

Welcome to Riverside Crew!



Governing Bodies for Rowing

US Rowing
Nationwide for all
Levels



This is national organization that oversees competitive rowing at all levels. Riverside Crew is a member of US Rowing.

VASRA
Virginia Scholastic
Rowing Association



This is an all-volunteer organization that hosts the regattas in Virginia. Riverside Crew is a member of VASRA.

VHSL
Virginia High School
League



Crew in Loudoun County is not a member of VHSL however we follow all the VHSL rules.



What the heck is a Tier 3 Varsity sport?

2023 Coaches

- Head coach Dan Passarella Varsity Boys and Girls
- Coach Joseph Carrier Varsity Boys
- Coach John Bright Varsity Girls
- Asst Coach Scott Bryant Novice Boys and Girls
- Asst Coach Joe Meinhardt Novice Boys and Girls
- Asst Coach Carl DiManno
- Asst Coach Brian Hardy

2023 Team Schedule

Date	Event
Sat 3/18/2023	Loudoun County scrimmage at home (tentative)
Sat 3/25/2023	Regional Park Regatta
Sat 4/01/2023	Walter Mess Regatta
Wed 4/6->4/9	Spring Break - Team PRACTICE Monday - Wednesday then off for rest of week
Sat 4/15/2023	Ted Phoenix Regatta
Sat 4/22/2023	Ryz Obuchowicz Regatta
Sat 5/6/2023	VSRCs Day 1 (State Championships)
Sat 5/13/2023	VSRCs Day 2 (State Championships)
Fri 5/19 & Sat 5/20	Stotesbury Cup Philadelphia PA (not all boats)

NOTE: All Regattas are at Sandy Run Regional Park except Stotesbury

These dates are also posted on the team website at www.riversiderowing.org

Events and Progressions

Classification	Eight	Four	Quad	Double	Single
Championship	1st Eight	1st four	1st Quad	1st double	1st Single
Championship	2nd Eight	2nd Four	2nd Quad	1st Double	
Non-Championship	3rd Eight	3rd Four	etc...		
Non-Championship	4th Eight	etc..			
Non-Championship	5th Eight				
Non-Championship	etc...				
Non-Championship	etc..				
Classification	Event	Boat class			
Championship	Junior	8,4+,4x,2x,1x			
Non-Championship	Freshman	8,4+,4x,2x,1x			
Non-Championship	Novice	8,4+			

First Week of the Season

- Swim Tests - One Time Test per US Rowing - Potomac Club Indoor Pool
 - Tonight immediately following the meeting
 - Friday, 2/24 at 5 pm (lasts 10 min)
- Team Practice - Rigging Only - Algonkian Regional Park
 - Friday 2/24 at 5 pm
- Team Practice - First Day on the Water - Algonkian Regional Park
 - Saturday 2/25 9 am - 11 am
- Monday 2/27 - Practice - Algonkian Regional Park
- Tuesday 2/28 - Spring Sport Picture Day RVHS 6:30 pm (no practice)
- Wednesday/Thursday/Friday - Practice 5pm - Dusk
- Saturday 3/4 Practice - 9 - 11 am

