



## Bruin Crew Shout-Out, Mar/Apr 2008

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It's here already...

Spring practice, that is. On February 25<sup>th</sup> our Bruin Crew hit the water at Bull Run Marina. Safety is our first priority so make sure that you are prepared for the cold. Layering is a must. Please review the Team Handbook (posted on the website) for suggested clothing and don't forget the hats. Bring an extra set of dry clothes in the unlikely event that you end up in the water. The ambient temperature may be warm but the water temperature is currently about 36 degrees and the weather can be highly variable at this time of year. Your coaches and captains will give you helpful tips but it's your responsibility to dress appropriately and rowers improperly dressed will not be allowed on the water. Hypothermia is dangerous and the better you feel, the better you row!

## A FRIENDLY REMINDER ABOUT ATTENDANCE

The boats are rigged, the launches are gassed up, and boathouse is lively once again. Spring season is underway! As your coaches begin to prepare their line-ups there is one thing that you can do to make this job easier: attend practice every day. Crew is the ultimate team sport where athletes strive for perfect unison. Practice is the only way to achieve this perfection. By attending practices consistently you are not only improving your own skills but also those of your teammates. Absences impact everyone: the coaches, the coxswains, the individual rowers. Do your best to attend every practice because your team is counting on you.

Below is a review of the attendance policy. Please read this and check your Team Handbook (posted on [www.bruincrew.com](http://www.bruincrew.com)) for further information.

### LB Crew website:

[www.bruincrew.com](http://www.bruincrew.com)

### Mailing Address:

PO Box 10458

Burke, VA

22009-0458

- You may not miss practice without a **VALID** reason. "Absences are extremely disruptive to the team's progress and overall success." (Lake Braddock Team Handbook, pg. 13)
- **ONE** or **MORE** unexcused absences the week of a regatta means that you will not race except at the discretion of the head coaches. "Unexcused absences are not acceptable. If a rower or coxswain misses a practice for any reason, s/he may be excluded from the following regatta." (Lake Braddock Team Handbook, pg. 14)
- **TWO** or **MORE** excused absences the week of a regatta means that you will not race except at the discretion of the head coaches. (If there is an issue with another extracurricular activity please speak with your coach right away.) "Practices are held daily during the spring break and are considered to be part of the normal season practice schedule. Failure to attend practices over spring break will be treated as if a 'regular' practice is missed." (Lake Braddock Team Handbook, pg. 13)
- Send an email to your coach with the date(s) and reason for your excused absence at least 48 hours **PRIOR**. "Anyone who is unable to attend a scheduled practice for any reason must notify their coach prior to the missed day of practice. The head coaches will make the final decision on

regatta participation.” (Lake Braddock Team Handbook, pg. 14)

- In the case of an emergency (for example, you get sick the day of practice) e-mail your coach or call your coxswain/captain by 2:30 pm. “All rowers and coxswains are expected to attend each practice and report on time. Failure to do so affects not only your boat, but one or two boats as rowers are shifted to fill vacant seats.” (Lake Braddock Team Handbook, pg. 13-14)

**Upcoming events:**

**March 17–21:**  
don't forget, crew practices over spring break!

**March 28:**  
First pasta dinner at White Oak Elementary, right after practice until 9 p.m.

**March 29:**  
Polar Bear Regatta (Upper Boats only)

**April 5:** Walter Mess Regatta

**April 12:**  
Smokey Jacobs Regatta

**April 18:**  
Second pasta dinner at White Oak – plant sale packets are due today!

**WHAT TO EXPECT FOR SPRING BREAK**

Parents and athletes are all wondering why the coaches don't just take a vacation, and let the Lake Braddock rowing team have a few days of rest and relaxation. Spring break is a crucial time for all of the crews, and especially for the novices. At this point in the season novices will know the basic elements of the stroke, and coxswains will be able to steer the boat. Spring break is when coaches will be able to perfect rowing technique and teach the coxswains the finer points of the job. It is a time when the varsity rowers aren't distracted with college applications, projects, and other extracurricular activities. The weather is usually a little warmer, and the boat line-ups are beginning to take shape. Last minute details for regattas will be finalized, and the racing season will be in full swing. It is a time when everyone can enjoy the sport and the company of teammates.

