Join SPARTAN CREW

No Experience Necessary

WHY SPARTAN ROWING?

No Tryouts
Everyone Makes the Team

Expert Coaching
at Every Level

Build Lasting Friendships

Learn a Sport
You can do for Life!

Winter Workouts
Free Strength & Conditioning

Row or Cox
Find Your Role

Mens & Womens Teams

Develop Focus & Mental Toughness

Connection with Nature

Scholarships & Fundraising
For Team Dues and Away Regattas

UPCOMING EVENTS

INTEREST MEETING
WED SEPT 10 | 7-8pm
Cafeteria Parents & Athletes

OPEN BOATHOUSE
SUN SEPT 13 | 1-4pm
SANDY RUN MARINA Parents & Athletes

LEARN TO ROW
SEP 28-OCT 22 | 4-6pm
SANDY RUN MARINA MON, TUE, THU

PASTA & INFO LOAD
OCT 23 | 6:30pm
West Springfield HS Cafeteria

PASTA & INFO LOAD
DEC 4 | 6:30pm
West Springfield HS Cafeteria

WINTER WORKOUTS
NOV 30 | Times TBD
West Springfield HS

SPRING REGATTA SEASON
FEB 22 | Afterschool Practices
SANDY RUN MARINA

WSCBC Board Meetings
7:30 PM Second Tuesday of Each Month

Questions? Spartancrew.org

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Spartan Crew is dedicated to providing an opportunity for West Springfield High School students to learn the sport of rowing. The club fosters a competitive rowing environment and encourages the development of good sportsmanship and the art of teamwork.

Our program teaches novices (new rowers and coxswains) the basics of rowing, conditioning, and teamwork. Team members build strength and endurance, develop time-management and self discipline skills, and gain the confidence that comes with being an athlete. These valuable qualities prepare our student-athletes for the challenges of the future.

Our athletes are **eligible for Varsity letters**, and they follow the same Virginia High School League and WSHS rules as other Varsity sports.

As a club sport, **we receive no financial backing** from either West Springfield Highschool (WSHS) or Fairfax County Public Schools (FCPS). Club Membership dues pay our coaches and operating expenses. **The West Springfield Crew Boosters Club (WSCBC) provides fundraising, administrative and operational support for Spartan Crew.**



STEP 1
Register with WSHS Athletics & Upload a Current VHSL Physical

STEP 2
Complete NOVICE Swim Test

STEP 3
Create WSHS Crew Sports Plus Account

STEP 4
Sign-up for Carpool (Optional)

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