

W.T. Woodson Crew

2016-2017 Handbook



W.T. Woodson Crew Boosters Association, Inc.

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Section 1: Background

In the United States, high school and college rowing are often referred to as *crew*. Crew, in short, is the sport of rowing a racing boat, or shell, as fast as it will go. Race distances vary depending on the level of competition and season. In the fall, Head Races are competed over courses ranging from 2.5 to 4 miles long. In the spring and summer, Sprint Races are competed over courses ranging from 1000-2000 meters in length. W.T. Woodson (WTW) Crew competes solely at the standard high school Sprint Race distance of 1500 meters.

Crew includes two basic types of rowing – sculling and sweep rowing. In sculling each rower uses two approximately 9 ft. oars, or sculls, for propulsion, while in sweep rowing each rower handles a single oar that is approximately 12 ft. long. You will see both sculling and sweep rowing during our competition season; however, at WTW we traditionally compete only in sweep rowing events, where each shell is powered by four or eight sweep rowers and commanded by a coxswain (pronounced "cox-n"). The word shell is often used in reference to the racing boats because the hull is only about 1/8" to 1/4" thick to make it as light as possible. The shells are propelled by reaction forces on oar blades as they are pushed against the water. Eight person shells are approximately 60 ft. long and weigh 200 lbs., while four person shells are approximately 40 ft. long and weigh 120 lbs. Most shells today are made of composite materials such as carbon fiber, fiberglass, or Kevlar; however, a few companies still build wooden boats. See Appendix A for a glossary of terms.

Crew as a sport has several unique characteristics. While teamwork plays an important role in all team sports, it is absolutely critical in rowing. A boat's success is dependent on all rowers putting forth 100% effort in perfect coordination. Physically, crew requires a near-perfect blend of power, coordination and endurance – power in the delivery of each independent stroke; coordination in the balance of the boat and timing of the delivery of the strokes; and endurance in the ability to sustain that output for the duration of the race. The physical coordination of the legs, back, upper torso and arms for each stroke, with sustained stroke ratings of 32-36 strokes per minute and sprints of up to 40-44 strokes per minute, over a race lasting 4-6 minutes, is unlike any other athletic endeavor. Crew is also as much a mental endeavor as it is a physical one, requiring total concentration at all times. Crew imparts a sense of focus, concentration and time management that will carry over to better student-athlete performance in most aspects of life and school, including academics.

The sport of crew has a rich history and tradition. On August 3, 1852, the first Harvard-Yale Race was held on Lake Winnepesaukee, N.H., inaugurating the oldest U.S. intercollegiate athletic competition. On August 25, 1900, rowing was established as an Olympic sport at the Paris games, with the United States capturing gold in the Men's Eight competition. The WTW Crew Program was established in September 1986 and has been one of Northern Virginia's most stable and successful programs for nearly three decades. WTW Crew team members have gone on to compete at the collegiate level at the U.S. Naval Academy, Rutgers, Georgetown, Bucknell, Syracuse, Virginia, Clemson, Notre Dame, Yale, Brown, Princeton, Harvard, Delaware and many other outstanding colleges and universities. See Appendix B for a listing of WTW Crew's Champions and Award History.

Section 2: Program Overview and Governance

Program Philosophy

The W.T. Woodson (WTW) Crew Program is a club sport affiliated with WTW High School in Fairfax, Virginia. The core philosophy of the WTW Crew Program is teaching student-athletes how to achieve excellence through discipline, hard work, and perseverance. This is done by providing a structured, safe, and comfortable environment for them to interact and learn about the sport. Opportunities are provided for students with a wide range of athletic abilities to become highly trained, competitive, and successful student-athletes. Team members build strength and endurance, develop time-management and self-discipline skills, and gain the confidence that comes with being a student-athlete.

Program Goals:

Rowing is a sport of discipline and teamwork where each student-athlete learns to synchronize their movements in perfect harmony with one another on the water. This sport doesn't stray from the idea that if you do the work, you will go far and put yourself in a position to perform well. WTW Crew follows a student-athlete centered and coach driven structure. The WTW Crew coaching staff preaches maintaining a competitive environment, one where the rowers want to win races, but realize this goal intrinsically.

Specific program goals include:

1. To field as many competitive boats in as many categories as feasible.
2. To have the maximum number of boats reach finals and medal in the Virginia Scholastic Rowing Championships (VSRC) and the Ted Phoenix Regatta (VASRA Freshman / Novice Championships).
3. To enter competitive lineups at the annual Stotesbury Cup Regatta in Philadelphia, PA.*
4. To qualify the maximum number of boats to race in the Scholastic Rowing Association of America (SRAA) National Championships.*

* **NOTE:** There are currently no Novice, 2nd Four, or 3rd Eight categories at the Stotesbury Cup Regatta or SRAA National Championships. Race entries are made at the discretion of the WTW Crew Head Coach.

W.T. Woodson Crew Boosters Association, Inc.

The W.T. Woodson Crew Boosters Association is an incorporated, not-for-profit 501(c)(3) that was established to support the WTW Crew Program. The Association is governed through formal by-laws, which may be found on the WTW Crew website at <http://www.wtwcrew.org/>. The Association is managed by a Board of Directors made up of five Officers (the Executive Committee) and six Committee Chairpersons. Appendix C contains board member names, positions, and contact information. Members of the Board of Directors are elected by voting members of the Association at the Annual Association Meeting held in late spring. Voting members of the Association include parents or guardians of WTW Crew student-athletes. Non-voting members include, but are not limited to, the WTW coaching staff, Principal, and Director of Student Activities (DSA). Board of Directors responsibilities include, but are not limited to, hiring coaches, fundraising, financial management, logistical support, the purchase and maintenance of program equipment, and, of course, staffing the WTW Crew Cheering Section at regattas. The Board is NOT a supervisory body responsible for the day to day management of the coaching staff, training program, or student-athlete boat assignments. The Board of Directors hosts a monthly board meeting where all members are welcome and encouraged to attend. See the WTW Crew Website and weekly emails for details.

W.T. Woodson Crew Coaches:

W.T. Woodson Crew Coaches are hired on an annual basis using fee-for-service agreements that engage the coaches as independent contractors and not as employees. The number of coaching positions is determined by the number of student-athletes to maximize attention and safety. The Head Coach is hired by a majority vote of the Board of Directors with an established quorum, under the advice and consent of the WTW Director of Student Activities (DSA). Assistant Coaches

are hired by the Association President based upon recommendations from the Head Coach and under the advice and consent of the WTW DSA. All coaches agree to and sign the WTW Coaches Code of Conduct as described in Appendix D. The Head Coach provides guidance and direction to the overall rowing program and reports to the Association President on the status of the rowing program, coaching staff, equipment, and facilities. The Head Coach has final authority over the assignment of coaches and the placement of student-athletes in boats. Current coach names and biographies are available on the WTW Crew website.

W.T. Woodson High School:

The W.T. Woodson Crew Program operates within a structure approved by the WTW Director of Student Activities (DSA) on behalf of the participating student-athletes. WTW Crew Team members are WTW students, wear WTW uniforms, pull and win for WTW, and seek to qualify for WTW varsity letters. The Principal and DSA are non-voting members of the Association. In addition, the DSA maintains communications and coordination with competitor schools by serving as a member of the Virginia Scholastic Rowing Association (VASRA) Crew Council, monitors the academic and medical eligibility of student-athletes, and facilitates program conflict resolution when required. The WTW DSA, Association President, and Head Coach work closely together to ensure that the program is managed in accordance with WTW Crew Boosters Association, WTW High School, Fairfax County Public Schools (FCPS), Virginia High School League (VHSL), and VASRA policies and procedures.

Fairfax County Public School (FCPS) Club Sports:

Crew is a club sport within Fairfax County Public Schools (FCPS) and, as such, is not supported by any FCPS funds. The schools provide none of the expenses for coaches, equipment, operations, or transportation. Our crew program is sponsored and supported by the W.T. Woodson Crew Boosters Association, Inc., which raises funds through individual assessments and a variety of fundraising events. The financial and volunteer work contributions of both the student-athletes and their families are the cornerstones of our program's success. Club student-athletes may earn WTW varsity letters. See the FCPS website for additional details: <http://www.fcps.edu/supt/activities/athletics/index.shtml>

Virginia High School League (VHSL):

The Virginia High School League (VHSL) is an organization of public high schools in the Commonwealth of Virginia which join with the expressed written approval of their local school boards. All Fairfax County Public Schools (FCPS) are members of the VHSL. The league seeks to encourage student participation in desirable school activities by conducting or supporting programs of interscholastic activities in all fields. Following a VHSL vote at the close of the 2013 season, public high school rowing in Virginia is no longer recognized by the VHSL as an official high school sport. Per Virginia Scholastic Rowing Association rules, FCPS policy for all sports and WTW Director of Student Activities guidance, the WTW Crew Program will continue to follow VHSL eligibility guidelines.

See the VHSL website for details: <http://www.vhsl.org/eligibility>

Virginia Scholastic Rowing Association (VASRA):

The Virginia Scholastic Rowing Association (VASRA) governs Virginia high school rowing, providing the policies and rules under which we operate. The W.T. Woodson Crew Boosters Association, Inc. is a member of VASRA. VASRA provides the organization, resources, and oversight for scholastic competitive rowing regattas on our home course of Sandy Run Regional Park on the Occoquan River, VA, and at other venues throughout the National Capital region. VASRA is an association of Boosters from 36 High Schools and is organized for the express purpose of fostering interscholastic rowing competition between the high school rowing teams in Virginia. VASRA functions as an athletic conference since rowing is considered a club sport in many of the participating high schools and, therefore, is not officially administered by those schools. As such, all VASRA activities directly sponsor and support scholastic competitive rowing and provide the venue to: (1) stage competitive rowing events; (2) ensure regatta structure, safety, fairness, and consistency; (3) ensure overall program oversight; and (4) facilitate communication among member crew booster support organizations. See the VASRA website for additional details: <http://www.vasra.org/>.

Section 3: Membership:

On-Line Registration:

W.T. Woodson Crew Program will utilize Ronin Racing's web-based service for team registration. Simply click on the Ronin Racing link below and follow the instructions for a comprehensive, easy path to registration.

<http://www.roninregistration.com?rtu=6111113175>

On the Ronin Racing website, the term "rower" is used for both rowers and coxswains during the registration process. If you have more than one student-athlete competing for WTW this season, please note that you will only be able to register one rower at a time. After registering your first rower, you will be given the opportunity to link back to the home page to register your second rower. You must complete the online registration process and submit all required forms prior to participation in any winter conditioning session (dates to be announced, typically around the beginning of November), or if not participating in Winter Conditioning, on-the-water rowing practice (February 21st 2017). No exceptions will be allowed.

Additional detailed information can be found below and on the WTW Crew website at <http://www.wtwcrew.org>

Dues and Fees:

The W.T. Woodson Crew Program dues structure is designed to:

- Be understandable and equitable
- Cover day-to-day and annual costs
- Maintain dues at the lowest possible level while meeting our program goals
- Include minimum fundraising and volunteer service components for each student-athlete and their parents or guardians (see Section 4).

Freshman and Novice student-athletes are charged reduced basic dues to join the club. Early bird and second student-athlete discounts are available. Additional costs include away regatta travel, uniforms, crew gear, and optional chartered bus transportation to and from practice. In May of each season, qualifying student-athletes may travel to the Stotesbury Cup Regatta in Philadelphia, PA and the Scholastic Rowing Association of America (SRAA) National Championship Regatta held at various locations in the Eastern U.S. Qualifying student-athletes will be assessed an additional fee for each regatta as this expense is not included in the initial basic dues. The assessed fee will vary depending on the regatta location. See Appendix E and the WTW Crew website for additional information.

