



Spartan Rigger

West Springfield Crew Booster Club

Winter 2007

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President's Shell

Many of us have heard over the years that West Springfield Crew Booster Club is a half million dollar organization run by volunteers. This is a point of pride that through the hard work and dedication of all the parents, coaches, and rowers, WSCBC has created a top-notch, positive environment for their children. However, this does not mean that WSCBC has \$500,000 in the bank. Oh how I wish! That estimated amount includes the value of club property (shells, oars, launches, motors, Ergometers, etc.), as well as our annual operating budget of about \$105,000 a year. Unfortunately, the organization ran at a deficit two years ago, and though we are currently operating in the black, we are still recovering. That is why we had to increase the fees and fundraising obligations from previous years.

Fundraising is the primary means to bring the Club back to financial health. However, for us to be successful, we need all Team families to continue participating in these events even after their personal obligation has been met. The only way that the WSCBC will be able to reduce fundraising obligations is if the General Fund Account is healthy. And with lower fees, hopefully we will be able to recruit more rowers, which will increase the General Fund Account, which will reduce fees and fundraising obligations. You get the idea.

As parents, we are all overworked and overstressed, and have our own increasingly tight budgets. The students are pulled in a million different directions with school, college preparation, jobs, and other clubs and activities. But per hour rowing is a very reasonable activity, as the list below portrays.

Cost for Returning Rowers	\$1,468.00	Music Lessons	\$40.00 per hour
Weeks in the Season	12	Riding Lessons	\$50.00 per hour
Cost per week	\$122.33	Dance Lessons	\$20.00 per hour
Hours on water per week	12		
Cost per hour	\$12.23		

The Board has heard time and time again, that we should not be pursuing more fundraisers — we should be going after bigger fundraisers. Based on contact with other area Clubs, unless we can engage the majority of our club membership, this is not possible. While the Yard Sale works for TJ and Mt. Vernon, the Plant sale for Lake Braddock, a Silent Auction/Dinner for Centerville, and the Ergathon for Langley, WSCBC has one that certainly can work for us — Basket Bingo!

We currently have 65 rowers on the team roster. Imagine if we could make Basket bingo the "Huge" fundraiser, for example. According to the school's occupancy for the cafeteria, we could sell 400 tickets. That's approximately 6 tickets per rower, which would equal \$6,000. Each person who comes to Basket Bingo usually spends another \$20-40 more for an added \$8,000. This would

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President's Shell (cont'd)

provide a total income of \$14,000, minus the cost of running the event (\$3,000 for baskets and supplies), for a profit of \$11,000. And we hold two Basket Bingos per year. Unfortunately, to date we have not sold 400 tickets to one of these events, so it has not reached its full potential. Imagine the possibilities!

You all have also heard me talk about SCRIP. This is another fundraiser with HUGE potential. Four years ago, the club made \$20,000 with that program. And, the benefit is transparent. You purchase the various "gift cards" at face value – a cost you would spend at Shoppers, Giant, Home Depot, Kohls, Outback, Best Buys, etc. anyway. But, with SCRIP you earn a certain percentage of that cost back (each company sets their own percentage) toward your fundraising obligation. And with some cards, a small percentage goes to the club's General Fund. We started this year well, but Scrip usage has tapered off in February.

WSCBC has tried to provide a large variety of fundraisers in order to increase participation and help families meet their fundraising obligations. This requires a lot of time and energy, but on some events we get very little participation. Most of these events have some money going to the General Fund, but most of the money is going to the individual rowers' fundraising account. Though that helps each individual, the club could be doing better. The table below shows the various fundraisers, with the amounts earned or projected for the year (broken out by amounts going to individual rowers' accounts and amounts going to the General Fund).

Please feel free to contact me with any questions or concerns. And please contact me if you have suggestions or how we make our fundraisers more successful.

