Langley Crew Boosters Club

Background

Langley Crew Boosters Club (LCBC) is a non-profit organization run by a Board of Directors elected by the membership at its annual spring meeting. Parents who pay the program fees and who have active athletes in the program are members of the LCBC and elect the Board.

The LCBC Board is always on the lookout for parents who are interested in supporting the program by serving on the Board or in one of the other vital leadership roles. If you are interested in this please contact any Board member.

Board Members

Our nine board positions are all filled by LHS parent volunteers who have sons or daughters in the rowing program. The roles are often shared. Board members for the 2016/17 season are:

- **Co-Presidents**: Andrea Liddell and Marty Bollinger
- **EVP, Training & Logistics**: Bill Talamantes
- **Treasurer**: Jim Givens
- **Secretary**: Meghan Pierce
- **VP, Membership**: Julie Dunlap
- **VP, Equipment**: Terry Wikberg
- **VP, Ways & Means (Fundraising)**: Cynthia Warshaw
- **Co-Volunteer Coordination Chair**: Heidi Appel and Maja Obreht
- **Co-VP, Events**: Gail Hunt and Ronnie Kalidindi (Local) Christy Slade and Mairin Kuligowski (Travel)

Other Leadership Roles

In addition to Board roles, many parents play critical leadership roles in the LCBC including the following:

- **Social Media / Communications**: Tine Kristensen and Thomas Kristensen
- **Bus Transportation / Chaperones**: Marielena Lamont and Jacqueline Hogg
- **VASRA Coordination (shared)**: Matt Warshaw, Paul Reinke and Kris Kalidindi
- **Apparel**: Mary Kate Moran and Katherine Talamantes
- **Forms & Administration**: Vivien Tran
- **LHS Booster and School Liaison**: Marielena Lamont
Staying in Touch

The Langley Crew team makes it easy to stay in touch for news and announcements.

Website

Our website (www.langleycrew.com) is the first place to check for information on events, news and schedules. You will find there our calendar (http://www.langleycrew.com/calendar.html).

RainedOut

We operate a text messaging system to send urgent last-minute broadcasts about changes in training schedules (e.g., due to weather), transportation arrangements, etc. Just register for this free service and request access to the Langley Crew team notifications. It is expected that all athletes and parents will sign up for this service.

Weekly Newsletters

During the training and regatta seasons we issue a weekly newsletter with items of interests to parents and athletes. Make sure your email address is on our mailing list. See the sign-up section at the very bottom of the Contacts page on the website.

Board Meetings

The Langley Crew Boosters Club holds board meetings every month. Dates and locations are published in the Langley Crew calendar. All parents are invited to these meetings and we welcome your participation.

Email

You can always reach us by emailing us individually (see the Contacts section on the website) or via LangleyRowing@gmail.com.

Videos and Photos

We routinely post videos of training events and regattas at our YouTube channel. Check these out at www.youtube.com/user/langleyhscREW. We also post photographs on our Flickr account. You can find these at www.flickr.com/photos/130441042@N03/albums. We are always looking for photographers and videographers to add new items to our collection.
Financial Support

Background

The Langley Crew Boosters Club is a non-profit 501(c)3 tax-exempt organization run by volunteers and paid for by parents. We get no financial support from Fairfax County Public Schools or Langley High School. However, our program is greatly enhanced by generous financial support from parents, local businesses and Langley Boosters. Here is how you can help.

Support our Fundraising Activities

Langley Crew hold two major fundraisers each year, one in the fall and one in the winter. The fall fundraiser involves tables at such venues as coffee shops and local shopping centers in McLean and Great Falls. The winter fundraiser is our primary activity and involves students canvassing door-to-door. In both cases we need parents to help oversee these activities. We especially need parents to support the winter canvassing by driving students around local neighborhoods.

Help With Institutional Fundraising

Several local businesses have been supporters of Langley Crew. We need volunteers who are willing to call on local businesses for their financial support. The local businesses will receive recognition on our website, in our on-line directory and in banners we use at regattas. If you are willing to assist in this effort, please contact our VP Ways & Means.

