



RIVERSIDE CREW

Interest Meeting



Sign up to receive communications about upcoming deadlines, tryouts and important information about the season.



<https://www.youtube.com/watch?v=pK4qioOXo58>

Agenda

- Welcome
- Riverside Crew Leadership & Organization
- Rowing Governing Bodies
- How does Crew work
- Coaching Philosophy
- Key Dates & Spring Schedule
- Cost
- Fundraising
- Team Communications
- Q&A

2025-2026 Riverside Crew Board

President

Kristy Balwinski

VASRA Representative

Sonia McAvoy

Immediate Past President

Samantha Carrier

Treasurer

Open Seat

Secretary

Open Seat



Board Meetings are on the 2nd Tuesday of each month

2025-2026 Riverside Crew Support

- Communications
Denise Passarella
- Fundraising
Dawn Miller
Anne Anderson
Melanie McCowan
Taylor Salmon
Dawn Miller
David Schafer
Elissa Seweryniak
Jenny Blair
Courtney Seiger
- VASRA Volunteers
- VASRA LOCs
Open
- Marketing
Open
- Hospitality
- Team Photographer
- Spiritwear
- Postseason Regatta Coordinator



We are a volunteer driven organization that supports all of the operational needs of the crew team

2025 Coaches



Head Coach
Dan Passarella



Head Coach
Varsity Girls
Trevor Barry

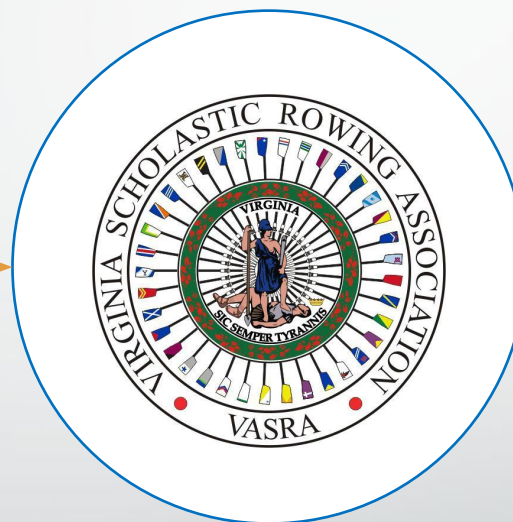
Governing Bodies for Rowing

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. www.vasra.org

VHSL
Virginia High School
League



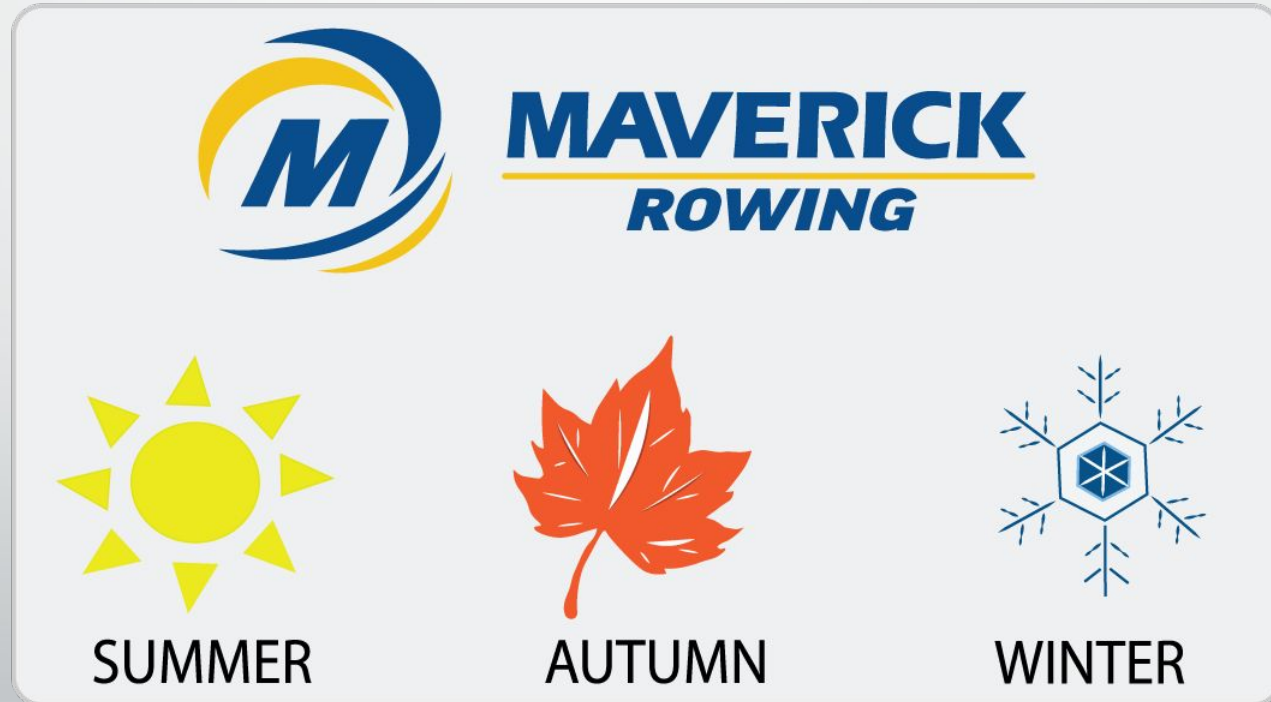
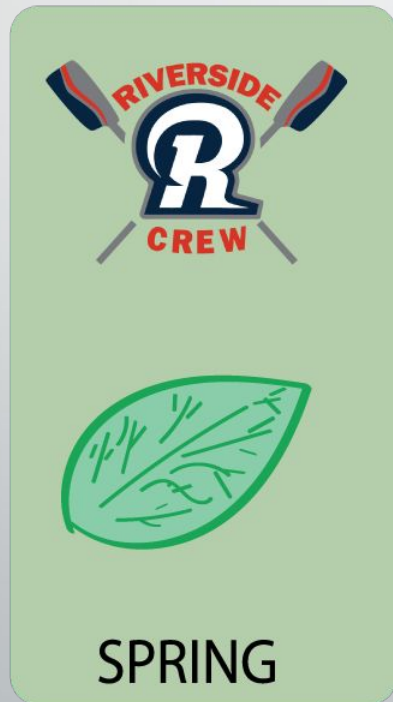
Crew in Loudoun County is not a member of VHSL however we follow all the VHSL rules.



General regatta information can be found at www.regattacentral.com

How Does Crew Work?

- Spring High School Sport
- Opportunity to row all year around
- Considered a Tier 3 Varsity Sport



