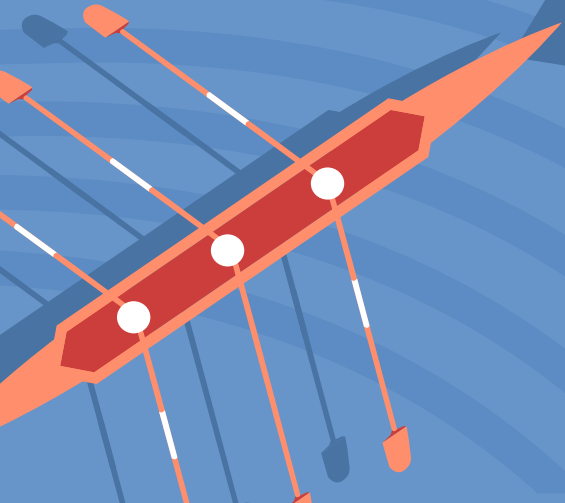




Welcome to West Po Crew Fall 2023 Membership Meeting!

October 26, 2023



AGENDA - Highlighting what's New!

- Welcome and Board Introductions - Nancy Fondriest
- Head Coach - Grace Grimsted
 - Coach Introductions
 - Vision
 - Practices, Competitions
- Budget Approval - Roger Crombie, Treasurer
- Fundraising Update - Brittany McMaster, VP - Ways & Means
- Registration Reminders - Christy Butler, VP-Admin
- Volunteer Policy - Jim Papa, Secretary
- Questions?

Actions and Efforts

Cardio

Building up our aerobic and anaerobic base

Technique

Intentional movements, together.

Focus - listening and working together, setting clear goals

Growth - small successes overtime equal big results, learning new skills and practicing them

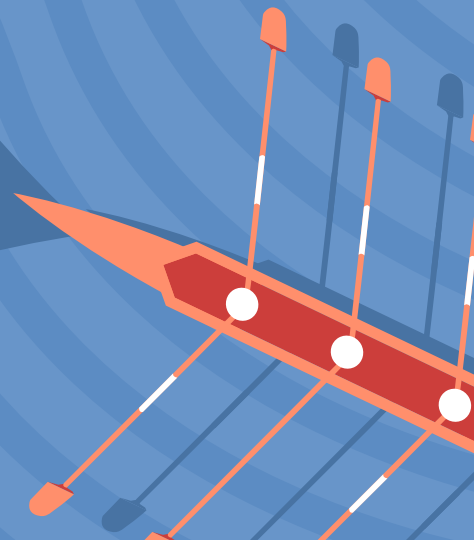
Fun - enjoying our environments, building and cultivating our community

“ We keep moving forward,
opening new doors, and
doing new things, because
we’re curious and curiosity
keeps leading us down new
paths.”

— Walt Disney

Let's Take Care of
Ourselves: Mental Health
and More

Good Rowers, Great People.



Winter

Conditioning

- Starts after Thanksgiving at West Po
- 3x /week, in-person, 75-90 minutes
- **2x /week independent training guides**
- Conditioning and training
- Optional, ENCOURAGED
- Stay tuned for details!



Swim Test, Orientation, Concussion, Safety

- Week of February 12 – 16
- Novice Swim Test - 100 yd. swim (4 laps), *any stroke, speed*, 2 min. tread water, put on lifejacket (*while treading water*)

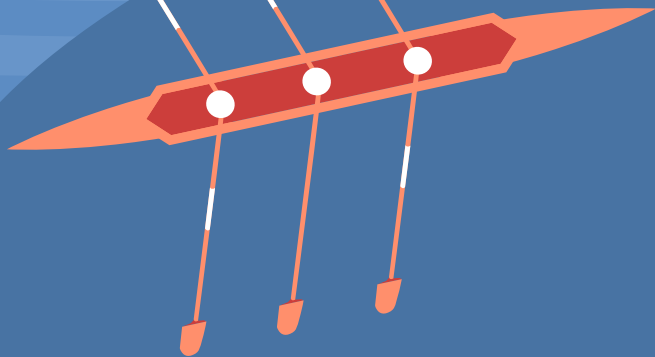
Note: Athlete Registration - must register with club before participating (paperwork and payment)*

Varsity Club Sport



- Week of Feb. 20th: Practice begins!
- 3:45-7 pm
- 4-5 days, weekdays and Saturdays (*mandatory*)
- ***Practice Location still under review***



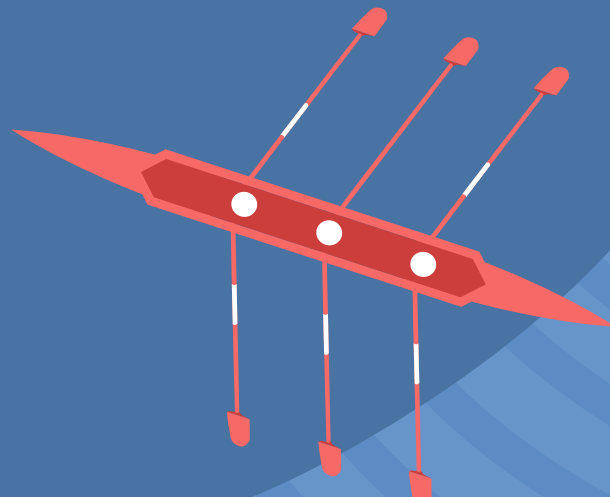


Races!