In addition, if your place of employment is in a position to help us, please consider a corporate donation. Institutional donors get prominent mention on our website, in our annual directory and on banners at our away regattas.

Become a Friend of Langley Crew

Consider a tax-exempt donation to Langley Crew. Gifts of any size are welcome, including stock transfers, and will be recognized on our website. The donation levels for Friends of Langley Crew include the following:

<table>
<thead>
<tr>
<th>Level</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friend</td>
<td>Up to $249</td>
</tr>
<tr>
<td>Silver</td>
<td>$250</td>
</tr>
<tr>
<td>Gold</td>
<td>$500</td>
</tr>
<tr>
<td>Elite</td>
<td>$1,000</td>
</tr>
<tr>
<td>Platinum</td>
<td>$5,000</td>
</tr>
<tr>
<td>Olympic</td>
<td>$10,000</td>
</tr>
</tbody>
</table>
Help Us with Our “Wish List”

Our annual budget accommodates regular replacement of worn-out equipment. However, there are opportunities for us to upgrade our program and support our hard-working athletes via investments in new boats and support equipment. Some of our parents may be in a position to help us by acquiring for us one of the items on our “Wish List.” All such donations are tax-deductible and will be recognized.

Our current “Wish List” includes the following:

<table>
<thead>
<tr>
<th>Item</th>
<th>Investment</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Vespoli Eight, the <em>Class of 2017.</em></td>
<td>$20,000</td>
<td>Already committed by senior parent</td>
</tr>
<tr>
<td>We are looking to raise $40,000 to</td>
<td>$10,000</td>
<td>Already committed by senior parent</td>
</tr>
<tr>
<td>purchase a brand new Vespoli 8 to</td>
<td>$5,000</td>
<td>Already committed by senior parent</td>
</tr>
<tr>
<td>accommodate our growing Varsity team. We</td>
<td>$1,000</td>
<td>Already committed by senior parent</td>
</tr>
<tr>
<td>have kicked off a campaign to raise $40,000</td>
<td>4 x $1,000</td>
<td>Open</td>
</tr>
<tr>
<td>from the parents of the Class of 2017 to</td>
<td></td>
<td></td>
</tr>
<tr>
<td>fund this purchase and we are almost all</td>
<td></td>
<td></td>
</tr>
<tr>
<td>of the way there!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cargo trailer for away regattas</td>
<td>$5,000</td>
<td>Open</td>
</tr>
<tr>
<td>Set of 8 oars</td>
<td>$4,000</td>
<td>Open</td>
</tr>
<tr>
<td>Launch motors</td>
<td>2 x $2,000</td>
<td>Open</td>
</tr>
<tr>
<td>Ergs</td>
<td>5 x $900</td>
<td>Open</td>
</tr>
</tbody>
</table>
Parent Volunteering

Background

Langley Crew is run by parent volunteers. The success of our athletes depends upon the willingness of parents to support them by joining other volunteers in performing critical duties. Additionally, we are obligated to provide a specific number of volunteers to VASRA for its operation of the local regattas. Bottom line: without the full engagement of parents it will be impossible for the Langley Crew program to work.

Each parent is therefore required to perform four volunteer duties during the course of the season. The good news is that the commitment is down from previous years because our team has grown over time. This is how the volunteer requirements break down:

- At least one volunteer role at a VASRA regatta (this is obligated by VASRA rules)
- At least one bus chaperone duty (if unable, can substitute a second VASRA regatta role)
- Two other roles either at regattas, on buses or in other areas of team support

VASRA Regatta Support

The local VASRA regattas are all run by unpaid volunteers across the various schools participating in the regatta. Duties range widely from assisting in food preparation in the concessions area to helping organize event parking to driving referees in the launches to clean-up duties after the regatta is over. Only a few jobs require specialized skills (e.g., driving a launch) and most just require reasonably healthy physical condition and a positive attitude. On-the-job training is provided.

