



# Washington-Lee Rowing Reporter

Washington-Lee High School, Arlington VA

December 2016

## Crew Schedule 2017

### January

16 Triathlon

### February

4 Mid Atlantic Erg Sprints  
20 Official Start of Crew  
Season

### March

11 Regatta – Chadwick  
Invitational, Washington  
Harbor  
25 Regatta – Polar Bear,  
Occoquan, Fairfax, VA

### April

1 Regatta – St. Andrews,  
Middletown, DE  
8 Regatta-Walter Mess,  
Occoquan, Fairfax, VA  
15 Regatta-Darrell Winslow,  
Occoquan, Fairfax, VA  
22 Regatta - Ted Phoenix,  
Occoquan, Fairfax, VA  
29 Regatta Charlie Butt,  
Potomac River, Wash, DC

### May

6 Regatta-Tri-Meet,  
Potomac River, Wash, DC  
13 VA State Rowing  
Championship,  
Occoquan, Fairfax, VA  
19-20 Stotesbury Cup,  
Philadelphia, PA  
26-27 Nationals, Cambridge,  
NJ

## 2016 Men's Rowing Season in Review



**By Coach Derek Parsons**

The 2016 season was another strong season for the boys. Coming off our excellent 2015 season, the team focused on continuing to train at the level that brought us previous success. Our varsity group was led by our seniors who had been a part of the 2015 V8 and were some of our most decorated athletes to date. Our Freshman Eight also had several strong rowers return after a great novice year.

The season started out as all do with more questions than answers. The chaos of the early days in February gave way to the forming of a very strong and competitive Varsity Eight and Freshman Eight. For most of the season the Freshmen went undefeated and gained momentum. The Varsity Eight took a little longer to show the speed we knew was in them. In the middle, the Novice, 3<sup>rd</sup> and 2<sup>nd</sup> Eights continued to work hard and rise to the challenge of the other two boats.

The season was capped with our Freshmen winning the Ted Phoenix Regatta and becoming state champions while the Varsity duplicated the 2<sup>nd</sup> place finish of the prior year with a smaller margin between 1<sup>st</sup> (St. Albans) and the entire group of finalists for an extremely exciting finish. Though our other crews struggled to finish in the medals, they did W-L and themselves proud with strong racing. The rest of the season's races were strong but did not rise to the level of success at the area championships. We are looking forward to another season and have started working toward reproducing last year's successes.

## Highlights of 2016 Season for the W-L Women

By Coach Craig Spraggins

## What's next: W-L Crew Class of 2016 moves on to new adventures.

Francesca Browne - US Naval Academy  
Sophia Hayes - Macalester College  
Natalie Jackson - Virginia Tech  
Daniel Eigler-Harding - Georgetown  
Ian Estevao - Georgetown  
Michael James - American University  
Henry Mai - College of Wooster  
Kelly Quillin - Mercyhurst University

## 2016 Charlie Butt Scholarship

This scholarship is awarded to a graduating crew member who best exemplifies integrity and honesty, work ethic and dedication, and contributes to the crew on and off the water. The 2016 recipients were Sophia Hayes and Kelly Quillin.

At the end of the 2015 spring season, the W-L women's team gathered in a class room and set a goal for the 2016 season of advancing all boats into the finals at the state championship regatta the following year. With a clear goal to aim for, the ladies set forth to work hard toward accomplishing that goal. Each week of the season provided opportunities for growth of which the ladies took full advantage. As the state championship neared, the team made its final adjustments and was ready to meet the challenge.

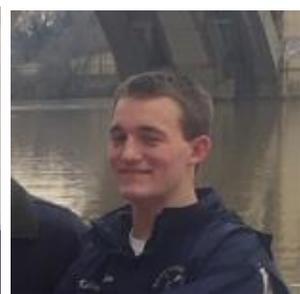


Over a two-week time period, the ladies team traveled to the Occoquan reservoir to compete in the lower boat championship (Ted Phoenix Regatta) and the Virginia State Regatta. The novices competed across several categories moving each crew into the finals to then take on five other of the best teams in the state. Most exciting the women's novice four not only made it to the finals, but won first place claiming stake as the best novice rowers in our state. The following week, the experienced women had its opportunity to secure the goal stated almost a year prior. Each boat ventured onto the water and sat ready for the referee's start of the race. With the start of the race, each boat pushed down the course with tenacity earning passage into the finals and thereby officially earning the team's goal! The entire team showed great dedication, strength, commitment, and support of each other in achieving this major goal. The coaches felt great pride watching the athletes working together all year to get to this point.

