



Colgan Crew is a club sport affiliated with Charles J. Colgan Sr. High School in Manassas, Virginia. The co-ed team trains out of the Oxford Boathouse located in Lake Ridge Park along the Occoquan Reservoir in Woodbridge, Virginia and competes at local, regional, and national events. Colgan High School's participation in scholastic rowing made it the 6th school in Prince William County to offer the sport to its student body.

No prior rowing experience is necessary to join the team and, if numbers allow, there are currently no try-outs. In the event that coaching or equipment limitations require the team to restrict the number of rowers and coxswains, the team will hold try-outs. In this scenario, try-out information for new and returning team members will be announced prior to the start of the season. Refunds would be provided in this scenario only. Rowers receive instruction from a team of coaches who work hard to keep the Colgan Crew program strong and help each rower to realize his or her potential. The coaches strive to ensure that all rowers compete at all local regattas.

Colgan Crew was founded in 2017 and in its first year placed two boats (girls' team) on the podium in the State Championship Regatta (VSRC) and followed that up with a 3rd place finish at the Scholastic Rowing Association of America National Regatta (SRAAs/Nationals). In 2023 the boys' team achieved its first appearance at VSRC.

The crew program is managed and run by the Board of Directors of Colgan Crew Association, Inc. Colgan Crew Association, Inc. (CCA) is a 501(c) (3) nonprofit Association supporting the Charles J. Colgan Sr. High School Crew Program. CCA funds scholastic rowing through dues and fundraising activities.

*Colgan Crew is not a department, program or agency of Prince William County Public Schools (PWCS) but a separate legal entity composed of parents and supporters of the Colgan Crew team. PWCS does not control or endorse the content and is not responsible for any advertising or other material contained in Colgan Crew publications or on its website.*

Colgan Crew Board

**Go to [colgancrew.org](http://colgancrew.org), click on WHAT IS CREW? for more valuable information. You can also find us on Facebook and Twitter.**

## **THE COLGAN CREW COACHES**

Jeff Lucier – Full-time – Head Coach, Boys’ Varsity

Brian Bosch – Full-time – Head Coach, Girls’ varsity

Beth Spohn – Full-time – Girls’ Novice

Thomas Moulen – Full-time – Boys’ Novice

Mike David – Full-time – Girls’ Assistant

Mike Cox – Part-time – Girls’ Assistant

Emily Nguyen - Part-time - Girls’ Assistant

## **HOW DO THE COACHES SELECT ROWERS FOR EACH BOAT?**

Coaches will be looking at:

### **Rowers:**

Attendance – Consistency

Attitude – Teamwork | Dedication | Positive

Ability – Technique | On water power application

### **Coxswains:**

Attendance – Consistency

Attitude – Teamwork | Leadership | Motivation | Dedication

Ability – Technical knowledge of rowing | Steering

## **Colgan Crew Policies on Behavior, Attendance, and Volunteering**

### **General Behavior**

Rowers and coxswains represent their team, coaches, sport and school both on and off the water. It is expected that you act at all times in a way that positively represents your team and sport.

- You must always demonstrate class and decorum.
- The use of foul language, abusive and demeaning comments, horsing around, or any other poor sportsmanship will not be tolerated.
- Hazing and bullying of teammates is unacceptable. We are a team and everyone on the team must be treated as equals.
- Always respect coaches, teammates, and members of other teams as well as parents and referees.
- Clean-up after yourself and always leave a place cleaner than you found it. If you see trash lying around, dispose of it. It doesn't matter whose it is. Recycle.

### **Drug and Alcohol Policy**

The use of drugs, tobacco, alcohol, and vaping is prohibited. Use of these substances will result in your removal from the team.

### **Safety**

Our single biggest job is to make sure that everyone is working in a safe and secure environment. If, at ANY TIME, you are concerned for your safety or that of a teammate, please let your coach know immediately. If you see something, say something!