Uniforms and Crew Gear: The specific WTW Crew uniform that must be purchased consists of a WTW Crew Unisuit and a long sleeve racing shirt. A team T-shirt will be included as part of the basic dues. Additional crew gear clothing is available for purchase for student-athletes to begin building their crew gear wardrobe. Uniforms and crew gear will be discussed in detail at the various parent information nights during the season. You may also contact the Uniform / Crew Gear Chairperson directly (see Appendix C).

Transportation: Practice transportation to and from the Occoquan is the responsibility of parents/guardians; however, during the Spring Racing Season, with sufficient participation, the WTW Crew Booster Association offers weekday chartered bus transportation from/to WTW High School for an additional fee. Families utilizing the chartered bus to on-the-water practice are required to share in the daily bus chaperone duties. Some parents and student-athletes arrange their own transportation and/or carpools. Away regatta fees include chartered bus transportation for student-athletes.

Payment Types: Basic dues may be paid by check or credit card. Payment by credit card is managed through the Ronin Racing website. Checks for basic dues, travel regatta fees, service requirement penalties, and bus transportation fees are to be mailed to the *W.T. Woodson Crew Boosters Association, P.O. Box 2881, Fairfax, VA 22031*. Checks are to be made payable to "W.T. Woodson Crew Boosters." Payment for crew gear and uniforms will be made directly to the respective vendors. Families with extenuating financial circumstances should contact the Association President to arrange a delayed

payment schedule. In addition, limited scholarship funds may be available. All requests will be held in strictest confidence.

Discounts and Payment Deadlines: Dues for the current season must be paid in full by February 13th, 2017. Early bird discounts of \$50 per student-athlete are available if dues are paid in full by check no later than November 14th, 2016. No early bird discount is offered when paying by credit card. Discount will be provided via a refund check from the WTW Crew Boosters Association. It will NOT be reflected in your Ronin statement. **An additional discount of \$50 per student-athlete is given when a family has more than one participating student-athlete.** Dues may be paid by check in three equal installments with payments due on December 12th, January 16th, and February 13th. When paying installments by credit card, an immediate initial payment is assessed during Ronin registration, after which the subsequent payments will be automatically charged on January 13th and February 10th.

Refund Policy: Requests for refunds should be made in writing to the Membership Chairpersons. Withdrawal requests made on behalf of returning student-athletes by February 17th, 2017 and freshman / novice student-athletes by March 6th, 2017 will be refunded in full, **less any credit card processing fees.** Withdrawals on behalf of returning student-athletes made during the first two weeks of on-the-water practice will be assessed a \$300 penalty. No refunds of dues will be granted after the second week of on-the-water practice unless the student-athlete is cut (see Section 6).

Registration Requirements

Forms and Training*

Several forms and online actions are required for participation in FCPS high school athletic programs. Links to all of these are provided below and at the end of the Ronin Racing online registration process, and they will be sent to you in your Ronin Racing confirmation email. Please complete the forms online before printing; sign where indicated before submitting. You must sign the printed copies where indicated prior to submitting. The VHSL Physical Form must be submitted directly to the WTW Athletic Trainer in the Athletic Training office (located inside Door 5, Room C-158). With the exception of the VHSL Physical form, all other forms must be submitted directly to **WTW Crew Membership**. A student-athlete will not be allowed to participate in Fall Crew Experience Days, Winter Conditioning, or the Spring Racing Season (see Section 5) until the coaching staff has been notified that all required forms are submitted and complete.

It is highly recommended that you keep copies of all forms for your records.

*Forms requirements are subject to change.

VHSL Physical Form: Actually titled the “*Athletic Participation/Parental Consent/Physical Examination Form*,” this form is required to be completed and signed by the student-athlete, parent or guardian, and a physician (MD, DO, PA or Nurse Practitioner) **once per school year** for each student-athlete, beginning any time after May 1st of the current year through June 30th of the succeeding year and prior to participation in Fall Crew Experience Days “Green Days”, Winter Conditioning, or the Spring Racing Season. For parents or guardians whose student-athlete participated in another fall and/or winter sport, you will NOT have to complete this form again to participate in crew. This is a VHSL four page form made up of five parts covering: (i) Athletic Participation; (ii) Medical History; (iii) Physical Examination; (iv) Acknowledgement of Risk and Insurance Statement; and (v) Emergency Permission Form. Parts (ii) and (iii) are taken with you to the medical examination for your doctor’s approval and signature.

NOTE: All four completed and signed pages of the VHSL Physical Form are delivered directly to the WTW Athletic Trainer, (located inside Door 5, Room C-158), NOT the Membership Chairperson. This is the ONLY form not delivered to the Membership Chairperson.

http://www.wtwoodsonsports.org/library/files/wtwoodsonsports_28/files/Physical.pdf

FCPS Concussion Education: One parent or guardian from each family and all student-athletes must complete the mandatory FCPS on-line concussion education training **once per school year**. Your completion is tracked online; therefore, you do not need to print out and turn in the certificate(s) at the end of the training.

http://www.fcps.edu/supt/activities/atp/health/concussion/ceov_program.shtml

USRowing Waiver: Fall registration on the USRowing site is only required for new student-athletes who intend to participate in the Fall Crew experience days. Re-registration after January 1st of each year is required by ALL student-athletes prior to the Spring Racing Season. Waivers are only valid for the full calendar year; therefore, new and returning student-athletes will need to re-register after January 1st, 2017 for the 2016 Spring Racing Season. **New student-athletes** please use the link below and follow the steps: add requested student-athlete's information, type **DURSX** under 'Club or Team Name' and click the 'Search' button. Follow the prompts to complete the registration. A basic membership is required (you can register for other levels of membership, but at a minimum the Basic Membership is required). DO NOT exit the program until you finish the entire process. All student-athletes will be asked four safety questions at the end of the process. There are no repercussions for missing any or all of the safety questions. The questions give USRowing feedback on how our athletes understand safety within our sport. Even if you happen to miss all of the questions, you will still have signed the waiver successfully. **NOTE: Waiver must be read and acknowledged online by an adult if student-athlete is less than 18 years of age.**

<https://rosters.usrowing.org/waiver/USRowing.jsp>

Student Emergency Care Form: This form is required to be completed and signed by a parent or guardian prior to participation in Fall Crew Experience Days, Winter Conditioning, or the Spring Racing Season. It is the responsibility of the parent and student athlete to update and submit an updated form when vital information changes.

NOTE: This form must be sent to the Membership Chairperson, who will provide a copy to the Head Coach. Illegible handwritten copies will not be accepted; complete online before printing and sign before submitting.

Note: The form can be printed from your FCPS parent account (blackboard) under the wecare@school tab.

<http://www.fcps.edu/it/forms/se3.pdf>

Water Safety:

VASRA Swim Test: Successful completion of the VASRA swim test is required before taking part in any rowing related water activity, competition, or practice. This examination needs to be passed only once in a student-athlete's high school rowing career. The purpose of having every rower and coxswain take a swim test is to assess the proficiency of each athlete in his/her ability to react to a stressful or emergency situation, if, in fact, they are required to exit the racing shell while on the water. In an emergency situation, student-athletes will need to be able to keep calm and afloat and get back to the boat if they find themselves on the wrong side of the hull. The WTW swim test will be conducted in accordance with both VASRA rules and USRowing guidelines that simulate realistic conditions. The swim test consists of two phases: (1) a 100 yard swim using any stroke or combination of strokes; and (2) treading water for two minutes followed by donning a personal flotation device (pfd) while still in the water. The treading water portion of the test will be conducted in cold weather athletic gear (e.g. a long sleeve t-shirt and sweat pants or leggings). There is no time limit for completing the 100 yard swim and a break of up to 5 minutes may be taken between the swim and treading water. The test administrator will be an adult officially designated by the Board of Directors, but not any of the student-athletes' own parents. A certified lifeguard shall also be present, and a coach should be present to better assess which swimmers are the least skilled and comfortable.

USRowing Safety Video: All student-athletes are required to watch the USRowing safety video once during their high school rowing career. The coaching staff will show the video to freshman and novice rowers at the boathouse prior to participating in on-the-water activities.

Insurance:

Medical Insurance: FCPS requires medical insurance prior to participation in out-of-season and in-season athletic conditioning, practices, and contests. Existing personal health insurance for your student-athlete is sufficient to meet this requirement. Indicate your existing coverage on the VHSL Physical and Student Emergency Care Forms. Parents without family medical insurance coverage may choose to purchase school accident insurance to comply with this requirement. FCPS recommends that all parents consider using this coverage with the dental insurance option as a secondary

insurance for their student-athlete. For additional information, see the FCPS website at:
http://www.fcps.edu/supt/activities/atp/acc_insurance.shtml

Catastrophic Medical Insurance: VASRA has coordinated Catastrophic Medical (CATMED) Insurance coverage for athletes, coaches, officials, and volunteers “while participating in VASRA sanctioned and approved events, including practices and covered travel” and for visiting team participants while at a VASRA regatta. VASRA member teams are assessed a per rower fee to pay for this coverage.

Liability Insurance: USRowing provides liability insurance to all those involved in conducting its sanctioned regattas. Such insurance facilitates the conduct of regattas with the large number of volunteer workers, without whom the events would not otherwise be possible.

Student-Athlete Eligibility:

Eligibility to participate in interscholastic athletics is a privilege earned by meeting not only the below-listed minimum standards, but also all other standards set by the Virginia High School League, the school district and the school. If you have any question regarding your student-athlete’s eligibility or are in doubt about the effect an activity might have on their eligibility, check with your Director of Student Activities (DSA) for interpretations and exceptions provided under VHSL rules. Meeting the intent and spirit of League standards will prevent your student-athlete, the team, WTW, and the community from being penalized.

All teams participating in Virginia Scholastic Rowing Association (VASRA) regattas must abide by all the rules of the High School Athletic League which governs athletic competition at the school they represent. Where these rules vary from any VASRA rule, the more stringent rule will apply (S4-107.1). Public high school athletics in Virginia are recognized as being governed by the Virginia High School League (VHSL). The rules governing student eligibility for athletics are contained in Section 28 of the VHSL Handbook. Rowing in Virginia is governed by the VASRA Supplement to the United States Rowing Association (USRowing) Rules of Rowing. The rules governing eligibility are contained in ARTICLE IV – COMPETITORS. Both documents may be found on the WTW Crew Website. For additional information, see the VHSL and VASRA websites at <http://www.vhsl.org/eligibility> and http://www.vasra.org/Key_Documents.html, respectively. Key aspects of the VHSL (28x-x-x) and VASRA (S4-10x.x) eligibility rules are detailed below.

Age Rule (28A-1-1 / S4-101.1). Students who have reached the age of 19 on or before the first day of August of that school year are no longer eligible to participate in VASRA regattas.

Bona Fide Student Rule (28A-2-1). The student must be a regular bona fide student in good standing of the school you represent. A “regular” student is considered a full-time student who is in regular attendance and is carrying a schedule of subjects which, if successfully completed, will render him/her scholastically eligible for participation the ensuing semester. Any student who is under penalty of suspension, or whose character or conduct is such as to reflect discredit upon their school, is not considered in good standing.

Enrollment Rule (28A-3-1). The student shall have been regularly enrolled in the school which he/she represents not later than the fifteenth school day of the semester.

Grade Rule (28A-4-1). The student shall be enrolled in the last four years of high school. Eligibility is terminated when a student receives his/her diploma; however, a student may complete a spring season started prior to graduation.

Scholarship Rule (28A-5-1). The student shall be currently enrolled in no fewer than five subjects or their equivalent, and shall have passed, at the end of the semester immediately preceding that in which they desire to compete, not fewer than five subjects.

Semester Rule (28A-6-1 / S4-107.4). The student shall not have been enrolled in the last four years of high school for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the ninth grade. The eight consecutive semesters shall be counted continuously from that point, regardless of whether or not he/she remains continuously enrolled in school.

