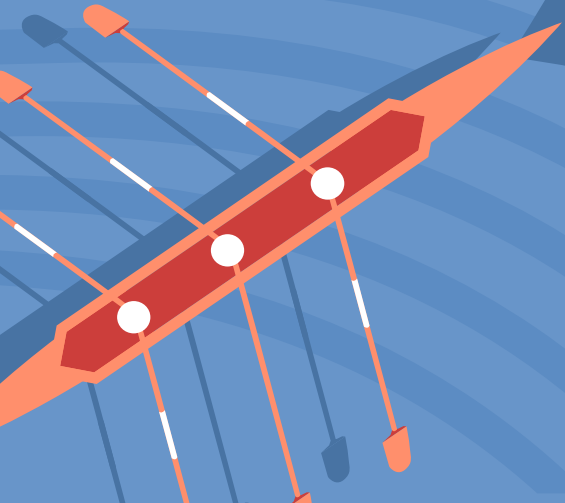




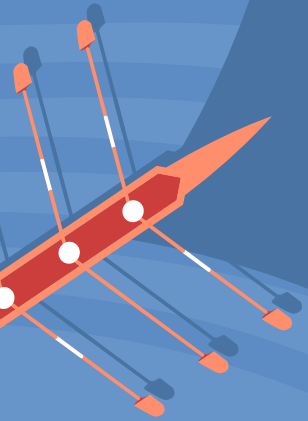
Welcome to West Po Crew Winter 2024 Membership Meeting!

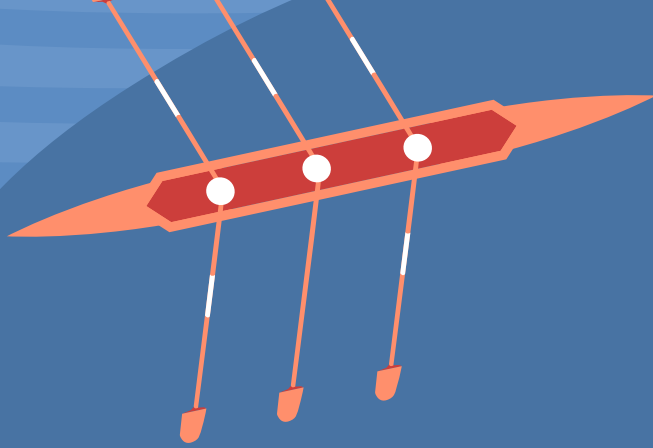
January 20, 2024



AGENDA

- **Welcome, President Transition** - Cathy Rastovski
- **Registration/Uniforms** - Christy Butler
- **Financial Update** - Roger Crombie or Brittany McMaster
- **Coach Introductions** - All coaches
- **Pre-season & Season Schedules** - Coach Grace
- **Operations Support** - Amos Peterson
- **Fundraising Support** - Brittany McMaster
- **Regatta Support** - Jim Papa, Cathy, Lori Collins
- **Social Events** - Jenni Williams
- **Athlete Do's and Don'ts** - Team President & Captains
- **Wrap-up and Q & A** - Coach Grace, All



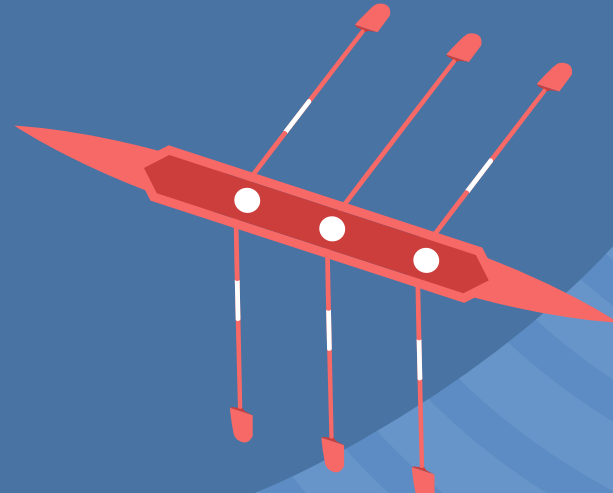


Former President

Nancy Fondriest – through the
end of January

Interim President

Cathy Rastovski – January through
the end of the season while still
continuing in hospitality lead role



