

# WHITMAN CREW



**Whitman Crew  
Fall Varsity Parents' Meeting  
Saturday, September 22  
11:00am**

## **Board Focus:**

### **New Mission Statement:**

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.

1. **Rigorous, attentive coaching for all athletes, no matter boat placement.** Ensuring attentive, quality coaching for all athletes, no matter boat.
2. **One Whitman Team**--Although we have four main teams...Novice Men, Novice Women, Varsity Men, and Varsity Women, we are one Whitman Crew team. Our goal is to create more camaraderie and support among our teams.

## **Fall Varsity Program:**

Program consists of 70 athletes: 37 men and 33 women

### **Coaches:**

#### Women's Varsity

- Kirk Shipley, Head Coach
- Lee Rumpf, Assistant Coach

#### Men's Varsity

- Dusan Nikolic, Head Coach
- Mark Roberts, Assistant Coach

Novice Men: Graham Miller

Novice Women: Shayla Birath

Floating Coach: Julia Taladay

### **Regattas:**

Schedule listed below. Additional fees will be charged for select regattas. Athletes will provide their own transportation to the Head of the Potomac and Occoquan Chase.

**CANCELLED: Head of the Potomac (ALL BOATS)--September 23**

**Occoquan Chase (ALL BOATS)--October 14**

Sandy Run Regional Park, Fairfax Station, VA

**A Replacement Regatta at the Occoquan--More details to follow**

**Head of the Schuylkill (SELECT VARSITY BOATS)--October 28**

Philadelphia, PA

**Philadelphia Frostbite Regatta (TENTATIVE--SELECT BOATS)--November 10, 2018**

Coopers River, Pennsauken, NJ

**BILL Braxton Regatta (TENTATIVE--SELECT BOATS) -- November 11**

Coopers River, Pennsauken, NJ

### **Uniforms:**

Senior Women and Men collaborated on the design of a long-sleeve performance shirt and coordinated the order. Shirts have arrived. The cost is \$25.00

### **Practices:**

Practices are at TBC. Practice times are typically M-F, 3:30 to 6:00pm and Saturday, 7:00-10:00am. Any changes to the schedule will be communicated by the coaches directly to the athletes. The Fall season runs September 4th to mid-November, depending on weather.

### **Bus Lottery:**

Varsity Athletes provide their own transportation to practices. There are 15 seats available on the novice learn-to-row bus. The bus is available Monday, September 24 through Friday, October 26th. The bus leaves Whitman at 2:45 and returns between 7:00 and 7:15pm, depending on traffic. The cost is \$200 to be paid by credit card on line. Priority will be give to sophomores. If interested, e-mail Stephanie Proestel at proestel@msn.com.

### **Parents:**

- **Parents of Sophomore Athletes:** Sophomore year is the most difficult year in rowing. Your athletes, both women and men, came off extremely successful novice seasons. Now athletes are competing against upper classman for seats on the boats and where they are ultimately placed can feel very disappointing. As parents it's our job to help our kids navigate the disappointment where it may exist and encourage hard work and resilience to improve.

- **Parents of Junior Athletes:** This is a big year preparing for college preparations. Please be mindful of SAT and ACT test dates as well as subject tests. April and May dates almost always fall on a scheduled regatta. If your child is a summer rower, a similar conflict may exist with summer test date offerings.
- **Parents of Senior Athletes:** The first round of applications are due the beginning of November. Please be particularly mindful of time management. If senior athletes are scheduling official college visits, they need to communicate with their coach as to what days will be missed.

### **Updated Athlete, Parent, and Coaches Expectations:**

See Attached

### **Safe Sport:**

US Rowing has adopted SafeSport. SafeSport provides training and education on the various forms of misconduct. Coaches are required to complete this training. Board members are in progress to complete the training. Going forward, any volunteer with direct access to athletes will be required to complete this training, such as van drivers and chaperones. There are 3 webinars that will take approximately 1.5 hours in total to complete. Below are log-on instructions:

Go to [SafeSport.org](https://www.safesport.org) and click on the “Sign In” button (upper right corner).

1. Register following the prompts and create your account. *(As this is a new program, you must create a new account. You will not be able to login with your SafeSport credentials from the previous website.*
2. Select U.S. Rowing as your “Membership” from the drop-down menu.
3. The following account code should be used for USRowing: **J5YZ-UJKV-YMFX-4ENI**

### **Winter Training:**

Anticipated to begin after Thanksgiving. Practice will be at Walt Whitman High School. There will be an on-line registration process and a small fee. Please have your SR-8 health form ready to submit.

### **Spring Break Training:**

This year MCPS has scheduled a spring break that is less than 1 week. It runs from Wednesday, April 17 through Monday, April 22nd. Our Varsity team typically travels, however, we are limited due to the shorter Spring Break. The Coaches and the Board are evaluating options to determine what is the best path forward. More details to come.

## **Other Business:**

### **Whitman Crew Directory:**

Whitman Crew Directory now available on the website. You can only access when logged into your sportsengine account. Contact information is only for crew-related businesses.

### **On-Demand Clothing Orders:**

There is now a link on the Whitman Crew website to SquadLocker. Crew families can order Whitman Crew clothing on demand.

- **SquadLocker:**
  - For the first time we are trying a new platform to purchase team spirit merchandise.
  - The store is open online 7 days a week/24 hours a day, Receive the gear at your designated address in less than 2 weeks,
  - No minimum orders
  - Nike, Adidas, Under Armour, Champion, Gildan and more. New items will be added so check the store frequently!
  - At checkout there's an option to personalize. Traditionally Whitman Rowing has not personalized items other than Varsity Jackets and bags...HERE YOU CAN ADD YOUR NAME
- **JL**
  - We order varsity team jackets and team practice and racing unis.
  - online store will open late December and is open for a limited time only.
  - items not ordered within that window can be ordered separately at a much higher price.
  - merchandise is shipped to one address and the parent volunteer will hand out the ordered items to individual rowers after practice.

### **Volunteer Opportunities:**

Families are required to volunteer 10 hours per year. Specific needs are listed on the Walt Whitman Crew website under DIBS.

Social Media and Photographers

Wreath Sale Volunteers

Regattas

### **Fundraising:**

Update on the Wreath Sale

**Dates:** September 28th to October 28th

**Profit/buyout amount.** \$300 per rower - same as last year.

**Prices.** Basically the price increases from last year just pass along our wholesale price increase. The only other change is to make the candles \$18.

<b>Item</b>	<b>Expense to purchase</b>	<b>Cost to sell last year</b>	<b>Proposed Cost to sell this year</b>	<b>Profit to club</b>
Plain Wreath with Bow	\$13.15 (+\$1.65 from last year)	\$27.00	\$29.00	\$15.85
Boxed Wreath	\$24.50 (+\$2 from last year)	\$37.00	\$39.00	\$14.50
10 yd. Garland	\$14.75 (same as last year)	\$30.00	\$30.00	\$15.25
25 yd. Garland	\$24.00 (same as last year)	\$40.00	\$40.00	\$16.00
Candles	\$8.50 (same as last year)	\$15.00	\$18.00	\$9.50

**Delivery and distribution** – Thanksgiving weekend. Exact dates/times TBD.

**Incentives** - Same as last year - \$150 gift card for 1st place and \$75 for 2nd and 3rd place.

**Save the Date:**

**Parent Reception Saturday, October 27th 7:00 to 10:00pm**