Transfer Rule (28A-7-1). The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parent(s) or guardian(s). Determination of eligibility is the responsibility of the school Director of Student Activities. Athletes who have participated in crew within the Washington DC National Capital Region will be considered a “returning rower” by WTW Crew standards.

Amateur Rule (28B-2-1 / S4-101.1). A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, social, and pleasure benefits derived there from.

Athletic Participation / Parental Consent / Physical Examination Rule (28B-3-1). The student shall have submitted before any kind of participation, including tryouts or practice as a member of any school athletic or cheerleading team, an Athletic Participation / Parental Consent / Physical Examination Form, completely filled in and properly signed attesting that they have been examined during this school year and found to be physically fit for athletic competition and that their parents consent to their participation. Students who have been examined once during the period of May 1 of the current year through June 30 of the succeeding year (14 months) do not have to be examined again during that period unless they have had a serious injury or a serious illness. In case of a serious illness or serious injury, the medical doctor or doctor of osteopathy treating the student may specify in his/her release of the patient that the student is approved for athletic participation for the remainder of the school year.

Junior Events (S4-104.2). Junior events are restricted to competitors in the 11th grade (junior year) or lower. Juniors, including coxswains, must not have attained the age of 18 years prior to September 1 of that academic year.

Lightweights (S4-106.1). All teams participating in any VASRA lightweight rowing event shall follow Rowing Weight Control Program (RWCP) Crew Council Medical Advisory Committee guidelines. Detailed information may be found on the FCPS website at <http://www.fcps.edu/supt/activities/atp/crew/>

Standards of Conduct:

Participation in Student Activities, including WTW Crew, is a privilege, not a right. School administrators may declare a student ineligible to participate in Student Activities in total or in part for inappropriate conduct regardless of whether that conduct occurs during the school day, evenings, weekends, or holidays. Inappropriate conduct includes, but is not limited to, conduct in violation of the following: rules and agreements established between students and their coaches, sponsors, or teachers; a school's local student behavior guidelines; VHSL rules; or the current version of FCPS Regulation 2601, Student Rights and Responsibilities (SR&R) (<http://www.fcps.edu/dss/ips/ssaw/SRR/2015-16/SRR2015-16.pdf>)

The WTW Crew Head Coach will distribute activity rules and policies at the beginning of each Spring Racing Season and may supplement those rules and policies thereafter, as appropriate. The Head Coach will discuss and clarify his/her expectations regarding school-wide participation policies and WTW Crew's rules and commitments. WTW Crew student-athletes are required to comply and may forfeit participation privileges if they violate those policies, rules, and/or commitments. Specific guidance includes but is not limited to:

- Students must be present in school and in good standing the entire day in order to be eligible to participate in any after-school Student Activities scheduled on that day. Exceptions may be made with the prior approval of the principal or her/his designee.
- Students suspended from school (in-school or out-of-school suspension) will not be permitted to participate in Student Activities while suspended.
- Students assigned detention by teachers and/or administrators must report the detention to the WTW Crew Head Coach. The Head Coach will determine any additional action to be taken according to the activity rules given to students.
- Students will not engage in hazing, harassment or sexual harassment. Where such misconduct results in bodily injury to a student, offender(s) are subject to criminal prosecution and to disciplinary consequences outlined in the SR&R, in accordance with Virginia law. School officials may recommend suspension and/or expulsion in any case

of hazing, harassment or sexual harassment, and students who violate this rule will lose participation privileges for the remainder of the school year.

Any inappropriate conduct of an individual WTW Crew Team Member or group of team members will be dealt with in the following manner:

- First offense: Individual(s) shall be counseled by that team member's Assistant Coach and issued a warning about future misconduct. After that team member has been counseled, the Assistant Coach will advise the Head Coach of the circumstances and action taken. Conduct that affects the health and safety of the team member will be reported to their parents. The Coach may assign boathouse clean-up duties and/or physical exercise (such as additional ERG time or running hills) as counseling reinforcement.
- Second offense: The Head Coach shall notify the Director of Student Activities (DSA) of all facts relevant to the misconduct. The Head Coach shall notify the individual's parents of the misconduct and impose a suspension from practice and/or competition for one week following the misconduct.
- Third offense: The Head Coach shall notify the DSA who shall, in turn, notify the individual's parents that the rower will be removed from the WTW Crew Team roster for the remainder of the season. The dues refund policy delineated in Section 3 will be adhered to for crew members dropped due to their misconduct.
- **Depending on the severity of the misconduct, the Head Coach or the DSA may impose additional punishments to include suspension or removal from the team for the first or subsequent events.** Any incidents that require more than minor punishment will be immediately brought to the attention of the DSA. The DSA at their discretion may notify a WTW Assistant Principal or the WTW Principal of any disciplinary problems.

The WTW Crew Booster Board of Directors will not be involved in any disciplinary action of any team member, but will be notified in the event that someone has been removed from the team for bookkeeping purposes and when the DSA deems appropriate.

Section 4: Fundraising and Service

Fundraising

W.T. Woodson Crew Program fundraising is led by the Fundraising Chairperson, a member of the Association Board of Directors, and various Fundraising Committees. Because of our club sport status, program goals, equipment needs, and our commitment to maintain annual dues at the lowest possible level, fundraising activities take on a critical role in the health and success of the WTW Crew Program. Fundraising requires the **commitment, dedication and active participation** of student-athletes and their parents or guardians. Representative new equipment prices follow: eight oared shells are \$38,000; four oared shells are \$26,000; a set of oars costs \$4,000; outboard motors are \$2,700; launch/safety boats are \$2,500; and ergometers are \$1000. These high costs necessitate that the Association sponsor a number of major fundraising activities each year. The WTW Crew Program also periodically receives donations from the WTW Athletic Boosters. Planned activities include, but are not limited to, TAG Days, Craft Fair, Rummage Sale, Crew Alumni Campaign, Corporate Sponsorship Campaign, Scrip Gift Cards, Amazon Smile, and Restaurant Fundraisers. Additional information may be found on the WTW Crew website at <http://www.wtwcrew.org/>.

Fundraising Commitment:

W.T. Woodson Crew has established a per-athlete fundraising commitment. Rather than mandating specific activities and events and assigning fines for non-participation, each family will have a fundraising commitment based on their number of participating student athletes. To reduce the commitment, participatory value will be assigned to key leadership, fundraising and service activities throughout the year. How you choose to meet the fundraising commitment is at your discretion. Families will now have the flexibility to simply pay the fundraising commitment in full, or they may choose to participate in the various fundraising activities offered throughout the season.

For returning rowers and coxswains, each family is assigned a fundraising commitment of \$600 for the first student-athlete and \$400 for each additional student-athlete from the same family. For each freshman / novice student-athlete, the assigned fundraising commitment is \$300. Additional information may be found in Appendix E.

Fundraising Opportunities.

TAG Days: TAG Days are traditionally the largest fund raising activity for the WTW Crew Program and are spread out over six weekends with door-to-door solicitations by student-athletes. TAG Days are highly dependent on favorable weather, good economic conditions and our traditionally friendly WTW neighborhoods. Tag days are the best way to meet the minimum fundraising commitment. Student-athletes who participate in TAG Days will receive a \$100 credit per TAG Day shift towards their fundraising obligation for up to three shifts (\$300 maximum credit). Parents who participate as a TAG Day driver will receive \$50 credit towards their family fundraising obligation (\$50 maximum credit).

Craft Fair: Traditionally our second largest fundraiser, the WTW Crew Boosters Association sponsors the annual *WTW Holiday Happenings* Craft Fair in November. This event requires multiple volunteers for overall event, logistics, vendor, publicity, bake sale, and concessions coordination. Proceeds include food concessions and baked good sales during the event. Donations of baked goods will be solicited. Food concessions are coordinated with the WTW Athletic Boosters Club, with our club receiving half of the proceeds. Student-athletes and parents will also be needed to assist in set up Friday night and to work and tear down on Saturday. Student-athletes and parents who participate in designated work-shifts will receive \$50 credit per shift toward their family fundraising obligation.

Rummage Sale: This event is normally held on a Saturday in September at a neighborhood pool. Donated items are collected from Association members and the WTW community. Student-athletes and parents who participate in designated work-shifts will receive \$50 credit per shift toward their family fundraising obligation.

Boathouse and Equipment Work Days. Members of the WTW Crew Program continue to benefit from the hard work, dedication and commitment of student-athlete and parent volunteers who have gone before them. As a result, we have acquired the following:

- A large inventory of racing shells and oars
- Launch/Safety boats and motors
- Concept II Ergometers
- Cox boxes
- Shell trailer
- Travel regatta chuck-wagon
- Support & safety equipment (e.g. life vests, gas cans, spare parts, tools, tents, grills, video equipment, equipment trailer, etc.)

Periodic student-athlete and parent assistance is needed to keep our equipment in proper working condition. In order to do this, boathouse workdays are scheduled throughout the season. Student-athletes and parents who participate in designated work-shifts will receive \$50 credit per shift toward their family fundraising obligation.

Crew Alumni Campaign: Our goal is to establish a comprehensive contact list of WTW Crew Alumni and their parents from 1986 to present, with which we will then conduct a letter writing campaign soliciting donations. Specific details will be released when finalized.

Corporate Sponsorship Campaign: Our goal is to solicit new corporate sponsorship from local businesses. Sponsor's names will be displayed on our website, team banner, and our TAG Day flyer. The W.T. Woodson Student Activities Office has placed specific restrictions on how businesses may be approached to request support. If you have connections to a local business that has the potential to be a new W.T. Woodson Crew sponsor, you must first contact the W.T. Woodson Crew Fundraising Chair to receive guidance prior to making any contact. If your effort directly leads to a successful new sponsorship, your family will receive some portion of the amount as credit towards this season's fundraising commitment.

Scrip Gift Cards: Scrip gift cards are sold at face value to customers for use in everyday purchases. WTW Crew earns a varying percentage of face value for each card sold. We encourage all WTW Crew families to take advantage of this free and easy way to raise much needed program funds! Families get a percentage credit for each purchase, depending on the type of card. Some cards earn as much as 25% towards your fundraising account.

Amazon Smile: Amazon Smile donates 0.5% of the price of eligible AmazonSmile purchase to the charitable organization of your choice. Support W.T. Woodson Crew by shopping at www.smile.amazon.com and designate Wt Woodson Crew Boosters Incorporated as your designated charity. It is recommended to combine this with the Scrip Gift Card program and purchase Amazon Gift Cards to use for your purchases on Amazon. We encourage all WTW Crew families to take advantage of this free and easy way to raise much needed program funds!

Restaurant Fundraisers: Periodically throughout the school year, we will coordinate sponsorship of WTW Crew at a local restaurant. A portion of proceeds raised by the restaurant are then donated back to WTW Crew. Feed your family and support WTW Crew!

Service Opportunities:

W.T. Woodson Crew is a volunteer-run organization. Student-athletes and their families are expected to contribute their time and talents through service in various capacities throughout the season. Service opportunities include, but are not limited to, fundraising events, VASRA regatta volunteers, travel regatta support, maintaining and repairing equipment at boathouse workdays, and serving as members of the WTW Crew Boosters Association Board of Directors or in various committee leadership positions. See Appendix F for a complete listing of service opportunities and associated credits.

VASRA Regatta Volunteers. Local regatta volunteer positions are mandated and managed by VASRA. Parent volunteers are crucial to the success of each regatta because they staff a variety of positions required to run the regatta.

Without parents, the regattas simply would not happen. Volunteer sign-up for regattas will be available via Sign-Up-Genius following the mandatory spring On-the-Water Season Meeting. **Each family is required to complete at least two regatta volunteer jobs.** Members of the WTW Crew Boosters Association Board of Directors and our VASRA Occoquan Local Operating Committee (OLOC) representatives are exempt from this requirement. It is important to contact the WTW Regatta Volunteer Coordinator regarding any last-minute changes to volunteer assignments. **Crew Booster Clubs are assessed a \$50 fine by VASRA for each volunteer position not filled on the day of the regatta. This includes volunteers who fail to sign in, whether they work their shift or not. This \$50 fine will be passed on to the family of the volunteer who failed to fulfill their assignment.**

Minimum Fundraising and Service Requirements

The following requirements are mandatory minimums for each family.