REGISTRATION

Registered Athletes:

- iCrew
- West Po Athletics
- Paid 1st installment of Dues

Next Steps:

- Parents register in iCrew also
- 2nd Dues Payment due February 1
- Uniform & Spiritwear Orders - January 22
- SafeSport Training

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

- **QUESTIONS? See Christy after the meeting!**



Financials - January Update

Our budget is substantial ... \$148,000 in revenue and expenses.

The cost per athlete is = \$1,581 (minus Stotesbury).

Dues of \$875 + Fundraising Target of \$250 = \$1,125/Rower; 71% of costs.

FUNDRAISERS make up the difference. We are ON TRACK so far!

Restaurant Night: \$1,000 (1/3 of \$3,000 budget for 3 events)

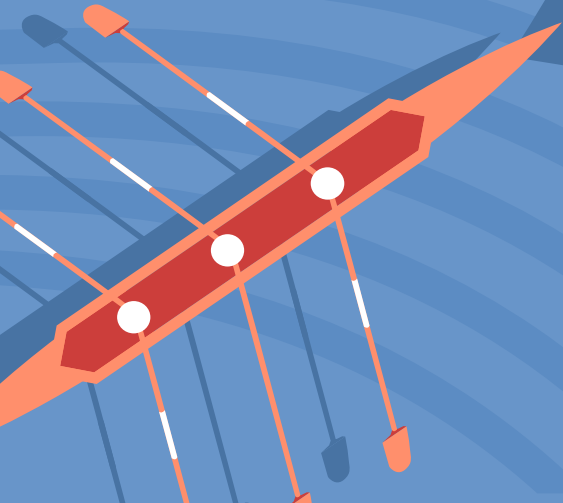
Wreath Sales: \$7,423 in Net Revenue (exceeded our goal of \$7,142)

Ergathon Fundraising is critical for the Capital Investment Fund which ensures long-term viability of the club!

**2.5% Credit Card Processing Fee added for iCrew fee items

COACH

INTRODUCTIONS



SUN	MON	TUE	WED	THU	FRI	SAT
				FEBRUARY 1	2	3
4 New Parent Social, 4 – 6 pm, Collin's home	5	6	7 Concussion Baseline	8 \$575 PAYMENT DUE Restaurant Night 2	9 Last Day of Winter Conditioning	10 ACT TEST OPS Day
11 Super Bowl OPS Day (backup)	12 Swim Test 8-9pm	13 Safety, orientation, concussion training	14 Safety, orientation, concussion training + Concussion Baseline	15 Swim Test 3:30- 4:30 pm	16 Ergathon 4 – 6 pm (\$250 due)	17 VASRA Work Day #1 OPS Day (backup)
18	FEBRUARY 19 Student Holiday FIRST DAY PRACTICE	20	21	22	23	24 VASRA Work Day #2
25	26	27	28	29	MARCH 1	
3	4	5	6	7	8	9 TAG DAY SAT, 1 st ONLINE
10	11	12 YEARBOOK PICTURE DAY	13	14	15	16
17	18	19	20	21	22	23 Regional Park (TBD, experienced only)
24	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
31 Easter	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 Restaurant Night 3	12 No pasta party, early departure	13 James River Sprints (Richmond) 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 (Georgetown)
28	29	30	MAY 1		3 Student Holiday Pasta Party	4 CHAMPS DAY 1 SAT (also June 1)
5	6 AP Exam Week 1	7	8	9	10 Pasta Party	11 CHAMPS DAY 2
12	13 AP Exam Week 2	14	15	16 Stotesbury (exp only)	17 Stotesbury Philadelphia, PA	18 Stotesbury
19 Seniors submit pictures for posters	20 Ops Day – Athletes/Coaches	21	22	23)	24	25 OPS Day 9am -12 pm
26 OPS Day (backup)	27 Student Holiday	28 Picnic 5-8pm, Ft. Hunt Park	29	30	31	

