



Welcome to West Po Parent Interest Meeting!

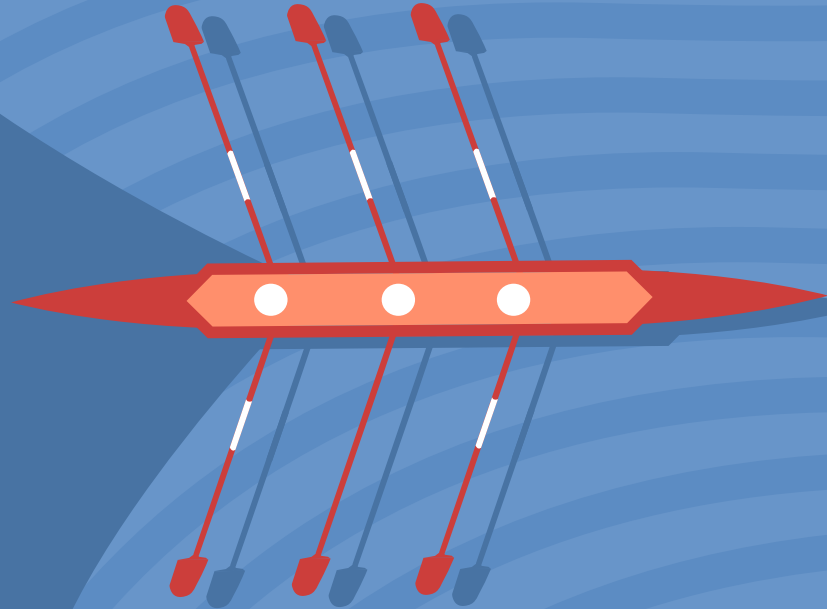
(athletes welcome to attend)

Grace Grimsted - Head Coach
Nancy Fondriest – Booster President

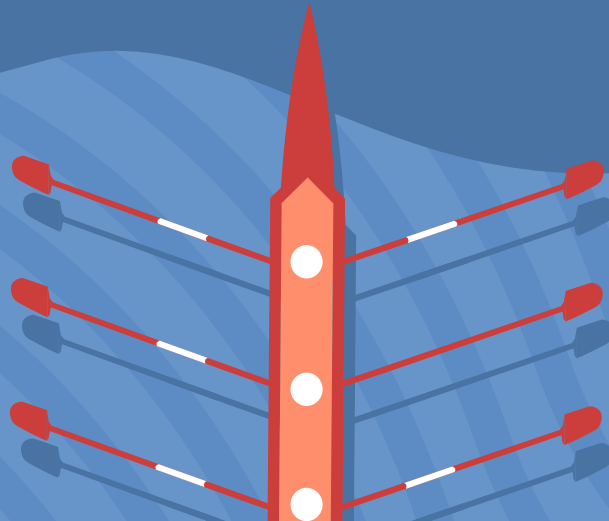
Not easy (but worth it!)

Physical and mental toughness

No Prior Experience Needed



What is Rowing?



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

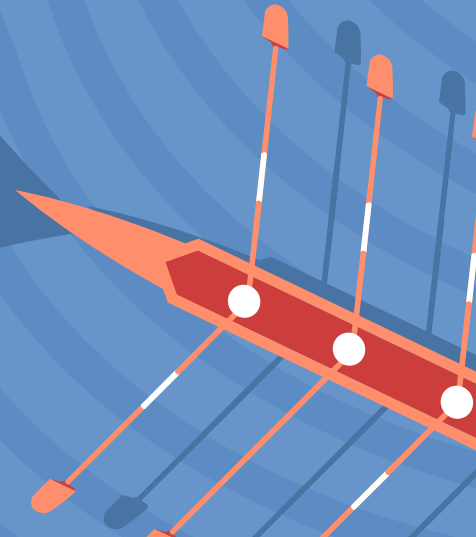
Fun - enjoying our environments, building and cultivating our community

“ 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
- Location: West Po
- 3 times a week, TBD exact details, stay tuned!
- Prepare for season with conditioning and training
- Optional, ENCOURAGED

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

Varsity Club Sport

- Varsity letter possibility
- First years are NOVICES

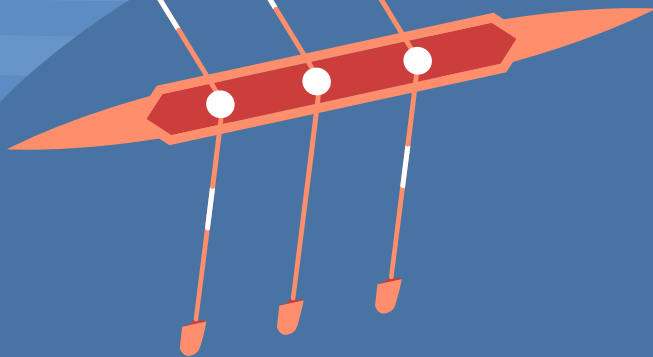
Swim Test, Orientation, Concussion/Safety

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

Novices (That's you!)

- Learning together
- Week of Feb. 20th: Practice begins! 3:45-7 pm, 4-5 days a week (*mandatory*)
- Parents participation is required (*volunteer dependent club*)



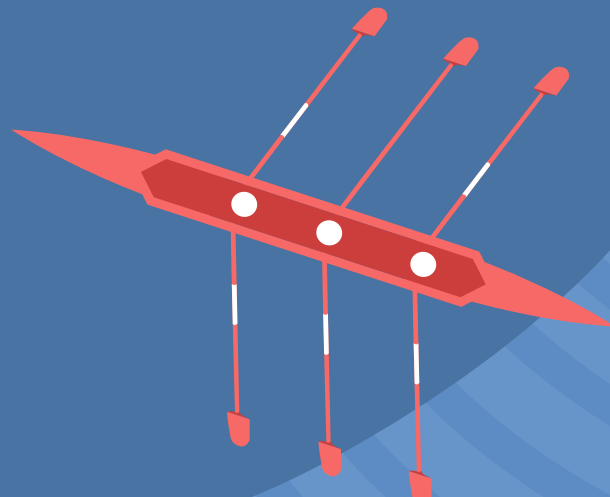


Races!