What is a Tier 3 Varsity Sport?

- 100% funded through Parents and Donations
- High School Varsity Letter
- Team Recognition

State Champion Recognition	VHSL Athletics	VHSL Activities	LCPS Tier 3 Policy
Team	Varsity Level Only School Board Recognition, School Level Recognition	School Board Recognition, School Level Recognition	Division 1 Team Championships
Individual or Relay Event	Varsity Level Only School Board Recognition, School Level Recognition	School Board Recognition, School Level Recognition	Varsity level Only 1st 8's, 1st 4's
All-State (Team Sports)	School Level Recognition	School Level Recognition	N/A

Long-Term Athlete Development Model

Years 1-2

- Fundamental Stage
- Learning to Train
- Training to Train "*Building the Engine*"
- Learning to Compete "*Challenge of Competition*"

Years 3-4

- Training to Compete "*Heat of the Battle*"
- Learning to Win "*Consistent Performance*"
- Winning for a Living "*Performing when it Counts*"
- Active for Life "*Dealing with Adversity*"

"Winners Assemble as a Team and Find Ways to Win"

Attendance Policy



The single most important factor in your child's success at crew is their attendance at practice.

We practice as boats, not as individuals.

One person missing practice changes the dynamics of the boat's training, which affects the dynamics of how the boat performs in the regatta. This means a boat will not practice.

Key Dates



Oct 16	Team registration opens*
Dec/Jan/Feb	Winter Training at Maverick
Jan 8 - Feb 15	Sign up for tryouts*
Feb 24-26	Tryouts
Feb 27	Tryout results - Roster announced
Feb 28	Final payment due
March 3	RVHS Spring Sports Meeting
March 3	First day of practice

*Registration link will be posted on the team website at www.riversiderowing.org.