PRE-SEASON REQUIREMENTS

SWIM TEST - NEW ATHLETES

- Monday February 12, 8-9 PM OR Thursday February 15 3:30-4:30 PM
- George Washington RECenter Pool, 8426 Old Mt. Vernon Rd. Alexandria
- All new rowers (100 yd. swim, 2 min. tread water)

Rower Safety Orientation

- February 13th & 14th - 3:30- 5:00 pm (Room 633)

Concussion Baseline Test (Athletic Training Dept.)

- February 7th & 14th - 5:00 - 6:15 pm (Room 633)

Coxswain Interest Meeting

- January 31st - 5:15-6:15 pm in the Cafeteria

USRowing Membership and 2024 Waiver

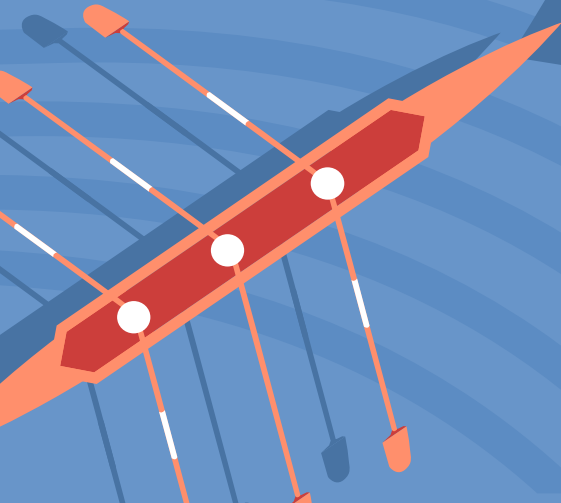
- Electronically signed and submitted
- Basic Membership \$20/\$25 - paid by our team

Safe Sport Training Required:

- ALL ROWERS AGE 18 or older
- Parent volunteers involved directly with rowers in club capacity, including Board Members and chaperones

PRACTICE SITE UPDATE

- National Harbor for 2024 Season
- Continuing to pursue Fort Belvoir for 2025
- Sandy Run for Spring Break



PRACTICE SCHEDULE

First Day of Practice (National Harbor): Monday, February 19
(*School holiday*)

Girls Team:

- Monday, Tuesday, Wednesday, Friday - 3:45-5:45 pm (*practice end time extends to 6:15 pm starting March 11th*)
- OYO practice on Thursday

Boys Team:

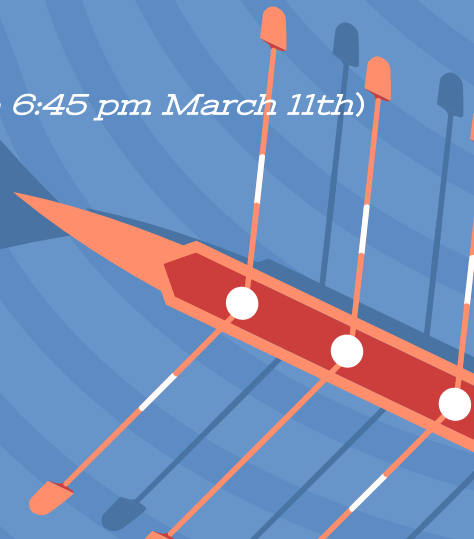
Monday, Tuesday, Thursday, Friday - 4:15 - 6:15 pm (*practice end time extends to 6:45 pm March 11th*)

- OYO practice on Wednesday

Everyone:

- February 24th, March 2, 9, 16, 23 - (Saturday practices: 9:00 - 11:30 am)

