

**WHITMAN** CREW




# **Varsity and Novice Families Meeting**

Wednesday, September 17, 2025 7:30 - 8:30 pm  
via Zoom

# WHITMAN CREW



 @WhitmanCrew  
<https://www.whitmancrew.org/>

1. Who We Are
2. Hear From the Coaches
3. Looking Back and Looking Ahead
4. Regattas
5. Communication
6. Fundraising Initiatives
7. Conduct and Culture
8. Closing





## Who We Are

- One team, over 100 athletes strong (Middle School, Novice & Varsity)
- Community club sport for Whitman students and Pyle 7th & 8th graders
- One of the largest and only school year-round sports offered to Whitman students
- Administered by a non-profit organization (*Board members are parent volunteers*)
- Run by a staff of dedicated, award-winning coaches

### Our Mission

*Walt Whitman Crew is a competitive co-ed high school rowing club that inspires excellence for all rowers and coxswains and cultivates a team culture of respect, personal commitment, shared achievement, and passion for rowing.*



## 2025-2026 Board

- President: Manu Anand
- Treasurer: Oly Bracho
- Secretary: Sanjay Mullick
- VP for Administration: Helena Barringer
- VP for Communications: Julie Rosenthal
- VP for Fundraising (Co-): Katey Brown
- VP for Fundraising (Co-): Kelli Forbes

- Executive Vice President: Betty Saiz
- VP for Regattas / Special Events (Co-): Kerry Mustico
- VP for Regattas / Special Events (Co-): Amber Rickhoff
- VP for Equipment: Paul Johnson
- VP for Merchandise: Esther Koi
- VP for Volunteers: Justina Yee

## Our Coaches

Head Coach & Girls Varsity Coach: **David Noyes**



Boys Varsity Coach: **Justin DeGaetano**

Girls Freshman/Novice Coach: **Greta Butz**



Boys Freshman/Novice Coach: **Cat Murphy**

## Our Coaches

Girls Assistant Coach: **Forrest Dipert**



Boys Assistant Coach: **Patrick Rogers**

Middle School Coach: **Karen Derringer**



Middle School Coach: **Elmira Togliatti**





## What We Do

- **We work hard**
- **We care about each other & the team more than ourselves**
- **We stick together**

## *The Athlete Experience*

### Boating decisions

- Based on a number of factors (in alpha. order):
  - Attendance
  - Attitude
  - Coachability
  - Erg score
  - Experience
  - Seat racing
- The goal is that every single athlete has the opportunity to race and participate in regattas.
- Travel regattas roster selection also considers financial cost and assessment of competitiveness.

### Coach interactions

*Encourage athletes to be their own advocates.*

#### **Athlete to Coaches:**

- Slack & Before/After Practice
- Planned absences Sunday before
- Unplanned before Noon daily

## Rowing 101

### Learn your lingo

- Remember, an “8” actually has 9 athletes in it - of course!
- Remember, we row going backwards - naturally!
- Study your terminology here:

<https://www.whitmancrew.org/terms>

### Types of races

#### Fall season

- Head race - shells are launched in sequence individually and compete for best time
- Distance is longer, about 5,000m (~ 3 Miles)

#### Spring season

- Sprint race - shells are launched simultaneously side by side and compete to finish first
- Distance is shorter, exactly 1500m (~1 Mile)

## 2025 Achievements

- ✓ Boys 1st Varsity 8: Stotesbury Cup Bronze
- ✓ Boys Freshman 8: WMIRA Bronze
- ✓ Boys Youth 2: USRowing Mid-Atlantics Silver
- ✓ Girls 1st Varsity 8: Stotesbury Cup Bronze & WMIRA Bronze
- ✓ Girls 2nd Varsity 8: WMIRA Silver
- ✓ Girls Novice 8: WMIRA Gold
- ✓ Girls Novice 4: WMIRA Bronze
- ✓ Girls Youth 2-: USRowing Mid-Atlantics Silver
- ✓ Girls Youth 1x: USRowing Mid-Atlantics Silver

## Whitman Alumni rowing at

Naval Academy, Rutgers, Trinity College, U Conn, Fairfield, Bucknell, Virginia, Alabama, BU, Cornell, Dartmouth, Indiana, Iowa, MIT, Santa Clara, Syracuse, Temple, Tufts, Wesleyan, Wisconsin.