This year's spring break falls early in the season. In years past we usually have a race or two under our belts, and a regatta at the end of the week. This season it is especially important because it will allow all of the crews, including the competition, to be well prepared for racing. The 2008 spring break will be early enough to allow boats to become cohesive before racing begins.

The week will be filled with “two-a-days”. Crews will be practicing Monday - Friday from 8:00am - 10:00am and again from 4:00pm-6:30pm. Athletes need to stay hydrated, healthy, and well rested to keep up with the demands of an intense practice schedule. Carpools need to be established and

**April 19:**

Darrell  
Winslow  
Regatta

**April 26:** Al  
Urquia Regatta

**April 27:** Plant  
sale; invite  
your family,  
friends and  
neighbors

**May 2:**  
Stotesbury  
registration  
deadline

**May 3:** Ted  
Phoenix  
Regatta (lower  
boat  
championship)

**May 9:** Final  
pasta dinner,  
White Oak

**May 10:** VA  
State  
Championship  
Regatta (upper  
boats only)

**May 15-17:**  
Stotesbury  
Regatta in

personal appointments planned around the schedule. If there are any conflicts notify a coach right away.

NO PRACTICE SATURDAY, March 22nd! Can you say "mini-vacation"?

**LAST CHANCE FOR SPIRIT WEAR!!!**

The last order for spirit wear is due March 12<sup>th</sup> with delivery expected at the end of the month. Go to this link to find the inventory and order form:

<http://www.bruincrew.com/content.asp?contentid=232>

Speed your orders to Pam Ball. Questions? Rush them to: [pjball@cox.net](mailto:pjball@cox.net)

**"From Many... ONE"**

By Laura Merciez

Let's explore the Latin phrase, "E Pluribus Unum" in relationship to rowing. Crew is the ultimate team sport where your individual strengths come together in a unique way and you glimpse the possibility of perfect motion when many work as "one." It all comes from teamwork - setting aside individual goals to use skill, vision, and mutual support to achieve success for your boat... for your team!

Teamwork, simply stated, "Is less of me and more of we." Rowing requires the dedication of every member of the chain linked together as one. Use your strength, intuition and self belief to always promote and fuel an atmosphere of genuine encouragement and inspiration. It's contagious, invigorating everyone around you to perform! Forget about shortcomings; promote the talent which each person possesses in their own way.

"Individual commitment to a group effort is what makes a team work; you get the best out of others when you give the best of yourself," according to Harry Firestone. "No member of a crew is praised for the rugged individuality of his rowing", Ralph Waldo Emerson said, an avid fan of the sport of rowing.

Philadelphia

**Are you a new parent with questions?...**  
call Bobbi Hess (703-440-0851) or Angela Nesley (703-372-2575)

This season, as novices experience their first race together, along with varsity rowers who dedicate countless hours in the pursuit of rowing, stop and consider the possibilities teamwork holds when you take to the water every day; think about everything you've learned over the years through experience and coaching. Show respect and encourage each other. Jim Stovall spoke of being "aware of what others are doing, applaud their efforts, acknowledge success and encourage each other in your pursuits. When we help one another, everyone wins!"

Best of luck in the 2008 rowing season! We're proud of each of you – together collectively!

### CREW CAPTAINS' SPOTLIGHT

Vickie Shores has been a member of LB Crew since her freshman year at Lake Braddock. She rowed her freshman and sophomore years, then coxed her junior year. She's hoping to do a little of both this year...

The thing Vickie likes best about crew is how different it is from your typical sports, like soccer and baseball, because "there are no super-stars; it's truly a team sport." She manages to maintain a GPA of 3.1 or 3.2 and wants to study physical therapy in college. So far, she's been accepted to ODU, VCU, Radford and Christopher Newport and she's mulling over her choices. CNU appeals to her because the crew program is small and new; it would give her a chance to help build a program rather than rowing with an established one.

When asked her advice, she says, "Stick with it; the work pays off!"

Sean Kotter was nominated for this edition's team captain profile when a team mom observed that Sean was willing to stay after winter conditioning one evening to make sure that someone was doing OK after a minor mishap; that's the true definition of a team leader!