OYO - On Your Own workouts - This does not apply to Novices



Spring Break Schedule

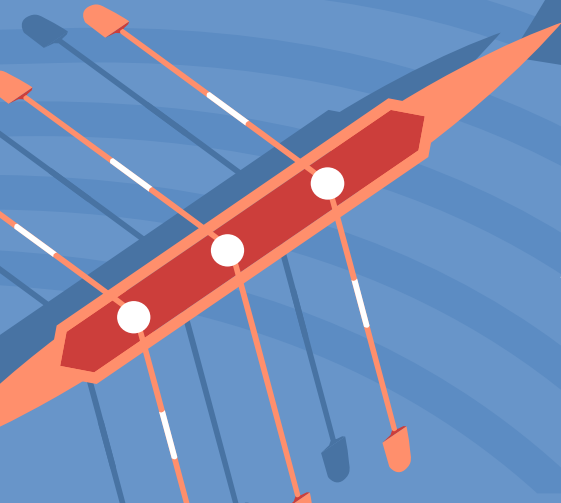
March 25 - 29

Sandy Run Regional Park

ALL Athletes

Monday - Friday: Four hours each morning
Tentatively scheduled 8:30 AM - 12:30 PM

*Please do not schedule medical appointments or
other activities during these times!*



Inclement Weather and No Row Days

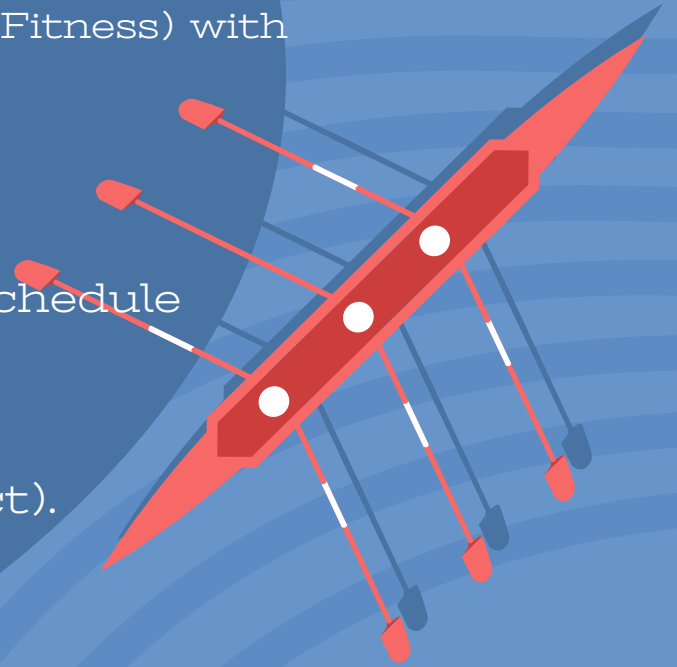
Average 50% of practice days are too windy to row

On these days:

- Practices may still be held at National Harbor (Fitness) with possible early dismissal
- Practices may be moved to the school
- Practice may be cancelled
- We try to make the call by 12 noon

The team will send a text and email for any schedule changes.