In many cases the duties are performed for one-half of the regatta only, over a period of 3 to 4 hours. Also, it is almost always possible to take a break from the duties to watch any race in which your son or daughter is participating. Most people find the experience fun.

Some VASRA duties take place outside regattas, typically on a Saturday or Sunday before the regatta, and often involve construction-related or course-setup duties.

Fluency in English is NOT a requirement for many of these roles. Everyone can help.

Once you have signed up to support a regatta we will work with you to pick a role that fits your abilities, interests and schedule.
Bus Chaperone

One of the most popular features of Langley Crew is the bus service we offer to and from the practice venue at the Occoquan Reservoir. However, we are not permitted by FCPS to offer this service unless a parent rides each of our two buses as a chaperone. This is relatively light duty – bring a book. It is also possible to perform this duty with young children accompanying you. Essentially you ride the bus to the Occoquan, spend the practice time relaxing or enjoying the park and then return on the bus after practice.

General Team Support

There is a lot that goes on behind the scenes to support our athletes. We have a hospitality tent that needs to be set up, manned and taken down during regattas. We operate a similar hospitality tent during Spring Break practice. Our launches and motors need to be placed in the water and then taken back to storage during both fall Learn-to-Row and spring training. Athletes need to be measured for uniforms and fundraising efforts need to be managed. All of these activities are performed by parent volunteers.

How Volunteering Works

We use a simple web-based system named “Sign-Up Genius” to list and track volunteer duties. It allows you to select volunteer activities and then receive credit for it. We will provide frequent feedback to all parents as to how well they and others are tracking against their volunteer commitment.

What Happens if You Don’t Volunteer

If circumstances preclude you from meeting your volunteering commitments, please discuss this with any board member before the regatta season begins. We are quite experienced in accommodating special situations – we know a lot of parents are busy. (So are many of us.) We can almost always find a way to make it work for you.

Failure to meet your volunteer commitment could lead to your son or daughter being declared ineligible and “benched” for regattas. It could also lead to your son or daughter being denied a role on the team for the following season. Missing a VASRA commitment also means the Langley team is fined and that cost has to be shared by all parents in the form of higher fees.
Participation Fees

Background

The Langley Crew Boosters Club is a non-profit 501(c)(3) tax-exempt organization run by volunteers and paid for by parents. Our budget is almost entirely funded by annual participation fees. We make every effort to minimize these fees.

Participation Fees

The fee for the Langley Crew program is $1,650, which is unchanged from the last two years. This fee is payable in three installments of $550 each by November 10, 2016, January 10, 2017 and February 10, 2017. There is a $30 fee for late payment.

If your athlete decides not to continue and you cancel in writing prior to January 15, 2017, your fees will be refunded in full. If you cancel in writing after that date but prior to January 31, 2017, fees will be refunded less a $250 administrative charge. There are no refunds for withdrawals after January 31, or dismissals from the team due to rule violations.

Other Costs You May Incur: Team Clothing

Many if not most athletes will incur additional costs related to uniforms and clothing. These additional costs can only be estimated in advance and include the following:

<table>
<thead>
<tr>
<th>Item</th>
<th>Estimated Cost</th>
<th>Who Pays</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uniform</td>
<td>$65</td>
<td>All novices plus other athletes when uniform design changes or when old uniform doesn’t fit</td>
<td>Women’s uniforms may change this year</td>
</tr>
<tr>
<td>Tech Shirt</td>
<td>$70</td>
<td>All novices plus other athletes when design changes or old tech shirt doesn’t fit</td>
<td>Men’s tech shirts may change this year</td>
</tr>
<tr>
<td>Cold Weather Gear</td>
<td>$20</td>
<td>All athletes, novice and returning</td>
<td>Additional uniform gear this year for cold weather</td>
</tr>
<tr>
<td>Team Jacket</td>
<td>$200</td>
<td>Optional</td>
<td>Many athletes purchase team jackets</td>
</tr>
</tbody>
</table>
Other Costs You May Incur: Travel Regattas

Some Langley Crew athletes will qualify to compete in the May 2017 Stotesbury Cup in Philadelphia, PA, and the SRAA National Regatta in Camden, NJ. In such cases parents will be responsible for paying additional supplements to offset the travel, lodging and competition expenses to attend these regattas with the team. Supplemental fees are estimated to be approximately $375 and $350, respectively, and will be due in May 2017.
Regatta Schedules

Background

Regattas are large all-day events often involving dozens of races and hundreds of athletes. There are viewing stands and concessions available for spectators. Parent-volunteers are the core of the local VASRA regattas and parents are expected to volunteer for at least one regatta.