Sincerely,
Pete Vercreusse

Event	Number of Participants	Amount Earned (toward rowers)	General Fund
Mums	14	\$755.00	\$91.00
Bulbs	7	\$360.40	90.10
Cookie Dough	13	\$508.00	\$78.50 (inventory available)
Bingo (Fall)	23	\$3,154.50	\$523.37
Poinsettias	20	1,320.00	\$357.00
Leaf Raking	37	\$5427.62	0.00
Soup Sales	10	\$343.50	\$23.00 (inventory available)
Car Washes (Fall)	18	\$577.10	0.00
Bingo (January, for General Fund)	14	\$420.00	\$2,319.74
Scrip	21	\$4,458.17	\$3,029.26
Projected Income			
Ergathon	25	3,035.00	1170.00
Basket Bingo (March)	26	5,000.00	1,500.00
Easter Lilies	9	330.00	40.00
Car Washes	25	1,800.00	0

2007/2008 Board and Volunteer Position

WSCBC Board of Directors has been blessed with many hardworking and dedicated parents — all of whom are volunteers. But many of those same parents (oops, I mean their children) are finally graduating from West Springfield High School or moving on to other things. The WSCBC Board will be putting together a Nominating Committee soon to search for candidates.

Please contact Pete Verduyck if you would be interested in serving on the Committee or interested in filling a position on the board.

The Board is always looking for energetic and creative members to fill positions and to bring new ideas to help West Springfield Crew grow and thrive.

All Board positions are open to nomination, but positions held by parents of seniors or resigning members include:

- President
- Web Master
- Team Liaisons
- Alumni Representative
- Vice President of Ways and Means

There are also many Fundraising Coordinators who report to the Vice President of Ways and Means. These positions include (but not limited to):

- Scrip
- Leaf Raking
- Car Washes
- Basket Bingo
- Texas Hold 'Em

Where Do I Find Information on Team Events

We have heard from several parents that they do not have sufficient information on how the team works, and more importantly, how the regattas work.

Crew Handbook: To help in this area, the club has developed a Crew Handbook. It the majority of information you will need; proper attire for practice, regatta information, directions to the Sandy Run Facility, descriptions on parent volunteer positions, etc. You can find it at: <http://spartancrew.org/documents/WSHSHANDBOOK2007.doc>. If this document does not answer a specific question, you can always contact any of our board members or coaches for further assistance.

Web Page: Our web page at <http://spartancrew.org> is another great source of information. Besides the Crew Handbook, it has the latest information on upcoming fundraisers, calendar of events, coaches, links to other sites on the sport of crew, etc.

E-mails: It is also vitally important that you read the e-mails put out by the club. With the hectic pace we all maintain, e-mail is the most efficient way to pass important information. They contain the most current information on club meetings, changes to practice schedules, regatta information, etc. For example, how many of you know that the Polar Bear Regatta on March 24th has been cancelled this year? We have tried to keep

them focused and succinct, but they do no good if not everyone reads them.

Freshmen/Novice Parent

Orientation: We also conduct a new parent orientation each spring before regatta season starts. This gives new parents the opportunity to see what their athletes do during practice, to see the facilities, to get information on regattas (parking fees, walking the mile to the reviewing stands, etc), as well as get together and chat over coffee and donuts. This year we are holding the event from 9-11 a.m. on Saturday, March 17th. This is not limited to new parents. If you are a returning parent, but were unable to take the opportunity to attend this last year, you are more than welcome. See you there!

*Visit our Web site at
www.spartancrew.org*

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Volunteers

As we have mentioned at each membership meeting, this club and sport are completely dependent on volunteers to run the club, perform the fundraisers, and to operate and manage the regattas. This includes all parents in one capacity or another. Volunteer requirements fall into various categories:

WSCBC, Inc. Board of Directors: Executive Board Members are elected by the membership at the last membership meeting of each fiscal year (usually coincident with the Awards Night in June). These include President, VP for Admin, VP for Ways and Means, VP for Operations, Secretary, and Treasurer. The other board officers are assigned by the President, but typically are those who volunteer for these positions: Team Liaison (to WSHS), NCASRA Representative, Novice Parent Liaison, Alumni Rep, Publicity/Newsletter, Transportation, Web Master, Away Regatta Coordinator, Spirit Wear Coordinator, and Regatta Volunteer Coordinator.