Sean maintains a 3.0 GPA despite the rigors of crew. He has also just completed all the requirements for

### **Need Giant Gift Cards?**

Marsha Martin will have cards available at all the Pasta Dinners or call her for a one-time purchase. Costs you nothing and the team earns 4%. Marsha can be reached at 703-503-7938.

the rank of Eagle Scout and is scheduling his Board of Review. He has been accepted to both Old Dominion University and West Virginia U. He is leaning towards ODU due to the strength of their crew program. He especially likes the team aspect of crew, as well as hanging out and rowing with friends (and winning races occasionally, too). In the Virginia State Championship Regatta he placed third in the 3<sup>rd</sup> eight his freshman year, second in the 2<sup>nd</sup> eight his sophomore year, and third 3<sup>rd</sup> in the 2nd eight his junior year. His motto: "Friends can get through it together if we put everything we've got into it."

### **PANCAKE BREAKFAST SPECTACULAR**

By Margi Flynn (Pancake Princess)

About 130 hungry hot cake eaters descended on the Kings Park McDonald's for a wonderful morning of team spirit and general fun. The annual Pancake Breakfast is a highly-anticipated event and this year's extravaganza was no exception. The record pancakes eaten for the day was 9, and is held by the up and coming Crew legacy Ian Smith, Danielle Smith's multi-talented younger brother.



The local community that happened upon our group that morning was very impressed with the attitude and camaraderie of our team--so much so that several onlookers chose to donate funds to the cause.

I'd like to thank the parents that helped make the event such a success: Becky Reitzel, who kept our high tech security cash box safe and sound; Veronica Barrientos, who provided Spanish translation services when it was clear that my old high school Spanish skills wouldn't cut it; and Bob McCannell, who retrieved and expertly affixed our Crew banners to the dining room. Bravo

Be on the lookout for next year's pancake plans. You

won't want to miss it!

## **PUBLICITY YIELDS RESULTS FOR LB CREW**

By Laura Merciez

Excitement is building as the rowers take to the water. Behind the scenes, I've been working to promote and publicize Lake Braddock Crew by setting up connections with media outlets to draw attention to our athletes as well as events we hold to fund our program. Publicity and public relations is vital to the success of our team! Each of us - student athletes, parents, coaches and alumni - can play an integral role in promoting the program and sport we all love so much by talking to those around you about how much you love LB Crew! It's all about our young athletes!

Upcoming events: LB Crew is hosting filming of a cable program in late March by School Scenes. Fairfax County's Apple 21 channel will air the program sometime in April (more details as they become available.) The program will bring more attention to Lake Braddock's successful program and highlight the work it takes to keep a non-funded program "afloat" through the team efforts and fund raising. It is a chance to show how unique and special the LB Crew program is and how proud we are of our coaches and athletes!

Please check the LB Crew website for events schedule: [www.bruincrew.com](http://www.bruincrew.com) and don't forget to subscribe to PTSA newsletter e-mail @ fcps website. If you have ideas for publicity or media connections, e-mail [Row4BruinCrew@yahoo.com](mailto:Row4BruinCrew@yahoo.com). I'm especially appreciative if you would pass on a CD w/any digitized photos I can offer to media. It takes us all working together to draw attention to our fund raising events and publicize our program... raise awareness of LB Crew by reaching out to the community, your neighbors and friends! Your enthusiasm spreads interest! THANKS!!

## AND A SPECIAL PLEA...

**Recruit! Recruit! Recruit!** Bruin Crew needs coxswains! Ask your friends, ask your friends' friends, ask random people on the street (no, really, they DO have to attend Lake Braddock). Tell them how much you enjoy crew, how great a sport it is, how much she/he will love crew...who wouldn't love steering a boat and yelling at peers while taking a boat ride down the Occoquan? Reach out and find a coxswain for the team!

## ANNUAL PLANT SALE IS April 27<sup>th</sup> 2008!

Preparations are in the works for the 8<sup>th</sup> Annual Lake Braddock Crew Plant Sale from 9 am to 3 pm in the Lake Braddock SS Parking lot. The plant sale is the single largest fund raiser for Bruin Crew and, has become a community event.