**We Make: Better Rowers, Better Students, Better People**

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## The 2025-26 Season

### Fall Season

August 26 - November 3  
Georgetown/Thompson Boat Center 2900 Virginia Ave NW  
Practices Monday-Friday after school and Saturday AM



### Winter Season

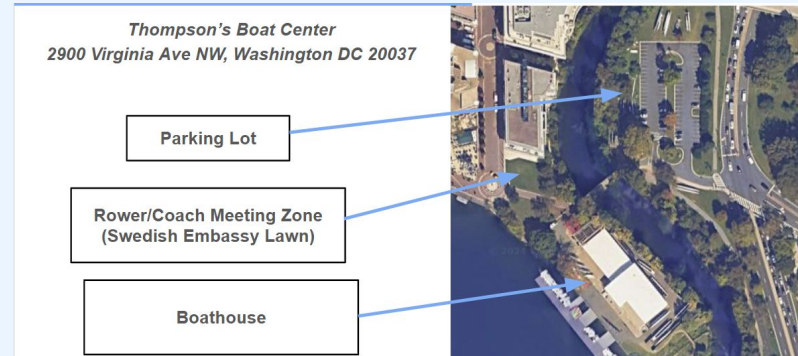
Nov 17 - Feb 13  
Glen Echo Park Erging and conditioning

### Spring Season

Feb 16 - May 3 (later for select regatta athletes)  
Georgetown/Thompson Boat Center  
\*\*\*NOTE: One way Novice bus ends after WMIRA

### Spring Break Training

March 29th - April 6th, 2026 (approx.) at Occoquan River/Hotel in VA 2-3 nights




## Regattas Schedule

Date	Day	Event
9/28	Saturday	Head of the Potomac
10/13	Sunday	Occoquan Chase
10/19	Friday through Sunday	Head of the Charles (Select)
11/2	Saturday	Novice / Middle School Race
11/3	Sunday	Head of the Occoquan

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## How You Can Volunteer!

- It takes a village to put on a Regatta.
- New this year – **Regatta & Special Events Committee! Please Join!**
- Committee jobs include:
  - Assisting with Special Events throughout the year - such as athlete social events, spring break, end of year Banquet etc.
  - Pre-regatta preparations.



**\*\*Join the Regatta & Special Events Committee!\*\***

[kerrymalloy@gmail.com](mailto:kerrymalloy@gmail.com)  
[amberrickhoff@gmail.com](mailto:amberrickhoff@gmail.com)

## Regatta Preparation



### Food - In Advance

- **Snacks:** Buy identified supplies and arrange for delivery (Costco) (2-3 hrs.)
- **Water:** Buy large jugs and coordinate delivery (1 hr.)
- **Sandwiches:** Arrange for boxed lunches (Firehouse, Panera etc.) (2 hrs.) (for all-day regattas)

*Every family should volunteer 10 hours over the season - regattas are fun - support your kids!*

## Regatta Preparation



### Tent - Day of

- **Setup:** Arrive early to help and to arrange tables (1 hr.)
- **Tent-Minder:** Keep supplies in order (2 hr. shifts)
- **Breakdown:** Help clean up, take down, and load (1 hr.)
- Show up at the tent and get to know each other!!

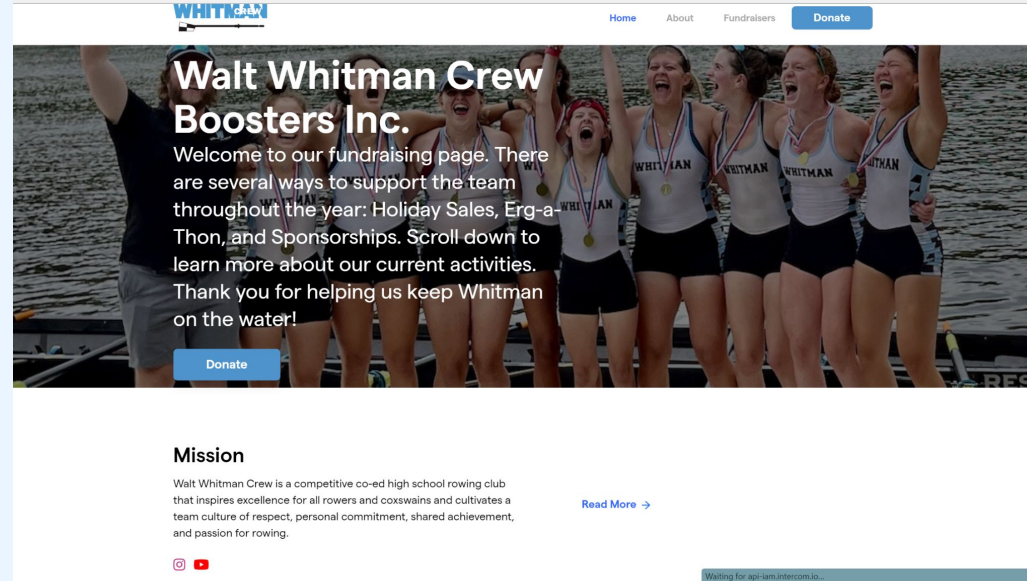
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## Communications

- **Email**: Weekly email with week's latest news. Goal is every Sunday evening.
- **Slack**: Real-time communication  
*(ALL parents & athletes must download Slack on their devices and enable notifications)*
  - Public Announcements
  - Additional slack parent channels for middle school & novices
  - During travel regattas, separate channels are setup to keep everyone update and connected
- Parent meetings over Zoom
- **Athletes**: Communicate directly with coaches over slack / in-person
  - Practices are always on unless your athlete hears about a change from coaches (via Slack)
- Pam Herath, independent Culture Coach, available at [pamherath@gmail.com](mailto:pamherath@gmail.com) as an escalation point if required

## Fundraising Commitment: \$1,100 per athlete

- How can you achieve the goal?
  - Holiday Fundraiser - Sept/Oct
  - River Clean-up - Feb/March
  - Corporate Sponsorships



**Walt Whitman Crew Boosters Inc.**

Welcome to our fundraising page. There are several ways to support the team throughout the year: Holiday Sales, Erg-a-Thon, and Sponsorships. Scroll down to learn more about our current activities. Thank you for helping us keep Whitman on the water!