Fundraising Coordinators: The Ways and Means Committee is made up of volunteers who agree to coordinate the various fundraising activities. They work with the VP for Ways and Means to ensure there are ample fundraising opportunities for our young rowers and their families. These include: Basket Bingo, Leaf Raking, Mums, Poinsettias, Easter Lilies, Soup, Cookie Dough, Car Washes, SCRIP, Texas Hold'Em, ERGathon, Spartan Fest, and Pizza sales.

Parent Volunteers supporting

WSCBC: Parents are required to help run the majority of the fundraisers, and some to be chaperones for the trips to the Stotesbury Cup Regatta in Philadelphia, and the National Championships in New Jersey. Fundraiser support involves working a variety of positions at Basket Bingos, dealing at Texas Hold'Em, serving food at those events, supervising leaf raking and car washes, plus a variety of other jobs.

National Capital Area Scholastic Rowing Association (NCASRA) Requirements: In order to have regattas operate, and operate safely, each team within NCASRA is required to provide a certain number of parent volunteers to fill positions.

Occoquan Local Organizing Committee (OLOC)

Representative: To be in good standing with NCASRA, each team is required to provide one OLOC rep to be a permanent staff member for all regattas at Sandy Run. These individuals are what provide continuity and safety to the regattas, as they are trained in their positions and provide oversight and guidance to the weekly parent volunteers. So far, WSCBC has not had anyone volunteer for this position, so we run the risk of falling out of good standing. This could cause us to be fined, or worse, be suspended from future competition. The OLOC has agreed that this position could be filled by two interchangeable parents, in order to provide some flexibility with schedules and provide parents the opportunity to observe their

rower's races. If anyone is interested in filling this vitally needed position, please contact Pete Vercruyse.

Weekly Parent Volunteers: Each team is required to fill a certain number of parent volunteers at each regatta. These parents are crucial to the success of each regatta because they staff a variety of essential positions required to run a regatta. For example, parent volunteers are needed as launch drivers, finish line timers, parking fee collectors, starting line personnel, dock traffic controllers, and food concession personnel. Descriptions of these jobs are located in Appendix E of the Crew Handbook. The only positions that require prior training are those of launch drivers. Volunteer sign-up sheets for regattas were available at the January general membership meeting, but Will Hiestand will be contacting parents on some that have not yet been filled. It is important to remember to contact Will regarding any last-minute changes to volunteer assignments. Booster Clubs are assessed a \$50 fine by the NCASRA for each volunteer position not filled.

In closing, we want to thank all those parents who have stepped up to volunteer already this year. Everyone is busy, but this club and this sport simply could not operate without volunteers dedicating their time and energy. After all, we are all here to better the rowing experience of our children.

Car Wash Dates

March 25 - Cardinal Shell

April 15 - Walmart

April 22 - Cardinal Shell

May 6 - Walmart

If you are interested in participating please contact Mr.

Vince Avalos at

Vicente.Avalos@avendra.com.

Team Liaison Tidbits

Spirit Wear

Spirit wear is available now. Be sure you and your rower are warm and dry in the early spring weather.

Call Sue Rabil at 703-644-9791; or e-mail at george.rabil@verizon.net.

Dates to remember

March 24, Saturday, 1:00 Team Photo by Lifetouch will be taken at Sandy Run. Both team and individual photos will be taken. Order forms will be sent home with your rowers. All orders must be handed in when photo is taken. Rowers must be in uniform (Unisuits with/or without long sleeve JL's for return rowers,

Freshman and Novices in rowing tanks and shorts with/ or without long sleeve JL's. It is usually cold and breezy the day of the photo, so I'd recommend the JL's. If you don't have one, see Spirit wear above! Also, this will be a long day for the rowers, as they will have practice before the photo. It would be a good idea if they brought lunch and a drink to practice. Questions? contact Kathy Wood.

