

# Bruin Crew Shout-Out February, 2009

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## **Heads-up:**

General mtg  
for all rowers  
and parents,  
Weds, 2/11, 7  
(new parent  
orientation);  
all members,  
7:30 in the  
Lecture Hall

## **General Meeting Rescheduled for Weds., 2/11**

**Same time, different place; new parents will meet in the vicinity of the Lecture Hall in J103 at 7:00 p.m. All parents and rowers will meet in the Lecture Hall at 7:30 p.m. Pizza will be provided for rowers in J104 beginning at 7:00 p.m. Don't forget: your final payment is due at this meeting.**

## **Bull Run Clean-Up Sat., 2/14 & 2/21 from 11-2**

This is when we spruce up the boathouse, park area and prepare the equipment for water practice. Everyone's help is needed to ensure we are set for the official start of the season. It is mandatory for all team members and at least one parent to participate. More details will be given at the booster meeting.

## **Team Photos Scheduled for Friday, 2/27**

**Team Picture Day** will be Friday, February 27. Anyone who wants an individual picture needs to arrive by 3PM. Group pictures will begin by 3:30 – seniors, captains, etc. and the team picture will be taken at 3:45. Lifetouch order envelopes will be distributed at Wednesday's meeting. These are the pictures for the yearbook, Regatta program and personal purchase.

## **President's Note – Pehr Pehrsson**

I extend a warm welcome to our new rowers and their families and a welcome back to our veteran parents and rowers. This is my fourth year with the team and I'm proud to serve as the president of the Crew Boosters.

Bull Run Clean  
Up Day Sat.,  
2/14, 11-2

Lake Braddock  
Crew website:

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

Street  
Address: PO  
Box 10458

Burke, VA  
22009-0458

The year is off to a very strong start, with a record number of new rowers signed up, the addition of new coaches, and the return of coaches and parents who work very hard on behalf of the team. I know that our new rowers will find crew to be a uniquely rewarding sport. As our novice rowers carry on the great traditions of LB crew, they will discover that they can do more than they thought possible.

This year, we are proud to celebrate our tenth anniversary of LB Crew. We have known many successes and our rowers have developed into very fine young people. This anniversary is also a transition year in which many of the founders and longtime drivers of the LB Crew Boosters have moved on to make way for the next generation of parent volunteers. Volunteers are indispensable to the operation of the team. Parents, if you have not yet done so, I urge you to take advantage of one of the many volunteer opportunities offered. We welcome your involvement because we simply cannot have a team without you. There is something for everyone. I guarantee that you will be glad you stepped up because you will enjoy the fellowship and get much more out of the crew experience. Finally, if you are a rower, thank a volunteer (maybe even your own parent), and think about one day returning to the team and contributing as a coach or maybe even a board member. Someday, when you have your own rower, you will understand what it takes to make the crew organization go, but for now, just work hard and enjoy this wonderful opportunity.

***Captain's Corner –  
Jacqueline Vaiana and Jay Suh***

The Captains and members of the team would like to send a huge **thank-you to the Pehrsson's** for hosting the first pasta dinner of the year. All rowers/coxswains were invited to dinner in preparation for the Mid-Atlantic Erg Sprints. The team's success the next day was ensured with the wide variety of delicious pasta and other foods. It was also a great opportunity for team bonding as the rowers mingled while playing Wii and

New Parents!  
Questions, call  
Susan Smith  
at 703-440-  
0458 or send  
them to  
susan\_david86  
@hotmail.com

table ice hockey. Again, thank you Pehrsson Family for inviting us all into your home! We appreciated your warm hospitality!

Also, thank you to everyone who brought in items for the **ECHO canned food drive**. Around the holidays ECHO has a high demand for food. The staff and volunteers were extremely appreciative of our generosity. In total, we donated 16 heavy bags of items. Great job, Bruins!

The **water season** is a few short weeks away and after countless hours erging, weight lifting, and running Bruin Crew is ready to strut its stuff on the river! This is what we have been training for and there are a few ways to ensure that you are prepared to "get on the water." We begin February 23, meaning it will be very cold on the water! *Layers are a must*. Long-sleeved shirts, Under-armor or other insulating clothes, t-shirts, sweatshirts and/or windbreakers (all on one day) are necessary at the beginning of the season. Also long pants or sweat-pants over spandex are often needed. Don't forget a knit hat or you won't be allowed to row on the water!!

The trip to Bull Run Marina (Bruin Crew Boathouse) can take 20-30 minutes one-way so *carpooling is a great idea* to save time and gas. There are more than 90 rowers on the team so someone probably lives near you that you can carpool with. Don't be shy if you don't live near your friends, this is a great time to meet new people! If you need help finding a carpool, please talk to the captains or coaches. We are more than happy to help! Also, Mrs. Mankowski and Mrs. Renier have agreed to be carpool coordinators. You can contact them at [carpool@bruincrew.com](mailto:carpool@bruincrew.com). All drivers should allow enough time to negotiate the turns safely and follow speed limits on the winding roads.