Family Fundraising Commitment:

- First Returning Student-Athlete: \$600
- Each Additional Returning Student-Athlete: \$400
- Each Freshman / Novice Student-Athlete: \$300

Family Service Requirement:

- Two VASRA Regatta Jobs
- If your student-athlete rides the chartered bus transportation to and from practice, you are also required to serve as a bus chaperone a minimum of one (1) day / round trip

It is the responsibility of student-athletes and their parents/guardians to ensure all fundraising commitments and service requirements are met and accounted for properly. Student-Athletes will not be allowed to participate in end-of-season travel regattas until fundraising commitments are fulfilled and service penalties are paid without specific consideration issued by the Board of Directors.

Section 5: Season Overview

Fall Crew Experience Days “Green Days”

In accordance with Virginia High School League (VHSL) Rule 27-8-1 (“Out of Season Practice Rule”), per Fairfax County Public School (FCPS) guidelines and with the approval of the W.T. Woodson Director of Student Activities (DSA), the WTW Crew Program is authorized up to 12 Fall Crew Experience Days or “Green Days.” These “on-the-water” sessions focus on rowing familiarization, drills, and technique, and will typically be scheduled over two one-week periods in September and October. Participation and registration requirements are detailed in Section 3 of this Handbook and on the WTW Crew website. All workouts are voluntary and open to any bona fide WTW High School student. Attendance is taken for liability purposes, but attendance will not affect the selection of spring lineups. There are no associated fees with these fall sessions. Student-athletes in season with another WTW sport should not participate without approval of both coaches and the WTW Director of Student Activities (DSA). Practice transportation to and from the Occoquan is the responsibility of parents/guardians.

Winter Conditioning:

Winter conditioning practices are normally held each day after school typically in November (before Thanksgiving break) and continue through mid-February. The purpose of winter conditioning is to build fitness, technical skills, and foster team spirit. Practices consist of ergometer training, weight lifting, running and circuit training. Participation and registration requirements are detailed in Section 3 of this Handbook. All conditioning practices are voluntary and open to any bona fide W.T. Woodson High School student. Attendance is taken for liability purposes, but attendance will not affect the selection of spring lineups. History shows that the student-athletes who participate in conditioning practices or other winter sports are best prepared for the competitive season. Our program strongly encourages our student-athletes to stay active outside of the spring racing season. There are no associated fees with the Winter Conditioning practices. Student-athletes in season with another WTW sport should not participate in these out-of-season workouts without approval of both coaches and the DSA. See the WTW Crew website for additional information.

Spring Racing Season:

The Spring Racing or “on-the-water” season officially begins mid-February and runs through the end of May. Participation, registration, and transportation requirements are detailed in Section 3 of this Handbook. Practice during the spring season is held every day after school and on Saturdays. All practices are held at the WTW Boat House at Sandy Run Regional Park. The practice sessions are primarily held on the water in racing shells but may be supplemented on land with ergometers, running, and circuit training. Coaches and/or team captains supervise the student-athletes when on land; however, only coaches supervise student-athletes on the water. Practice attendance throughout the spring racing season is mandatory. **When a student-athlete misses practice their lineup cannot practice on the water.** For example, an eight person boat cannot practice with seven rowers. Absences can often be accommodated when a coach is given sufficient advance notice; however, attendance does play a role in the selection of lineups. If a student-athlete misses practices without providing advanced notice they may be removed from their racing lineup.

Regatta Uniforms and Practice Attire: The uniform for regattas is the WTW Crew Unisuit. In addition, student-athletes will normally wear the long sleeve racing shirt during regattas when the weather is colder. Standard practice attire consists of running shoes, socks, workout clothes, and a water bottle. The weather in February and March can be very cold and layered clothing is highly recommended. Depending on student-athlete preference, practice attire may include: compression shorts and/or rowing shorts; polypropylene or spandex pants and shirts; long underwear; wool or fleece hats; wool socks; and a polar fleece jacket or crew “weather shirt.” Many student-athletes also utilize a hat and/or sunglasses for sunny days. Shorts for on-the-water practice should be relatively short or form fitting to avoid catching in the slide (i.e. no basketball shorts). Many student-athletes also bring flip-flops or water shoes for getting to and from the dock from the boathouse.

Academics: It is the policy of the WTW Crew Program that the academic needs and requirements of our student-athletes are of the highest priority. If a student needs to make up work or get help after school, he or she must arrange to do that in a timely fashion. The student-athlete must also inform their coach that they will miss practice or will arrive late to practice that day. Student-athletes and their parents must make transportation arrangements on those days that they stay after school for additional assistance. Student-athletes will not be penalized for attendance at mandatory school functions.

Vacation Policy: Vacations by student-athletes during a sport season are discouraged. Families wishing to do so may wish to reassess their commitments. Spring racing season practice continues through school holidays, teacher workdays and during spring break. All student-athletes are expected to be present. **Practices will be held during Spring Break.** Practice transportation to and from the Occoquan during Spring Break is the responsibility of parents/guardians. Spring break is a very important time for crew teams because it allows the team the opportunity to spend a significant amount of time on the water. The improved fitness and additional rowing technique development achievable during spring break are critical to the overall performance of the crews during the end of season championships. There are regattas on both Saturdays during spring break. In the event an absence due to a family vacation is unavoidable, a student-athlete must:

- Contact the Head Coach and their respective coach prior to the vacation in writing
- Be willing to assume the consequences related to their team status regarding boat assignment, regatta participation and lettering

Regattas:

Regattas are held every weekend beginning in late March and continuing through May. Each student-athlete will be provided with an opportunity to compete for a seat in a lineup; however, the team does not guarantee that each student-athlete will race in the competitive spring season. As the season progresses, the coaching staff ultimately establishes lineups to send as many competitive boats as feasible to race in the Ted Phoenix Regatta (VASRA Freshman / Novice Championships), the Virginia State Rowing Championships (VSRC), and the Stotesbury Cup Regatta. Depending on the performance of individual crews and successful entry through qualifying events, selected student-athletes may race in the Scholastic Rowing Association of America National Championships. All race entries will be made at the discretion of the WTW Crew Head Coach.

Local Regattas:

Local Regattas are sponsored by the Virginia Scholastic Rowing Association (VASRA), an association comprised of public and private member schools from Alexandria, Arlington, Fairfax, and Prince William counties in Virginia. Because of the number of crew programs competing in Northern Virginia, multiple locations are used for regattas. Generally WTW rows locally only at Sandy Run Regional Park at the Occoquan River, VA. Sandy Run is one of the finest rowing facilities on the East Coast. It has been the site of the Olympic canoe and kayak trials, several SRAA National Championships and the Mid-Atlantic Regional Championship Regattas. Local regattas are held on Saturdays and usually start at 8:00 a.m. (crew members, especially coxswains, may need to be there earlier) and last until 3:00 or 4:00 p.m. The WTW Crew Booster Board Vice President for Communications will send an e-mail, usually no later than the evening before each regatta, informing families of approximate race times of each WTW Crew event; however, families are encouraged to stay for as much of the day as possible. At Sandy Run, the parking lots, boathouse, and the permanent finish line spectator stands are not in close proximity. Wear good walking shoes for the approximately one mile dirt path. A shuttle is also available for a modest fee. Many parents bring lawn chairs, seat cushions, blankets, and coolers. Concession stands are also available at both the boathouse and spectator stands. No dogs are permitted at regattas. The WTW Crew Board welcomes all crew parents, family members and friends to cheer for the team in the WTW cheering section. Please remember that sportsmanlike conduct is expected by all representatives of WTW, whether a team member, fellow student, coach, or parent. Additional information can be found on the VASRA website : <http://www.vasra.org/>.

Away Regattas:

In May of each season the team travels to the Stotesbury Cup Regatta in Philadelphia, PA and the Scholastic Rowing Association of America (SRAA) National Championship Regatta held at various locations in the Eastern U.S. Prior to these regattas, there will be an Away Travel parent meeting. Costs for these trips are not included in the basic dues for each student-athlete, but are only assessed for those rowers who qualify and travel. The fees are reasonable and considered well worth the experience of competing against teams throughout the United States and Canada. Scheduled events and boat composition varies depending on the requirements for each regatta. Additional away regattas may be included in the season. The W.T. Woodson Crew Boosters Board Vice President for Team Liaison and Activities coordinates team arrangements.

Stotesbury Cup:

This Regatta is the largest high school rowing regatta in the world with over 5,000 participants and 10,000 spectators. The host organization is the Schuylkill Navy of Philadelphia. As this regatta is a great cultural experience for student-athletes and their parents, the coaching staff will send as many competitive lineups as feasible within the regatta guidelines.

Additional information may be found at the Stotesbury Cup Regatta website: <http://stotesburycupregatta.com>

Scholastic Nationals:

This USRowing regatta is sponsored by the Scholastic Rowing Association of America (SRAA) and is held at multiple locations in the Eastern U.S. Prior events have been held in Princeton and Camden, NJ, Orlando, FL, Knoxville, TN, and Saratoga Springs, NY. Boats must qualify for entrance into this regatta by placing high enough at the Virginia State Rowing Championship (VSRC) or Ted Phoenix Regatta (Freshman Eight category only).

Additional information may be found at the SRAA website: <http://www.sraa.net/>

Social Events

Parent Social: Prior to the beginning of the Spring Racing Season, all parents will be invited to meet and socialize in a team parent's home. This will also be an opportunity to meet the members of the WTW Crew Board of Directors and WTW Crew Coaches.

Student-Athlete Pre-Regatta Dinners: During the Spring Racing Season, pre-regatta dinners are social gatherings organized to build team spirit the night before a regatta. Dinners are held at the homes of student-athletes. Food is provided pot luck style, with assignments distributed and rotated throughout the team. Host parents must adhere to the school policy of providing chaperones and not allowing drugs, alcohol or smoking. Details will be emailed to student-athletes and their families in advance of each event.

Spring Sports Awards and Annual Association Meeting: Usually held during the first week in June, the school-sponsored Spring Sports Awards Night recognizes the achievements of all spring season athletic teams. Cavalier Awards and Most Valuable Player Awards are presented for both the men's and women's crew teams. Usually on a separate evening, the WTW Crew Team Awards Night and Social is held where Varsity and Academic letters and other team awards are presented. Food will be served. On that same evening, the WTW Crew Boosters Annual Association Meeting will be held. During this meeting, the Board of Directors will summarize season accomplishments and activities, and a new Board of Directors will be voted on by voting members of the Association.

Section 6: Boat Progression and Selection

A regatta consists of multiple races or events. Events consist of different sizes, classes and configurations of shells. The sweep rowing events during most VASRA regattas include:

- Eights – Men’s and Women’s First, Second, Third, Junior, Lightweight, Freshmen, and Novice.
- Fours – Men’s and Women’s First, Second, Junior, Lightweight, and Novice.

Progression represents both the relative skill and speed hierarchy of boats and the order in which they must be entered in regattas. For example, the First Eight for any team is a faster boat than the Second Eight, and the Second Eight is faster than the Third Eight. No team may enter a Second Eight without entering a First Eight, nor may any team enter a Third Eight without entering both a First Eight and Second Eight. The same progression is true for numbered fours. The two special categories, Junior and Lightweight, and the Freshman and Novice categories are not included in the numbered progression, nor may they substitute for a numbered boat in the progression regardless of relative team skill or speed. For example, you may not enter a progression of First Eight, Junior Eight, and Third Eight. In this situation, your Junior Eight or Third Eight would have to move to the Second Eight category.