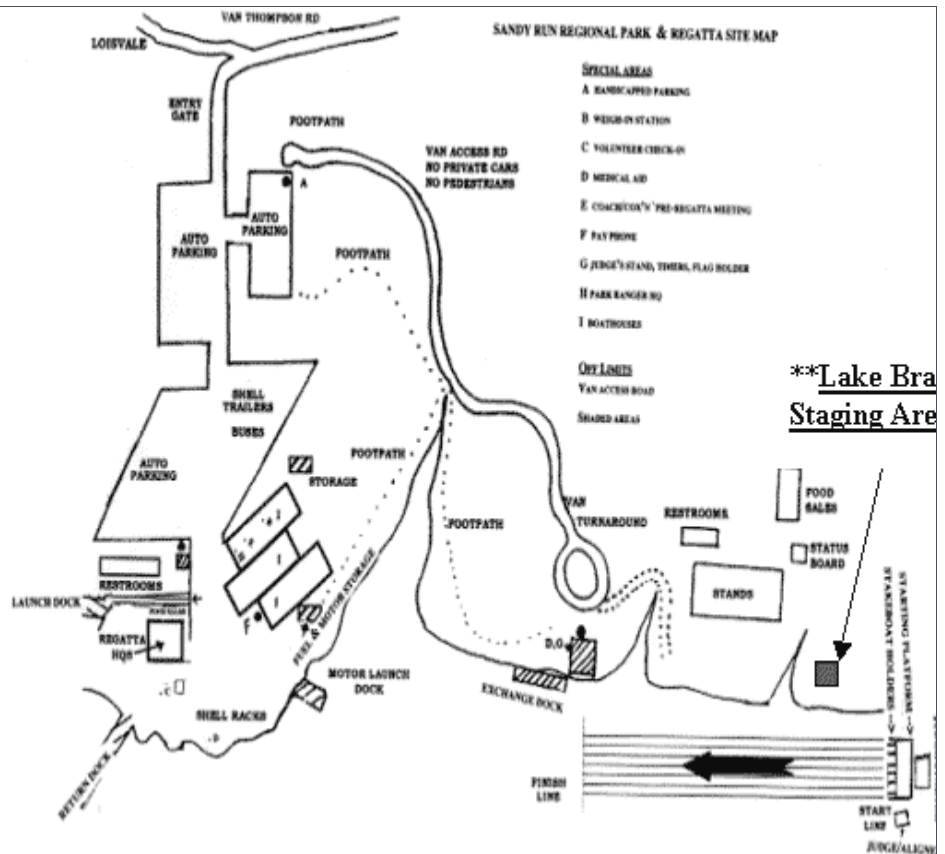
During this one day event the Lake Braddock Secondary School parking lot is transformed into a mini nursery. The flowers, bushes, hanging baskets, mulch, and topsoil are provided by Burke Nursery. The Bruin Crew community, including active members and alumni parents, come together to plan, advertises, set up, sell and deliver (in the case of mulch and top soil) the wide range of nursery items. There are opportunities for drawings. Last year items of interest were a hand made quilt along with Jimmy Buffet and Washington National tickets; to name a few.

As you can only imagine, an event of this magnitude requires 100% participation from the members of Bruin Crew. The participation ranges from being a member of the Committee, taking part in the pre-sale (packets will be distributed), and working the day of the sale. Pick-up trucks for mulch delivery, wagons for individuals to use during the sale, and sturdy cardboard flats (i.e. soda case bottoms)- all will be needed.

**Plant Sale Committee** The plant sale committee is responsible for all facets of the plant sale. To date we have a great team that has put the sale in motion. However, we do need some more assistance! Specifically, we need donated items for the drawing. Additionally, we need assistance from those that are interested in managing the events on the day of the sale; those with green thumbs that can assist in coordinating with Burke Nursery; those with greener thumbs that can assist with managing the financial accounting on the day of the event. If you are interested please contact Ron and Lorna Walters at 703-272-7179 or feagle13@aol.com or spoadie30@aol.com.

### **SANDY RUN REGATTA INFORMATION**

If you are new to the team, the first regatta can be a bit confusing! We ask you to review the information about Sandy Run and the days leading up to regattas by visiting the Bruin Crew Website or click on <http://bruincrew.com/content.asp?contentid=85>. If you continue to have questions after reading the posted information, wonder about anything, or just want to find out more... simply ask ANY Varsity Crew parent. We all want to help you and make it easy for you!



### NOVICE WOMEN SAY THANKS...

The Novice Women would like to extend a very huge s-t-r-e-t-c-h-i-n-g thank you to Cynthia Maltenfort who graciously came to Winter Conditioning, not once, not twice, but three times to instruct the women in some great yoga moves. Everyone really looked forward to these sessions with Cynthia who is a certified yoga instructor at Sun And Moon Yoga Studios, in Fairfax. She learned how to row last summer with the Bull Run Rowers after her daughter, Zil, was a coxswain last year for the Lower Boat novice men's four champions. The classes were designed with the rower in mind. If you subscribe to "Rowing News" one of last month's feature articles was on the benefits of yoga for rowers. Thank You Cynthia!



