



BROAD RUN CREW

Spring 2025 Season Kick-Off

February 3, 2025

Who We Are

Tier 3, Co-Ed Varsity Sport

- Sanctioned by LCPS / Broad Run, not supported financially
- 509(a) (2) – non-profit public charity
- **Athletes are eligible for Varsity Letters and recognition through BRHS**
- 100% Parent-led
- A group effort where we support the rowers and YES, it is fun!

We welcome ALL rowers – experienced and novice!

We welcome ALL parents – we need you!

Broad Run Crew Board

Lauren Everingham, President
Jennifer Vassar, VP, Administration
Daniela Wagner, VP, Operations
Gene Chun, VP, Equipment
Godwin Babu, Treasurer
Emily Hanlin, Secretary
Advisor: Aimee Love

Contact us at broadruncrewboard@gmail.com

The Coaches

Head Coach, Mike Love



Assistant Coaches:



Sathy Gunawardhana



Adam Kuntz



Cassie Essex



Rick Schall

2024-2025 Team Captains



Hema Chanamolu | Matthew Vassar | Anfisa Starchenko

Exciting Changes for Spring Season



Beaverdam Reservoir Boat House

- New practice location
- Innovative, state-of-art facility
- Protected equipment
- Indoor training room
- Ease on / off the water
- No more boots required!





Team Bus to / from Sandy Run Regattas*

Bus will transport the team from BRHS to / from Sandy Run with a stop at Beaver Dam in the late day to derig boats

What is Rowing for BRC Like?

- Commitment to teamwork and cooperation on boats of 4 or 8 + coxswain
- **Practices:**
 - After school, M-F from ~5-7pm
 - Beaverdam Reservoir boathouse
- **Regattas:**
 - Saturdays (expect all day)
 - Run by the Virginia Scholastic Rowing Association (VASRA)
 - Sandy Run on the Occoquan River (FFX)
- Yes, the blisters are real but so is the FUN!

Regatta Line-Up

- [3/22] **Polar Bear Regatta**
- [3/29] **Walter Mess Regatta**
- [4/5] **Darrell Winslow Regatta**
- [4/12] **Ted Phoenix Regatta**
- [4/26] **Al Urquia Regatta**
- [5/3] **VSR Championships (States) Day 1**
- [5/10] **VSR Championships (States) Day 2**
- **[5/16-5/17] Stotesbury Cup (Philadelphia, PA - optional and invite only)****
- [5/23-5/24] **SRAA Championships (Nationals), Pennsauken, NJ (qualifying boats only)**

Being Part of BRC



Rowing beyond BRC



Rowing beyond BRC

Colleges Recruit PEOPLE not Machines

What NOT to do:

- Think you're not good enough
- Wait until the last minute
- Fill out questionnaires and hope you get a response
- Have outdated statistics on your profiles
- Contact places others have gone to
- Contact schools that you wouldn't attend
- Text/email coaches casually

What to do:

- Take advantage of all opportunities
- Ask for help
- Start early (before end of 11th grade)
- Have your elevator pitch
- Fill out recruiting questionnaires and follow up
- Create an NCSA profile/instagram page
- Research schools that are the best fit for you (academics, location, quality of athletics)
- Communicate professionally (emails, texts, etc)

What should I expect as a BRC Parent?

- You are part of the team too!
- Commitment / support getting your rower to / from practices and regattas
 - Carpool Interest Sheet is available to help find others with the same interest
- Plan to volunteer
 - Many opportunities to be involved
 - Volunteering at VASRA Regattas has it's perks - **Park on-site for free!**
- Be flexible
 - Regatta schedules are determined weekly, sometimes not being finalized until Friday before
 - Regattas are full days
- Cheer Loud!
 - Meet other BRC families at the Grand Stand and cheer on the team together!

