

**WJ Crew**  
**Season Information Packet - Spring 2025**  
**March 3, 2025 to June 15, 2025**

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***“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, Rowing Coach, US National Team***

**Season overview**

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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, SRAA Youth Nationals, and USRowing Youth Nationals. We are looking forward to a great season of racing!

We hope to start water practices the week of March 3. That will be weather dependent - Stay tuned for updates.

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 29 with all rowers racing. The first away regattas will be April 5 (in Mays Landing, NJ) and continuing on that evening to stay in New Jersey, for the Manny Flick in Philadelphia on April 6. See the schedule section for all the details and events!!

We will have practice during Spring Break (April 14 - 21) in line with what the team has done historically. Specifically, we will have two-a-day practices on the water (morning and afternoon sessions) on Monday, Tuesday, and Wednesday, with a lunch break in between. And then only an afternoon practice on Thursday. There will not be practice Friday through Monday. The bus will run from WJ to Bladensburg, and back from Bladensburg to WJ, during Spring Break.

For the Spring season, the Board has established a new volunteering requirement. This requirement will be a per household / rowing family requirement. We will be asking during registration for your family to commit to performing one major volunteer position or commit to performing at least two other volunteer positions during the spring season. For families who can commit to just one other volunteer position, there will be a \$250 supplemental fee. For

those who are unable to volunteer, there will be a \$500 supplemental fee. These fees will be used to offset costs for volunteers, including reducing hotel costs for chaperones at away regattas.

WJ Crew has historically followed the same academic eligibility standards that apply for MCPS-sponsored sports. Specifically, students who have at least a 2.0 marking period average in the prior marking period with no more than one failing grade will be academically eligible to participate or practice during the next marking period. After discussions with the administration, we will be asking you during registration to sign a waiver authorizing WJ to disclose to the board whether your athletes meet the academic eligibility standard. The school will not be disclosing grades or details. Simply whether the student meets the eligibility requirement.

We will have an online meeting (<https://meet.google.com/pzz-qjum-jgi>) on Tuesday February 25, 2025 at 7:00 p.m. and will discuss these points and the rest of the Spring season.

## Schedule

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### Overview:

- **February 25** – Parent Meeting Online, 7-8:30pm <https://meet.google.com/pzz-qjum-jgi>
- **Week of March 3** - Start water practice, if weather allows (stay tuned for updates).
- **March 13 to 15** - Free trial week for new novice rowers.
- **Week of April 14** - Spring Break: Morning and afternoon practices Monday through Wednesday, Afternoon practice Thursday.
- **Weekend of April 18 - 21** - Second weekend Spring Break - No practice Friday - Monday
- **Week of May 26** - End of season wrap-up (store boats, etc.). \*except those that qualify for Youth Nats
- **May 29, 30, and 31** - Middle School Learn To Row dates
- **May 31** - Parent Row (tentative)
- **Sunday, June 1** - Year End Party!

### Weekly schedule:

- Monday, Tuesday, Thursday, and Friday - Water Practice 2:45-7:00
- Wednesday - Land Practice at WJ: 2:45 to 4:30 or 4:30 to 6:15 (Men's and Women's Teams will alternate time slots)
- Saturday - Water Practice 8:00-11:00, unless racing on Saturday or Sunday
- Bus transport is provided to practice, and back, on M, Tu, 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 on Wednesdays 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 check Slack for updates.
- When we get to Championship Season (May), land practices will become water practices to prioritize preparing for Championship Races.

**Regatta Schedule:**

- March 29 - VASRA Regatta, Sandy Run Regional Park, VA
- April 5 -- Lake Lenape Sprints, Mays Landing, NJ - Travel on to Philadelphia that evening
- April 6 – Manny Flick Regatta, Philadelphia, PA
- April 12 - Home Regatta on the Anacostia (first weekend of Spring Break)
- April 26 – Joint practice with Holton Arms & DeMatha
- May 4 – WMIRA Championship Regatta, Occoquan, VA
- May 10 & 11 – Mid-Atlantic Youth Championships, West Windsor, NJ (Select boats only)
- May 15 to 17 – Stotesbury Cup, Philadelphia, PA (Many Rowers, but not all will race)
- 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)