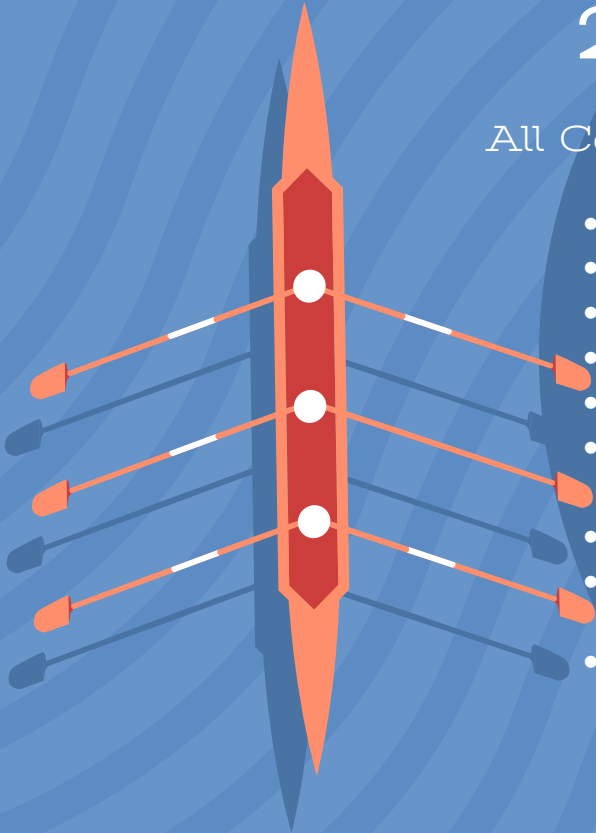
You must have an iCrew account to receive communications (not just Emergency Contact).



2024 Regattas

All Competitions are on Saturdays:

- Regional Park, Sandy Run, March 23
- Walter Mess, Sandy Run RP - March 30
- Darrell Winslow, Sandy Run RP - April 6
- James River, Richmond April 13 (*optional Athlete BUS*)
- Ryz Obuchowicz, Sandy Run RP - April 20
- Charlie Butt, Georgetown - April 27
- VSRC Day 1, May 4 (*3^d boats and Novice*)
- VSRC Day 2, May 11 (*1st and 2nd boats*)
- Stotesbury (*Select Varsity*), Philadelphia - May 16-18



OPERATIONS SUPPORT

SITE SET-UP:

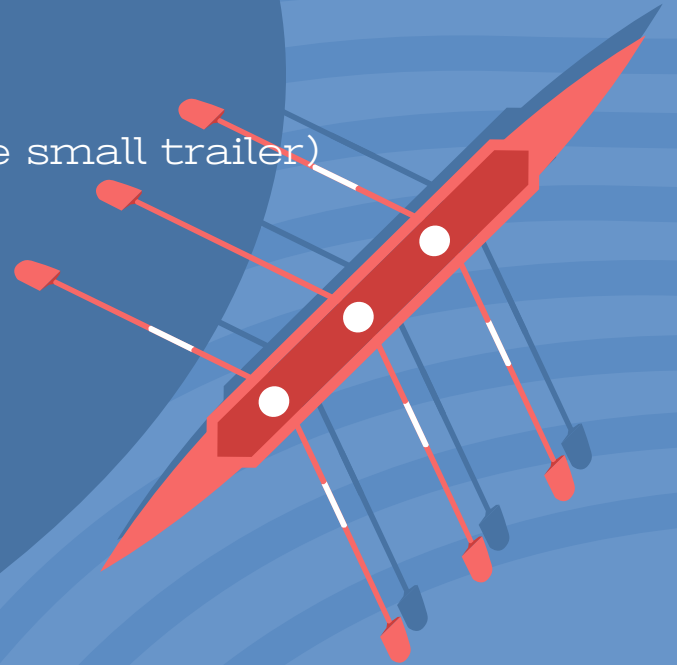
- National Harbor (NH)
- Saturday, February 10
- Meet @ West Potomac HS, 8:00 am
- 40 Volunteers (*parents and athletes*)
- Need 3 or 4 pick-up trucks (Amos will tow the small trailer)
- Loading a moving truck and other vehicles
- Motors, launches, boat racks, rowing gear

