



Welcome!

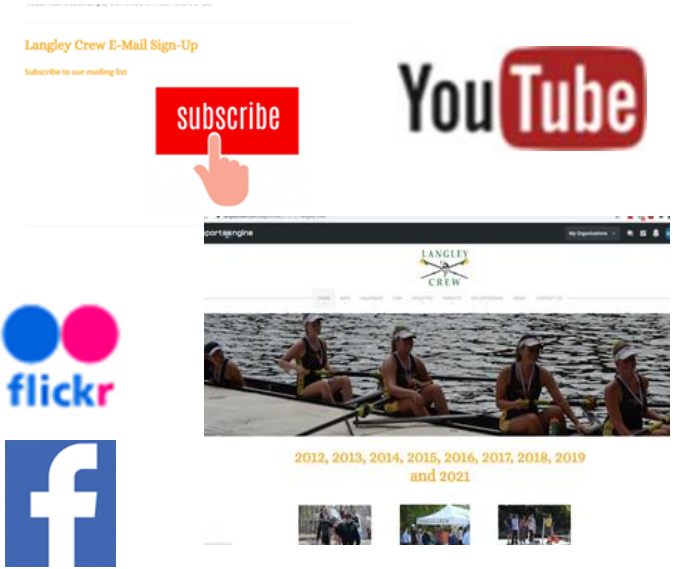
Parents, please sit with your
athlete's class



Stay Informed

Communication is key to getting the most out of crew

1. Subscribe to the weekly newsletter for the most up-to-date information
2. Emails - add langleyrowing@gmail.com to your safe senders lists
3. Langley Crew website - www.langleycrew.com
4. Langley Crew Parents GroupMe chat (scan QR code to join)



Spring Sport Lawn Signs

Spring sports yard signs are available through **Sunday, Mar 9**. These durable signs look great and can be used both indoors and outside. **Yard signs are a terrific way to show school spirit** and support your athlete and the Langley Athletic Boosters!





Sandy Run Reminders

Regattas are CASH ONLY!

So bring enough money for you and your athlete to:

- buy food
- pay for the shuttle from the parking lot (\$15/person – athletes ride free)
- regatta shirts (about \$25) and other merch

Parking

- There is no on-site visitor parking at Sandy Run Regional Park
- All spectator parking is at South County High School or the Route 123 Commuter Parking lot
- As of now, the only regatta at the commuter lot is the Regional Park one (which we are not attending)
- Check GroupMe/crew newsletter the morning of the regatta to confirm if parking is at South County or at the commuter lot

Getting to Sandy Run from offsite parking

- There is a shuttle that runs in continuous loops from the offsite parking to the race site.
- Bring all your stuff with you
- Pay for both ways when you board the first time



Crew Merch Store

Stop by the tables by the doors to buy merch now or order merch from our store!

- Merch store closes next weekend
- Free shipping on all orders





Spring break practice times

- As a reminder, we will be rowing on the Potomac for the first couple of days of spring break (3/23, 3/25 and 3/26) before heading back to the Occoquan for the rest of the time (3/27, 3/28, 3/29, 3/30, 4/1 and 4/2).
- On Saturday, 3/23, practice will be from 9-noon. On Monday, 3/25, practice will either be from 8-1 or 9-2, with two 90-minute rowing sessions and a break in between.
- For the scrimmage against Mclean crew on Tuesday 3/26, athletes need to arrive at 8am and the “races” will begin around 9am. Tuesday afternoon, we’ll return to the Occoquan at 4 to re-rig the boats and practice.
- Wednesday 3/27 through Friday 3/29, Monday 4/1, and Tuesday 4/2, practice will be from 2-7pm, on the Occoquan. Athletes will row twice during that time, with a break in between (pack snacks!).
- Saturday 3/30 is a regular VASRA regatta.



Regatta Schedule 2024

Date	Regatta	Venue	Teams Competing	
			Freshman	Varsity
March 16	Polar Bear (select boats)	Occoquan Reservoir	X	√
March 26	Scrimmage w/ McLean	Georgetown	√	√
March 30	Walter Mess	Occoquan Reservoir	√	√
April 6	Darrell Winslow	Occoquan Reservoir	√	√
April 13	Ted Phoenix	Occoquan Reservoir	√	√
April 20	Ryz Obuchowicz (select boats)	Occoquan Reservoir	√	√
April 21	Manny Flicks (boats not racing 4/20)	Philadelphia, PA	√	√
April 27	Al Urquia	Occoquan Reservoir	√	√
May 4	State Championships, Day 1	Occoquan Reservoir	√	√
May 11	State Championships, Day 2	Occoquan Reservoir	X	√
May 17-18	Stotesbury Cup Regatta (select boats)	Philadelphia, PA	√	√
May 24-25	Nationals (State medalists)	Cooper, NJ	√	√

Key websites

Langley Crew:

<https://www.langleycrew.com/>

VASRA: <https://www.vasra.org/>

Regatta Central:

<https://www.regattacentral.com/>

US Rowing: <https://usrowing.org/>

Questions: Ask your athlete or

langleyrowing@gmail.com