The team geared up for the end of the year with the Stotesbury Cup and Nationals. The Varsity 8 had the best showing at Stotesbury placing 12<sup>th</sup> overall out of 32 crews. The team finished out the season with a trip to Scholastic Nationals where the Varsity 8 and Freshman 8 competed with aplomb. The team as a whole had their best showing in many years and looks forward to an even brighter 2017 with bigger goals, and better finishes.

## Several W-L Seniors Go on to Row in College

Four W-L 2016 graduates are rowing in college this year. Francesca Brown is rowing with the Naval Academy in Annapolis. Ian Estevao and Daniel Eigler-Harding both return to the water on the Potomac as they row with the Georgetown Hoyas. And Kelly Quillin will row in the spring for the Mercyhurst University lightweight rowing team.



## Gateway to the crew season is: Mulch Madness 2017

Rowers will deliver the mulch, in 2 cubic feet bags, on Saturday, March 4. Mulch Madness is our primary team fundraiser, and the best opportunity for each rower to satisfy his or her fundraising requirement. This year we are offering on-line ordering for the first time.

*Please visit [fund-wlcrew.com](http://fund-wlcrew.com) to place an order and/or make a donation (please name the rower who should receive credit). Or place an order directly with your favorite rower. W-L Crew thanks you for your tremendous and longstanding support.*

## New Strength Training Coach joins Winter Conditioning staff.

This year's winter conditioning program includes a new strength and conditioning coach, Dillon Harrington, who is a graduate of University of Southern Florida and the assistant trainer at W-L. The coaches are excited about Dillon coming on board, which allows for the rowing coaches to focus on the training program as a whole and the technique and training program for the ergs in particular.

## Change in Girl's Coaching Staff

This year we bid farewell to Jess Ward (W-L '05) who for 7 years served a Freshman and Novice coach for the W-L Women's team. We wish her well as she heads back to school. We welcome Gwen Sully back to W-L as the new Novice and Freshmen Women's coach. Gwen has worked for many years in areas of fundraising, development of rowing programs, as well as regatta organization and support. As a US Rowing Level 3 certified coach with more than 10 years of experience, her goal is to maintain a challenging and positive atmosphere where rowers can build confidence and be successful in their racing endeavors.



Jess Ward



Gwen Sully



## W-L Crew Team Orders New Boats

We are purchasing two new Vespoli VHP with white hulls and navy blue decks. These boats, designed in collaboration with two time America's Cup award winning naval architect, Bruce Nelson are a new design for W-L crew and feature a long water line and a reduced wetted service without sacrificing stability. Each Hull should be in our program for at least 8 years before we intend to sell to others. We expect delivery in late January or early February.

VESPOLI WORLD CLASS RACING SHELLS

## Supporting W-L Crew!

Crew is an expensive sport, and W-L Crew is proud to provide top-quality equipment to help our crews reach their full potential. Arlington County provides valuable but limited support to the program, but the Boosters and parents fund all equipment purchases, maintenance, uniforms, regatta expenses, financial aid and other significant costs. These needs are increasing, as school enrollment increases and participation in the crew program surges. To support the growing program and our need for speed, we have recently ordered two new boats, each costing close to \$40,000. We are also funding skills training for all five coaches and have spent over \$1,000 on repairs and upkeep over the summer.

Without support from alumni and friends of W-L Crew, fewer students would have the opportunity to row, and W-L would not be able to compete at the high level that is our tradition. The team needs your help! Your financial support keeps us competitive. We encourage you to make donations through our website: [www.wlcrewboosters.org](http://www.wlcrewboosters.org), or send a check made payable to W-L Crew Boosters, addressed to W-L Crew Boosters, 3033 Wilson Boulevard, Suite E541, Arlington, VA 22201. Contributions are tax deductible. For more information, contact Vice President for Fundraising, Cathy Burdette, at [baci2chowder@gmail.com](mailto:baci2chowder@gmail.com).

# Pictures from the 2016 Rowing Season

