



Spartan Crew Information Night



West Springfield High School Spartan Crew

<https://spartancrew.org/>



Agenda

- Spartan Crew
- Where we Row
- Typical Season
- Dues & Fundraising
- Volunteering
- How to Join





We are Spartan Crew

■ WSHS club sport since 1987

- 80+ Athletes
- 6 Coaches
- 6 Captains

■ Being a “Club Sport” in FCPS means Spartan Crew:

- Is financially self-supporting
- Enjoys all benefits of a school-sponsored sport – use of facilities, varsity letter, etc.
- Must adhere to Virginia High School League (“VHSL”) & FCPS guidelines

■ West Springfield Crew team is a nonprofit organization - donations are tax deductible

■ The team is supported and managed by the West Springfield Crew Booster Club (WSCBC)

■ Member of Virginia Scholastic Rowing Association (“VASRA”)





We are Spartan Crew

- **Varsity sport**
 - **Open to all WSHS students - no experience necessary**
- **Teamwork**
- **Commitment**
- **Camaraderie - Pasta Loads**
- **Highest GPA among WSHS sports teams**





....and we are State Champions!



2024

Women's 1st Varsity 4+ and
Men's 1st Varsity 8+ Boats
took 1st Place





....and we are State Champions!



2024

**Women's 2nd Varsity 4+ and
Junior 4+ boats
took 1st Place**

**Men's 2nd Varsity 8+
took 3rd Place**

2025

Men's 1st Varsity 8+ - 3rd

Men's Junior 8+ - 4th

Women's 1st Varsity 8+ - 4th

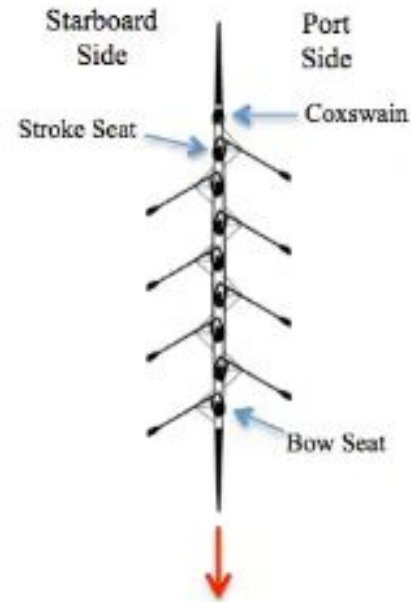




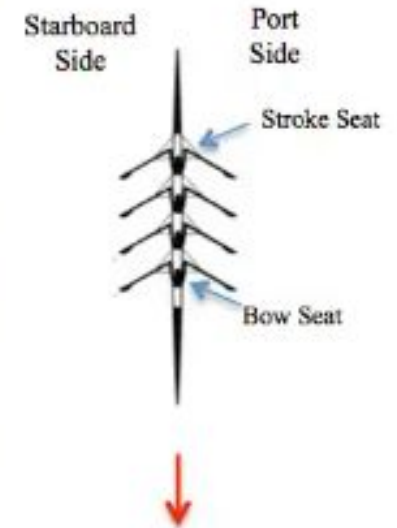
Spartan Crew - We Row on the Occoquan



Sweep Boat



Sculling Boat



- Carpool option for practices



...and it takes LOTS of equipment

14 Shells for 92 rowers + 14 coxswains

Men: five 8s and two 4s

Women: four 8s and three 4s



Six Launches (14 foot)
flat bottom boats and
motors for Coaches
and Regatta Drivers



45 ergs (land training)

12 Shell Trailer

Cargo Trailer

Required safety equipment



Spartan Crew - Typical Season

- **September -**
 - Open House (9/13/25, 9am - 11am, Sandy Run)
- **October -** Learn-to-Row at Sandy Run
- **December/January -** Winter Workouts at WSHS
- **February -** on-the-water practice begins (Mon-Sat)
- **March - April**
 - Daily practice (Mon-Fri)
 - Saturday regattas
 - **Mandatory Spring Break practice**
- **May**
 - VASRA State Championships (1st 2 Saturdays in May)
 - Stotesbury regatta (mid-May)
 - SRAA National Championships (end of May)