Every Saturday : Weekends of
Spring Break through Mid-May

Attendance

Spring Break





SUN	MON	TUE	WED	THU	FRI	SAT
18	FEBRUARY 19 Student Holiday FIRST DAY OF PRACTICE	20	21	22	23	24
25	26	27	28	29	MARCH 1	2
3	4	5	6	7	8	9 TAG DAY SAT, 1 st ONLINE
10	11	12	13	14	15	16
17	18	19	20	21	22	23 Regional Park (TBD, experienced only)
24 31 EASTER	25 Spring Break Training Team Photos	26 Spring Break Training	27 Spring Break Training Spring Break Lunch	28 Spring Break Training	29 Spring Break Training Pasta Party	30 Walter Mess
	APRIL 1 Student Holiday West Po Rock Painting	2 Student Holiday	3	4	5 Pasta Party	6 Darrell Winslow
7	8	9	10 Student Holiday	11	12	13 James River Sprints ACT (also June 8)
14	15	16	17	18	19 Pasta Party	20 Ryz Obuchowicz Junior / Senior PROM
21	22	23	24	25	26 Pasta Party	27 Charlie Butt
28	29	30	MAY 1	2	3 Student Holiday Pasta Party	4 CHAMPS DAY 1 SAT (also June 1)
5	6	7	8	9	10 Pasta Party	11 CHAMPS DAY 2
12	13	14	15		17	18
Stotesbury Regatta, Philadelphia (experienced athletes)						

FY 2023-2024 Budget: Overview

The proposed budget is balanced, with **\$10,118 added to the new Capital Investment Fund.**

Many assumptions underpin the budget, notably, the amount of revenue that we anticipate from fundraisers such as wreath sales and tag day.

Previous year inflation is factored into the budget.

Dues are unchanged from last year (\$875)

FEES

December 1, 2023: \$300

February 1, 2024: \$575

February 16, 2024: \$250, *minimum thru Ergathon or pay the difference.*

- Total Fees held at \$875.

- Fundraising up from \$150 to \$250.

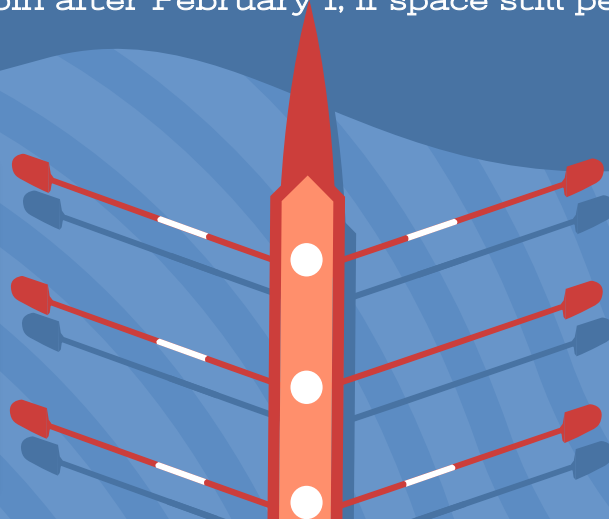
- Registration opens November 1.

- Reserve the right to close registration (*and/or conduct tryouts*) if numbers reach capacity.

- Recommend registering by December 1.

- May allow athletes to join after February 1, if space still permits.

Total expenses per rower are \$1531 (+ 11% YoY). Increase driven by Capital Investment Fund. Dues cover 55% of those costs. Fundraisers support the balance of the expenses.



Scholarships: A limited number of need based scholarships are available. Contact Coach Grace for inquiries.

