



BROAD RUN CREW

Spring 2024 Season Kick-Off

February 1, 2024

Agenda

Welcome & Introductions

Board Updates

Season Overview - Coaches Corner

Registration forms and fees

Parent Volunteers/Committees

Fundraising

Uniforms and Jackets

Questions

Welcome & Introductions

Board

Lynnette Brewer-Slaughter, President

Julie Schall, VP, Administration

Steve Kasban, Operations & Equipment

Thomas Ward, Treasurer

Emily Hanlin, Secretary

2024 Coaching Staff

Mike Love, Head Coach

Assistant Coaches

Sathy Gunawardhana

Adam Kuntz

Cassie Bends

Rick Schall

Welcome & Introductions

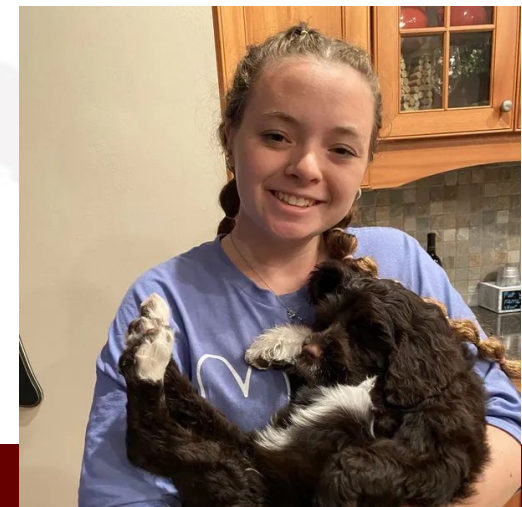
2024 Team Captains

Chetana Gunawardhana

Preston Cheng

Sean Johannes

Emma Markowitz



Board Updates

- Equipment updates – refurbished oars and motors, new cox boxes, new branded tents, new ergs
- Beaverdam Boathouse Opening Late Spring/Early Fall 2024
- Organizing and preparing parent committees for the upcoming season
 - o Friday Night Dinners
 - o Regattas
 - o Stotesbury
 - o Fundraising
 - o More

Coaches Corner

- Results / highlights from last season
- BRC Alumni have gone on to row at Temple, Tennessee, OSU etc.
- 2023-24 Captains
- What do I need for practice
- What if I need to miss a practice?
- Rowing and the weather
- Spring '24 Regattas
- Stotesbury Cup
- Nationals

What is Rowing for BR Like?

- Commitment to teamwork and cooperation on boats of 4 or 8 + coxswain
- Row / Compete in the Spring; Fall/Winter Conditioning on land
- Practices are at “The Gonk” (Algonkian Park, Sterling) after school hours
- Winter conditioning combines erg training, running, and strength training
- **Athletes are eligible for Varsity Letters and recognition through BRHS**
- Regattas are run by the Virginia Scholastic Rowing Association (VASRA) and are held at Sandy Run on the Occoquan River (FFX)
- Yes, the blisters are real but so is the FUN!

Commitments to BRC

Rowers:

- **Attend Winter Conditioning**
- **Tryouts in February - pass swim test**
- **Crew Season:** February - May 2024
 - **Practices:** After School (M-F)
 - **Regattas:** 8 Saturdays

Crew Team Families:

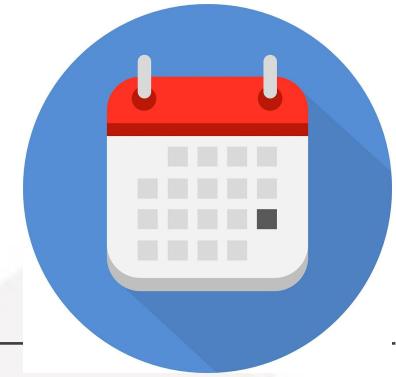
- **Pay Membership Dues & Fees**
- **Volunteer**
- **Fundraise**

See [Broadruncrew.com](https://broadruncrew.com) and TeamSnap for schedule of events.

Eligibility Requirements

- Broad Run High School Students
- Farmwell Station Middle School 8th grade students may participate if they become 14 on or before Aug 1, 2023
- School & Practice Attendance
- Maintain minimum grade requirement

Important Dates



- ★ February 1, 2024 - Spring 2024 Season Kick-off Meeting (mandatory)
 - Registration & Fees Due
- ★ Week of February 19, 2024 - Tryouts
- ★ February 22, 2024 - Swim Test at Claude Moore Rec Center
- ★ Week of February 26, 2024 - Spring Practices Begin
- ★ March 4, 2024 - Ergathon Fundraiser
- ★ March 8, 2024 - Fundraising Fair Share Commitment Due
- ★ March 16, 2024 - First Regatta of the Season: Polar Bear Regatta

For calendar updates visit: [Broad Run Crew Calendar](#) or TeamSnap

Financial Commitment

- **Membership Dues**

- Spring 2024 - \$1,100 (sibling discount of \$330)
- Winter Conditioning - \$150

- **Uniforms**

- \$90 - new rowers only

- **Fundraising**

- Each family - minimum \$350 “fair share” fundraising commitment
- Covers equipment purchases like ergs, shoes, oars, cox boxes, refurbishment of motors, etc.
- All rowers (and families) are expected to participate
- BRC Board will provide fundraising opportunities

Registration Steps

1. Complete BRC Rower Registration Form
2. BRC Membership Fees & Fundraising Obligation
3. BRHS Athletic Team Registration
4. VHSL Sports Physical 2023-24
5. BR Crew Liability Waiver & Member Acknowledgment
6. **BR Crew Financial Commitment**
7. **BR Crew Fundraising Commitment**
8. Join Team Snap – it's how we communicate!
9. U.S. Rowing Membership

VASRA Volunteers (sign-ups)

Workdays @ Sandy Run

2/17, 2/24, 3/2 and 3/9

- [Sign-up genius](#) was sent out on TeamSnap. A few spots still available.
- Rowers are encouraged to volunteer.

