year!

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

Alanna Hoffman - alum & new this year!

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

A Look Ahead: Spring Season

We hope to start water practices the week of March 3, 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, SRAA Scholastic Nationals, and USRowing Youth Nationals. As previously mentioned, regarding Spring Break, **there is a home regatta on Saturday, April 12 and the team holds practice during Spring Break (April 14 to 18).** On Monday through Thursday, we anticipate having morning and afternoon water practices, with a lunch break. And morning only practice on Friday, with no practice April 19 to 21. There is bus transportation from WJ to the boathouse, and back during Spring Break.

Details on some of our Spring Regattas are still being finalized, but there are quite a few you can put on your calendars now! We anticipate participating in the following:

- March 29 - VASRA Regatta, Sandy Run Regional Park, VA
- April 5 - Lake Lenape Regatta, Mays Landing, NJ - Travel on to Mt. Laurel, NJ that evening
- April 6 - Manny Flick Regatta, Philadelphia, PA
- April 12 - Home Regatta on the Anacostia (first Saturday of Spring Break)
- May 4 - WMIRA Conference Championships, Sandy Run Regional Park, VA
- May 10 to 11 - Mid-Atlantic Regatta, West Windsor, N.J. (Select boats only)
- May 15 to 17 - Stotesbury Cup, Philadelphia, PA
- May 22 to 24 - SRAA Scholastic Nationals, Pennsauken Township, NJ (Select boats that qualify only)
- June 12 to 15 - USRowing Youth Nationals, Sarasota, FL (Select boats that qualify at Mid-Atlantic Youth Championships only - only rowers who are racing at Mid-Atlantics)

Board

Alisha Keehn	Co-Chair	VACANT	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

<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