



**WELCOME!**

**PARENTS and STUDENTS**  
**West Potomac Crew Interest Meeting**

October 15, 2024

West Potomac Crew

*Tradition . . . Excellence . . . Pride*





# Agenda

- Welcome
- Introductions
- About Us
- Practices and Competitions
- Calendar, Team Events
- Registration – Athletic Registration and Crew Registration
- Fees and Volunteer Requirements
- Questions & Conclusion

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## About Us

- VARSITY club sport
- Volunteer dependent club – Crew has its own Booster Board
- Supported, but not funded, by FCPS
- Fees and fundraisers cover the cost of coaches, boats, equipment and regattas
  - Other costs to rowers – uniforms and optional bus to James River
  - Full and partial scholarships available
- No tryout period – most do not have prior rowing experience
  - Registration may close prior to season start if team capacity is reached
- All new rowers must pass a swim test
  - GW rec center – late February
  - 100 yd. swim (4 laps) – any stroke and speed, 2 min. tread water – put on lifejacket while treading water

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# Practices and Competitions

- Four “teams” – VJV Boys, VJV Girls, Novice Boys, Novice Girls
- Winter Season Conditioning (optional) at WPHS - schedule and location TBA
- Spring Season Practices – 4-5 days a week -possibly Saturday before Regattas begin, Spring Break Camp in the mornings Mon-Fri
  - Rowers are responsible for their own transportation to practices- there will be a sign up for carpooling.

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# Practices and Competitions

- Multiple “boats” may be entered in a regatta – such as 1st eight, 2nd eight, Junior eight and/or Novice eight
  - 8-boats consist of 8 rowers plus 1 coxswain
  - 4-boats consist of 4 rowers plus 1 coxswain
  - possible sculling 1 or 2 person
- High school races are 1500 meters long – approx. 5 – 10 minutes
- There may be more rowers available than seats available for competition in most of our regattas

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## 2024-2025 Calendar

### Winter Conditioning, Spring Practice & Regattas

- Winter Conditioning begins at WPHS after Thanksgiving
- Fort Belvoir Set Up– TBD on a Sat/Sun in February
- First Day of Spring Practice (Fort Belvoir) Monday February 17
- Spring Break Camp – Mon-Fri AM April 14-18
- Regatta Schedule – All Competitions are on Saturdays beginning March 22 and concluding Mid-May
- See [www.wpcrow.org](http://www.wpcrow.org) always refer to website for dates, sign up genius, pasta parties, regattas etc.

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# Registration

## **WPHS/FCPS Athlete Registration:**

- [West Potomac High School \(rschoolday.com\)](http://rschoolday.com)
- Sports Physical taken after May 1st <https://westpotomachs.fcps.edu/node/2558>  
Turn physical in to the Activities Office ([westpotomachsactivities@fcps.edu](mailto:westpotomachsactivities@fcps.edu))

## **Crew Registration:**

- iCrew Registration – Fees, Volunteer Policy
- USRowing Membership and 2025 Waiver- electronically signed and submitted
  - Rowers 18 and older and parent volunteers involved directly with rowers in club capacity must also take Safe Sport Training (no cost)

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# Team Events, Activities and Fundraising

- Fall Membership Meeting, Thursday October 24 (optional for new families)
- Wreath Sales Fundraiser – Now through Mid-December
- Tag Day Fundraisers – Saturday November 16 and March 1
- Ergathon Intra-squad Competition, supports Online Fundraiser – Friday January 24
- Winter Membership Meeting – Tuesday January 26
- Novice Parent Social - Sunday February 2
- Fort Belvoir Set Up– TBD
- Pasta Parties for rowers every Friday before Regattas!
- Site Take Down – Saturday (or Sunday) mid-late May/early June
- End of Season Picnic – late May/early June

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

...Working together to take care of your own athlete, our team, and our Virginia Rowing Association!

## REQUIREMENTS ARE:

### 1. STUDENT ATHLETES:

- Two Tag Days (*prospective athletes invited, but not required for first one*)
- Ergathon ONLINE fundraiser (raise \$350 or pay difference)
- One Operational Day (*site set up, site tear down, dock maintenance, etc.*)

### 2. FAMILIES (athlete and adult) (*returning athletes & new if participating in Winter Conditioning*):

- TWO wreath sale shifts

### 3. PARENTS: At least TWO of the following:

- VASRA duty at ONE regatta
- Hospitality tent shift at ONE regatta
- One Operational Day or additional fundraising activity

### 4. We welcome our families' generous contributions of **pasta party & regatta food!**

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# Benefits for the Athletes



Teamwork



Fitness



Friendship



Leadership



College & Lifetime Sport



# Benefits for the Parents





# Questions?

visit [wpcrow.org](http://wpcrow.org)  
for more information

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