FY 2023-2024 Budget: Revenue

<u>Revenue</u>		<u>23/24 Budget</u>
4000 Dues		\$ 65,395
4100 Donations--General		\$ 426
4304 Other Income		
	Yard Signs	\$ 158
	Uniforms	\$ 44
	Volunteer Opt Out	\$ 202
	Restaurant Nights	\$ 3,000
4305 Ergathon		\$ 21,750
4307 Tag Day		\$ 8,000
4308 Wreath sale		\$ 14,000
4402 Erg/Other Equipment Rental		\$ 3,100
4502 Nationals Participant Contribution		\$ -
XXXX	Equipment Sale/Rental	\$ 1,000
7000 Bank Interest		\$ 1,500
	Revenue Subtotal (net of Stotesbury)	\$ 118,575
4501 Stotesbury Fees (Pass Through)		\$ 27,769
4501 James River Bus Fees (Pass Through)		\$ 1,558
	Revenue Total (with Stotesbury)	\$ 147,902

FY 2023-2024 Budget: Expenses 1 of 3

Expenditures		
5103 Local Regatta Entry Fees		\$ 8,327
	Total Regatta Entry Fees	\$ 8,327
5105 Reimbursable Regattas		
	6007 Stotesbury Expenses / James River Bus	\$ 29,327
	6503 Nationals Competition Expenses	
	Total Reimbursable Regattas	\$ 29,327
5208 Rowing Site		
	5206 Site Repair and Maintenance	\$ 1,000
	5210 Site Rental Fees	\$ 2,993
	Sandy Run Spring Break Fees	-
	Total Rowing Site	\$ 3,993
5400 Equipment and Related		
	5400 Equipment and Related	\$ -
	5305 Boat Storage, Fuel and Transport	\$ 4,938
	5309 Equipment Rental	-
	5401 Capital Equipment Purchase (>\$1K/unit)	\$ 4,128
	5402 Non-Capital Equipment Purchase (<\$1K/unit)	\$ 3,000
	5501 Equipment Repair	\$ 5,635
	Total Equipment and Related	\$ 17,700

FY 2023-2024 Budget: Expenses 2 of 3

6011 Administrative		
6001 Supplies (Office + Chuck Wagon)		\$ 1,378
6002 Postage--P.O. Box		\$ 208
6003 Communications and Software		\$ 4,184
6005 Bank Fees--Merchant Services		\$ -
6012 Insurance		\$ -
Equipment Insurance		\$ 8,090
D&O Insurance		\$ 795
6014 U.S. Rowing/VASRA Membership		\$ 5,542
6022 External Accountant		\$ 1,500
6104 Event Supplies (Wreaths, Ergathons, Socials)		\$ -
	Wreath Sale Expenses	\$ 6,858
	Ops Day Set Up	\$ 418
	Ergathon T-Shirts	\$ 1,266
	Spring Break Luncheon	\$ 261
	Yard Signs	\$ 279
	Tag Day Expenses	\$ 700
	End-of-Year Picnic	\$ 1,281
6500 Miscellaneous (incl State Reg Fees)		\$ 772
	Total Administrative	\$ 33,530

FY 2023-2024 Budget: Expenses 3 of 3

Coaches		
	5701 Coach Education/Events	\$ 252
	Coach Spirit Wear Allowance (8 x \$65 ea)	\$ 419
	5703 Coach Salary	\$ 44,236
	Total Coaches	\$ 44,906
(XXXX) Capital Investment Fund		\$ 10,118
	Expenditure Total	\$ 147,902
	Net Revenue	\$ (0)
	Expenditures/Rower (net of Stotesbury)	\$ 1,581
	Dues as % of Expenditures/Rower	55.34%



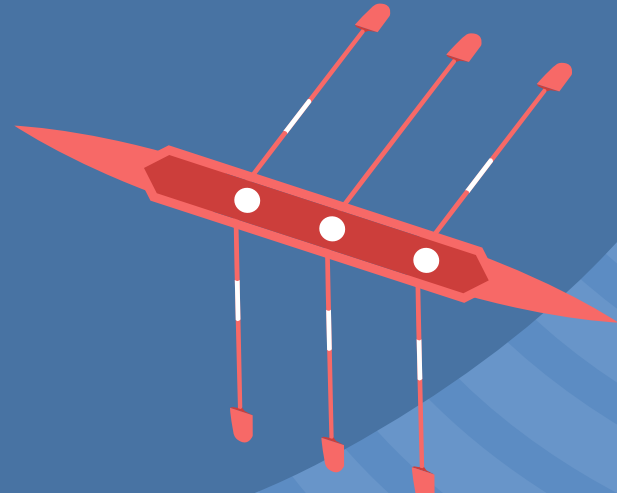
WREATH SALES

- **Online sales** through **October 29**. NO Fall Tag Day. Spread the word!
- **In person sales** after Thanksgiving until sold out at Hollin Hills Pool
- Students and Parents sign up for weekend shifts

Restaurant Nights

Five Guys Results

Two more coming: Feb. 8, April 11 !



REGISTRATION: No changes to the process!

NOW: WEST PO/ FCPS: Registration Form & Sports Physical *(after May 1, 2023)*

NOV. 1: CREW TEAM (iCrew): Forms & Fees, Communication
(Returning Families: PLEASE verify data & update GRADE, T-SHIRT)

Spring: US ROWING: Membership *(done by our team)*
2024 Waiver *(each athlete)*

Note: Rowers 18 and older and volunteers involved directly with rowers must also take Safe Sport Training (no cost).

wplew.org - Parents: Registration & Fees for links and details!



