



South County Crew INFORMATION SHEET



WHAT IS CREW? – A Varsity Club Sport to Build your Body and Mind: A normal competition consists of teams of 4 or 8 Rowers and a Coxswain racing their shells (boats) against other teams in a 1500-yard sprint that lasts 5-8 minutes. It is a physically challenging race that requires individual strength and endurance as well as superb teamwork and sacrifice. The team is no better than its weakest Rower, yet a good team can raise the performance of all Rowers beyond expectations. In our second season, our boys and girls collectively will enter six to eight boats in each regatta. Rowers are selected to specific boats each week based on their performance and dedication in previous regattas as well as in practice. Freshman row competitively as well. Varsity letters are awarded based on SCSS criteria.

SC CREW TEAM – Taking its Place in Fairfax County and SCSS: The South County Crew Team was established in 2005 / 2006 and sanctioned by SCSS and Fairfax County Schools as an official student club. A parent's Booster Club is in place with approved By-Laws. The SC Crew Team is a member of the National Capital Area Scholastic Rowing Association (NCASRA).



SOUTH COUNTY CREW – Academic Excellence with a Winning Tradition: In its inaugural year the Crew Team enjoyed unprecedented success. Forty-eight novice rowers started the season. By season's end they were competing against experienced juniors and seniors at the Virginia State Regatta. Our Varsity Boys took the third place medal and the Varsity Girls came in fifth (only seconds off the pace from earning their first State medal). More than half of the 48 Rowers on the Team earned a Varsity Letter. The majority of the Letter awardees were distinguished as Scholar Athletes earning higher than a 3.5 GPA.

TIME COMMITMENT:

- Crew is a Spring sport. The season officially runs from February through May. Winter athletic conditioning for those not in a Winter Sport takes place several days a week after school in December and January. Winter conditioning is optional but highly encouraged. There is no charge and all students are welcome.
- Daily on-the-water (weather permitting) practice 4:00pm - 6:00pm starting in mid-February
- Regattas nearly every Saturday (8:00am-3:00 pm) end-of-March through May
- Crew members and their parents are expected to participate in fundraising events through the year and to provide service hours to prepare and operate the team.



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DUES: Crew is a club sport and hence receives no funding from the school or Fairfax County. Hence all costs are borne by the participants. In order to make equipment purchases and pay operating expenses, dues are required of each participant each crew season. Dues are \$500 - \$600 dependent on when they are paid. In addition to the dues, students will be required to purchase their own uniform (around \$100). Travel and lodging expenses for any out-of-area regattas are also added expenses.

FUNDRAISING: Dues alone are not sufficient to cover the expenses. Each participant is also responsible for raising \$600 through fundraising. Several fundraising events will occur during the year (not just during the season). Students are required to participate in most fundraising events. Examples: car washes, letter writing campaign, ERG raffle, coffee sale, Patriot Center volunteering. Many students meet their fundraising commitment via participation in the fundraising events.

PARENT COMMITMENT FOR CREW: As in any club, strong parent participation is needed to make Crew successful. A Parent Booster Club manages the necessary affairs and provides the organization that enables the Crew team to excel. Parents are responsible for getting their Crew member to/from practices and regattas. Additionally, parent help is required to prepare the equipment and run the regatta competitions.

JOIN THE WINNING TEAM – Looking for a few good Students: Our goal for the 2007 season is to expand the team to 70 Rowers and compete at the National level. Experience is NOT needed; our expert Coaches will make a “Rower” out of every rower. Rowers need just to be committed to teamwork and improving their athletic abilities

FOR MORE INFO:

- visit our web site at <http://www.sc-crew.org> or
- contact Ed Keitelman at sococrewinfo@aol.com