### **Athlete Attendance Policy**

Athletes are expected to attend every in-season practice, including those taking place over Spring Break, Saturdays or holidays. 100% participation is expected with the exception of prearranged excused academic or medical absences.

**During the school/work week (M-F), rowers and coxswains must notify coaches by noon the day of an absence via email or Teams, otherwise the absence will be unexcused. For weekend events, or those that fall on a holiday, please make every effort to notify the coaching staff as soon as possible, preferably the day prior.**

If an athlete becomes ill after noon, a message should be sent to the coach notifying them.

Spring Practice means time on the water at Lake Ridge Park/Oxford House Boathouse and it officially begins in **February**. Practice will be held each day after school and on Saturdays. Practice times will generally be set throughout the season, but may vary due to weather, sunset times, and coaching decisions.

- Excused absences are for medical or unavoidable academic reasons AND you MUST notify your coach as soon as possible, but no later than noon the day of the absence
- All other absences are unexcused.
  - An unexcused absence may result in the loss of your seat.
  - An unexcused absence or excessive absences prior to a regatta may result in your removal from the regatta.
  - An unexcused absence from a regatta may result in removal from the team.
  - More than two unexcused absences will result in the loss of varsity letter eligibility.
  - Five unexcused absences may be grounds for dismissal from the team.

## Spring Break

Training/Practice continues through Spring Break. All rowers and coxswains are expected to be present. Practice times for Spring Break are TBD but 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. An athlete cannot afford to miss 12-14 hours on the water training and expect to be in a Varsity/Competitive boat and maintain their seat.

In addition, regattas are often scheduled for one or both weekends of Spring Break.

## Parent Involvement/Mandatory Volunteer Hours

- CCA rowers are required to earn 30 support hours this season. In the case of two or more rowers, the family maximum required is 30 hours.
- Support hours for the season are measured from September 1-August 31.
- Support hours will be awarded based on the athlete and family's participation in board-approved activities. Be sure you sign in when you volunteer as this is how the board will track participation and award hours.
- Each athlete and family must participate in the necessary activities to accumulate the required support hours in the specified period. In the event an athlete does not earn sufficient support hours by the deadline, the additional support hours must be purchased for \$15 per support hour to fulfill the required hours for the season. **If hours are not worked or paid for, rowers are ineligible to register for future seasons.**
- Awarded support hours cannot be transferred to another rower, except with board approval.

- It is the responsibility of the rower and their family to keep track of their support hours and bring any discrepancies to the attention of the responsible Colgan Crew Board Member immediately upon discovery. You have 60 days from the date of the event to bring any discrepancies to their attention.
- Support hours will only be credited after they are earned. Support hours will be awarded to coordinators and participants per the published sign up. Colgan Crew exists not only because the athletes are committed to their sport, but also because the families are committed to their rowers. Commitment from the rowers and their families is a very important part of Crew at Colgan High School.

To be sure you are up to date on all that is happening with Colgan Crew, please be sure to include parent email addresses in your registration. That is how we capture contact information to send newsletters with all the latest news and opportunities. Our Volunteer Coordinator will also send emails with a Sign-Up Genius for volunteer opportunities.

The efforts to sustain Colgan Crew are year-round and all families are needed. To ensure that everyone does their fair share Colgan Crew has established a support hour system. **In order to compete, every rower must earn the required 30 support hours.** Support Hours can be earned by volunteering time at regattas, fundraising events and other ad hoc opportunities **approved by the Colgan Crew Volunteer Coordinator before the event.** These volunteer hours, if performed by a student, may also be used toward their Service hours for other clubs, Scouts, etc. Service hours for other clubs may not be used for Crew.

Ways and Means, in coordination with the Colgan Crew Board, will approve all proposed fundraising activities. Coordinators of these activities will earn support hours. All funds raised will be used for the sole purpose of covering the costs of equipment, maintenance, and overall operating costs. Participation by ALL rowers and families is mandatory to ensure we can keep dues as low as possible.