Athlete

Personal Snacks & Water
Personal Fundraising Goal

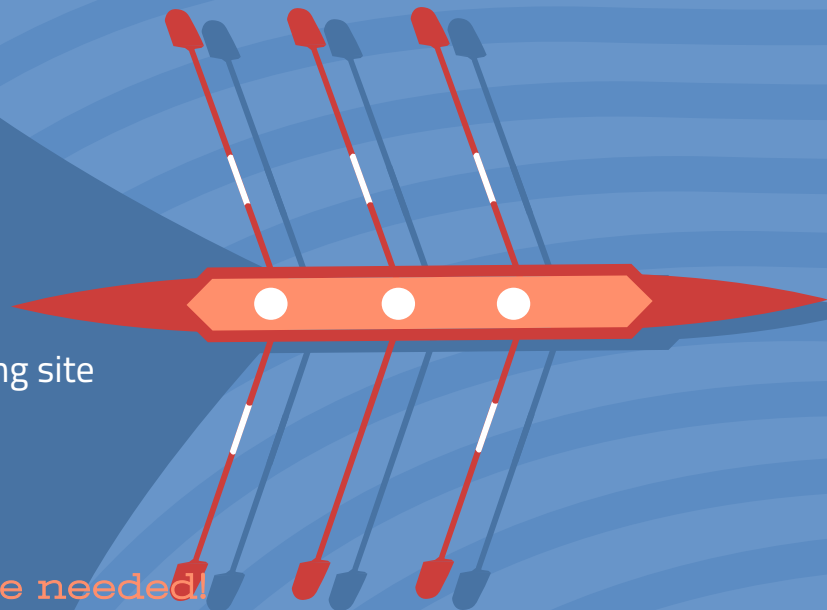
Team

Equipment
Social Events
Refreshments
Fundraising

Rowing Association

Help run the regattas at our PREMIER rowing site

Volunteer Policy - It's like a Co-op...



What's New?

- Streamlining requests to ensure all slots are needed!
- Posting all signups to the website for easy access and reminders!
- Finding ways for all to be involved without having penalty fees.

Volunteering

STUDENT ATHLETES: 4 Obligations:

- FUNDRAISING: Wreath Sales: One Shift/Promote Online, Ergathon, and Tag Day (**One, not 2**)
- OPERATIONS: One Shift for Set up/Take Down/Maintenance

PARENTS: At least 5 Volunteer Obligations (and maybe 6)

1. COORDINATOR ROLE (*returning families*)
2. FUNDRAISING: Wreath Sale: One Shift and Promote Online
3. VASRA REGATTA SUPPORT: One shift
4. OPERATIONS: Set up/Take Down/Maintenance (One shift)
5. HOSPITALITY/SOCIAL: One of the following –
 - Tent shift at a regatta, or
 - Pasta party host, or
 - Picnic/luncheon volunteer
1. STOTESBURY CUP REGATTA (*some returning families*): Chaperones, Hospitality Tent

We welcome our families' generous contributions of FOOD for our fundraisers, pasta parties, and regattas!!

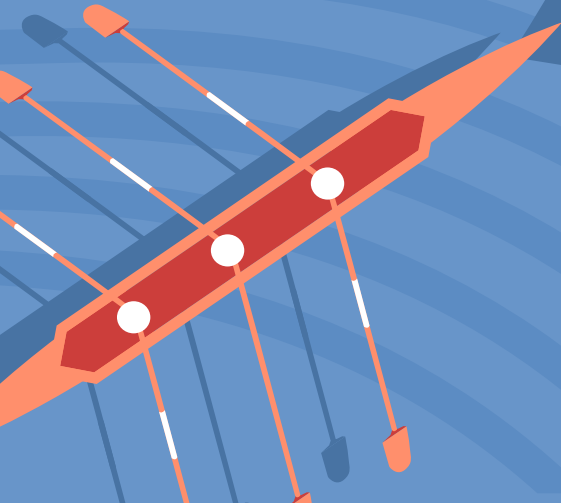
Volunteer Coordinators - Top Priorities

SafeSport / US Rowing Compliance Coordinator

- Lots of flexibility to work around your schedule!

Equipment Coordinators: Shell & Launch, Motors, Fuel

- Great hands-on roles!
- Help needed to winterize



Next Steps...

- Spread the word about Online Wreath Sales (Oct 29)!
- Complete your athlete's physical and submit!
- Register online with West Po Athletics.
- Head to wpcrew.org to sync your calendar with the team's.
- Watch for the announcement and sign up for Volunteer Coordinator roles!
- Go to iCrew on November 1 when team registration opens.

Questions?