What to expect

-Shell unload day

-Practice day - Algonkian Regional Park

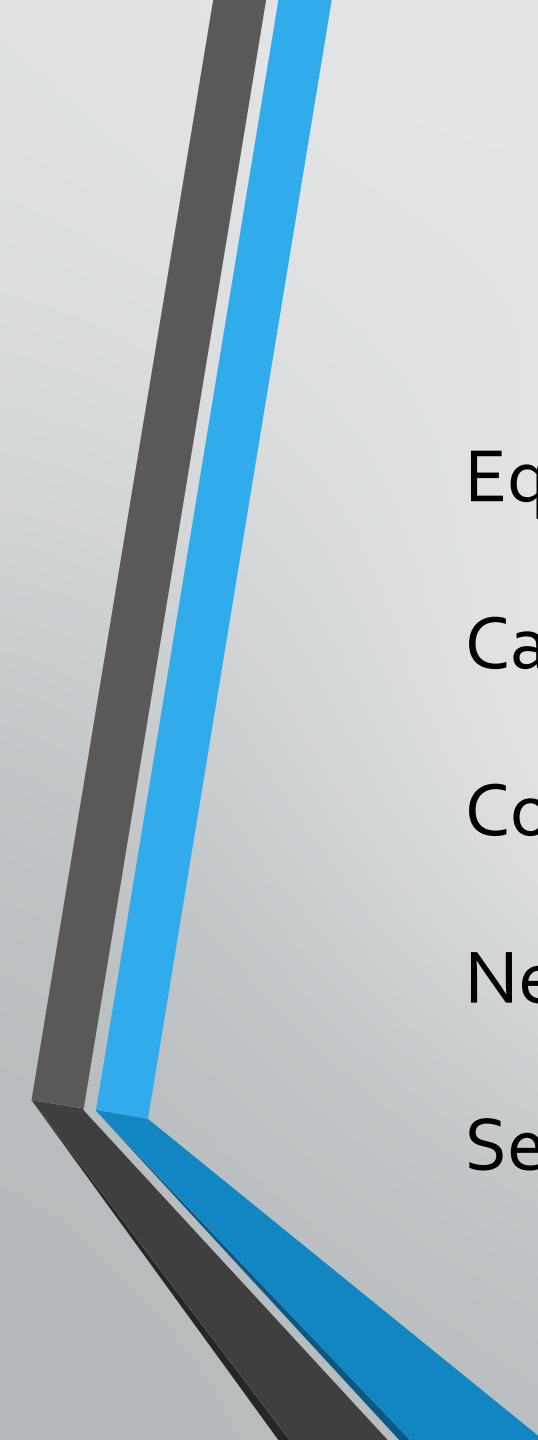
M-F 5:00pm-Dusk

Sat 9:00-11:30 AM

-Race day - Sandy Run Regional Park (Occoquan)

Sat 7:30 AM – 4-5 PM

**Bus Transportation provided from RVHS to Occoquan only - leaves school at 6:15 am - optional*



What to expect

Equipment

Captains

Coxswains

New Rowers

Seniors



What to expect

Team Culture

Attendance Policy

Varsity letters

Coaching Philosophy

The Rule

- No Drama

Everything you say or do reflects directly back on yourself, your team, your coaches and your school.



Safety, Safety, Safety

Year-Round Rowing Opportunities

Spring Rowing Team



Representing RVHS
Open to Riverside
Students only

Summer & Fall Rowing Club



Open to all
Loudoun
County, 8th
grade and up

2023 Riverside Crew Board

- Jean Bright - President
- Samantha Carrier – Vice President
- Will Hom - Treasurer
- Denise Passarella – Communications
- Melissa Edmundson - VASRA Representative
- Kristy Balwinski - Volunteers & Social
- Erin DiManno - Regatta Operations, Technology

Riverside Crew - a volunteer driven organization

Volunteers to manage/support:

- Regatta operations
- Pasta Dinners
- Senior Night
- Regatta refreshments
- End of Season Banquet
- Team Store

NOTE: Virtual Meeting on Volunteer opportunities for parents March 2nd at 8pm

[Volunteer meeting link](#)

Team Store

Team Store - [Team Squadlocker Store](#)
Wide variety of apparel available at any time



Limited Season store with delivery before first regatta (orders due March 3rd)
[Custom Ink Store](#)



What's Next...

Riverside Crew follows US Rowing and Virginia Scholastic Rowing Association (VASRA) rules. These national and state requirements mean all the items below must be completed before an athlete can participate in a practice with Riverside Crew. We expect practice at Algonkian Regional Park in Sterling to officially begin Saturday, February 25th.

SWIM TEST

- All athletes new to crew must pass a short swim test to be eligible to participate. Athletes must complete four lengths of the pool continuously (any stroke) and tread water for two minutes.
- If you have never taken a swim test for any crew program you must take the required swim test tonight following this meeting at the Potomac Club indoor pool or **Friday 2/24 at 5 pm**

US ROWING MEMBERSHIP REGISTRATION

- Returning athletes must ensure their US Rowing membership is current and **renewal fee is paid in full.**
- New athletes will be registered by the team and the first year's fee of \$25.00 will be paid by the team.
- Any athletes who are 18 years or older **MUST** complete the **SafeSport training** through US Rowing.

REGISTER WITH RIVERSIDE CREW

- All athletes **MUST** register with our team management portal, Boathouse Connect. Additional forms and information will be collected and shared via Boathouse and team communication will be managed through this system. You will be required to input payment information at the time of your registration.
- **NOTE:** Be sure to add at least one parent's information in **Additional Contacts** sections of the registration so they may receive communications from the team as well.