Langley Crew aims to have as many boats as possible participate in each local regatta and in past years close to 90% of our eligible athletes would row in each regatta. Cases in which a rower does not participate in a regatta are largely driven by injuries or absences of other required team members which makes it impossible for us to field a full boat. In addition, coaches may “bench” athletes who do not show for training or otherwise fail to honor their commitments to the team.

Local VASRA Regattas

Local VASRA regattas are held at Sandy Run Regional Park on Saturdays, usually starting about 9am and running until about 3pm. Individual boats will be assigned specific start times. Athletes, and especially coxswains, need to arrive well in advance of their start time. The 2017 schedule for VASRA regattas is below. Detailed information is available at www.vasra.org

<table>
<thead>
<tr>
<th>Regatta</th>
<th>Date</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Polar Bear Regatta</td>
<td>March 25</td>
<td>Varsity Boats (includes Junior boats)</td>
</tr>
<tr>
<td>Regional Park Regatta</td>
<td>April 1</td>
<td>All</td>
</tr>
<tr>
<td>Walter Mess Regatta</td>
<td>April 8</td>
<td>All</td>
</tr>
<tr>
<td>Darrell Winslow Regatta</td>
<td>April 15</td>
<td>All</td>
</tr>
<tr>
<td>Smokey Jacobs Regatta</td>
<td>April 22</td>
<td>All</td>
</tr>
<tr>
<td>Al Urquia Regatta</td>
<td>April 29</td>
<td>All</td>
</tr>
<tr>
<td>VASRA State Championships Day 1</td>
<td>May 6</td>
<td>Novice / Freshman, Junior*</td>
</tr>
<tr>
<td>VASRA State Championships Day 2</td>
<td>May 13</td>
<td>Other Varsity*</td>
</tr>
</tbody>
</table>

* VASRA is still debating how to split the teams during these events

Away Regattas

At times our team will travel to away regattas. These are still being considered for the 2017 season. It is possible a subset of our team will travel to the Philadelphia area for a Manny Flick regatta on March 18. It is also possible that some of our team will participate in the Charlie Butt regatta on the Potomac River on April 29.
Regional and National Regattas

Langley Crew participates in the Stotesbury Regional Regatta, one of the largest regattas in the nation. It is held in Philadelphia, PA. We arrange transportation, accommodations and food for participating athletes. Coaches will decide which boats they will enter in the Stotesbury Regatta. In a typical year 40% to 60% of our athletes will participate. Athletes will typically travel by motor coach to Philadelphia on the Thursday immediately before the regattas and will return Saturday evening.

Langley Crew typically qualifies several boats for the SRAA National regatta. This year the regatta will be in Camden, NJ. Participating boats must qualify, most often by coming in first, second or third in state tournaments. (For First 4 and First 8 varsity boats, the top five finishers qualify.) In a typical year, three or four Langley boats will compete at Nationals. Athletes typically travel to the regatta the day before it starts and return late the last day or early the following day.

All Langley Crew parents, athletes and other spectators are highly encouraged to attend these regattas and support the participating athletes. Parents of athletes in these regattas will be asked to volunteer for duty as hotel chaperones, bus chaperones or support staff for the hospitality tent.

The 2017 schedule for these regattas is as follows.