Spartan Crew - Learn-to Row

- **Opportunity to try out rowing — for FREE!**
 - Focused on learning to row, there will be experienced rowers participating alongside the novices

- **Get to know other members of the team, coaches, other interested rowers**
 - **Sept 29 - Oct 23: Monday, Tuesday, Thursday**
 - **4:15 - 6:30 pm (daylight permitting)**

- **Carpooling is available**

***Must have all administrative forms and swim test completed by your student's first day on the water.



Spartan Crew - Requirements for Learn-to-Row

1. **VHSL Sports Physical:** Complete and submit a VHSL Physical to the WSHS Athletics Department ([Christopher Worrell; cworrell@fcps.edu](mailto:cworrell@fcps.edu))
2. **WSHS Athletic and Activity Registration:** Complete the online WSHS Registration at <https://westspringfield-ar.rschooltoday.com/>. (Includes concussion training.)
3. **FCPS Emergency Care Form:** Complete and submit the Emergency Care Form to admin@spartancrew.org
4. **Swim Test:** Complete/Pass the required Swim Test (swim two laps, and tread water for 2 minutes, put on a life jacket).

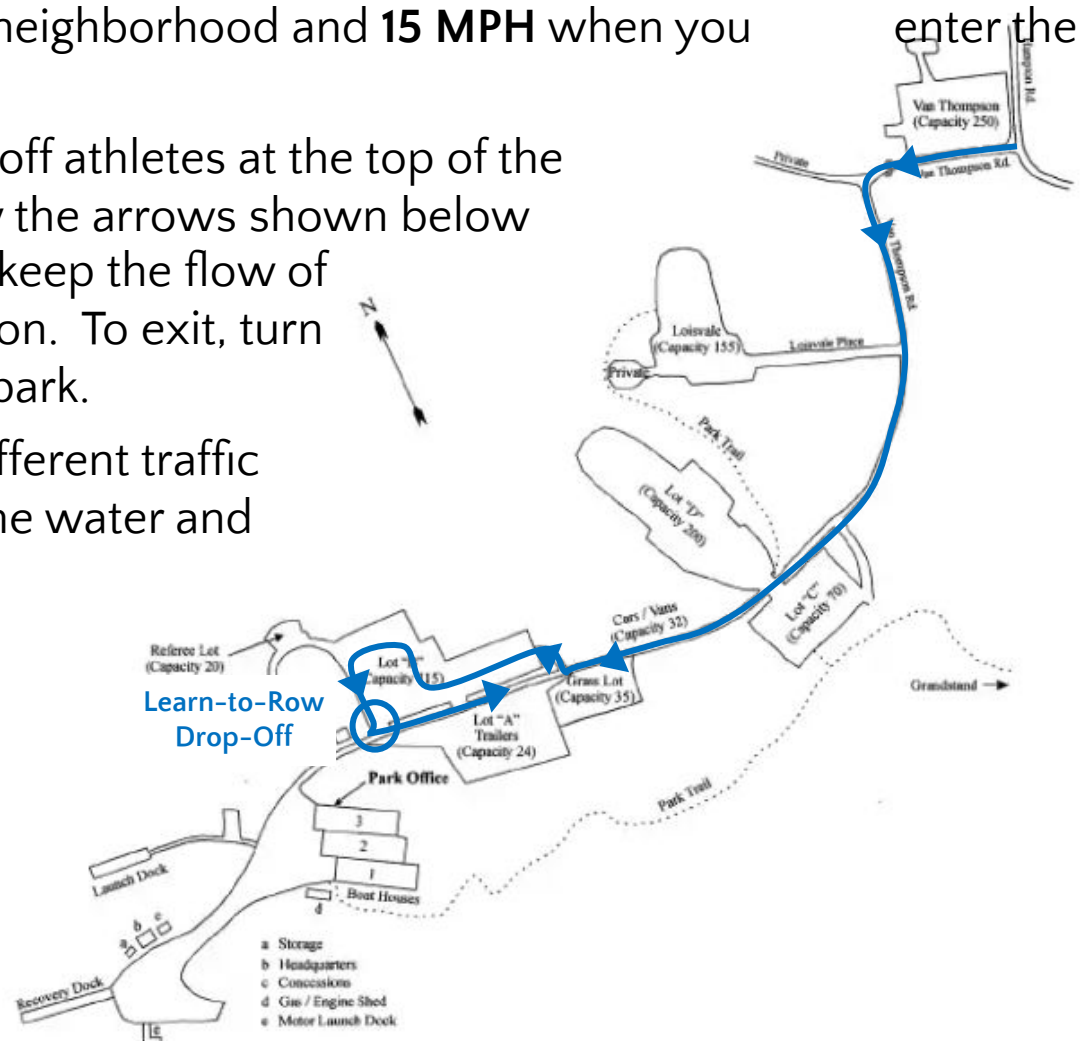
South Run Recreation Center

9/20, 9/21 and 9/28, 3-4 pm



Sandy Run Regional Park

- All of our practices and regattas (including Learn-to-Row) are held at Sandy Run Regional Park (enter “Sandy Run Boathouse” (Van Thompson Rd, Fairfax Station) in Google Maps)
- **Do not speed**; it’s **25 MPH** in the neighborhood and **15 MPH** when you enter the park
- For Learn-to-Row, you can drop off athletes at the top of the hill in Parking Lot C. Please follow the arrows shown below to loop around the parking lot to keep the flow of traffic moving in the same direction. To exit, turn left and exit straight through the park.
- Please be aware that there is a different traffic pattern for regular practices on the water and on regattas (you will learn more about this on Novice Night, date TBD)





Spartan Crew - Winter Conditioning

Starts Dec 1: Monday – Friday at West Springfield High School

Conditioning training with emphasis on technique

- Erg-based
- Includes weight training
- Running & endurance training





Spartan Crew - Spring Season

- On the water practice starts February 23rd at Sandy Run
 - Six days per week (Monday - Saturday)
 - 4:30 PM to 7:00 PM Monday to Friday
 - 8:00 AM to Noon on Saturday

