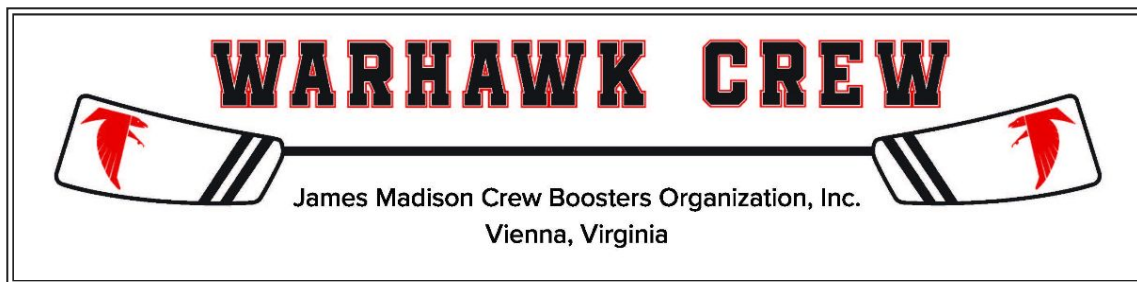


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## WARHAWK CREW NEWS

*March 13, 2022*

### UPCOMING DATES

**March 18:** Team Dinners (Men's @ Drew Tunsdall's; Womens's @ Cylin Williams - additional details below under HOSPITALITY)

**March 19:** Polar Bear Regatta @ Sandy Run Regional Park (Varsity Boats Only)

**March 20:** Launch Boat Training 11 a.m. to 1 p.m.

**March 26:** Regional Park Regatta @ Sandy Run Regional Park

**April 1- April 8:** Spring Break (No Bus Transportation to Sandy Run) - Practice Times TBD

**April 2:** Walter Mess Regatta



Photo Credit: Heather Norton

### TO DO LIST

\* Athletes need to register and join US Rowing (Basic Membership) before they are eligible to compete in a regatta. Our US Rowing Club is James Madison Crew Booster Organization, Inc. and our code is: PHS9S.

[https://usrowing.org/sports/2016/6/30/6536\\_132107075588023972.aspx?id=151](https://usrowing.org/sports/2016/6/30/6536_132107075588023972.aspx?id=151)

\* We still need parents to sign up to make a gas run for the launch boats anytime during the week of 4/18, 5/2 and 5/9

([https://www.warhawkcrew.org/dib\\_sessions/show/45755](https://www.warhawkcrew.org/dib_sessions/show/45755))

## COMMUNICATIONS UPDATE

### SLACK

Please make sure you and your athlete are on Slack. Warhawk Crew uses Slack to notify families about urgent announcements such as practice cancellations. We recommend using Slack on your mobile device. You can download [Slack for iOS here](#) or [Slack for Android here](#). Please reach out to [membership@warhawkcrew.org](mailto:membership@warhawkcrew.org) or [president@warhawkcrew.org](mailto:president@warhawkcrew.org)

Once you have joined Warhawk Crew's Slack, please make sure you subscribe to channels. There is a General channel which is used for posting general team announcements, such as practice cancellations. There is also a Parents channel where parents can ask questions. There is also a Novice channel, Carpools channel (coordinate your spring break carpool!) and Pictures channel! **Make sure to turn on your notifications to be alerted to new messages.**

### **WARHAWK CREW WEBPAGE**

There is a wealth of information on our webpage. Check out our page about Regattas for information on what to expect for spectators at a Regatta

(<https://www.warhawkcrew.org/page/show/2711296-information-about-home-and-away-regattas>).

Another important resource is the link to all DIBS sessions which can be found under the Volunteers Tab (<https://www.warhawkcrew.org/page/show/6838624-volunteers>).