Rowing takes many years to perfect, spending numerous hours on and off the water. For this reason, we need as much practice time as possible. There will be practice six days a week for about 3 hours each day. Because of the practice times. don't be surprised if after school you are

home for less than 30 minutes before practice and then get home around 7:00 PM. *Time management is paramount* for your success. While school and your studies come first, skipping practice to do homework or a project is not acceptable. Your absence affects the entire boat whether a rower or coxswain. Use your time at home and in school wisely and stay organized. Take a book on the ride to the marina. We all want to be on the water!

You probably are in the best shape you've ever been in. With all the time spent practicing and calories you will be burning, it is very important to be eating healthy, drinking lots of water, and getting your sleep! We want you to be healthy and able to work hard everyday.

When we start getting on the water, the novice members will learn various things that have to be done before the actual water training starts. After finishing the warm-up run, experienced rowers will show the novice members how to prep the launch boats that the coaches will ride on throughout the practice. Prepping the launch boats consist of loading the proper safety gear for the rowers on the water. Of course, the members will be required to stow the equipment after finishing the water practice. Additionally, all members should make sure to be on time for practice. Since crew is the ultimate team sport, if one person is late, it will affect all eight people in the boat. Water training is definitely the best part of crew, so let's get out there and have some fun. There is a lot of fragile and expensive equipment in the boathouse that everyone needs to learn to use. Please be patient when helping new rowers get acclimated to the routine at the beginning of the season (we were all novices once ;-). With teamwork, we can be efficient and organized, maximizing our time practicing.

The captains are extremely excited for another great season of rowing. The team has been working harder than ever and with continued dedication we will be prepared for the spring regattas. The crew season is a time for making great memories and we are ready. As

always, the captains are here for you so feel free to talk to us about any questions, comments, or suggestions you may have. We look forward to seeing you around the boathouse! Go Bruins!!

### **Crew Coaches' Spotlight**

The rowing season is about to start and we are eager to kick off the season! The 2009 coaching staff has a boat-load of skills to offer the program (pun intended!). Tracy Shakespeare returns for a third year. Ro Ralph splits coaching duties with Frank Marcinkowski, an LB crew alumnus. Kristen LaGuardia has many years of coxing and coaching for the Gloucester and Mobjack Rowing Associations; she is currently coxing for George Mason. Go to the website: [www.bruincrew.com/coaches.php](http://www.bruincrew.com/coaches.php) to learn more about each of our talented coaches.

### **Coaches Corner**

We have united our areas of expertise to develop a plan for winter conditioning and the upcoming spring season. The focus: achieve goals, be competitive, and create team unity. To make this year successful, understand that winter conditioning is where races are won and lost. The coaches have been constructing innovative workouts to help prepare you and keep the months of conditioning motivational. This is why we have started a new Bruin tradition, "Rower of the Week". At each Saturday practice, we will recognize two rowers for their outstanding commitment to the team.

Second, it should be understood that the spring boats are empty. It doesn't matter how much experience you have, every seat will be earned through your positive attitude, dedication, and hard work in the upcoming months. Finally, we are looking forward to continuing the Lake Braddock tradition of a family-like atmosphere through team unity. Let's pull together and stay focused to make this another successful season for Lake Braddock Crew!

## **Team Registration Update**

Incredible! A total of 92 rowers: 15 varsity men, 32 varsity women, 24 novice men and 21 novice women have registered. This doesn't include some returning rowers not yet participating in winter conditioning because of participation in other sports. This is a very good start for the 2008-2009 Bruin Crew season.

### **A Big Bruin Crew Shout-Out to Patrick RoDee...**

Team Captain Patrick RoDee organized about 20 rowers to participate in winter conditioning over the holidays. Activities were held at different student's homes, the South Run Rec Center, and Burke Lake. Thanks, Patrick!

### **Spirit Wear Never Goes Out of Season!**

It's too late to order rugby shirts but not too late to get Bruin Crew spirit wear: duffle bags, clothing, blankets for the early regattas, ponchos for later ones. Go to the web site, [www.bruincrew.com](http://www.bruincrew.com), and follow the link for spirit wear. Speed your orders to Amy Hughes. Questions? Rush them to: [spiritwear@bruincrew.com](mailto:spiritwear@bruincrew.com).

### **Volunteering is the Heart and Soul of Bruin Crew!**

Soon you will be called upon to contribute to the success of Bruin Crew. Crew is a club sport that receives no funding from the school system or the state of Virginia. It's amazing that we run a program of this magnitude year in and year out solely with volunteers. First, we need volunteers for regattas. The Virginia Scholastic Rowing Association (VASRA) organizes all of the local regattas that we participate in. They have defined a number of positions for which each team must provide volunteers. In addition to the VASRA Regatta volunteer positions, we also need volunteers to help out at regattas in LB-specific positions. These include:

- Regatta Day Team Area Set Up and Takedown -

Assist with transferring team equipment, rowers' gym bags, and food from Boat House/Parking Area to the team area in the morning and back in the evening. Assist with setting up awnings, tarps, tables at the team area.