2025 Winter Training Fees

Maverick Rowing Center



Dec, Jan, Feb

\$250 per month
Monday-Friday

Schedule Options

- 1 morning class (7-8:15 AM)
- 2 evening classes (4:45-6:00 PM and 6:15- 7:30 PM)

Before Spring...

Riverside Crew follows Loudoun County, 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 tryout and/or participate in a practice with Riverside Crew.

1. Athletic Registration Online Riverside High School
2. Athletic Physical submitted to Riverside HS
3. Order Team Uniform (before tryouts)
4. Swim Test before water practice starts
5. Join US Rowing online before practice starts

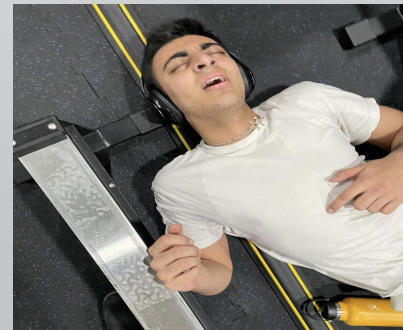
2025 Crew Tryouts

Feb 24-26 at Maverick (5:00-7:00pm)

Day 1: 2000 meter test

Day 2: 500 meter test

Day 3: 6000 meter test



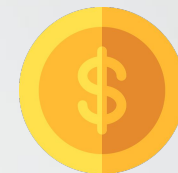
2025 Team Schedule

Date	Event
Sat 3/29/2025	Walter Mess Regatta
Sat 4/5/2025	Darrell Winslow Regatta
Sat 4/12/2025	Ted Phoenix Regatta
Mon 4/14/2025	LCPS Spring Break PRACTICE double practices Monday-Wednesday at Occoquan
Sat 4/26/2025	Al Urquia Regatta
Sat 5/3/2025	VSRCs Day 1 (State Championships)
Sat 5/10/2025	VSRCs Day 2 (State Championships)
Sat 5/16-17/2025	Stotesbury Cup Philadelphia PA (not all boats)
Sat 5/23- 5/24/2025	SRAA National Championship

All Regattas are at Sandy Run Regional Park with the exception of Stotesbury and SRAA



Dates posted on www.riversiderowing.org and www.riversiderams.net



2025 Spring Rowing Fees

- \$1,500 per rower (can be paid in installments)
- Includes:
 - Rowing equipment
 - Coaching fees
 - Bus transportation to and from Occoquan for regattas
 - Use of Maverick Rowing Center for training during the spring RVHS season
 - US Rowing Fee



Does not include cost of uniform or postseason travel expenses for out of town regattas.

Team Fundraisers



RIVERSIDE CREW INVITES YOU TO A



PLEASE JOIN US!
SATURDAY
10.19.24
9-11 AM

MENU

PANCAKES
BACON
FRUIT
JUICE
COFFEE & TEA

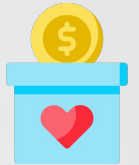
LOCATION

POTOMAC CLUB PARKING LOT

SCAN THE QR CODE FOR TICKETS:



ALL PROCEEDS GO TO RIVERSIDE CREW



Additional Team Fundraisers

RaiseRight Gift card Program

- With the holidays coming up, purchase your gift cards through RaiseRight/Riverside Crew and team earns a portion of the proceeds.
- Start purchasing today!
- Will be posted on www.riversiderowing.org under "Fundraising" starting next week.
- This will be a year round fundraiser.

Letter Writing Campaign

- More information will be coming in January 2025.

Spring Silent Auction



No rower fundraising requirement like other teams.

Team Communications

- **Primary method of communications:** TeamLinkt
- **Additional methods:** Emails to the athletes AND parents
- **Facebook:** Riverside Crew Team Facebook Group
- **Team website:** www.riversiderowing.org
- **Instagram:** @riversiderowing
- **Regatta Results:** x.com @VASRA_SRRP



Athletes or parents with questions about team registration, please email info@riversiderowing.org

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