March 30, Friday, Pasta Load, 7:00 to 9:00 after practice. At Kirkwood Presbyterian Church. See flyer. This is only for rowers, coxswain and coaches. Parents are welcome

to help set up or clean up. I encourage Freshman and Novice parents to come help. You'll pick up lots of information and meet other parents. Call or email Kathy Wood if you can help or if you have questions.

We will have a Boathouse Tour for new parents in March. Date and time to come.

Team Liaisons

Sue Rabil, Spirit wear

703-644-9791 or e-mail at george.rabil@verizon.net.

Kathy Wood, the other stuff

703-569-6740 or e-mail at KCliffordWood@msn.com



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2007 C.R.A.S.H.-B World Indoor Rowing Championship (25 Feb)

Unofficial Results

Heat #	Name		Grade	Event	Time 2K	Place
1	Ferraro	Linda		Veteran Women	9:11.3	25 / 28
5	Ferraro	Andrew	12	Coxswains	7:42.1	7 / 19
8	Toler	Matt	11	LT Wt Jr Men	7:44.0	129 / 148
8	Furth	Andrew	11	LT Wt Jr Men	7:48.6	132 / 148
9	Wood	Patrick	12	LT Wt Jr Men	6:54.5	96 / 205
11	Rabil	Caroline	12	LT Wt Jr Women	8:31.3	????
14	Robinson	Steve	12	LT Wt Open	7:15.6	108 / 129
14	Scott	Matt	12	LT Wt Open	7:14.6	105 / 129
16	Heidt	George	11	Junior Men	7:14.2	155 / 205
16	Burgett	Dan	11	Junior Men	7:17.4	163 205
17	Kellner	Scott	11	Junior Men	7:07.1	133 / 205
18	Miller	Matt	12	Junior Men	6:33.5	28 / 205
20	Hill	Kelly	11	Junior Women	8:13.8	135 / 219
20	Gibson	Ally	10	Junior Women	8:10.5	128 / 219
20	Palmer	Mallory	10	Junior Women	8:36.2	180 / 219
22	Hiestand	Madeleine	11	Junior Women	7:41.1	36 / 219
28	Baldwin	Tom	12	Open Men	7:30.6	227 / 240

The results of the 2007 Triathlon, the 2007 Mid Atlantic ERG Sprint, and Spartan-Saxon ERGathon can be found on the WSCBC Web site: spartancrew.org



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Glossary of Rowing Terms

Back-it. The rowers place their blades at the release position, squared, and push the oar handle towards the stern of the boat. This motion causes the shell to move backwards.

Backwater. To propel the shell backwards.

Blade. The spoon- or hatchet-shaped end of the oar or sweep.

Blades-Down. This command is used to tell the rowers to place their blades back on the water.

Bow. The forward section or nose of the boat. The front of the shell. Also the rower in the seat in the very front of the shell.

Catch. The start of a rowing stroke. The crew literally "catches" their oars in the water while beginning the stroke.

Coxswain. The person who sits at the stern of the shell and steers, gives commands to the crew and generally acts as an "on-site" assistant to the coach. Because coxswains don't pull an oar, relatively lightweight people are sought for the position; however, a good coxswain will have as much competitive spirit as the rowers and can make a considerable difference to a crew's success.

Cox Box. Cox boxes come in three parts: the box itself, the microphone, and the speaker system which is in the boat. A boat equipped for a cox box has a speaker system fitted down the length of the boat beneath the seats which relays whatever is spoken. The most useful feature of the cox box display is the "rate meter". This calculates the number of strokes which would be taken in a minute if the rowers continued at a uniform speed

Circuit. The course for rowers to run at Occoquan for conditioning (very important).