First Eight: This category is the first boat in the eights progression. This is the fastest crew for men and women and the most elite event at all rowing regattas. At some travel regattas, this category is referred to as the Senior Eight as high school seniors are eligible to row in this category and often represent the majority of rowers in this boat. Training at the First Eight level is very rigorous. Rowers are eligible to row in this shell if their strength, rowing skills, and motivation qualify them.

Second Eight: This is the second boat entered in the eights progression. Seniors are eligible to row in this category and in all numbered eights in the progression.

Third Eight: This is the third boat entered in the eights progression. This crew is typically comprised of sophomores, juniors or seniors who were not selected for the first, second, junior or lightweight eights. The Statesbury Cup Regatta and SRAA Nationals do not have Third Eight or lower progression categories of racing.

Junior Eight: This category is not part of the numbered eights progression. Typically this crew is comprised of sophomores and juniors. No seniors may row or be a coxswain in this category. At some travel regattas, this category is referred to as the Junior Varsity or JV Eight. A team may enter and race in the Junior Eight category without having entered a boat in the First Eight category. However, this would preclude your team from racing in the Second Eight and lower numbered categories at that regatta. Training in the Junior Eight is very rigorous and usually on the same level as the First Eight.

Lightweight Eight: This category is not part of the numbered eights progression. The lightweight racing category is extremely competitive and well respected in High School rowing. This is a weight class event allowing lighter student-athletes to race at a very competitive level. Women may not weigh more than 130 lbs and men may not weigh more than 150 lbs on race day to compete. Seniors are eligible to row in this category. Training in the Lightweight Eight is very rigorous and usually on the same level as the First Eight. The FCPS Rowing Weight Control Program (RWCP) Crew Council Medical Advisory Committee guidelines strictly govern eligibility to better ensure the health of rowers desiring to compete in this category. Potential lightweight rowers are evaluated by WTW’s Athletic Trainer (AT) who either approves or rejects their bid to race as a lightweight. Once approved by WTW’s AT our coaches carefully monitor the weight of our athletes to ensure healthy gains or losses in weight. Each week during the race season VASRA also records and monitors each athlete’s weight. WTW Crew only evaluates athletes who are “naturally” lightweight. The team defines “naturally” lightweight as an athlete weighing no more than seven pounds over the male and female lightweight limits at the time of testing by WTW’s AT (typically in January three months before the race season begins). Male rowers weighing at or under 157 pounds and female rowers weighing at or less than 137 pounds will be encouraged to meet with WTW’s AT for an

evaluation. Once evaluated, each individual athlete will have the choice as to whether they are willing to row lightweight. Under no circumstance will a WTW Crew coach force an athlete to cut weight or row as a lightweight. Coaches are committed to monitoring the health of all of our athletes and encouraging healthy life choices. See the FCPS website at <http://www.fcps.edu/supt/activities/atp/crew/> for additional details.

Freshman Eight: This category is not part of the numbered eights progression. This crew is comprised of the freshmen team members who have best mastered their rowing skills and have the athletic capabilities to train at a very high level. Their training is a scaled down version of the training that the First Eight practices. The Freshman Eight competes in the Stotesbury Cup Regatta but must qualify for the SRAA National Championships by placing high enough at the Ted Phoenix Regatta, also known as the VASRA Freshman / Novice Championships.

Novice Eight: This category is not part of the numbered eights progression. This crew is composed of novice rowers who may be freshmen, sophomores, juniors or seniors. Novice athletes are students who have never competed in a regatta before the current season. Novice boats are comprised solely of novice athletes. Former coxswains who row for the first time are considered novice rowers. However, a former rower who then becomes a coxswain is not considered to be a novice coxswain. The Stotesbury Cup Regatta and SRAA Nationals do not have a Novice Eight category.

First, Second, Junior, Lightweight and Novice Fours: W.T. Woodson also competes in four oared events at local and travel regattas. At travel regattas, First Fours are often called Senior Fours, and Junior Fours are often referred to as Junior Varsity or JV Fours. Training and progression is the same as in the respective eights. The Stotesbury Cup Regatta and SRAA Nationals do not have Novice, Second, or lower progression four categories.

Boat Selection Process: The selection of student-athletes for boats and lineups in the spring is influenced by a number of performance based criteria. The most common ways coaches evaluate and monitor performance are through erg scores, power factor, seat racing and demonstrated technical skill. Ultimately, selection is left to the discretion of the boat's coach as to who rows in their lineup. The Head Coach coordinates lineups amongst all the team's boats to ensure the greatest number of competitive boats feasible get the opportunity to practice and race. The following is a list of factors in no particular order which may influence the selection of student-athletes for spring lineups:

- Spring practice attendance
- Work ethic
- Sportsmanship
- Fitness & strength
- Erg scores
- Power Factor (PF)
- Seat racing
- Level of technical skill and ability
- Boat chemistry
- Having a positive relationship with teammates and coaches
- Commitment to the team and teammates
- Consistent performance

Erg Scores and Power Factor: One way a rowers' performance is measured is through a series of distance based testing on the erg. Student-athletes complete 2K and longer pieces on the erg and coaches record their times and other variables, including Watts and the rower's weight. Watts is the measure of power output by the student-athlete during the test. Power factor is equal to Watts divided by Weight, and provides a means to normalize erg scores to rower size. These data are used to monitor our student-athletes' development throughout the season and do influence the selection of spring lineups. The table that follows provides a sample guideline for how scores may influence lineup selection.

Men			Women				
Min:Sec			Min:Sec				
	2K	6K	10K		2K	6K	10K
Senior Varsity Heavyweight	<6:30	<22:00	<37:45	Senior Varsity Heavyweight	<7:40	<24:50	<44:00
Senior Varsity Lightweight*	<6:45	<22:30	<38:30	Senior Varsity Lightweight**	<8:00	<25:20	<45:00
Junior Varsity Heavyweight	<6:45	<22:30	<39:15	Junior Varsity Heavyweight	<8:00	<25:20	<45:00
Junior Varsity Lightweight*	<7:00	<23:00	<40:00	Junior Varsity Lightweight**	<8:15	<25:50	<46:00
Freshmen	<7:15	<23:30	<41:00	Freshmen	<8:30	<26:20	<47:00
Novice	<7:30	<24:00	<42:00	Novice	<8:45	<26:50	<48:00

Men			Women				
Power Factor			Power Factor				
	2K	6K	10K		2K	6K	10K
Senior Varsity Heavyweight	>2.1	>1.5	>1.3	Senior Varsity Heavyweight	>1.7	>1.3	>1.1
Senior Varsity Lightweight	>2.1	>1.5	>1.3	Senior Varsity Lightweight	>1.6	>1.3	>1.1
Junior Varsity Heavyweight	>1.9	>1.4	>1.2	Junior Varsity Heavyweight	>1.5	>1.24	>1.1
Junior Varsity Lightweight	>1.9	>1.4	>1.2	Junior Varsity Lightweight	>1.4	>1.25	>1.1
Freshmen	>1.6	>1.3	>1.1	Freshmen	>1.3	>1.18	>0.95
Novice	>1.4	>1.2	>1.0	Novice	>1.2	>1.1	>0.90

This table is meant to only be used as a guideline. Each student-athlete is different and their scores will vary from those in the chart. Each coach determines the degree to which erg scores influence boat placement and lineup selections. Some coaches put a great deal of stock into erg scores while others choose lineups based more on the student-athletes' technical ability and performance on the water.

Seat Racing: Seat Racing is a method of comparing two rowers in fours or eights. Two boats race against each other once. One rower from each boat switches positions and the two boats race again. Relative performance in the two races is used to compare the abilities of the two rowers. This can also be done by having rowers switch positions in one boat, doing a series of race pieces, and comparing the recorded times of the different pieces. Student-athletes may be selected to seat race at their coach's discretion with the approval of the WTW Crew Head Coach.

Seat Assignments: Seat assignments are based on a combination of demonstrated technical rowing skill (how effective is a rower in the shell), strength, conditioning, motivation, commitment, and attendance. It should be noted that seat assignments are not permanent and rowers and coxswains may be shifted between shells and seats to determine the best performing crews. Such shifts may continue up to and including the championship season.

- **Coaches are expected** to define their selection plan; provide feedback to their student-athletes so they know their strengths and weaknesses; make fair assessments to achieve the fastest lineups; and advise individual rowers and coxswains of their decisions and rationale.
- **Student-athletes are expected** to work hard to improve and strive to achieve individual goals; be supportive of the team by accepting coaching decisions; seek feedback; realize team goals come before the needs or desires of any individual; and treat all teammates, opponents, coaches, officials, parents and WTW Crew Board members with respect.
- **Parents are expected** to respect the coaches as the final authorities on boat selection and rowing matters; support and encourage their student-athletes; and remember that coaches only seek to create the fastest possible lineups. See additional guidance and suggestions for Parent-Coach Communication in Section 7.

Student-athletes will be evaluated individually and against their peers. The WTW coaches will make every effort to clearly lay out their expectations for the team, explain how they will select lineups, and provide each student-athlete performance based feedback when appropriate. Each student-athlete will be provided with an opportunity to compete for a seat in a lineup; however, the team does not guarantee that each student-athlete will race in the competitive spring season. Land

workouts are provided for student-athletes who do not make it into a competitive lineup. Additionally, these student-athletes will be used as alternates for selected race lineups.

Coxswain Selection: The coxswain has a number of responsibilities essential to the success of their respective boats. The most important responsibility of the coxswain is ensuring the safety of their crew members on the water. Coaches ride in launches alongside the shells during practice, but on race days the coach isn't present with the team on the water. Coxswains are responsible for protecting and maintaining their shell, steering in a straight line, effectively navigating the river, following the direction of their coaches, directing their teammates, correcting the boat's set and rowers' technique, executing race and practice plans, and motivating their rowers during races. Coxswain size is a consideration for selection as smaller and lighter coxswains are generally desired; however, coxswains will ultimately be assigned to boats by the coaching staff based on their level of competency. The most competent coxswains will be assigned to the most competitive boats.

Cuts: The WTW Crew team reserves the right to make cuts if the number of student-athletes on the team significantly out number the number of available seats in our fleet of shells. A few student-athletes who do not make a competitive race lineup will be given the opportunity to participate in land workouts at the boathouse. The same criteria in selecting lineups will be used in making cuts. All rowers, regardless of grade and skill level, are evaluated equally to determine who makes the team. Cuts will be made at least one week prior to the first race of the season.

Varsity Letters and End-of-Season Recognition:

Earning a Varsity Letter is a privilege and honor; competing in a varsity boat does not automatically entitle the student-athlete to a Varsity Letter. Coaches will consider the following when making lettering recommendations:

- Complete all dues and fundraising requirements by the designated deadlines
- Participate in a minimum of three (3) upper boat (varsity level) races; however, if the season is shortened by weather or holidays, a minimum of two (2) upper boat races
- Note: Varsity level categories include any and all boats that participate at the VASRA Championships; however, depending on the strength of the team during the season, the designated Varsity boat(s) for a particular regatta may change
- Participation / Attendance
- Commitment to the team / sport (including attitude towards practice and training)
- Coaches' discretion (based upon exemplary team spirit and support, dedication to crew and outstanding effort)

Final determination of merit will be made at the discretion of the WTW Crew Head Coach.

All student-athletes will be considered for the W.T. Woodson provided Team MVP and Cavalier Awards awarded at the Spring Sports Assembly.

Student-athletes who maintain a GPA of 3.5 or higher during the crew season will be awarded a W.T. Woodson Scholar-Athlete award.

In addition, W.T. Woodson Crew recognizes the top men's and women's erg scores each season with the Hammer Award for top raw scores and the Lightning Award for top weight adjusted score or power factor.

Section 7: Communication

Program Communication:

Routine

W.T. Woodson (WTW) Crew Program communication is available throughout the year to families and student-athletes through extensive use of e-mail (via the “*W.T. Woodson Crew Update*”) and the WTW Crew website. In-school communications includes Daily Announcements and the Student Activities Office Status Board.

