Monday, February 24th

Bus Leaves at 3:15 pm

Pick Up 7:00 pm at JMHS
Agenda

• Safety First
• Organization Reminders
• Practice Points
• Regatta Overview
• What to Wear?
• Fundraising
• Rowers Meet with Coaches
• Volunteer Requirements
• Home Regattas & Stotesbury Regatta
• Varsity Women Meet With Bill & Valerie
On Water Safety

Safety of rowers and coaches is of utmost importance at all times

Shells are accompanied by a safety boat (launch) driven by a coach with emergency gear bag containing blankets and first aid kit

Launches remain within 100 yards of shells at all time

Boats do not go out when the Park Authority, the Board, or the coaches deems weather or water conditions unsafe

Boats immediately return to shore if thunder is heard
WARHAWK CREW
COACHING STAFF 2019-2020

Men
Head Coach & Executive Director
Justin DeGaetano

Assistant: Alex Zulauf ('14)
Freshman/Novice: Brian Hetrick

Women
Head Coach
Bill Wilber

Assistant: Valerie Spina ('14)
Freshman/Novice: Jenny Krashin
On Water Practice

Rower Attendance
  Mandatory

Expectations
  SR&R
  Sportsmanship

Boat Lineups
Water Practice Transportation

Bus Transportation Contracted for MOST Practice Days

• No bus during spring break
• No bus on Saturdays

Policies and Procedures

• Bus chaperones must be at school by 3pm (at the latest)
• Bus leaves from the crew shed at 3:15pm
• Bus athlete leaders assist chaperones - attendance sheet
• Bus riders must return FROM the river – unless rower PERSONALLY tells chaperone of alternative plan
• TIMELY departure from river or surcharge for departing after 6:30pm
• STAY TUNED for changes based on weather conditions — Watch Slack
• Parents are responsible for ensuring that privately arranged carpools to/from river are in accordance with VA driving rules
## 2020 Regatta Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Regatta</th>
<th>Location</th>
<th>Participation</th>
</tr>
</thead>
<tbody>
<tr>
<td>21 March</td>
<td>Polar Bear</td>
<td>Occoquan</td>
<td>Varsity Only</td>
</tr>
<tr>
<td>28 March</td>
<td>Regional Park Regatta</td>
<td>Occoquan</td>
<td>All Boats</td>
</tr>
<tr>
<td>04 April</td>
<td>Walter Mess Regatta</td>
<td>Occoquan</td>
<td>All Boats</td>
</tr>
<tr>
<td>11 April</td>
<td>Darrell Winslow</td>
<td>Occoquan</td>
<td>No Eights</td>
</tr>
<tr>
<td>18 April</td>
<td>Ted Phoenix</td>
<td>Occoquan</td>
<td>All Eights</td>
</tr>
<tr>
<td>25 April</td>
<td>Al Urquia</td>
<td>Occoquan</td>
<td>All Boats</td>
</tr>
<tr>
<td>02 May</td>
<td>VA Scholastic Rowing Championships – Day 1</td>
<td>Occoquan</td>
<td>Freshmen/Novice, JV</td>
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<tr>
<td>09 May</td>
<td>VA Scholastic Rowing Championships – Day 2</td>
<td>Occoquan</td>
<td>Varsity</td>
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<tr>
<td>15 – 16 May</td>
<td>Stotesbury Cup *</td>
<td>Philadelphia, PA</td>
<td>Qualifying Boats</td>
</tr>
<tr>
<td>22 -23 May</td>
<td>SRAA Nationals *</td>
<td>Camden, NJ</td>
<td>Qualifying Boats</td>
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* Away Regattas: Approved school administration activity as these are national sports events
Clothing for Rowing

‘Dos and Don’ts’ of Crew Attire

Seniors’ Fashion Show
Fundraising – Keep It Up!

• Fundraising Target $750 Per Rower

  • Totals to date were distributed in early February and will be again in March

  • Mulch Sales are a great source of credit toward goal ($2/bag)

• SELL MULCH – Deadline February 20th

• DELIVER MULCH – Saturday, March 7th, 7am until finished
Rowers Meet With Coaches
Getting Involved
Volunteer Help is Critical

TEAM Requirements – DIBS TAB ON WARHAWK CREW WEBSITE

1. **Bus Chaperone**: ONE day during water practice (1 parent)
2. **VASRA**: ONE regatta per season; jobs assigned by VASRA (1 parent)
3. **Regatta Food Tent**: ONE Regatta per season — Jean Johnson Coordinator — (1 parent)
4. **Mulch Day Delivery**: March 7th at 7am UNTIL finished (1 athlete and 1 parent)
5. **End of Year Banquet**: Junior Class Parents (start planning)

**Other Volunteer Opportunities Beyond These Requirements**
- Friday night pre-regatta team dinners (host or bring a food item) March 20 & 27; April 3, 10, 17 & 24; May 1 & 8
- Away regatta chaperones (Philadelphia and Camden)
- Stotesbury Hospitality Tent: Looking for 10 parent volunteers and the Saturday BBQ Dads!
- Join the Board (EVP, Communications, Operations, Fundraising, Away Regattas, Spiritwear)
- Offer your skills to the committee that makes the most sense (hospitality, communications, operations)

Thank you for contributing to these efforts!!!
Home Regattas

• Sandy Run Regional Park
• Pay attention to Slack, emails/newsletters/coaches’ instructions and if you are not sure…ask.
• Review Sandy Run Regatta FAQs and other info in Resources at warhawkcrew.org

Line ups and race schedule posted Friday night before regattas. Coaches inform athletes of arrival time.
• Spectators arrive early to limit risk of being late (2+ hours before scheduled race)
• Plan for a full day and for various weather conditions (sun, cold, wind, rain)
• Comfortable shoes, chairs, binoculars, but not too much to carry!
STOTESBURY CUP REGATTA
May 15 & 16 (Thursday-Saturday)
Philadelphia, PA

• Largest high school regatta in country
• Athletes excused absence to attend
• Thursday athlete travel day
• Friday and Saturday races
• Wyndham Phil. Historic Dist.
• Coaches decide participants
• Details as we get closer

For info: Stotesburycupregatta.com
STOTESBURY VOLUNTEER REQUIREMENTS

- Chaperones (1 per boat) (Kimberly Lanning will coordinate)
- Bus Parent (1-2 parents) (can also be chaperones)(K. Lanning)
- Hospitality tent (10 adults to rotate over 3 days; cannot also be chaperones)(DIBS sign-ups)
- Saturday BBQ (4 parents)(DIBS)
- Operations (5 parents)
Forms, Forms, Forms!

Away Regattas Forms
- Required by FCPS
- Rowers can’t attend away regattas if not completed
- All rowers must complete forms for ALL REGATTAS

Coordinator Kimberly Lanning
Forms are available at warhawkcrew.org

• Forms can be scanned and emailed to Kimberly at: awayregattas@warhawkcrew.org

THANK YOU AND GOOD NIGHT!