Crab. Not the hard or soft-shelled variety. A rower catches a "crab" when his or her oar doesn't enter the water properly at the catch, and the blade buries itself to varying degrees in the water instead of flowing smoothly through the stroke. Crabs slow a boat down and are to be avoided if possible, but all rowers experience them at one time or another.

Ergometer. A rowing machine. An "erg" allows beginning rowers to learn the basics of the stroke before going on the water and all rowers to develop their conditioning.

Feather. The act of turning the oar over so that the blade is practically parallel to the surface of the water at the end of the stroke.

Finish. That portion of the pull-through just as the oar is taken from the water.

Head Race. A long race in which rowers race a twisting course of about 3 miles—a race for time. The start is staggered. These usually occur in the fall months.

Hold-Water. Tells the rowers to stop rowing and to square their blades immediately! Used to avoid collisions.

Keel. There is a small keel on a shell, but the term "keel" refers to the extent to which the boat is balanced from side to side while rowing. A crew rowing in such a way that the shell is not dipping to port or starboard continually is said to have good "keel" in its row.

Let-her-run. The command to stop rowing and let the oars rest flat on the water.

Nationals. The U.S. National Scholastic Rowing Championships, held after Stotes. As with Stotes, crews or rowers will participate if they are sufficiently competitive.

Novices. Rowers who are rowing for the first season.

Oars. Longer than the garden variety type for rowboats — some 12 feet in length and like shells, lightweight and finely designed.

Oar Lock. Piece of hardware on the end of the rigger that the oar goes into. It is U-shaped and has a locking bar (called a "gate") to keep the oar from coming out.



Glossary of Rowing Terms (cont'd)

Occoquan. Not really a term — Its the place where West Springfield crews row. Look on a Fairfax County map for Sandy Run Park on the Occoquan River. The rowing course is widely recognized as one of the best on the East Coast.

Port and Starboard Rowers. In sweep rowing, the designation of a rower according to whether he or she normally rows with an oar on the port or starboard side of the shell.

Power 10. A set of strokes when the crew makes an extra effort to "get everything on the oar" and make the shell go faster. (Can be power 15 or 20 also). Used in a race to try and get a tactical advantage on the other crew(s).

Recovery. The act of bringing the oar back from the finish in preparation for another pull-through. This is the relaxation part of the stroke.

Release. The act of getting the oar out of the water at the end of the stroke and beginning the recovery (gathering the body with the knees coming up) for the next stroke.

Riggers. The metal apparatus from the side of the shells upon which oarlocks are fitted to handle the oars.

Rushing. Term for when rowers move too quickly along their tracks into the catch. The boat will lose the feeling that it is gliding or "running out."

Scul. A shell configured so that each rower has two oars, one on each side of the boat.

Shell. The racing boat. Shells come for single rowers, pairs, fours, and eights. Eights are the most common type in local interscholastic racing. An eight is approximately 60 feet long, narrow (about two feet wide at its widest point), and weighs about 380 pounds. Shells are finely designed and constructed pieces of equipment.

Slide. Two tracks upon which the rower's seat is fixed. The seat moves forward and backward on the slide, enabling the rower to "gather up" his or her body at the start of the stroke and then use the combined power of the legs, back, and arms when actually executing the slide.

Starboard and Port Rowers. In sweep rowing, the designation of a rower according to whether he or she normally rows with an oar on the port or starboard side of the shell.

Stotes. The Stotesbury Regatta in Philadelphia. This is a championship-type regatta, held after NOVA's. West Springfield crews or rowers will participate on a selective basis if they are sufficiently competitive.

Stroke. The stern-most rower in the boat that sits just in front of the coxswain. The stroke sets the pace for the rest of the crew, responding to the commands and encouragement of the coxswain.