Additional information may be found on the WTW Sports website: <http://www.wtwoodsonsports.org>

E-mail: The primary method of communication with WTW Crew families and student-athletes will be through e-mail. Every week on Monday from September through June, one e-mail with important information, announcements, and descriptions of upcoming events will be sent to all families and student-athletes who have either registered or requested inclusion in our WTW Crew e-mail distribution list. While most information should be contained in these weekly e-mails, all parents and student-athletes are encouraged to check their e-mail frequently for unscheduled time-sensitive group e-mails and every Thursday evening for important regatta information. Contact the WTW Crew Board Vice President for Communications (Appendix C) to be added to our WTW Crew e-mail distribution list.

Web Page: Go to <http://www.wtwcrew.org/> often to find out about cancellations, delays, and other important program information. Families and student-athletes who take digital pictures of team events can forward them to our Webmaster for possible inclusion in our website photo gallery. Please submit no more than 6 pictures per event. See the website under the “Contact Us” tab for Webmaster contact information.

Daily School Announcements: Especially during Winter Conditioning and the Spring Racing Season, student-athletes should listen closely to the daily school announcements for any practice changes and additional information.

Facebook and Twitter: WTW Crew has a Twitter account (@WoodsonCrew) and an Alumni Facebook Page (Woodson Crew-Alumni). Please follow us!

Emergencies:

The WTW Crew Program follows all FCPS announcements related to cancellation or change of team practices. The team has also put in place guidelines for an emergency plan should something occur while the student-athletes are practicing at the Occoquan (Appendix G).

Student-Athlete and Coach Communication:

When your student-athlete becomes involved in the rowing program at WTW High School, he or she will enjoy both challenging and rewarding experiences. They will be taking part in an Olympic sport that is also the oldest collegiate sport in the nation. Your student-athlete will learn focus, discipline, socialization skills, time management, and the value of hard work and teamwork. These are all important lessons in life. They will also learn that things will not always go as they wish. At these times, it is expected that the student-athlete, not the parents, will initiate discussions with his/her coach about their concerns. Student-athletes should approach the discussion from a positive “What can I do to improve?” standpoint. This is the most valuable approach and should lead to a positive result. It is also a valuable learning experience for the student-athlete. Our coaches will encourage this type of dialogue and will set aside time for individual, private appointments as requested. Per the WTW Crew Coach Code of Conduct (Appendix D), our coaches’ preferred method of corresponding with our student-athletes will be by speaking with them in person; however appropriate use of social media (e.g. Facebook and Twitter) is authorized for rapid and effective dissemination of information to the larger group. Coaches will ensure all correspondence is professional and related to official WTW Crew business. Coaches will respect their student-athletes’ privacy and limit individual contact by phone, text, email and social media.

Parent and Coach Communication:

If parents wish to communicate with coaches, we prefer they do so by email. Please do not attempt to approach a coach before or after a practice or regatta. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote positive resolution. Parents are encouraged to provide their student-athlete's coaches with positive feedback, but any concerns should be brought to the Head Coach.

Meet the Coach Night:

Good communication begins with the preseason meeting, often referred to as the "Meet the Coach Night." The philosophy of the preseason meeting is to involve the parents and the school in a conscientious effort to be partners. Through such involvement, the opportunity for optimal growth and development of student-athletes is enhanced. Preseason meetings provide a forum for parents, school staff members and coaches to openly discuss a variety of issues including, but not limited to, sportsmanship; WTW, FCPS, VHSL, and VASRA policies; risk of injury; and healthy lifestyles.

Parent and Coach Relationship:

Parenting and coaching are both challenging and rewarding vocations. With respect to your student-athlete's participation in WTW Crew, through managing expectations and establishing an understanding of each other's positions, we will be better able to provide a greater benefit to both you and your student-athlete(s). As parents, when your student-athlete becomes involved in our program, you have a right to understand what expectations are placed on them, and our coaches have a right to understand what they can reasonably expect in return. This understanding begins with good communications between parents, coaches and the WTW Crew Boosters Board.

Communication Parents Should Expect from Your Student-Athlete's Coach:

- *Coaching philosophy*
- *Expectations for each student-athlete, boat and the team*
- *Locations and times of all practices and regattas*
- *Team requirements and opportunities*
- *Procedures should your student-athlete be injured during participation*
- *Student-athlete actions that may result in denial of participation*

Communication Coaches Expect from Parents:

- *Notification of any schedule conflicts at least two weeks in advance (unless it is an emergency or rescheduled event)*
- *Specific concern in regard to the coaching philosophy and/or expectations*
- *Medical or physical limitations of your student-athlete*
- *Congratulations and praise*
- *Concerns expressed directly to the Head Coach*

When your student-athlete becomes involved in the rowing program at WTW High School, they will experience some of the most challenging and rewarding moments of their lives. It is important to understand that times may arise when things do not go the way you or your student-athlete wants. At these times, it is highly recommended that parents discuss the situation with their student-athlete first and allow them to approach the coach using the guidelines in the preceding paragraphs prior to making contact. As with our student-athletes, it is recommended that parents approach the discussion from a positive "What can I do to help reinforce what you're teaching my student-athlete?" standpoint. This is the most valuable approach and should lead to a positive result.

Appropriate Concerns for Parents to Discuss With Coaches:

- *Ways to help your student-athlete improve*
- *The treatment of your student-athlete, mentally and physically*
- *Concerns about your student-athlete's behavior*

It may be difficult to accept your student-athlete not rowing in the first boat or participating as much as you may desire. Our coaches make decisions based on their experience and observations of individual student-athlete's performance,

attitude, and attendance. They make judgments based on what they believe is best for all of the student-athletes involved. The above topics can and should be discussed with the coaching staff. Others, listed below, must be left to the discretion of the coach.

Issues Not Appropriate for Parents to Discuss With Coaches:

- *Seat and boat assignments*
- *Participation in regattas*
- *Coaching style*
- *Other student-athletes*

There are situations that may require a follow-on meeting or formal conference between parents and the WTW Crew Head Coach to promote resolution. These conferences are to be encouraged. It is important that both parties have a clear understanding of the issues and relative positions. When these conferences are necessary, the following procedure should be followed to help promote resolution.

If You Have a Concern to Discuss With the Head Coach:

- *Notify the WTW Crew Boosters Board of Directors President of your intention to set up a conference with the WTW Crew Head Coach*
- *Contact the WTW Crew Head Coach to set up a conference*

If Your Head Coach Conference Does Not Provide Satisfactory Resolution –or– If Your Concern is With the WTW Crew Head Coach:

- *Notify the WTW Crew Boosters Board of Directors President of your intention to set up a conference with the WTW High School Director of Student Activities*
- *Contact the WTW High School Director of Student Activities*

At this meeting, the appropriate next step(s) can be determined.

Appendix A – Glossary

2K – Short for 2,000 meters. Also the term used for the 2,000-meter ergometer time-test used to measure performance and one of the factors used in rower boat placement.

Catch – The start of a rowing stroke. The crew literally "catches" their oars in the water while beginning the stroke.

Crab – Not the hard or soft-shelled variety... A rower catches a "crab" when his or her oar doesn't enter the water properly at the catch, and the blade buries itself to varying degrees in the water instead of flowing smoothly through the stroke. Crabs slow a boat down and are to be avoided if possible, but all rowers experience them at one time or another.

Cox Box – This is the voice amplification system used by the coxswain.

Coxswain – The person who sits at the stern or bow of the shell (depending upon the design of the shell) and steers, commands the crew, and generally acts as an "on-site" assistant to the coach. Because coxswains don't pull an oar, relatively small and lightweight people are sought for the position; however, a good coxswain will have as much competitive spirit as the rowers and can make a considerable difference to a crew's success.

Ergometer – A rowing machine. An "erg" allows beginning rowers to learn the basics of the stroke before going on the water and all rowers to develop their conditioning. Concept II is the brand of Erg owned by WTW Crew Boosters Association.

Keel – There is a small keel on a shell, but the term "keel" refers to the extent to which the boat is balanced from side to side while rowing. A crew rowing in such a way that the shell is not dipping to port or starboard continually is said to have good "keel" in its row.

Nationals – Usually used to describe the Scholastic Rowing Association of America (see SRAA) National Championships, also known as Scholastic Nationals. The USRowing Youth National Championships is a separate event and is usually referred to as Youth Nationals.

NCASRA – The former National Capital Area Scholastic Rowing Association was a membership organization incorporated to promote, encourage and support rowing at secondary schools in the National Capital Area by sponsoring and conducting spring rowing regattas. On July 1, 2008 NCASRA became the Virginia Scholastic Rowing Association (VASRA). The change reflected the decreased number of member schools outside of Virginia participating in scholastic rowing while the number of Virginia schools had increased. There are also differences in the state governance of scholastic sports, and VASRA abides by Virginia High School League (VHSL) regulations. This was the fourth name for the association and signaled a return to the in-state emphasis of the charter established by the original five schools in 1979. The original name was the Northern Virginia Rowing Association. "Scholastic" was added in 1986.

Oars – Shells are propelled by reaction forces on oar blades as they are pushed against the water. Sculling oars, or sculls, are ~9 feet long, while sweep rowing oars are ~12 feet long. Like the shells, modern oars are lightweight and of carbon fiber construction.

Occoquan/Sandy Run Regional Park – This is the place where WTW Crew rows and houses their equipment. Look on a Fairfax County map for Sandy Run Regional Park on the Occoquan River or use the address 10450 Van Thompson Road, Fairfax Station, VA 22039. It takes about 35 minutes each way for the WTW bus to get to and from school and the Occoquan. The rowing course is widely recognized as one of the best on the East Coast.

OLOC – The Occoquan Local Operations Committee requires volunteer teams of two from each member school to support season long regatta support duties. Specific duties and responsibilities are contained in the VASRA Representative Handbook.

Port and Starboard Rowers – In sweep rowing, the designation of a rower according to whether they normally row with an oar on the port (left) or starboard (right) side of the shell.

Power 10 – A set of strokes when the crew makes an extra effort to "get everything on the oar" and make the shell go faster. It can also be executed as a power 15 or 20. It is typically used in races at strategic points to try and gain advantage on the other crew(s).

Power Factor – The "power factor" is determined by dividing the Watts expended during a timed 2K by the weight of the rower, providing a means to normalize erg scores to rower size. Power Factor may also be used in an attempt to balance the power of the rowers of the two sides of the shell. Higher power factors are more desirable, but they cannot always overcome poor technique when it comes to making a boat faster.

Progression – Progression represents both the relative skill and speed hierarchy of boats and the order in which they must be entered in regattas. For example, the First Eight for any team is a faster boat than the Second Eight, and the Second Eight is a faster boat than the Third Eight. No team may enter a Second Eight without entering a First Eight, nor may any team enter a Third Eight without entering both a First Eight and Second Eight. The same progression is true for numbered fours. Junior, Lightweight, Freshmen, and Novice boats are not included in the numbered progression, nor may they substitute for a numbered boat in the progression regardless of relative team skill or speed.

Release – The act of getting the oar out of the water cleanly at the end of the stroke and beginning the recovery (gathering the body with the knees coming up) for the next stroke.

Riggers – The metal apparatus on the side of the shells upon which oarlocks are fitted to secure and handle the oars.

SRAA – The Scholastic Rowing Association of America was founded as the Schoolboy Rowing Association of America on May 14th, 1935. The association was formed to foster schoolboy rowing and to stage an annual regatta open to all schools of the world, the winner to be recognized as North American Champions. The first regatta was conducted in May of 1935 and has been held every year since. Women started competing in 1974. The name was changed to Scholastic Rowing Association of America in 1976 to reflect the addition of women. The SRAA has been the principal source of rules and procedures governing high school rowing. The primary function of the SRAA is to run the Scholastic National Championship regatta each May, determining the North American Champions. High school athletics does not allow sporting events to be held which decide national champions; however, this regatta is informally recognized by the rowing community as Nationals.