<table>
<thead>
<tr>
<th>Regatta</th>
<th>Dates</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stotesbury Cup</td>
<td>May 19-20</td>
<td>Based on coach recommendations</td>
</tr>
<tr>
<td>SRAA Regatta (Nationals)</td>
<td>May 26-27</td>
<td>Based on regatta performance</td>
</tr>
</tbody>
</table>
Background

The Crew Team conducts winter training at LHS from November until late February or early March after which we move to spring training at the Occoquan Reservoir at Sandy Run Regional Park. The exact start date for spring training depends upon when conditions at Sandy Run are suitable for water training.

The Crew Team will provide a calendar through its website with specific information on training including those holidays on which training will not take place. In addition, we require parents to subscribe to our RainedOut text-message update service so we can provide last-minute notifications of any changes to schedules, for example due to adverse weather conditions.

Winter Conditioning

Winter conditioning is designed to strengthen physical condition, teach basic rowing techniques and build teamwork. Athletes will most commonly train using rowing machines (“ergs”). Training is held at LHS in the afternoons on selected weekdays and on Saturday mornings.

The general schedule for winter training is as follows:

<table>
<thead>
<tr>
<th></th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Novice</td>
<td>4:00-6:00</td>
<td>4:00-6:00</td>
<td>none</td>
<td>4:00-6:00</td>
<td>4:00-6:00</td>
<td>optional</td>
</tr>
<tr>
<td>Men’s Varsity</td>
<td>4:00-6:00</td>
<td>4:00-6:00</td>
<td>4:00-6:00</td>
<td>4:00-6:00</td>
<td>none</td>
<td>9:00-11:00</td>
</tr>
<tr>
<td>Women’s Novice</td>
<td>4:30-6:30</td>
<td>4:30-6:30</td>
<td>none</td>
<td>4:30-6:30</td>
<td>4:30-6:30</td>
<td>optional</td>
</tr>
<tr>
<td>Women’s Varsity</td>
<td>4:30-6:30</td>
<td>4:30-6:30</td>
<td>4:30-6:30</td>
<td>4:30-6:30</td>
<td>none</td>
<td>9:00-11:00</td>
</tr>
</tbody>
</table>

Parents are responsible for transportation during winter training. The LCBC will help organize carpools to simplify logistics for parents.

Spring Training

Spring training is designed to develop rowing technique and boat handling and is held on the water at the Occoquan reservoir starting in late February. All training is under the close supervision of our coaches. The specific date at which training shifts to the Occoquan depends upon conditions at Sandy Run Regional Park and will be announced in advance. Varsity and JV rowers practice five days during the school week. Novice rowers practice four days during the
week – there is no practice for Novices on Wednesdays. All rowers have Saturday practice at the Occoquan until the start of Regatta Season.

The schedule for Spring Training is as follows

<table>
<thead>
<tr>
<th></th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Sat*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Novice</td>
<td>4:00</td>
<td>4:00</td>
<td>none</td>
<td>4:00</td>
<td>4:00</td>
<td>9:00</td>
</tr>
<tr>
<td>Men’s JV and Varsity</td>
<td>4:00</td>
<td>4:00</td>
<td>4:00</td>
<td>4:00</td>
<td>4:00</td>
<td>9:00</td>
</tr>
<tr>
<td>Women’s Novice</td>
<td>4:00</td>
<td>4:00</td>
<td>none</td>
<td>4:00</td>
<td>4:00</td>
<td>9:00</td>
</tr>
<tr>
<td>Women’s JV and Varsity</td>
<td>4:00</td>
<td>4:00</td>
<td>4:00</td>
<td>4:00</td>
<td>4:00</td>
<td>9:00</td>
</tr>
</tbody>
</table>

* until start of regatta season

LCBC uses two 55-person motor coaches to provide transportation from LHS to the Occoquan during the school week. After practice one of those coaches will return to LHS. Except on Wednesdays, the other coach will drop students from the Great Falls area at Forestville Elementary school or similar area location. On Wednesdays we only have the coach back to LHS. The travel time from Sandy Run back to LHS and Forestville is about 45-55 minutes depending upon traffic, so athletes are usually picked up around 7:45.

Parents are responsible for getting athletes to and from Sandy Run on weekends and LCBC will help organize carpools for this.