[Donate](#)

**Mission**

Walt Whitman Crew is a competitive co-ed high school rowing club that inspires excellence for all rowers and coxswains and cultivates a team culture of respect, personal commitment, shared achievement, and passion for rowing.

[Read More →](#)

**\*\*Fundraising Toolkit Coming Soon!\*\***

## Athlete Fundraising Participation Opportunities

### Holiday Fundraiser

Wreaths, Garlands, Hanukkah & Diwali Candles, Coffee, and more

- Runs from 09/27 to 10/26 (Diwali orders due 10/13)
- Athletes sell and **deliver** Holiday treats (set up a givebutter page!)
- **Profit** goes toward fundraising goal
- Great for local friends and family
- Monetary donations also accepted (100% goes toward the goal)



### Potomac River Clean-up

- Athletes ask supporters to sponsor their efforts
- Great for out-of-town family and friends



## Parent Participation - Corporate Sponsorships

- Advertising benefits for supporters
- Can your company sponsor? Do they have a company match?
- Who do you know at local small businesses?
- Use your network!
- Sponsorship package on the website:
- <https://givebutter.com/WhitmanCrewSponsorship>





## Potential team FUNdraising ideas

- Parent ride on the launch
- Dine-outs (don't forget - Chipotle is TONIGHT until 9 pm!)
- Other ideas or questions? Email [whitmancrewfundraising@gmail.com](mailto:whitmancrewfundraising@gmail.com)



# Get to Know Your Coaches and Community: Family Social

Please join us!

- **Family** social at Caddie's
- Wednesday, November 5th 5:30-9 pm
- Eat and socialize
- Karaoke night - pay to have a friend or Coach sing (or pay not to sing!)

More details forthcoming - stay tuned!

## Conduct and Culture

### Conduct

- Rowing for Whitman Crew is both a privilege and a responsibility.
- Registered athletes commit to follow the established training rules and abide by the Code of Conduct.
- Athletes are required to comply with the established team rules, procedures, and instructions of the coach.
- Athletes are required to display good citizenship and sportsmanship in connection with their participation on the team.

### Culture

*“Everything falls under culture. It’s the way of life of an organization. It’s traditions, rituals, and power structure. It’s shared values and beliefs as reflected in repeated behavior. It will happen whether you create it or not.... Culture doesn’t just happen. It’s intentional.”*

- Pam Herath

\*\*\*Very important for parents and athletes to read the code of conduct (Located on Whitman Crew Website)\*\*\*



## It's Up To Us

### Funding

- We are a 501 (c)(3) non-profit and receive no funding or operational support from MCPS
- We run on program fees and fundraisers, and our goal is to cover operating costs
  - Boathouse fees (storage & usage)
  - Coach salaries
  - Compliance resources
  - Equipment purchases (note that athlete shells and coach launches can require additional capital contributions)
  - Local regatta fees
  - Operations (fuel, insurance, maintenance, repairs, etc)
  - Transportation for practices

Our fees are in line with other rowing teams in the area and with other competitive travel sports clubs

### Volunteering


- The administration and management of the team is done entirely through volunteer parents
- We know everyone has to balance jobs, family commitments and other challenges
- There is no better way to be more fully engaged in your child's experience than by helping out

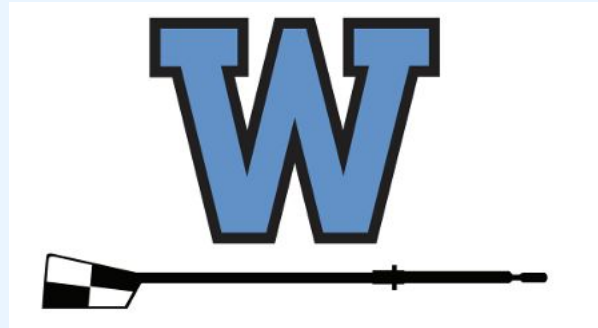
## To do List

- Arrange carpool \_\_\_\_\_
- Order uniform \_\_\_\_\_
- Install Slack \_\_\_\_\_
- Sign up to volunteer \_\_\_\_\_
- Put together contact list  
for fundraising outreach \_\_\_\_\_

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BETHESDA  
MARYLAND

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**Thanks for your time!**

**Questions?**

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