



2024 Spring Season
Family Meeting
February 8, 2024

Walt Whitman Crew is a competitive co-ed high school rowing club that inspires excellence for all rowers and coxswains and cultivates a team culture of respect, personal commitment, shared achievement, and passion for rowing.





David Noyes
dpnoyes@gmail.com

Program Director
Girls Varsity Coach
USRowing Level 3 Certification
2022 & 2023 All-Met Coach of the Year



Hunter Coker
coach.hunter.info@gmail.com

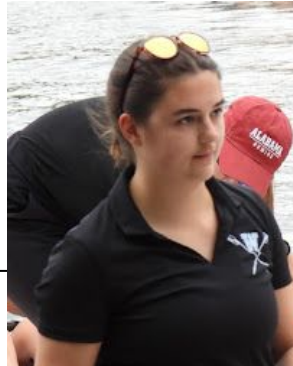
Boys Varsity Coach



Tressa Vitus
Girls Varsity Assistant Coach



Richard Hardy
Boys Varsity Assistant Coach



Greta Butz
Girls Novice Coach



Miranda Tompkins
Boys Novice Coach

Weekdays (Mon - Fri): 3:30PM - 5:45PM
(One Way Bus To Practice)

Saturday: 7:30AM - 10:00AM
(No Bus)

Practices are Mandatory & Attendance is binary.

We depend on the attendance of the whole team to take out full line-ups and have a productive day. One absence can affect other rowers.

Rowers are expected to communicate any absences with coaches in advance. Excessive absences or failure to communicate them may result in lost practice and racing opportunities.

Coaches will announce weather-related schedule changes before 11AM.

Saturday March 23: Occoquan Regional Park 1st Spring Regatta

Sunday March 24: Spring Training begins at **Oxford Boathouse***

12380 Cotton Mill Drive, Woodbridge, VA

through Friday March 29: Spring Training Ends (12:00 Noon)

Monday 3/25 & Tuesday 3/26 - 2 overnights in Towneplace Suites Marriott Potomac Mills, Woodbridge, VA

Van Transportation (Monday - Wednesday) with crew parent chaperones

Bus transportation to/from WWHS Thursday and Friday 3/29 (half day)

Sunday, March 24th please arrange parent drops or carpools

2 Practices, 3 meals, team-building events during overnights - \$450/athlete approximately

Registration Opens Feb 26 - March 3

Willing to [chaperone](#)
Monday-Wednesday?

Please Email

Nina Isaac at

ninasanto@aol.com

***Access to 2000m Race Course & 15 miles of pristine water with no current or river traffic
Primary time for selection and speed gains due to a full week of focus!**

Regatta Schedule



Date	Name	Location	Notes
3/23 (Sat)	Regional Park Regatta	Occoquan, VA	Whole Team
4/6 (Sat)	St Andrews	Middletown, DE	Whole Team
4/9 (Tue 6:30PM)	Jackson Reed Dual Pt. 1	Georgetown	Novice Only
4/11 (Thu 6:30PM)	Jackson-Reed Dual Pt. 2	Georgetown	Varsity Only
4/20 (Sat)	TBC Tussle	Georgetown	Whole Team
5/5 (Sun)	WMIRA Championship	Occoquan, VA	Whole Team
5/16 (Thu) - 5/18 (Sat)	Stotesbury Cup	Philadelphia, PA	Select Crews Only
5/23 (Thu) - 5/25 (Sat)	SRAA Nationals	Cherry Hill, NJ	Qualifying Crews Only

ROWERS

Coaches and Rowers communicate with Slack.

Designated channels set up for different squads, boats, and groups.

PARENTS

This Week in Whitman Crew Emails
Sender: Whitman Crew Boosters
“TWIWC + date”

SOCIAL

Instagram:
[@whitmancrew](#) (official)
[@whitmanwomenscrew](#)
[@whitmanmcrew](#)

Athletes are empowered to talk to coaches directly about their performance, boating decisions, and ways to improve.