## **A SAFETY MOMENT**

With 80 kids on our team and a similar number on Westfield's crew it is obvious that student drivers and carpool parent drivers should exercise care when driving in and around Bull Run Marina. This is particularly true in the after practice times as darkness draws near and boats and equipment are being returned to storage and kids (generally in dark clothing) can be anywhere in the parking lot. Practices are hard and everyone is hungry, thirsty, and anxious to get home to do homework. Be aware of the surroundings and keep everyone safe.

## **ANOTHER FABULOUS EVENT...**

As expected, the third annual Wine Appreciation Fund Raiser was a sell-out event. Parents enjoyed outstanding appetizers and an evening with friends while learning to become more discerning wine consumers.

A special thanks to the Kotters for donating a lovely picnic tote/wine carrier for the silent auction and to Steve Mutty for adding an epicurean picnic for four. The competitive bidding and final donation added to the fundraising success of the event. Thank you Bill and Dot!

We can't applaud Bob Linn and Steve Mutty, both alumni parents, enough for continuing to support the crew team. Their love of the sport and our LB crew team is priceless. Bob's attentive hospitality and lovely home paired with Steve's expert presentation of wine appreciation made for a fine evening. We appreciate their time, efforts, and knowledge as well as support our team.

## LETTER WRITING CAMPAIGN UPDATE

The Letter Writing Campaign continues to bring in donations that support the team's operations and equipment acquisitions. Thank-you for completing the rower packets working towards our goal. We're almost there and the letters keep coming. Special thanks to Louise and Chris Rodee as well as Julia Kane for all their work.

Statistics to date:

2008 Budget goal - \$17,750.00

Money received to date - \$14,395.00

Goal to date – 81.1%

Number of buy-outs - 6

Number of donors – 309

Our team is supported by donors located around the globe. Exactly where did your letter-writing campaign contributions come from? Chris RoDee creatively captured a visual for us to see the reaches of our support. Find your friends' and family's hometowns by going to the Bruin Crew Website and follow the links under the Fund Raising Tab.

## ALUMNI NEWS.....

### A Life Well Lived

by Jeanne Ayivorah

My favorite rowing quote is about the power of believing. It is so powerful that it has lasted two thousand years in print. To paraphrase it, "*she could do it because she believed she could,*" reminds me of the indomitable spirit of Tricia Marcinkowski, alumni parent and mother of Frank Marcinkowski, a four-year team member, captain and current GMU oarsmen and Lake Braddock winter conditioning coach. Tricia was a woman of faith, with a passion for life. She engaged in a seven-year battle against breast cancer, yet the illness did not define her. As Bob Linn, former Lake Braddock Crew Booster Club president, reminisced, "She always had a smile for everyone she dealt with

in crew."

She was famous for her smiles! She was a fun-loving, busy and proud mom of Lauren, Frank, Greg and Bridget; a Montessori school teacher, an avid reader, a world traveler, a woman as comfortable on the water as she was in her home, a volunteer, a fabulous cook, a caring friend, sister and daughter in the Marcinkowski/Campbell clans and a loving wife, who would probably be saying right now, "Oh, enough already!" Instead, she would want to know how you were doing today. She was that kind of person.

Tricia didn't clog your email box with email stories, but she shared one last year that she really enjoyed, and it was about "attitude". It was a fun, uplifting story and ended, *"Live simply, love generously, care deeply, speak kindly, leave the rest to God. Life isn't about waiting for the storm to pass. It's about learning to dance in the rain."*

You wouldn't believe how many lives she touched, teaching us to dance in the rain. I guess that is what can happen when you believe.



If you wish to support her designated charities, please visit <http://www.climbforhope.com/index.php/cfh/admin/c/limbs/> which supports the John Hopkins' Cancer Study that Tricia participated in and shows promising research in the fight against breast cancer; or the monastery of one of her sisters - MONASTERY OF POOR CLARE, 5500 Holly Fork Rd, Barhamsville, VA 23011, (757) 566-1684.