### **SUBSCRIBE TO THE WARHAWK CREW CALENDAR**

You can subscribe to the Warhawk Crew calendar if you have calendar software that accepts the iCalendar format:

1. Copy the link below.
2. Paste the link into your calendar software.
3. If you are using Outlook 2007 copy and paste this link into a new web browser window and Outlook will automatically ask you if you wish to add the iCal feed.
  - *Looking for an application that supports iCalendar feeds? Try [Google Calendar](#).*
  - *NOTE: You may receive error messages while importing iCalendar feeds into Outlook 2007. You can safely ignore these errors*

[webcal://www.warhawkcrew.org/ical\\_feed?tags=2659215%2C2659219%2C6162316](webcal://www.warhawkcrew.org/ical_feed?tags=2659215%2C2659219%2C6162316)

## **NOTES FROM A COACH**

*Alex Zulauf:*

With daylight savings just around the corner, spring racing season is in full swing! Warhawk Crew has been working hard every day on the water, excited to have a full length spring season and make the most of our time spent at practice. The Polar Bear regatta kicks off racing on March 19th and with each day drawing closer, every practice counts and attendance is critical. Spring season especially stresses the importance of being a student-athlete in that order. All Mad Crew athletes must have their affairs in order, spending more time at the boathouse six days a week in racing season.

Varsity crews are undergoing boat selection prior to Polar Bear and for the Varsity men every row is a chance to compete and improve. The squad has been amped up for every opportunity in selection presented to them. A culture of consistency and effort really shines through the upperclassmen and seniors, trickling down to this year's sophomores. Every athlete is pushing hard and working to improve with every stroke taken. Each athlete is

Lastly, I wish to recognize the standard of accountability demonstrated especially by returning varsity but also by first year varsity rowers in my boats. We succeed and fail as a team first and foremost; but accountability on an individual basis is the foundation upon which our team succeeds. Every athlete takes it upon themselves before ever considering blaming a teammate when we have a less than satisfactory training session. Each individual strives to seek personal improvement because they know it is crucial for the squad to progress as a whole. I can speak for the entire Varsity men's squad when I say we are excited to race at Polar Bear on the 19th.

## OPERATIONS

We still need a parents to sign up to make a gas run for the launch boats anytime during the week of 4/18, 5/2 and 5/9. This is an easy volunteering opportunity for parents, especially freshman and sophomore parents, that plans to drive their athlete to the park. Please support our crew team and sign up on

DIBS [https://www.warhawkcrew.org/dib\\_sessions/show/45755](https://www.warhawkcrew.org/dib_sessions/show/45755).

## HOSPITALITY

Warhawk Crew is reintroducing Pre-Regatta Team Dinners! These dinners have traditionally been hosted by one parent for the women's team and one parent for the men's team. A DIBS sign up is created for all other parents/athletes to provide food, drinks, etc.

This week (March 18), the women's dinner will be at Cylin Williams's home and the men's dinner at Drew Tunstall's home right after practice. Please sign up for food to drop off at the host's house using DIBS.

[https://www.warhawkcrew.org/dib\\_sessions](https://www.warhawkcrew.org/dib_sessions)

**Drew Tunstall:** 2602 Hannah Farm Court, Oakton, VA 22124

Parking instructions: If you will be parking at the Tunstall's, park on the street and walk down the long driveway so that people (and food) being dropped off can get out!

**Cylin Williams:** 2675 Oak Valley Dr, Vienna, VA 22181

## VOLUNTEERS

Reminder that all parents who volunteer to chaperone need to be badged and need to complete SafeSport with US Rowing. Parents will need to sign up for a free US Rowing membership.

Our US Rowing Club is James Madison Crew Booster Organization, Inc. and our code is: PHS9S. [https://usrowing.org/sports/2016/6/30/6536\\_132107075588023972.aspx?id=151](https://usrowing.org/sports/2016/6/30/6536_132107075588023972.aspx?id=151)

We have another opportunity to support Warhawk Crew through VASRA's Local Organizing Committee (LOC) commitment. Unlike the weekly volunteers who work a half day shifts for one or two regattas, LOC members work the same job for the entire day AND for every regatta - they are part of the regular Regatta Staff. LOC Staff are the experts at the job

before they go into the water). Start time is 1.5 hours before the first race and finish time is about 40 minutes before the last race starts. Your responsibilities will include checking the numbers on the boat, inspecting the bow ball & heel ties, marking time upon team entry and exit of the CC area, and communicating any delays. DM @TarrinPakes on Slack for more information..

## FUNDRAISING

Thank you for all your hard work in making Mulch Day a great success! (More photos can be found on the Pictures Slack Channel)



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