**Spring Break Training**

The most important training period for athletes is during Spring Break. During spring break, the team has the opportunity to double the amount of time the team can practice on the water during the day compared to a regular weekday practice, resulting in more strokes on the water, and increased performance by the boat. It is essential that athletes be available for training during Spring Break and racing opportunities will be preferentially assigned to athletes who do participate in Spring Break training.

The specific timing for training during Spring Break will be defined by coaches over the winter but will probably include two sessions with a break in between.

Spring Break training is typically held at the Occoquan. In such cases parents are responsible for organizing transportation via carpools. It is possible we will explore away venues for Spring Break and if so we will provide this information well in advance.
2016-17 Winter Conditioning / Spring Crew Season Sign Up

The Langley Crew Team registration approach has been migrated to an online registration system. For online registration the team is using Sports Engine, a leading online sports registration system (http://www.sportsengine.com/). This tool allows for the electronic submittal of forms and payment.

Registration Requirements:

There is no cost to participate in Winter Conditioning. However, in order to be eligible to participate, you must register and pay for Spring Crew utilizing our online registration system. Winter conditioning begins Nov 16. Register before Nov. 10 to avoid late fees.

Registration Process:

Step 1: Fill out FCPS required forms for participating in a sport

There are several forms that are required to meet the FCPS sports participation regulation. These forms will need to be filled out and ready for upload during the registration process. All of these forms are available via the Langley crew web page (http://www.langleycrew.com/join.html)

- Emergency Care Form*: Provided to the coaches for use in emergency situations
- Communicable Diseases Form*: Required by FCPS for participation in all sports
- Participation Policy*: Acknowledgement of FCPS rules for participating in a sport
- Parental Authorization for Field Trip FS-152: Authorizes your child to ride the commercial coaches to and from practice or regattas
- Field Trip Driver’s License and Insurance Info FS-142: Authorizes a parent or student to drive directly to practice or a regatta. This form must be filled out by anyone, Parent and/or student, who may be driving. This also covers the car pool days when commercial coaches are not available.

*you do not have to submit again if you turned in at Fall Learn to Row

Step 2: Online Registration and Payment

Go to the 2016-17 Crew Season registration: (https://langleycrew.sportngin.com/register/form/214193827)

- Login or create an account if this is your first time.
- Register, and upload the forms listed in Step 1.
- Make electronic payment using credit card or checking account debit.
Step 3: Health and Physical Concussion Training
- **Health Physical form (VHSL)** ([http://angleysports.org/main/filesLinks](http://angleysports.org/main/filesLinks)) - Turn in to Nancy Ayoub in the Langley Activities Office. You only need to turn this form in once per school year.
- **Concussion Training for parents** ([https://www.fcps.edu/activities/student-athletics](https://www.fcps.edu/activities/student-athletics)) - Results will be reported to Activities Office.
- **Concussion Training for athletes** ([https://www.fcps.edu/activities/student-athletics](https://www.fcps.edu/activities/student-athletics)) - Results will be reported to Activities Office.

Step 4: US Rowing Waiver (Stop! Sign after 1/1/2017)
- Go to the USRowing membership portal ([https://membership.usrowing.org/](https://membership.usrowing.org/)) and select "Individual / Join."
- Enter club name: "Langley Crew Boosters" and club code: "BH9VS."
- Enroll in/renew membership (there is now a fee of $5.75 for Basic Membership).
- Sign the waiver for 2017 (confirmation will be sent directly to Langley Crew).

Step 5: Swim Test (To be completed before the start of Spring Crew)
- All Novice and new-to-Langley Crew rowers are required to pass a one-time swim test.
- For more information see our web page for our Swim Test Guidelines.
- We will be organizing a swim test prior to the start of Spring Crew. Date will be posted in advance.

If you have any questions, please email:
- Vivien Tran ([Vivientran@Verizon.net](mailto:Vivientran@Verizon.net))
- Julie Dunlap ([Juliana.l.dunlap@gmail.com](mailto:Juliana.l.dunlap@gmail.com))