It is recognized that some families may not be able to meet their support hour requirements entirely by physically being present; therefore, support hours may also be earned through the donation of various goods that are required throughout the season. When those items are identified by the board, so will the associated support hours. **The hours can also be paid for at a rate of \$15 per hour, for those who are unable to work them.** Once a rower has earned their volunteer hours for a specific season, they can continue to earn hours for upcoming seasons.

Here are some possible ways to earn support hours. Hours associated with all volunteer jobs are listed in the sign-up for the event: (Ideas and ad hoc opportunities will have support hours assigned to them prior to the completion of the activity.) All ad hoc opportunities must be coordinated with the volunteer coordinator in advance.

- **Colgan Crew Board Elected Members** In appreciation of their efforts and investment of time by board members, all volunteer hours are fulfilled for the season provided that the duties of the position are fulfilled. Full descriptions of roles can be found in the bylaws and on the website.

- **Committee Chairs** - Heading up a fundraising event or team party is a good way to earn hours and they vary by event. *(suggested hours 12 - 20 depending on effort required)*
- **Fundraiser Volunteers** - Sign-ups are sent out in advance of major fundraising events. These events can run all day and offer the opportunity to earn lots of hours.
- **Providing Food for Team Events** - Sign up to bring food when the team hosts parties in exchange for hours.
- **VASRA Regatta Volunteering** - All member teams are required to provide a certain number of volunteers per regatta. With at least 7 regattas per season, and two shifts each time, this is an opportunity to earn approximately 6 hours per shift.
- **Launch Drivers** - Each team is required to provide launch drivers for regattas. We offer training for this role so if you have sea legs, you might consider taking the training and earning your hours driving a launch at regattas.
- **VASRA LOC Position** - this person(s) works all regattas, all shifts and will earn about 15 hours per regatta. They are the main contact person for all other Colgan volunteers on site at Sandy Run.
- **Clean-up Days at Sandy Run and Oxford Boathouse** - Throughout the year our parent organizations, VASRA and PWCA, hold clean-up days. These offer a good chance for rowers to get involved in volunteering and cleaning up the course and park area they use.
- **Volunteering at PWRC and other local regattas** - Our team is often invited to work supporting local regattas, directing parking, driving launches, and fulfilling other support jobs. These are usually not during our rowing season so rowers can help and earn their hours this way.
- **Learn to Row Events** - Both PWCA and Colgan Crew host learn to row events to introduce rowing to the community and encourage involvement. Our rowers and parents can support these events for volunteer hours.

Additional volunteer opportunities may be announced during the year in newsletters.

*Please Note: Awarded support hours may be increased or decreased based on performance or event complexity at the discretion of the Colgan Crew Board.*

In order to reach the required support hours for the year, the following guidelines are suggested for athletes and their families:

- **Pace yourself and plan** - Do not leave your support hours requirement until the last minute. It can be much easier if you work at it gradually. Take advantage of support hour opportunities as they arise.
- **Sign in** - Every time you work for support hours, sign in with your athlete's name. This will help with properly reporting and recording support hours.
- **Keep a log** - Keep a detailed log of your support hours as you accumulate them.

- Act quickly - Respond to support hour opportunity notifications quickly before they are taken.

## **Costs, Registration, and Regattas**

Crew is a year-round activity that involves many different organizations. Colgan Crew Association is a member of the Prince William Crew Association (PWCA) and Virginia Scholastic Rowing Association (VASRA). Our rowers are members of US Rowing. PWCA is the organization that manages the Oxford boathouse, docks and storage areas as well as having summer and fall youth competitive programs. VASRA is the organization responsible for high school rowing programs and regattas in the Commonwealth of Virginia. The high school regatta season is from February - June. The Colgan Crew Association is responsible for the shells, launches, motors, ergs; all of the upkeep and storage for our team.