Scull – A shell configured so that each rower has two oars, one on each side of the boat.

Seat – Where you sit in the shell. Seats are numbered from the bow backward (aft) to the end of the shell. Seat Five would be the fifth rower aft of the bow of the shell.

Shell – The racing boat. Shells accommodate single rowers, pairs, fours, and eights. Eights are the most common type in local interscholastic racing. An eight is approximately 60 feet long, narrow (about two feet wide at its widest point), and weighs about 200 pounds. Shells are Ultra-lite carbon fiber/honeycomb construction and constructed pieces of equipment.

Slide – Two tracks upon which the rower's seat is fixed. The seat moves forward and backward on the slide, enabling the rower to "gather up" his or her body at the start of the stroke and then use the combined power of the legs, back, and arms when actually executing the stroke.

"Stotes" – The Stotesbury Cup Regatta in Philadelphia; is the largest high school rowing regatta in the world with over 5,000 participants and 10,000 spectators. The host organization is the Schuylkill Navy of Philadelphia. This is a championship-type regatta, but independent of the Virginia State Rowing Championships (VSRC) and SRAA Nationals. WTW rowers will participate on a selective basis if they are sufficiently competitive.

Stroke – The stern-most rower in the boat that sits just in front of the coxswain. The stroke sets the pace for the rest of the crew, responding to the commands of the coxswain.

Sweep – A shell configured so that each rower has one oar, alternated from side to side.

VASRA – The Virginia Scholastic Rowing Association (VASRA) governs Virginia high school rowing, providing the policies and rules under which we operate. VASRA provides the organization, resources, and oversight for scholastic competitive rowing regattas on our home course of Sandy Run Regional Park on the Occoquan Reservoir, VA, and at other venues throughout the National Capital region. VASRA is an association of Boosters from 39 High Schools and is organized for the express purpose of fostering interscholastic rowing competition between the high school rowing teams in Virginia. VASRA functions as an athletic conference since rowing is considered a club sport in many of the participating high schools and, therefore, is not officially administered by those schools. As such, all VASRA activities directly sponsor and support scholastic competitive rowing and provide the venue to: (1) stage competitive rowing events; (2) ensure regatta structure, safety, fairness, and consistency; (3) ensure overall program oversight; and (4) facilitate communication among member crew booster support organizations.

VHSL – The Virginia High School League (VHSL) is an organization of public high schools in the Commonwealth of Virginia which join with the expressed written approval of their local school boards. All Fairfax County Public Schools (FCPS) are members of the VHSL. The league seeks to encourage student participation in desirable school activities by conducting or supporting programs of interscholastic activities in all fields. Public high school rowing in Virginia is no longer recognized by the VHSL as an official high school sport. Per FCPS policy for all sports, the WTW Crew Program will continue to follow VHSL guidelines.

VSRC – The Virginia Scholastic Rowing Championships (VSRC) is the VASRA championship regatta that caps the regatta season on the Occoquan in May. This is the qualifying event for the SRAA Nationals. The VASRA Freshman / Novice Championships are held the week prior at the Ted Phoenix Regatta.

Appendix B – WTW Crew Champions and Awards History

W.T. Woodson Champions:

SRAA National Champions

- 2013 – Men's Junior Eight
- 2004 – Women's Junior Single
- 1993 – Men's Mid-weight Four

Stotesbury Cup Regatta Champions

- 1992 – Men's Lightweight Four

VASRA Champions

- 2016 – Women's Second Four
- 2014 – Women's Junior Eight
- 2013 – Men's Junior Eight
- 2013 – Women's Junior Eight
- 2012 – Women's Freshman Eight
- 2011 – Men's Novice Four
- 2009 – Women's First Four
- 2009 – Women's Second Four
- 2008 – Men's Freshman Eight
- 2007 – Men's Second Four
- 2007 – Men's Novice Eight
- 2007 – Women's Novice Eight
- 2006 – Men's Second Four
- 2006 – Men's Freshman Eight
- 2005 – Women's Lightweight Eight
- 2004 – Women's Lightweight Four
- 2001 – Men's Lightweight Four
- 2000 – Women's Junior Four
- 1999 – Men's Lightweight Four
- 1999 – Women's Junior Four
- 1998 – Men's Lightweight Eight
- 1996 – Men's Varsity Four
- 1996 – Women's Junior Four

W.T. Woodson Washington Post All-Met Recognition:

- 2015** Boy's First Team – *Ryan Applin*
- 2014** Boy's First Team – *Grayson Bishop*
Boy's Team Honorable Mention – *Brandon Sagawinia*
- 2012** Girl's First Team – *Shannon Haines*
- 2011** Girl's First Team – *Nikki Nicely*
Boy's Honorable Mention – *Timothy Kazimer*
- 2010** Boy's Honorable Mention – *Tom Harrison*
Girl's Honorable Mention – *Nikki Nicely*
- 2007** Best Boats – Boy's Lightweight Eight
- 2006** Best Boats – Boy's First Four
Boy's Team Honorable Mention – *Stephen Kibbe*
Girl's Team Honorable Mention – *Emily Simmons*
(Coxswain)
- 2005** Girl's First Team – *Katie Kazimer*
- 2004** Boy's First Team – *Jay Rowan*
Girl's First Team – *Katie Kazimer*
- 2003** Best Boats – Girl's First Four
Girl's First Team – *Jessica Guzik*
Boy's Team Honorable Mention – *Jay Rowan*
- 2002** Girl's First Team – *Jessica Guzik*
Boy's Team Honorable Mention – *Mike Fitzgerald*
Boy's Team Honorable Mention – *Eugene Jerebitski*
- 2001** Best Boats – Boy's Lightweight Four
Boy's Team Honorable Mention – *Eugene Jerebitski*
- 2000** Girl's Team Honorable Mention – *Sarah Grossman*
- 1999** Best Boats – Boy's Lightweight Four
Girl's Team Honorable Mention – *Jessica Kwerel*
Girl's Honorable Mention – *Sarah Wilcox*
- 1998** Best Boats – Boy's Lightweight Eight
- 1996** Best Boats – Boy's Senior Four
Boy's Team Honorable Mention – *Duncan McLellan*
Girl's Team Honorable Mention – *Ellen Downes*
- 1993** Best Boats – Girl's Senior Quad
Boy's First Team – *Mark Alexander*
Boy's Team Honorable Mention – *Brad Blinn*
Girl's Team Honorable Mention – *Erica Brandling-Bennett*
Girl's Team Honorable Mention – *Rebecca Johnson*
(Coxswain)
- 1992** Best Boats – Boy's Lightweight Four

W.T. Woodson Awards

2016 SRAA National Championships

Women's Junior Eight – Semi-finals / 8th overall

2016 Stotesbury Cup

Women's First Four – Semi-finals / 17th overall

Women's Junior Eight – Semi-finals / 10th overall

Women's Lightweight Eight – Semi-finals / 9th overall

2016 VASRA Championships

Women's Second Four – Gold Medal

Women's Junior Eight – Bronze Medal

2016 Mid-Atlantic Erg Sprints

Junior (age 14) Women 1000M: Bronze Medal

– *Allison Perina*

2015 SRAA National Championships

Men's First Eight – Semi-finals / 17th overall

2015 Stotesbury Cup

Men's First Eight – Semi-finals / 16th overall

Women's First Four – Semi-finals / 11th overall

Men's Second Eight – Semi-finals / 8th overall

2015 VASRA Championships

Women's Lightweight Eight – Silver Medal

Men's First Eight – Bronze Medal

Men's Second Eight – Bronze Medal

Men's Novice Four – Bronze Medal

2014 SRAA National Championships

Men's First Eight – Petite Finals / 11th overall

2014 Stotesbury Cup

Men's First Eight – Semi-finals / qualified 9th overall / cancelled for weather

Women's Junior Eight – Semi-finals / qualified 11th overall / cancelled for weather