- Mandatory Practice During Spring Break

- Carpools are extensive
 - Arranged by rower address

- Regattas
 - 1st Regatta of the Season-Polar Bear Regatta-March
 - Regattas continue every Saturday until end of April
 - State Championships ("States") are 1st two weekends of May
 - Stotesbury Cup, May 15-16 in Philadelphia, PA
 - SRAA Nationals May 22-23 at TBD



Spartan Crew - Investment

- **Dues**

- **\$1650 includes**
 - \$150 registration fee
 - uniforms for Freshman & novice rowers
- billed in 4 monthly installments of \$375 each (usu. Jan - Apr.)

- **Nationals - TBD, only for those boats that go to Nationals**

- **Optional:**

- **Stotesbury Regatta ~appx. \$450**
- **Waterproof team rain jacket (“Goretex”) ~\$200**
- **Spirit Wear**
- **Replacement Uniform pieces**

****Community and Club Scholarships are available for students with financial need.***



Spartan Crew - Fundraising

Fundraising options assist with covering dues and reduce the team's overall expenses.

Athlete Fundraising Opportunities

- Leaf raking (Nov/Dec)
- Popcorn (Nov)
- BINGO (March)
- Raise Right (ongoing)

Team Fundraising

Dining Out Nights





Spartan Crew - Volunteering

Volunteering is a great way to get to know other crew parents and athletes, from WSHS and other schools!

**Families required to earn 6 points each year OR can pay \$300 opt-out fee
(2 points is about 4 hrs of volunteering)**

Examples volunteer activities for points:

- **Non-regatta activities:**
 - Serve on the Board
 - Chair a fundraising activity
 - Chaperone for the Stotesbury regatta
- **Regatta activities:**
 - Set up/take down team tent at regattas
 - Drive a launch boat
 - Assist with the concession stand





Spartan Crew - How to Join

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South Run Recreation Center

9/20, 9/21, and 9/28, 3-4 pm

1. **Spartan Crew Registration** (December/January) - complete this when you are ready to commit to joining the team.*

Items 1-4 needed for Learn-to-Row.

**Uniforms are ordered the first week of January in order to be received before 1st regatta.*



More Info

Novice Representative: Chad Beers

novicereps@spartancrew.org (general new rower questions)

VP Administration: Erica Fortin

admin@spartancrew.org (registration questions)

Website: <https://spartancrew.org> (FAQs, Handbook, etc.)

Facebook: WSHS Crew Parents

Instagram: wshscrew