- Launch Drivers – to relocate launches from Bull Run to Sandy Run for Regatta Day.

Finally, there are a number of social activities for which we need volunteers. These jobs involve a little more than just helping out at regattas, and have correspondingly higher rewards. These include:

- Pasta Dinners. We have three pasta dinners held during the course of the rowing season. We need help in setting up before and cleaning up after these dinners.
- Mercer Lake Trip – We are in need of someone to coordinate the logistics for the Mercer Lake trip. Buses and hotels have been reserved, but we need someone to: coordinate student registration and collect monies; assign rooms; arrange chaperones and meals. A number of volunteers will be assigned to the coordinator to make this trip a success. Our away regattas are fun, the rowers all love it, and it's a great way to get involved.
- Spring Awards Banquet - Someone to coordinate our activities in the Spring Athletic Awards Banquet.
- End of Year Picnic – Someone to plan and organize the end-of-year picnic.

When you get the call, answer the call. You'll get to know other parents and rowers, enjoy the great outdoors in many of these positions and feel like you've contributed to the team's success!

**Fundraising Efforts benefit the team!**  
**Doris Vaiana, VP Ways and Means**

**Letter Writing Campaign** is keeping Julie Kane busy as she collects the donations at the post office, deposits the checks and mails the individual donor thank-you letters. To date the team has raised over \$14,000.00 from more than 300 generous donors. Everyone's efforts in submitting addresses, stamping envelopes and getting the packets in on time are most appreciated. Thank you Julie!

**Giant Gift Cards** are available to all families for individual use or as gifts. A new parent has stepped up to coordinate the effort, Ty Braschi. Meet her at the meeting Wed. and learn how to sign up to become a regular participant. 5% of spending will now start to benefit your team member directly.

**Spirit Wear** orders were coming in a bit slow just before the holidays and had to be delayed. We are sorry for any missed opportunities to have Santa deliver the items for you. These orders should be in from CCI this week. The rugby's have been ordered and will be in the end of February or early March. The black striped rugby's were short of the 18 minimum needed, but we did place the order and therefore we have a few that you can still reserve. If you are interested in ordering one of these – please bring a check with you Wednesday and get your name on the list.

I would like to **thank Pam Ball for her four years as our Spirit Wear coordinator.** She and her lovely daughters Natalie, Olivia, Madeline and Samantha have always brought the spirit wear wherever and whenever needed for the past four years. Not an easy job to store, transport, display and sell, her team was always smiling and polite in supporting our team's spirit effort. A senior mom, Pam is passing this job onto Amy Hughes. We appreciate Amy's willingness to support the team in this role!

**Volunteers still needed** to coordinate the *Great Lakes Scrip program* that we are restarting. Profits earned from this program will directly benefit the individual

team members who chose to participate, in defraying their future team costs.

A new coordinator is needed to manage the *Car Washes* that occur during the warmer months. Dates for two of the three are already in place. If you like to be outside, direct traffic and show how one really washes a car – this one may be for you. On the other hand, you could be the one sitting under the umbrella holding the cash box if you're really good!

Learn more about these activities and other areas to get involved. Together we have a lot of fun and camaraderie, while making money to support our kids' program!

The **Plant Sale Committee** is up and running. You do not need to have a green thumb in order to serve with this dynamic group. We are looking for folks to help with advertising, volunteer management, and facilities set-up to name a few. This is the ultimate committee with Margi Flynn leading the pack. Sign-up at the meeting or get in touch with Margi: [PlantSale@bruincrew.com](mailto:PlantSale@bruincrew.com) or 703-866-4893.

### **A Friendly Reminder About Attendance**

As your coaches begin to prepare their line-ups, there is one thing that you can do to make this job easier: attend practice. Crew is the ultimate team sport where athletes strive for perfect unison. Practice is the only way to achieve this perfection. By attending practices every day, you are not only improving your own skills but also those of your teammates. Absences impact everyone from the coaches to the coxswains to the individual rowers. Therefore, do your best to attend every practice because your team is counting on you. Here is a review of the **LB Crew Attendance Policy**:

You may not miss practice without a VALID reason. *"Absences are extremely disruptive to the team's progress and overall success."*

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."*

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 a conflict 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."*

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 coach[es] will make the final decision on regatta participation."*

In the case of an emergency (for example, you get sick the day of practice), e-mail your coach or call your cox/captain by 2:30. *"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."*

With dedication and commitment, we expect another successful rowing season for Bruin Crew. It's up to you!