Stroke rate. The number of strokes a crew takes in one minute. A stroke rate can range from 0 spm (sitting still) to 44+ spm (sprint). You can calculate the spm by counting the number of strokes taken in 15 seconds, and multiply that number by 4. Most amplifier systems have a meter to tell you what your stroke rate is.

Sweep. A shell configured so that each rower has one oar. Oars on a sweep shell are normally alternated from side to side.

VSRC. Virginia Scholastic Rowing Championships, which cap the rowing season on the Occoquan in May.

The Glossary of Rowing Terms is from the West Springfield Crew Handbook.

The complete Handbook can be found at www.spartancrew.org



Spartan Rigger

Top 10 Tips for Novice Parents

1. Appreciate your child's efforts and sympathize with their aches and pains. Rowing is really hard work!
2. It will rain ... if not at this regatta, then at the next one, or the one after that. Be prepared.
3. Spandex is not the worst thing your child could be wearing—it's just a little unsettling at first sight.
4. Your food bill will significantly increase during rowing season.
5. Invest in a cowbell — the louder the better.
6. When driving crew carpool, remain silent and just listen. You'll pick up lots of interesting information (especially if there are girls in the car!)
7. The \$2.00 to ride the van back and forth to the grandstand is money well spent.
8. Don't wear red to regattas. We're not sure why, but it's a no-no.
9. If you want a regatta t-shirt, buy it as soon as you arrive. The cool ones sell fast.
10. Don't be intimidated by all the TJ parents — we can be just as loud!!!

5 Things Athletes Should Know to Avoid Injury

Ms. Mary Claire Walsh, *SpineUniverse Staff Writer*, Benjamin N. Carr III, MD, *Orthopaedic Surgeon Harborview Reconstructive Spine & Orthopaedic Specialists, Baltimore, MD, USA*

For another excellent article on Rowing Injuries see: http://www.physsportsmed.com/issues/2000/04_00/karlson.htm

All athletes, from professionals to weekend warriors, are at risk of injuries from their sport. Excessive strain, especially on the spine, is quite common for athletes and can lead to episodes of back pain, sometimes severe. While it may not be possible to prevent injuries completely, here are 5 things athletes should know to keep their spines healthy.

1. Warm Up and Stretch

A proper warm-up with stretching exercises can increase blood circulation and improve the flexibility of muscles and ligaments. This not only helps enhance athletic performance, it can prevent injuries as well. To stretch properly, follow these tips:

- Stretch slowly and gently only to the point of mild tension.
- Hold each stretch for 10-30 seconds - don't bounce!
- Stretch for the same amount of time on each part of the body.
- Stretch after your game as well to relieve sore or tight muscles.

2. Reduce the Chance of Injury:

Use Proper Equipment

All sports have the risk of injury. Some more than others. In general, the more contact in a sport, the more risk of injury. To reduce the risk of injury to the spine, athletes should wear protective equipment appropriate for their sport such as neck rolls and shoulder pads. Well-

constructed and supportive shoes are also a must. Other types of equipment that can help prevent injuries to other parts of the body may include:

- Helmet
- Pads (elbow, wrist, chest, knee, shins)
- Mouthpiece
- Face guard
- Protective cup
- Eyewear

3. Stay Hydrated

Heat injuries in sports occur as a result of excessive exercise in high temperatures and humidity. Use common sense to avoid these potentially serious injuries. Here's how:

- Drink plenty of fluids before, during, and after your sport.
- Avoid playing or practicing during periods of extreme heat and humidity.
- Wear lightweight clothing with maximum skin exposure to allow sweat to evaporate.
- Take break or allow for periods of rest to allow your body to rest and recuperate.

4. Don't Overdo It

Repetitive Motion Disorders (RMDs), such as tennis elbow (epicondylitis), bursitis, and tendonitis, occur when movements are repeated over and over again causing damage to

various parts of the body. To avoid overuse injuries, try the following:

- Take rest periods during practice and games.
- Use correct form and techniques in your sport. If you're not sure how, take a lesson to make sure you are doing it right.
- See your doctor if you experience any pain or muscle fatigue, inflammation and swelling, or compression of nerve tissue.
- Try "cross-training" with a variety of sports and activities to lower the strain upon individual muscle groups and areas of your body.