All communication within the Whitman Crew community must be based in mutual respect and understanding

When a student chooses to participate, he/she voluntarily elects a course of self-discipline that is part of team membership. A participant is expected to demonstrate good sportsmanship and citizenship at all times, and to respect other participants, coaches, teams, and chaperones and spectators.

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Parents of team athletes work in partnership with the coaches and the board and are expected to behave respectfully and with good sportsmanship and citizenship at all times. This includes at practice, regattas, meetings, and in interactions and communications generally. Communication between parents, board members, and coaches should at all times be mutually respectful, as Whitman Crew believes in constructive cooperation for the betterment of the program.

Step 1: Athlete talks to Squad Coach

If unresolved...

Step 2: Athlete/Parent talks to Head Coach

If unresolved...

Step 3: Athlete/Parent talk to Whitman Crew Ombuds (Pam Herath)

ombuds.whitman.crew@gmail.com

If unresolved...

Step 4: Team Ombuds may set up a meeting with the Board President.

Rowing Equipment Costs



NK CoxBox GPS: \$988



New 8+ Boat: \$46,000



Concept2 RowErg: \$950



Coach Launch: \$20,000

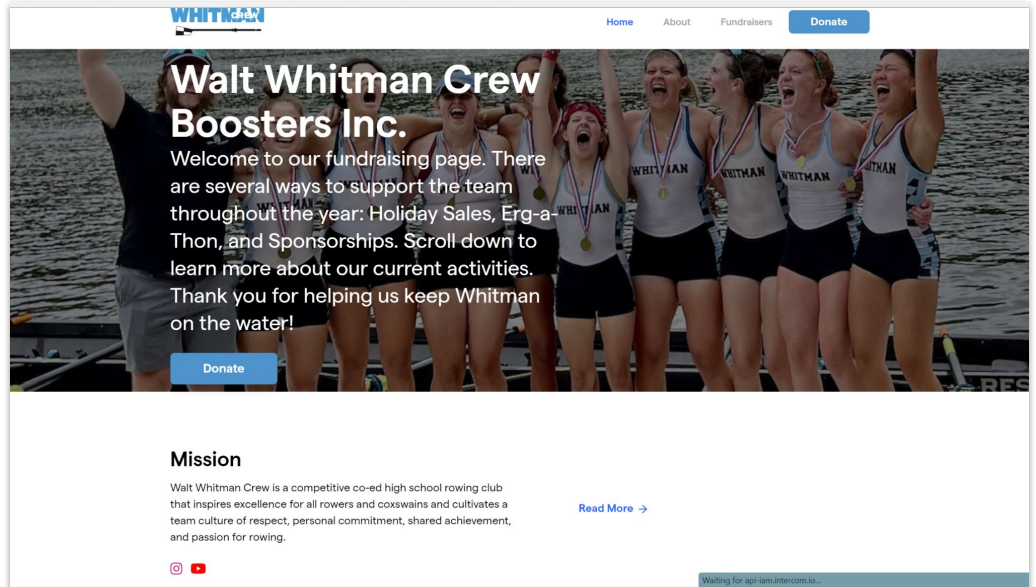


Concept2 Oar: \$330 - \$425

Fundraising Your Way!

- Erg-A-Thon - February
- Capital Contribution - March
- Corporate Sponsorships
- Personal Contribution

Scan here to make your contribution today!



Address your \$1,200 financial commitment by March 7 to be eligible for boating in regattas

Fundraising Toolkit Helps You Achieve Your Goals!

WHITMAN CREW

BETHESDA
MARYLAND

Erg-a-Thon

Saturday February 24: Glen Echo Park Bumper Car Pavilion

Athletes sign-up for a shift: 8:15-10am or 9:45-11:30am

Important fundraiser for Whitman Crew

Great event for families to gather ahead of Spring season



Athletes ask supporters to sponsor them
Great for out-of-town family and friends



WHITCREW



Corporate Sponsorships

- Can your company sponsor?
- Who do you know at local businesses?