**Parent schedule:**

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|---|---|
| - Spring Parent Meeting <u>Online</u>     | February 25   |
| - Registration deadline for Spring season | March 2   |
| - Plant Sale Pre-Orders due               | April 1   |
| - Plant Sale                              | April 26  |
| - Middle School Learn To Row              | May 29 & 30 (bus after school) and Saturday May 31 (no bus) |
| - Potential Parent Row                    | May 31 - Tentative!   |

### **Pasta dinner schedule:**

- Friday, March 28
- Friday, April 11
- Friday, April 25
- Friday, May 2

### **Other school events:**

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|---|--------------------|
| - Mulch Sale  | March 21-22        |
| - End of 3rd quarter  | Friday, March 28   |
| - Professional Day, No School                                       | Monday, March 31   |
| - Spring Break (see regatta & practice schedule)                    | April 14 - 21      |
| - Prom (Friday before WMIRA Championships (on Sunday)               | May 2              |
| - Choral Spring Concert   | May 20             |
| - Instrumental Spring Concert (Note - overlaps with SRAA Nationals) | May 22             |
| - Memorial Day  | May 27             |
| - Graduation Ceremony   | June 4 (tentative) |
| - Last day of School  | June 16            |

### **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. 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! And there are plenty of other volunteer opportunities.

As mentioned, the Board is establishing a new volunteering requirement for the Spring Season. This requirement will be a per household / rowing family requirement. We will be asking during registration for your family to commit to performing one major volunteer position or commit to performing at least two other volunteer positions during the spring season.

- 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
- 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, **Vacant**

- Pasta Dinner Coordinator – Kasha & Chris Hayes
- 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

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Spring fees for all rowers and coxswains are \$1,650. The registration fees cover the costs associated with practices and races (bus to Bladensburg, coach salaries, registration fees, etc.) and team operations (boat maintenance, equipment, taxes, bookkeeping, etc.). Please note that there will be additional travel-related costs for regattas that require overnight trips, such as the Stotesbury 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 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 Spring season, use the SportsEngine site <https://walterjohnsoncrew.sportngin.com/register/form/115298576>

- 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 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.

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

### Fundraising Events

During the winter, we held a very successful (and totally fun!!) Erg-A-Thon Fundraiser to support the team. We raised over \$22,000. 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.

We will also be doing our annual Spring Plant Sale! This is our largest fundraiser of the Spring, and we need your help in getting out the word about the sale and staffing the sale itself. Pre-orders will be due on April 1, and the sale itself is on April 26.

### Dining Out

We had successful dining out fundraisers during the Fall season, at Ledo Pizza and Chipotle. For the Spring Season, we've organized the following:

- **Wednesday, March 12**, 5:00 - 9:00, Nando's PERI-PERI in Pike & Rose (922 Rose Ave.). 40 percent of sales where WJ Crew is mentioned go to the team!
- **Wednesday, April 20** 5:00 - 9:00, Ledo Pizza Westlake (10301 Westlake Drive). 20 percent of all sales during the period go to the team!

### 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**

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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!

Robert Karlen - alum

Ryan Kavanaugh

Cal Labonski - alum & new this year!

Ethan Nguyen - alum & new this Year!

Zoe Wolfel - new this year!

Cameron Meier - alum & new!

Middle School Coaches: Alanna Hoffman - alum & new this year!

Questions or concerns relating to coaching should be directed to the Cochairs, Alisha Keehn and Mary Roberts.

### **A Look Ahead: Passing the Torch**

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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 Board and other volunteer positions held by parents of senior rowers. We are looking to fill the 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 2025-2026 season! We will have our middle School Learn To Row on May 29, 30, and 31. There is bus service on Thursday, May 29 from NBMS and bus service on Friday, May 30 from Tilden. And then morning practice, with no bus service, on Saturday May 31. 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 Event in August for any rising 9-12th graders who are interested. We need some of the returning rowers to help the coaches - it is a fun time, 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 3 days during the week of August 11th.

## 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
Jen Aguilera	Treasurer	Mary Walker	Fundraising
Resha Anderson	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