

Washington–Lee Crew.....March Novice News

Pasta Dinners and Regattas

Upcoming Dates

- March 14th – Crew Booster Meeting 8:00PM in the W&L Library on the 2nd Floor. This is the best way to find out the details about what is going on. The more parent input we get, the better the service the boosters can provide!
- March 16th – Morning scrimmage with Wilson & Whitman at Potomac Boat Club (PBC). Coaches will let you know who is competing and the time, so watch your e-mail for messages to the list-serv.
- March 18th – Final day to get fundraising dollars to Mrs. Heinzman. Mail your checks to her at 3535 N 36th Rd, Arlington VA 22207
- March 21st –Last day to get a dues refund if your rower decides not to continue with crew.
- March 23rd – Morning Scrimmage with TC Williams at PBC. We need to reciprocate the hospitality TC provided us last year. We will be asking for baked good donations and volunteer help.
- Spring Break – March 25-29th . Daily practice for all rowers. Coaches will let you know the times as soon as possible.
- March 30th – St Andrews Regatta in Middletown Delaware. This is a wonderful venue to see the action up close. Parents tailgate and cheer on the rowers. Food donations and volunteer help will be needed. Watch for e-mails. If you know your rower is unable to attend, please inform your coach by e-mail ASAP.

Pasta / Boat Parties.....

- These are a long standing tradition of W-L Crew. They are a fun, team related event to promote team spirit and get to know teammates. All members of one boat or members of several boats get together for dinner.
- Here's an idea of a typical event:
 - Held on the Friday nights before the regattas.
 - For timing - either hold the dinner with enough time for rowers to get home from practice, get cleaned up, get their food donation and get to your house. Or, have them come right from W-L after practice and have the food dropped off earlier.
 - Plan to end early (typically 2 hours total)...the regattas often start early on Saturday morning.
- One of the rowers/parents volunteers to host the dinner in their home. The parents are home to serve the meal and supervise.

- In the past years, a novice parent volunteered to set up a schedule so each week, the rowers (and parents) knew whose household would host. Then the host would request (by e-mail) items to bring and people would sign up for a food donation. Also, the host home would send out directions to their home.
- In the past few years, the novices (boys separate from girls) all grouped together at one house, instead of dividing up by boats. It often occurs that the rowers switch around in the boats, and they don't know which boat they will be rowing in until the very end of the week. This way, everyone was included. Just an idea.
- I have most of the novice e-mails (boys and girls separate), if you need them to contact other parents.
- The host organizes the pasta dinner however they would like...it is best to keep it very simple. Typically, the host parent assigns various menu items to the others attending. The host usually provides the pasta entrée (best to have pasta and tomato sauce-the coaches say no to any dairy, so no lasagna or cheesy type items) and serving items (plates, cups and utensils). The other boat members bring all side dishes: meatballs in sauce, salad, garlic bread, parmesan cheese, water and fruit and desserts.
- Sometimes at the party (particularly the girls), decorate/customize special items like t-shirts, shorts, hair decorations for the regatta the next day. Don't be surprised if you are asked to bring something like a t-shirt or craft item or to make a small donation for supplies. Usually the rowers organize this with the dinner, but hosts should know in advance so they can set up a place or get supplies. These items are worn at the regatta and are kept by the rowers as souvenirs of the season.

Dress Up.....

- Another crew tradition to show team spirit is to wear dress clothes to school the Friday before a regatta (in the past, for boys...khaki pants or black dress pants, shirt and tie). The 8th graders also participate with this. I believe the team captains post something on Facebook about this and talk about it at practice-have your rower ask.

Regatta.....

- We compete in the VASRA (Virginia Scholastic Rowing Association). Check out their website for details www.vasra.org. You will find posted race schedules, results and other information.
- The regattas are held at different venues. Ours are mainly at Sandy Run Regional Park (Occoquan, VA) and on the Potomac and one out of town in Middletown, Delaware. Each site has a different set up. This weekend (March 16th), the scrimmage will be held at PBC (The Potomac Boat Club) [3530 Water Street, NW, Washington DC 20007].
- The regattas are a series of individual races organized by category. There are different categories for both men and women including: Varsity (V8), 2nd Varsity (2V), 3rd Varsity (3V), Freshman and Novices.

- Your rower will know what race they will be in prior to the regatta (often not until Friday before the regatta). Be sure to ask them the specific name of the boat (i.e. Men's Novice 8 or Women's Freshman 8), so you can locate it on the schedule.

Race Day.....

- For home regattas at PBC, you will drop off and pick up your rower from PBC. For other regattas, you will drop your rower off at W-L to catch a school bus. For either, it is usually around 6AM to 7AM. There will be e-mails sent to the list-serv with specific times for each regatta.
- For regattas other than PBC, the team bus meets the boats (shells) which are brought on a trailer, and our W-L Crew team supply trailer which is towed by a parent.
- For regattas other than PBC, a parent will set up our team tent, chairs, food table, etc...this is home base for the day.
- For parents, it's a good idea to bring folding chairs (Occoquan does have a grandstand, but it fills up fast)
- Bring binoculars.

Food for the Regatta.....

- For three of the regattas TC Williams Scrimmage (3/23/2013), St. Andrews (3/30/2013) and Charley Butt (4/27/2013), there will be a food spread organized by the boosters for all who attend – rowers and family. Look for e-mails requesting donations.
- For all other regattas, be sure to pack a whole day of food for your rower. The boosters provide waters and granola bar type snacks. The rowers eat after they race, not before, and they are usually very hungry. A sub type sandwich is a good start.
- At Occoquan, rowers could bring money for concessions (grilled chicken sandwich is a favorite). Parents can also purchase this food.

Parents – When to Arrive at the Regatta.....

- The coaches usually post the schedule the day/night before the regatta so you will know approximately when your rower is racing. Also, the schedule is posted on the VASRA website.
- For PBC regattas, parking is in a public garage (pay) or there is metered street parking. Be sure to bring plenty of quarters and arrive early to get a space.
- Plan ahead and give yourself plenty of time to get to the viewing area. Races last as little as 5 minutes, so it is easy to miss. At the Occoquan, it is quite a distance – a nice 20 minute walk) from the parking area to the viewing area.
- About 30 minutes or so prior to race time, the team will launch the boat and row up to the starting line.....this is a great time to watch your rower in action.

Guests.....

- Family members are welcome: parents, siblings, grandparents. At PBC, there is a maximum capacity for the number of people on the viewing deck. If there are too many, some may be asked to move to the river-side park. The end of the race is down towards Washington Harbor.
- For Occoquan, all are welcome. For the larger regattas, parking is a major issue so carpooling is helpful. The outer parking lots are a 20 plus minute walk. You can drop off people and take a \$4 shuttle from the outer parking areas to the river. Note: you have to pay for parking; I'm thinking it is \$10 per car –cash only - so bring some cash.

End of the Regatta.....

- Parents can come and go as you please. Rowers stay with the team.
- For away regattas, rowers first return to PBC to help unload the boats and then ride the bus back to W-L.
- Pick-up times vary. For most regattas, plan for rowers to be gone until about 5PM. For home regattas at PBC, it is earlier.

Volunteer Jobs.....

- Look for e-mails from the boosters to sign up for volunteer jobs. They ask that each family help out at a minimum of one regatta.