5. Adopt a Healthy Lifestyle

In addition to your sport, look for other ways to improve your overall health by adopting a healthy lifestyle that includes:

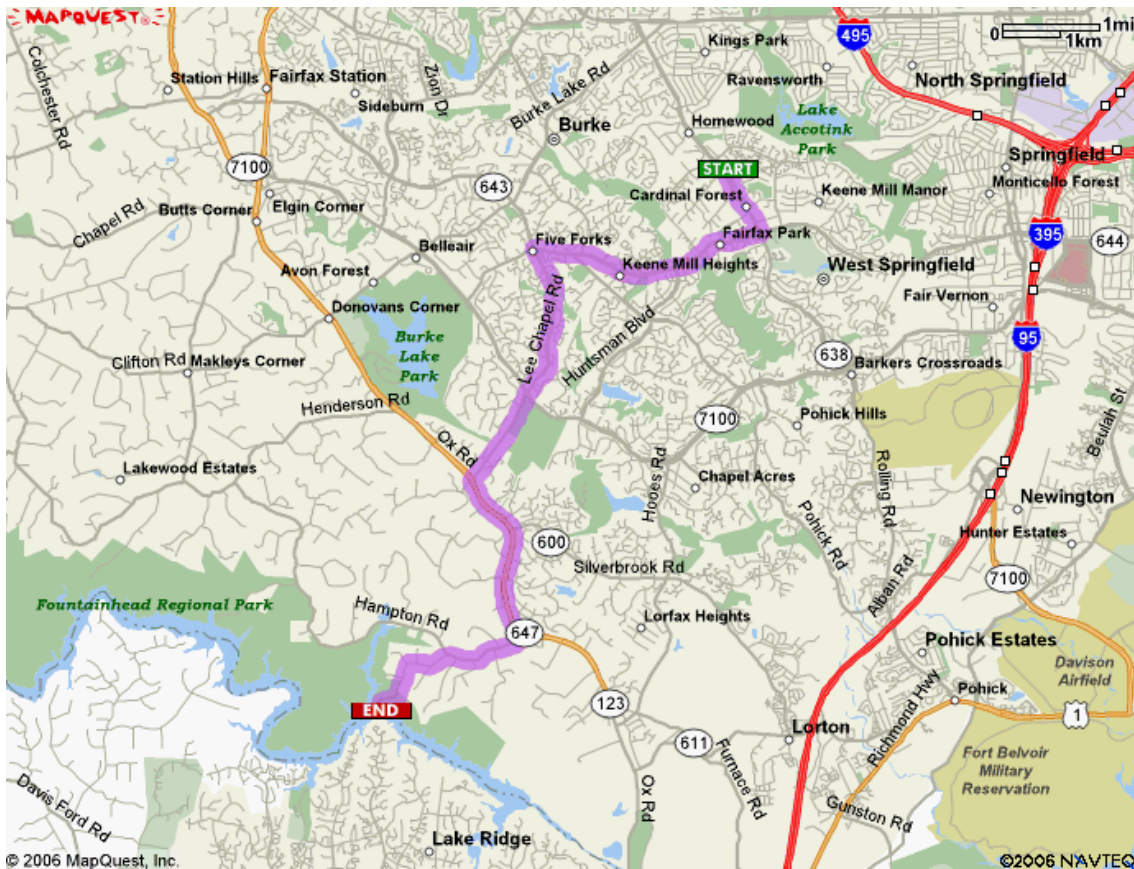
- Plenty of rest.
- A well-balanced, low fat diet rich in fruits and vegetables.
- Avoidance of smoking and excessive use of alcohol.
- A visit to your physician at least once a year to help prevent problems before they get too serious.
- If you have pre-existing medical conditions, consult your doctor before beginning a new exercise regimen.