Experienced Athletes who have participated with Riverside Crew or P10 Rowing should register here:

<http://bit.ly/3VHcpsn>



Athletes who have never rowed with Riverside Crew or any other club should register here:

<http://bit.ly/3IIS9cL>



MAKE YOUR PAYMENT

- **Payments must be made online through the team management portal no later than Monday, February 27th at the time registration.** No athlete can participate in practice unless the payment is made before the first practice begins.

PRACTICES

- **Attend practice on time every day.** Failure to arrive on time for practice can mean that your entire boat will not be able to row. We will not send a boat out with less than the required number of rowers and coxswain. If you will not be able to attend practice or a regatta, contact Coach Dan (coach@riversiderowing.org) and provide this information as soon as possible. If you are sick or don't attend school, please contact the coach and let him know you won't be attending. Message coach Dan via Remind for same day notice of absence.
- **Location-** All practices will be held at Algonkian Regional Park, 47001 Fairway Drive in Sterling, VA unless change is announced due to weather conditions.
- **Time** - Practice will begin at 5:00PM Monday through Friday and end at approximately 6:20PM until Friday, March 10th. Beginning March 13th practice will run until 7:00PM.
- Fridays, on the day before a regatta, will be a loading day. The team will all meet at the regular practice time and de-rig and load the boats onto the trailer for the following morning.
- On Saturdays when no regatta is scheduled practice will be at 9:00AM.
- Dress appropriately for practice. Algonkian can be extremely muddy. Wear rubber boots or other appropriate shoes that can get wet. Always wear socks.
- We begin practicing on February 27th so please dress for the cold weather. Hats and jackets are recommended. Put your name on your stuff.
- Bring water with you to every practice.
- If you come directly from school, we have a locker at Algonkian for your belongings.
- Please note that bathrooms at Algonkian are limited to porta potties.
- **Carpooling-** If you would like to share your contact information and receive contact information within the team, please complete the google form by Sunday, February 26 <https://forms.gle/5W43N6XgADzk28WC8>

REGATTAS

- Regular season regattas will take place at **Sandy Run Park**, 10450 Van Thompson Road, Fairfax Station VA.
- *Bus Transportation provided from RVHS to Occoquan only - leaves school at 6:15 am - optional
- The 2023 regatta schedule is posted on the [team's website](#).
- Coaches will let you know what time you should be at the regattas a couple of days prior. The race schedule is created by VASRA and coaches will not know exactly what time everyone is rowing until a couple of days prior to each regatta. Unless you have a scheduled absence on the day of a regatta you are **always** required to attend as part of the team.



Athletes or parents with questions about team registration, please email info@riversiderowing.org or call Denise Passarella at 703-244-0218.

Coaches can be contacted by email at coach@riversiderowing.org and via *Remind*

Team Communications

- **Primary communication vehicle** will be texts and emails to the athletes AND parents. Be sure to register on the team management portal (Boathouse) and include at least ONE parent's contact info in the "Additional Contacts" section of your profile.
- **Facebook** – we try and post all updates on Facebook as well on the **Riverside Crew Team** Facebook Group.
- **Team website** – www.riversiderowing.org
- **Remind** – class code @rvhscrew
- **Instagram** – riversiderowing
- Any issues or questions always feel free to email info@riversiderowing.org

What is VASRA?

Virginia Scholastic Rowing Association vasra.org

- Purpose = Fostering competition between ~ 45 Virginia high school rowing teams
- Provides Regatta Operations = The venues, organization, resources, and oversight for regattas on the Occoquan Reservoir.
- 100% VOLUNTEER
 - We are required to provide:
 - Course setup (begin season) & teardown (end of season) volunteers
 - [signup genius link](#)
 - 8 Volunteers for [each](#) Regatta
 - signup genius link to be emailed
 - Volunteering offers the BEST view of your child competing
 - Drive a Launch, Dockmaster, Concessions, Stakeboat Holder, etc
- Find out more @ the *virtual* Volunteer meeting 3/2 @8pm
 - [Volunteer meeting link](#)

Team Social Events

Friday 3/24	Team Dinner at Algonkian
Friday 4/21	Senior Night/Weekend
Friday 5/5	Pasta Dinner before States
Thursday 6/1	End of Season Banquet