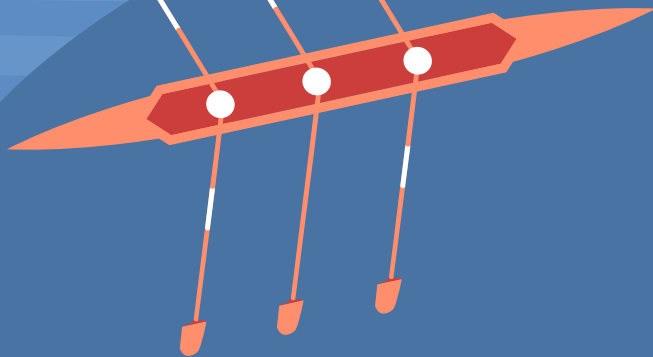
VOLUNTEER POSITIONS:

Shell & Launch/Motor - Nate Rollins

Fuel

Workout equipment





ERGATHON

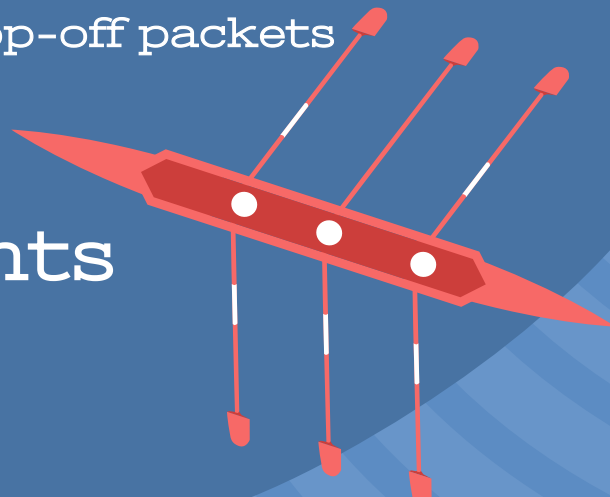
- Friday, February 16, 4-6 pm
- Athlete fundraising goal \$250
- Corporate Sponsors too!

TAG DAY

- Saturday, March 9
- West Potomac - pickup and drop-off packets
- Drivers will be needed

Restaurant Nights

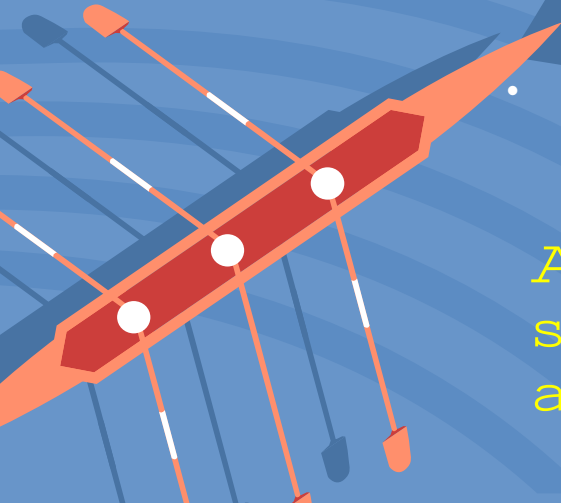
Feb. 8 and April 11



Regatta Support

- VASRA SHIFTS (1 per family)
- HOSPITALITY SHIFTS (1 per family).
E.g., tent shift, picnic shift, or pasta party host.
- PASTA PARTIES - Need food too!
- STOTESBURY CUP REGATTA.
Chaperones, Hospitality Tent

ALL signups will be on our website,
so you'll never have to search emails
and texts to find them!



SOCIAL EVENTS

NEW PARENT SOCIAL:

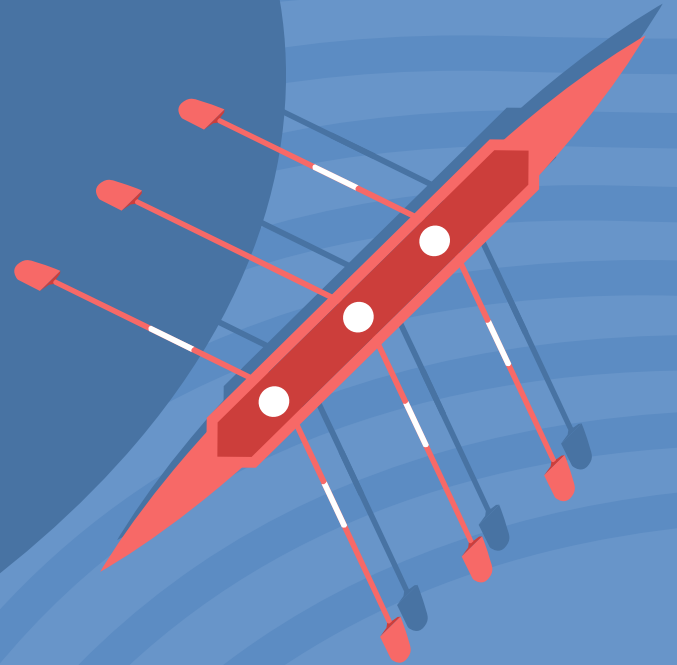
- Sunday, February 4
- 4-6 pm
- Lori Collin's Home

SPRING BREAK LUNCHEON:

- Wednesday, March 27
- Sandy Run

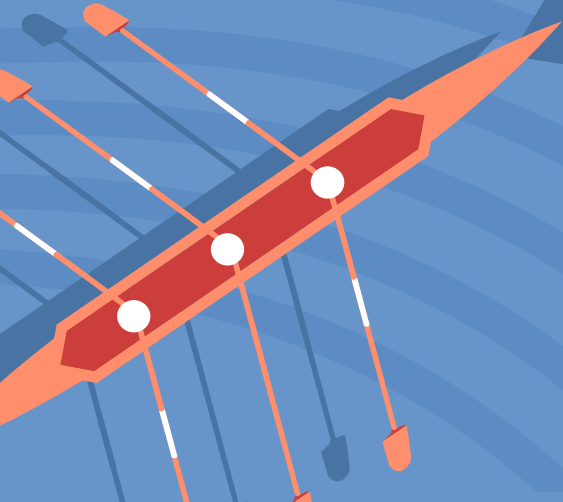
END OF SEASON PICNIC:

- Tuesday, May 28
- 5-8 pm
- Fort Hunt Park



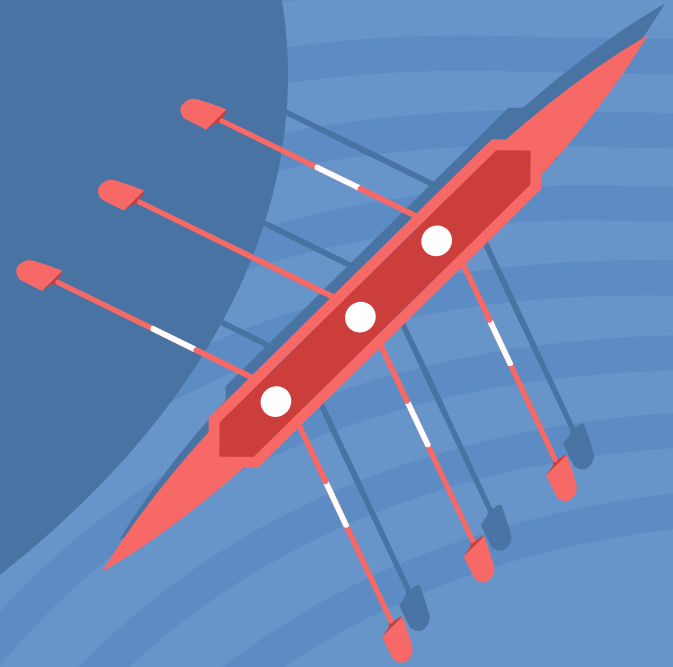
ATHLETE:

DO'S AND DON'TS



Wow, Rowing is a complicated sport.

- So why are we doing this?
 - Teamwork
 - Challenge
 - Friendships
 - Leadership
 - Fitness
 - Discipline
- College & Lifetime Sport



Good Rowers, Great People.

Questions?