## **What Does Crew Cost?**

2023-2024 dues:

- USRowing Membership Dues - \$25 Individual rowers must register themselves with USRowing and pay dues themselves. This is not managed by the association.
- **Colgan Crew Membership Dues - \$700**
  - \$150 fee for Winter Conditioning
    - Nonrefundable after Nov 27th
    - Cannot participate in Winter Conditioning unless registration is complete and fees paid in full
    - Registration open between Oct 27, 2023 - Feb 9, 2024
  - \$500 for Spring Season (due to \$150 payment made for Winter Conditioning)
    - Fee is \$700 if rower did not participate in Winter Conditioning
    - Nonrefundable after the March 11, 2024
    - Cannot participate in on-water training unless registration is complete and dues paid in full
    - Registration open between Jan 5, 2024 - Feb 19, 2024
    - Registration after Feb 19, 2024 must have pre-approval from the head coach.
    - Late Fees - A late fee of \$25 will be applied for any registration received on or after the first day of training on the water (due to last minute insurance requirements)
- \$150 (approx.) for uniform (one-time fee) - Uniform, Tech Shirt, Visor if ordered by the deadline for group discounts.
- Refund Policy - No refund of Membership fees will be considered after the Monday prior to the first spring regatta. Prior to that Monday, any refund is a partial refund and will be determined by the board.

Post Season Regattas = TBD (qualifying boats only)

## Steps Needed to Complete Registration

Go to [colgancrew.org](http://colgancrew.org), click on REGISTRATION INFO for more instructions on completing each of the steps.

*Don't wait! It can take 3-5 business days to process signed paperwork, so please be courteous and turn everything in as soon as possible. This will give Athletic Directors/Families/Board Members time to rectify any paperwork rejected or lost.*

### **REGISTRATION STEPS:**

**STEP 1: Insurance Waiver via US Rowing, \$25 (increased as of Jan. 2023)**

**STEP 2: Colgan Crew Handbook (signed acknowledgement)**

**STEP 3: Online Crew Membership Payment via Registration Tab**

**STEP 4: SWIM TEST for new rowers**

**STEP 5: Online CONCUSSION TRAINING (found on school website)**

**STEP 6: Emergency Card/Blue Card**

**STEP 7: VIRGINIA HIGH SCHOOL LEAGUE (VHSL) PHYSICAL FORM, "Revised January 2021"**

**STEP 8: Order Uniforms (details will be posted on website and shared in newsletter when available)**

*See the Crew participation To Do list under the registration tab of the website.*

**Please maintain copies of all documents in the event something gets misplaced**

## THE 2024 REGATTA SCHEDULE

Date	Event
3/16/24	Polar Bear (varsity boats only)
3/23/24	Regional Park
3/30/24	Off Weekend for Spring Break
4/6/24	Darrell Winslow
4/13/24	Ted Phoenix
4/20/24	Ryz Obuchowicz
4/27/24	Al Urquia OR Charlie Butt on the Potomac (TBD)
5/4/24	VSRC Day 1 Championship (non-varsity boats only)
5/11/24	VSRC Day 2 Championship (varsity boats only)



5/24/24	Day 1 SRAA Nationals (qualifying boats only)
5/25/24	Day 2 SRAA Nationals (qualifying boats only)

## **Preparing to Attend a Regatta**

**READ the in-depth look at Regattas on VASRA's website (VASRA.org) under the tab titled "Regatta 101" - <https://www.vasra.org/regattas/regatta-101>**

**READ information at [colgancrew.org](http://colgancrew.org) under "WHAT IS CREW?"**

The rowers typically start and finish regatta days at the Oxford Boathouse. Spectators have a much different experience; it is important to be prepared. There is lots of information about attending regattas on our website and at [www.VASRA.org](http://www.VASRA.org).

Do not hesitate to reach out to someone on the board and be sure to attend the Parents' Meetings as well as the open board meetings to stay informed. GO SHARKS!!