Regatta Volunteers

- Broad Run must provide volunteers to help run **every** regatta
- Jobs include concessions, setup helper, stake boat holder, finish line time helper etc.
 - [Job Descriptions](#) (on VASRA website)
- All volunteers are able to watch their rowers race!
- Sign-up genius to be emailed soon (Sign-ups due to VASRA by March 11th)

VASRA Guidelines and Considerations

- Volunteers CANNOT bring small children during shift
- Spouses or other family members should not show up to volunteer unless they too are signed up
- Rowers cannot volunteer, except for the workdays
- **ALL** parent volunteers **MUST** sign in at Sign-in tent next to HQ. *
- It takes 20 minutes to walk from Sign-in to grandstand
- Volunteers park for free in the parking areas at Sandy Run
- Plan to arrive to park 1 hour before start of job time - traffic
(**EXCEPT** Early Morning Jobs – Set up Helpers and Concessions)
- Read job descriptions carefully before signing up. Some roles are challenging or require experience.
 - Stakeboat Holders - need to lay down on the platform, no restroom, shorter people may find it hard to reach
 - Recovery Dock - strenuous job
- Dress appropriately hats, gloves, layers, sunscreen
- DO NOT WEAR **RED** for water jobs, red is a sign to refs to stop the race
- Parent volunteers CANNOT use launch boats at headquarters to get to their job unless instructed by Shirley von Rinteln

BRC Volunteer Committees & Leads

BRC VOLUNTEER COORDINATOR - Lauren Everingham

OPERATIONS COMMITTEE - Steve Kasban, Gene Chun & Miguel Umana

FUNDRAISING COMMITTEE - Kathy Poblete

HOSPITALITY COMMITTEE - **Volunteer needed**

SPIRITWEAR & UNIFORM COMMITTEE - Julie Schall, Sarah Blackford

ADMINISTRATION COMMITTEE - Thomas Ward, Jennifer Vassar

COMMUNICATIONS COMMITTEE - Julie Schall, Michaela Ward

LEARN TO ROW COMMITTEE - **Volunteer needed**

LRA FALL ROWING REPRESENTATIVE - Lynnette Brewer-Slaughter

VASRA LOC (Local Organizing Committee) - Nate Wenger - **Freshman or Sophomore Volunteer Needed to Shadow**

Full Committee Descriptions on website.

Additional BRC Volunteer Opportunities

Loudoun Rowing Association (LRA) Board (Fall rowing)

- Seasonal
- 1 BRC Board Member & 1 BRC Parent

BRC Board

- Year-round (elections in May/June)
- BRC Parents

To learn more, visit our website at <https://broadruncrew.com/brc-board>, or contact broadruncrewboard@gmail.com

How to volunteer

- See [Broad Run Crew Website](#) for committee descriptions.
- Select committee(s) on BRC Rower Registration Form or Sign-up Sheets.
- Receive notification of volunteer needs by direct email, Sign-up Genius or TeamSnap.

Contact broadruncrewboard@gmail.com with questions.

Fundraising - Ergathon

When: March 4th, 2024

This is our LARGEST fundraiser!

An erg-a-thon is a crew team fundraising event where team members engage in a prolonged session of erging on a rowing machine called an ERG. Team members ask for donors (friends, family, neighbors, or local businesses) to pledge a certain amount of money while team members commit to completing a 60-minute ERG piece. All team members participate in the event. Families are invited to attend and cheer on our crew!

Fundraising



Fundraise simply by shopping the stores you love.

Pick the participating store and purchase the gift card through the RaiseRight app and a percentage of the card value will go towards BRC.

Able to track your earnings and friends/family can join in to help.

Digital (eGift) cards only.

Corporate Sponsorship

Each rower will reach out to three (3) businesses to ask for corporate sponsorship.

We offer sponsorship levels with different benefits for that business.

Fundraising

ROW HOUSE

When: March 9th, 2024

Parents and friends get a taste of what our rowers go through. Rowhouse - Ashburn will be hosting us for a 30 minute session.

Up to 25 seats are available and rowers will sell each seat for \$20 each towards their fundraising goal.

Spirit Wear

When purchasing spirit wear at our Square Store, 15% of the subtotal purchase will be credited towards the rower.

MUST ADD NAME OF ROWER IN PURCHASE FOR FUNDRAISING CREDIT.

broadruncrew.square.site

Uniforms, Jackets & Spirit Wear

Uniforms (required)

- Orders have been placed.
- Extras in various sizes were purchased for any new rowers who need them.

Crew Jackets (optional)

- There is still time to order!
- Send payment (\$114) by check (payable to "Broad Run Crew"), cash, or Zelle (to broadruncrew@yahoo.com and be sure to include the rower's name and the reason for the payment).
- Payment and order forms **MUST** be submitted by **February 4**. Submit forms to sarahblackford@gmail.com.

Spirit Wear (encouraged)

- <https://broadruncrew.square.site/> (fundraiser for specific rower until March 8, for BRC March 9 through end of season)
- <https://broadruncrew.com/brc-team-spirit-store> (fundraiser for BRC; open year-round on broadruncrew.com)
- BRC spirit wear inventory available for sale after the meeting.

Questions?

Contact us:

broadruncrewboard@gmail.com

This presentation will be available
online at www.broadruncrew.com