Every Saturday : Weekends of
Spring Break through Mid-May

Attendance

Spring Break



REGISTRATION:

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

NOV. 1: CREW TEAM (iCrew): Forms & Fees, Communication

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).

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

A stylized illustration of a red rowing boat with several oars extending upwards. The oars have blue blades and white shafts. The boat is positioned in the bottom right corner of the image, partially overlapping the blue background.

FEES *(no increase from last season)*

December 1, 2023: \$300

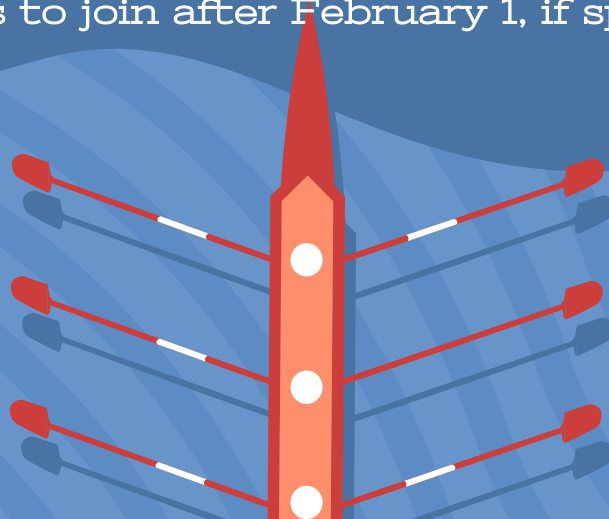
February 1, 2024: \$575

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

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.



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

Athlete

Personal Snacks & Water
Personal Fundraising Goal

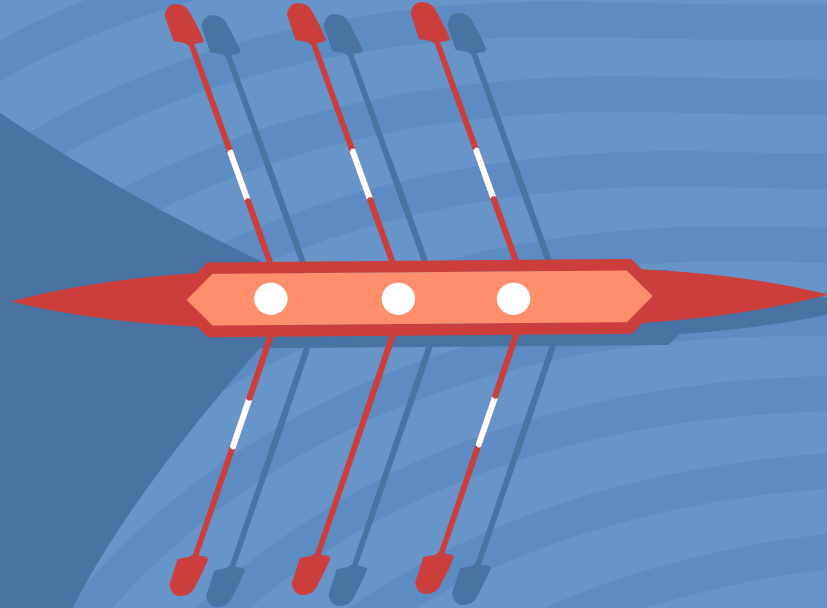
Team

Equipment
Social Events
Refreshments for the Team
Fundraising

Rowing Association

Help run the regattas at our PREMIER rowing site

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



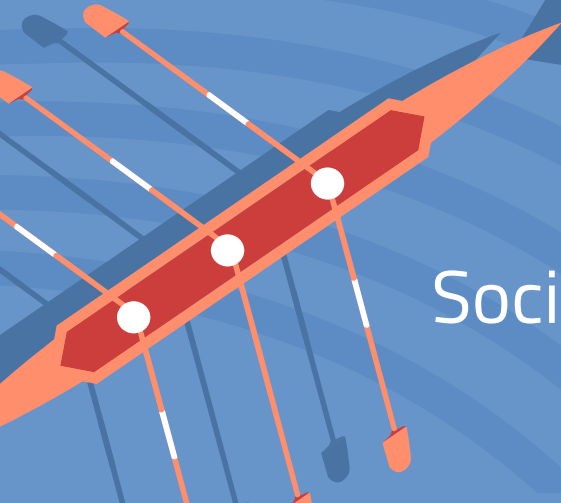
Team Events and Activities

Fundraisers: Wreath Sales, Restaurant Nights, Tag Day, Ergathon

Practice Site: Set-up, Maintenance, Take Down

Regatta Support: Hospitality Tent

Social: Team Dinner, Pasta Parties, New Parent Social, Picnic



Benefits for the Athletes



Teamwork



Friendships



Leadership



Fitness

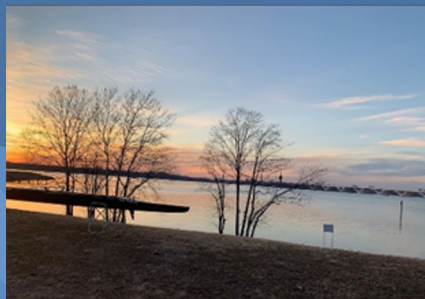


Discipline



College/Lifetime

Benefits for the Parents



Questions?

Want to learn
more?

wpcrew.org