WHITCREW Corporate Sponsorship Opportunities



- Platinum Sponsorship**
 - Logo inclusion on oars for one boat
 - Premium logo placement on Whitman Crew website
 - Premium logo placement on team banner
 - Logo inclusion in alumni newsletter
 - Invitation to speak at the Crew Team Spring Banquet
- Gold Sponsorship**
 - Logo placement on Whitman Crew website
 - Logo placement on team banner
 - Logo inclusion in alumni newsletter
 - Invitation to attend the Crew Team Spring Banquet
- Silver Sponsorship**
 - Logo placement on Whitman Crew website
 - Logo placement on team banner
 - Logo inclusion in alumni newsletter
- Bronze Sponsorship**
 - Logo placement on Whitman Crew website
 - Logo placement on team banner

Sponsorship Reach

- 100+ Bethesda area families participating
- 2000+ alumni network
- Regatta participation in DC, VA, PA, TN and NJ
- Regatta attendees include close to 500+ athletes and coaches and 1000+ spectators

OUR NEEDS

- New boats
 - \$35,000 - \$50,000 per shell
- New ergs (rowing machines)
 - \$8,500
- New oars
 - \$350 - \$400 each x 8 = \$2,800 - \$3,200
- CoxBox and supplies (A CoxBox is a device the coxswain uses to amplify his or her voice to the rowers)
 - \$2,000

HOW YOU CAN HELP

Support at any level is tax deductible and is greatly appreciated. We are more than happy to customize a sponsorship level to better suit your specific needs. Thank you in advance for your generosity!

W Wait Whitman Crew Boosters
6106 Harvard Ave #378 Glen Echo, MD 20822
Tax ID No. 52-1548576

For questions about Sponsorship options, contact the VP of Fundraising, WhitmanCrewFundraising@gmail.com

Advertising benefits for supporters - use your network!



Mid-Season Survey

Completed by 25% of the athletes and 16% of parents

Category	What We Have Heard	What We We Are Doing
Transparency	Be more open about decision-making criteria	Holding a “Rowing 101” for parents on Fri. 3/15
Communication	Provide as much advance notice so families can plan schedules	Populating a Spring 2024 calendar of events; Check website whitmancrew.org
Culture	Continue to work on the experience and environment	Implementing a new Code of Conduct

Volunteering

Event(s)	Description	Contact
Spring Break Training	Chaperones - SafeSport and background check needed	Nina Isaac ninasanto@aol.com
Potluck dinners 5 local spring regattas	Each squad should host a potluck night before a race	Crew website will have all team emails for Sign-up Genius
Regattas support	Tent set up in the morning Snacks and sandwiches	Tony Penn penn7813@gmail.com





It's Up To Us

Volunteering

- The administration and management of the team is done entirely through volunteer parents
- We know everyone has to balance jobs, family commitments and other challenges
- There is no better way to be more fully engaged in your child's experience than by helping out

Funding

- We are a 501 (c)(3) non-profit and receive no funding or operational support from MCPS
- We run on program fees and fundraisers, and our goal is to cover operating costs
 - Boathouse fees (storage & usage)
 - Coach salaries
 - Compliance resources
 - Equipment purchases (note that athlete shells and coach launches can require additional capital contributions)
 - Local regatta fees
 - Operations (fuel, insurance, maintenance, repairs, etc)
 - Transportation for practices

Our fees are in line with other rowing teams in the area and with other competitive travel sports clubs

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*Check our website
regularly:*
whitmancrew.org

General questions: email
boosters@whitmancrew.org

To do List

- Arrange carpool _____
- Order uniform _____
- Install Slack _____
- Sign up to volunteer _____
- _____
- Make capital contribution _____

*Check your email
weekly:*
This Week in
Whitman Crew
("TWIWC")

WHITMAN CREW

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SAVE THE DATE PLEASE!

Parent Social & Rowing 101 - March 14th, 7:30pm Bumper Car Pavilion
Meet the Coaches - Learn how rowing works - Understand what your kids are saying



Thank You!

Any Questions?