Directions to Sandy Run Park from West Springfield High School

Take Rolling Road toward Old KEENE MILL RD
 Turn RIGHT onto Old KEENE MILL RD / VA-644 W.
 Turn LEFT onto LEE CHAPEL RD / VA-643 S.

Turn LEFT onto OX RD / VA-123 S.
 Turn RIGHT onto HAMPTON RD / VA-647.
 Turn SLIGHT LEFT onto VAN THOMPSON RD.

Turn LEFT to stay on VAN THOMPSON RD
 End at Sandy Run Regional Park
 10450 Van Thompson Rd,
 Fairfax Station, VA 22039, US



Regatta Schedule

- ~~3/24~~ Polar Bear Regatta **Cancelled**
- 3/31 Walter Mess Regatta
- 4/7 St Andrews Regatta
- 4/14 Darrell Winslow Regatta
- 4/21 Al Urquia Regatta
- 4/28 Regional Park Regatta

- 5/5 Ted Phoenix Regatta
(NCASRA Novice Championships)
- 5/12 Virginia Scholastic Championships
- 5/17-5/19 Stotesbury Cup Regatta
- 5/25-5/26 Scholastic Rowing Association of America Championship



West Springfield Crew
Booster Club

P. O. Box 2473
Springfield, VA 22152
spartancrew.org

Calendar Highlights

February 20	1st Day on the River
February 25	C.R.A.S.H.-Bs
March 3	Texas Hold 'Em
March 11	Basket Bingo
March 17	Novice Parent Boathouse Tour 9-11 am
March 24	Formal Team Picture (after practice - must be in uniform)
March 26	General Membership Meeting for Away Regatta planning and information in Spartan Hall. Away Regatta packages can begin to be picked up at 7 p.m. with the meeting promptly starting at 7:15
March 30	Pasta Load Party (Kirkwood Presbyterian Church)

Board of Directors

President: Pete Vercruysse 703.912.4910 Vercruiser@hotmail.com	Team Liaison: Kathy Wood 703.569.6740 thunderchap@msn.com	Regatta Support/OLOC Rep: Open
VP Administration: Dorene Hiestand 703.451.7556 whiestand@aol.com	Sue Rabil 703.644.9791 George.Rabil@verison.net	Away Regattas: Martha Gibson 703-451-2092 eadg@verizon.net
VP Operations: Mark Pistochini 703.913.6743 pistofam@msn.com	Novice Liaison: Martha Crumpacker 703.866.9376 mcrumpa62@aol.com	Barbara Peachy 703-569-5805 barbara_peachey@usairways.com
VP Ways and Means: Cindy Vercruysse 703.912.4910 Cindyver@aol.com	Publicity/Newsletter: Ginny Furth 703.913.6554 vfurth@csc.com	Web Page : Lisa Carey 703.455.1779 lisacarey@coachlisacarey.com
Treasurer: Jim Hill 703.644.2253 hill.jimkathy@verizon.net	Transportation: Kathy Hill 703.644.2253 hill.jimkathy@verizon.net	NCASRA Rep: Will Hiestand 703.451.7556 whiestand@aol.com
Secretary: Jankey Faulkner 703.913.5908 jfaulkner.tmg@brookwash.com	Alumni Rep: Debbie Sherrill 703 455-4071 deborah.sherrill@fcps.edu	Faculty Representative:

Our Vision

A strong, stable, and competitive high school rowing program recognized as a model of excellence, providing the opportunity to row to all interested men and women students of West Springfield High School. A quality program whose attributes are: dedicated students who strive to excel in all facets of their education, life, and rowing; a local business community that understands the value of a successful rowing program and actively supports the program financially; and active supportive and energetic parents who bolster their child's experience through participation in the Booster Club.