2014 VASRA Championships

Women's Junior Eight – Gold Medal

Men's First Eight – Silver Medal / 1st Place among Virginia Crews

2014 Ted Phoenix Novice Championships

Men's Third Eight – Bronze Medal

Women's Novice Eight – Bronze Medal

2014 Mid-Atlantic Erg Sprints

Junior Women 3-Minute Crash (Double Slide): Bronze Medal

– *Beth Zhao and Pele Solell-Knepler*

2013 SRAA National Championships

Men's Junior Eight – Gold Medal

2013 Stotesbury Cup

Men's Junior Eight – 4th Place

Women's Junior Eight – Semi-finals / 17th overall

2013 VASRA Championships

Men's Junior Eight – Gold Medal

Women's Junior Eight – Gold Medal

Men's Second Four – Bronze Medal

2013 Ted Phoenix Novice Championships

Men's Freshman Eight – Bronze Medal

Women's Novice Four – Silver Medal

Men's Novice Eight – Bronze Medal

2012 SRAA National Championships

Men's Lightweight Eight – 10th Place overall

Women's Freshman Eight – 10th Place overall

2012 Stotesbury Cup

Men's Lightweight Eight – 4th Place

Women's Freshman Eight – Semi-finals / 17th overall

2012 VASRA Championships

Men's Lightweight Eight – Silver Medal

Women's Lightweight Four – Silver Medal

Men's Junior Four – Silver Medal

Women's Junior Four – Bronze Medal

2012 Ted Phoenix Novice Championships

Women's Freshman Eight – Gold Medal

Women's Novice Four – Bronze Medal

Men's Novice Eight – Silver Medal

2011 Stotesbury Cup

Men's Freshman Eight – Semi-finals / 17th overall

2011 VASRA Championships

Women's Junior Four – Bronze Medal

2011 Ted Phoenix Novice Championships

Women's Novice Eight – Silver Medal

Men's Novice Four – Gold Medal

2010 VASRA Championships

Women's Junior Eight – Bronze Medal

2010 Ted Phoenix Novice Championships

No results available

2009 Stotesbury Cup

Women's Senior Four – 6th Place

2009 VASRA Championships

Women's First Four – Gold Medal

Women's Second Four – Gold Medal

Men's Third Eight – Bronze Medal

2009 Ted Phoenix Novice Championships

No results available

2008 NCASRA Regional Championships

Men's Lightweight Eight – Silver Medal

2008 Ted Phoenix Novice Championships

Men's Freshman Eight – Gold Medal

2007 VASRA Championships

Men's Second Four – Gold Medal

Men's Lightweight Eight – Silver Medal

Women's Lightweight Eight – Bronze Medal

Women's First Four – Silver Medal

Women's Second Four – Silver Medal

Men's First Four – Bronze Medal

2007 Ted Phoenix Novice Championships

Men's Novice Eight – Gold Medal

Women's Novice Eight – Gold Medal

2007 Scholastic Rowing Association National Championships

Men's Lightweight Eight – Semi-Finals

Women's Lightweight Eight – Semi-Finals

Men's Senior Four – Petite Finals

Women's Senior Four – Third Finals

2006 VASRA Championships

Men's Second Four – Gold Medal

Men's Lightweight Eight – Silver Medal

Men's Lightweight Four – Silver Medal

Women's Lightweight Eight – Silver Medal

Women's First Four – Silver Medal

Men's Freshman Eight – Gold Medal

2006 Novice Regional Championships

Men's Novice Eight – Silver Medal

Men's Freshman Eight – Bronze Medal

2005 VASRA Championships

Women's Light-Weight Eight – Gold Medal

Men's Third Eight – Silver Medal

Men's Light Four – Silver Medal

Men's Freshmen Eight – Bronze Medal

2004 SRAA National Championships

Women's Junior 1x – Katie Kazimer – Gold Medal

2004 VASRA Championships

Women's Lightweight Four – Gold Medal

Women's Freshman Eight – Silver Medal

2004 NCASRA Regional Championships:

Women's Lightweight Four – Silver Medal

2003 SRAA National Championships

Women's Senior Four – Bronze Medal

2003 NCASRA Regional Championship

Women's Senior Four – Silver Medal

2002 NCASRA Regional Championship

Men's Lightweight Eight – Silver Medal

Women's Lightweight Four – Bronze Medal

2001 VASRA Championships

Men's Varsity Four – Bronze Medal

Men's Lightweight Four – Gold Medal

2001 NCASRA Regional Championships

Men's Lightweight Four – Silver Medal

2000 The Stotesbury Cup

Men's Junior Four – Bronze Medal

2000 NCASRA Regional Championships

Women's Junior Four – Gold Medal

Men's Senior Four – Bronze Medal

1999 SRAA National Championships

Men's Lightweight Four – Bronze Medal

1999 NCASRA Regional Championships

Men's Lightweight Four – Gold Medal

Women's Junior Four – Gold Medal

Men's Senior Four – Silver Medal

1998 SRAA National Championships

Men's Lightweight Eight – Fifth Place

Women's Senior Four – Sixth Place

1998 The Stotesbury Cup

Men's Lightweight Eight – Bronze Medal

Men's Senior Four – Fourth Place

Women's Senior Four – Fifth Place

1998 Northern Virginia Regionals

Men's Lightweight Eight – Gold Medal

1997 The Stotesbury Cup

Women's Junior Four – Fourth Place

1997 NCASRA Championships

Men's Junior Four – Bronze Medal

1996 NCASRA Championships

Men's Varsity Four – Gold Medal

Women's Junior Four – Gold Medal

Four-Oared Shells – Points Trophy

Appendix C – Contact Information

Board of Directors

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Vice President for Team Liaison & Activities
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Assistant Coach
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Assistant Coach
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W.T. Woodson Staff

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ADSA / Room Scheduling
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Crew Team Sponsor
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703-503-6725

Appendix D – W.T. Woodson Crew Coach Code of Conduct

The WTW Crew Coach Code of Conduct operates on the following principles. Each coach has made a commitment to:

- Put the well-being, development and progress of the athletes first.
- Take responsibility for ensuring the quality of their coaching.
- Assist athletes in becoming confident and successful.
- Work to ensure productive relationships between parents and caregivers.
- Work as a part of the whole W.T. Woodson High School team.
- Recognize their role and responsibilities in respect to the entire coaching staff.
- Operate within the program's policies and procedures.
- Communicate openly with the Head Coach and other staff members.
- Demonstrate honesty and integrity, and ensure public trust and confidence in their coaching.
- Remember that athletes participate for enjoyment and winning is only part of the fun.
- Be reasonable in their demands on athletes' time, energy, and enthusiasm.
- Operate within the rules and spirit of the sport and teach their athletes to do the same.
- Ensure that the time athletes spend with them is a positive experience.
- Not use bad language, harass, or degrade athletes, officials, spectators, or other coaches.
- Ensure that equipment and facilities meet safety and the Head Coach's standards.
- Display control, respect, and professionalism to all involved with the sport including opponents, coaches, officials, administrators, media, parents, and spectators. They will encourage their athletes to do the same.
- Show concern and caution towards sick and injured players and follow the advice of a physician when determining whether an injured athlete is ready to recommence training and competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and principles of growth and development of athletes.
- Not arrive at events intoxicated or drink alcohol in the presence of the athletes.
- Respect the rights, dignity, and worth of all people involved in the sport, regardless of their ability, gender, or cultural background.
- Ensure that all correspondence is professional and related to official WTW Crew business.
- Respect their athletes' privacy and limit individual contact by phone, text, or social media.

Our coach's preferred method of corresponding with athletes will be by speaking with them in person; however, appropriate use of social media (e.g. Facebook and Twitter) is authorized for rapid and effective dissemination of information to the larger group.

Appendix E – Dues, Service Requirements, and Penalties

Basic Dues ⁽¹⁾	
Returning (balance due February 13, 2017)	\$850
Freshman / Novice (balance due February 13, 2017)	\$750
Additional Fees ⁽²⁾	
Stotesbury Regatta	\$350
SRAA Nationals	\$425
Uniforms	\$120
Chartered Practice Bus (optional)	\$450
Family Fundraising Commitment ⁽³⁾⁽⁴⁾	
First Returning Student-Athlete	\$600
Each Additional Returning Student-Athlete	\$400
Each Freshman / Novice Student-Athlete	\$300
Family Service Requirements ⁽³⁾	
VASRA Regatta Volunteer Assignments	2
Chartered Practice Bus Chaperone ⁽⁵⁾	1
Penalties	
Returning student-athlete withdrawal request during first two weeks of on-the-water practice	\$300
Missed VASRA Regatta Volunteer or Practice Bus Chaperone	\$50

Notes:

1. An early bird discount of \$50 is given if cash dues are paid in full by check by November 14, 2016. An additional discount of \$50 per student-athlete is given when a family has more than one participating student-athlete. Dues paid by credit card are not eligible for the early bird discount.
2. Additional Fees are approximate based on historical and projected costs.
3. See Appendix F for a complete list of fundraising and service opportunities.
4. Student-Athletes will not be allowed to participate in end-of-season travel regattas until fundraising commitments are fulfilled and service penalties are paid without specific consideration issued by the Board.
5. Applies only to those families participating in the chartered practice bus program during Spring season.

Appendix F – WTW Crew Service Opportunities & Fundraising Credits

R = VASRA Regatta Volunteer

A. Board Officers / Executive Committee

Position	Fundraising Credits
1. President	2R, \$300
2. VP for Team Liaison and Activities (VPTLA)	2R, \$300
3. VP for Communication (VPComm)	2R, \$300
4. Treasurer	2R, \$300
5. Secretary	2R, \$300

B. Board Committee Chairs

Position	Fundraising Credits
6. Membership Chairperson	2R, \$250
7. Fundraising Chairperson	2R, \$250
8. Volunteer Chairperson	2R, \$250
9. Equipment / Logistics Chairperson (E/L)	2R, \$250
10. Uniforms / Crew Gear Clothing Chairperson	2R, \$250
11. VASRA Representative	2R, \$250

C. Individual Volunteer Opportunities

Position	Reports To...	Fundraising Credits
1. WTW Athletic Boosters / PTSO Rep (1 of 2)	President	1R, \$150
2. WTW Athletic Boosters / PTSO Rep (2 of 2)	President	1R, \$150
3. Occoquan Bus Coordinator	VPTLA	1R, \$150
4. Pre-Regatta Dinner / Regatta Hospitality Coordinator (PRDC)	VPTLA	2R, \$200
5. Away Regatta Food Coordinator (typically has to be at the food tent for both travel regattas)	VPTLA	2R, \$200
6. Sign Up Genius Administrator	VPTLA	2R, \$150
7. Rower/Athlete Food Tent Coordinator (RAFT)	VPTLA	2R, \$150
8. Webmaster	VPComm	2R, \$300
9. Team Photographer	VPComm	2R, \$100
10. Graphic Artist (marketing, branding)	VPComm	\$100
11. Audit Team (1 of 2)	Treasurer	\$100
12. Audit Team (2 of 2)	Treasurer	\$100
13. Freshman / Novice Liaison	Membership	\$100
14. TAG Day Coordinator (TDC)	Fundraising	2R, \$250
15. Craft Fair Coordinator (CFC)	Fundraising	2R, \$250
16. Craft Fair Vendors Lead	CFC	2R, \$250
17. Craft Fair Publicity Lead / Coordinator Asst.	CFC	\$100

18. Craft Fair Concessions / Bake Sale Lead	CFC	\$100
19. Rummage Sale Coordinator (RSC)	Fundraising	2R, \$250
20. Alumni Campaign Coordinator	Fundraising	\$100
21. Sponsorship Campaign Coordinator	Fundraising	\$100
22. Scrip Gift Card Coordinator	Fundraising	\$100
23. Regatta Volunteer Coordinator (RVC)	Volunteer Chair	2R, \$250
24. Boathouse Operations (1 of 2)	E/L	\$100
25. Boathouse Operations (2 of 2)	E/L	\$100
26. OLOC Representative (1 of 2)	VASRA Rep	2R, \$250
27. OLOC Representative (2 of 2)	VASRA Rep	2R, \$250
28. Nominating Committee Chair (NCC)	Board of Directors	\$100

D. Group Volunteer Activities

Position	Reports To...	Fundraising Credits
1. Regatta Jobs (VASRA jobs) <i>VASRA will fine WTW Crew \$50 for each job not filled</i>	RVC	1R per shift
2. TAG Day Drivers / Shifts	TDC	\$50 per shift
3. Craft Fair Shifts	CFC	\$50 per shift
4. Rummage Sale Shifts	RSC	\$50 per shift
5. Boathouse Work Days	E/L	\$50 per shift
6. Away Regatta Support	VPTLA & E/L	\$50 per shift/job
7. Pre-Regatta Dinner Hosts & Chaperones	PRDC	Host: \$100; Chaperone: \$50
8. Food Tents at Regatta	Volunteer Chair	\$50 per shift
9. Concessions (WTW Athletic Boosters)	Volunteer Chair	\$50 per shift
10. Nominating Committee Members	NCC	\$100
11. Bus Chaperone (to/from practice; ONLY required for parents of rowers who ride the bus)	Bus Coordinator	\$50 per shift

Appendix G – Emergency Preparedness Plan:

Questions may arise as to what is expected of our student-athletes and their parents or guardians in the event of an emergency situation during crew practice. At the very least, any situation that may present itself must be approached logically and calmly. The following are some basic guidelines that you should expect to see implemented if an emergency occurs. Even though we rely quite a bit on external communication resources to keep in touch such as a cell phones or the Internet, we must anticipate that not all forms of communication will be available immediately when an emergency occurs. Your patience and understanding will be most important in our attempt to ensure your child's safety and then to reunite you with him/her as soon as the situation allows. You are strongly encouraged to ensure your FCPS "Keep in Touch" program account is up to date.

See the FCPS website for additional details: (under construction currently 23OCT16)

<http://www.fcps.edu/kit/faq.shtml>

For Emergencies During School Hours (site under construction)

- W.T. Woodson High School will implement their Emergency Preparedness Plan according to the given circumstances. <http://www.fcps.edu/emergencyplan/index.shtml>
- Parents should follow the school plan and "Keep in Touch" guidance.

For Emergencies After School Hours (during crew practice time):

When word of an emergency situation reaches the Sandy Run facility, the Park Authority will pass along a general recall to all boats on the river.

If the recommendation from authorities is to remain in place:

- Student-athletes will be provided shelter in our boathouse, chaperoned by the coaches and our bus parent chaperone. All coaches have formal CPR and first-aid training.
- When serving as the bus chaperone you are expected to address the immediate needs of the students in your charge and to take appropriate steps to ensure their safety.
- If a parent arrives at the river to pick up their child, the parent must check-in with the Head Coach and/or parent chaperone for his/her release. No child will be released to a third party unless arranged directly with the Head Coach or parent chaperone.
- When the appropriate authority has given the "all clear":
- Student-athletes that drove to the river individually or in a carpool will be released to proceed home on their own.
- The bus will depart for the return trip with a **primary reunification point** at the W.T. Woodson parking lot pick-up / drop-off point by Whitacre Road.
- If the W.T. Woodson parking lot is not usable, the **secondary reunification point** will be the parking lot in front of Little Run Elementary on Olley Lane.
- The bus will attempt to make its normal stop at Fairview Elementary if any Fairfax Station families are waiting. If it is not able to stop or no one is waiting, the bus will then proceed to the primary or secondary points above.

If the recommendation is to evacuate the Sandy Run area:

- Student-athletes that drove individually or in a carpool will be released to proceed home.
- The bus will then depart and proceed to the primary or secondary reunification points as stated above.