VASRA Volunteering

Workdays @ Sandy Run

February 22nd

March 1st, 8th, and 15th

- [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 can include concessions, setup helper, stake boat holder, finish line time helper etc.
 - Job descriptions will be included in the Sign-Up Genius
- All volunteers are able to watch their rowers race!
- **Free Parking On-Site when you volunteer!**
- Sign-up genius to be emailed soon (Sign-ups due to VASRA by March 11th)

Immediate Volunteer Needs

- **TRAILER DRIVER(S)** (*vehicle optional*)
 - Trailer the team's boats and equipment to / from Regattas
- **HOSPITALITY:**
 - Host a Friday Team Dinner
- **Virginia Scholastic Rowing Association (VASRA)**
 - LOC (Local Organizing Committee) for BRC
 - Work Days
 - Regattas

Sign-ups available.

Please reach out to broadruncrewboard@gmail.com

Additional Volunteer Opportunities

- **OPERATIONS** (Equipment, transportation, etc.)
- **FUNDRAISING**
- **HOSPITALITY** (Friday dinners, Erg-a-thon, Award Banquet)
- **SPIRIT WEAR & UNIFORMS**
- **COMMUNICATIONS**
- **ADMINISTRATION**
- **LEARN TO ROW (LTR)**
- **Virginia Scholastic Rowing Association (VASRA)**
- **BRC Board** (year commit / voted annually)



Visit BroadRunCrew.com for full descriptions

Eligibility Requirements

- Broad Run High School Students
- Farmwell Station Middle School 8th grade students may participate if they became 14 on or before Aug 1, 2024
- School & Practice Attendance
- Maintain minimum grade requirement

Financial Commitment

- **Membership Dues**
 - Spring 2025 - \$1,100 (*sibling discount of \$330*)
- **“Fundraising” Financial Requirement**
 - Each family - \$350 required “fundraising” commit
 - BRC Board will provide “fundraising” opportunities that can aid in meeting the BRC family financial requirement
 - *Opportunities will include: Erg-a-thon Fundraiser, RaiseRight, Corporate Sponsorships*
- **Uniforms**
 - \$90 - new rowers

Possible ways to fundraise....

ERG-A-THON

March 3rd, 2025 @ BRHS Cafeteria

This is our LARGEST fundraiser!

Historically the team has rowed from here to Philly during this event. This year will bring new goals and challenges - can the team reach NYC?

Look for more details in the next week!



Fundraise simply by shopping the stores you love.

Purchase gift cards through your RaiseRight account and a percentage of the card value will go towards BRC.

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

Uniforms & Jackets

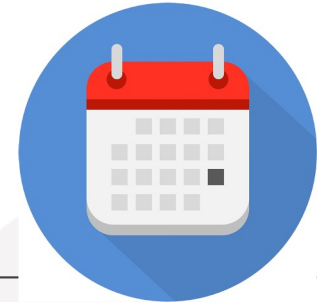
Uniforms (required)

- 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 (\$116.50) 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.

Important Dates



- ★ February 3, 2025 - Spring 2025 Season Kick-off Meeting (mandatory)
 - **Registration & Uniform Fees Due**
- ★ Week of February 24, 2025 - Tryouts
 - Swim Test, February 26, 2025 at Claude Moore
- ★ March 3, 2025 - Erg-a-thon kicks off the Spring Practices
- ★ Week of March 3, 2025 - Spring Practices Begin
- ★ March 7, 2025 - Required “Fundraising” Commitment Due

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

Registration Steps

1. Broad Run Crew Rower Registration Form
2. Broad Run Crew Liability Waiver & Member Acknowledgment
3. BRHS Athletic Team Registration
4. VHSL Sports Physical 2024-25
5. **Broad Run Crew Dues (Spring & Uniform)**
6. **Broad Run Crew Required “Fundraising” Commitment**
7. Join Team Snap – it’s how we communicate!
8. *U.S. Rowing Membership*** (optional)*

Questions?

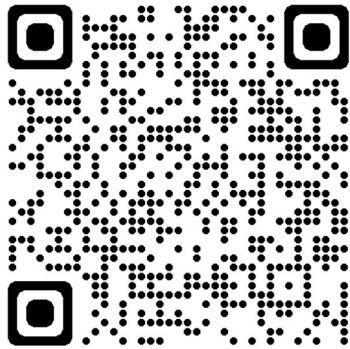
Contact us:

broadruncrewboard@gmail.com

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

Where can I find.....

Payment Portal (*Fees, Uniform*):



Carpool Interest:

