

WAKEFIELD
WARRIORS



Wakefield Crew

2026 Athlete/Family Meeting
February 4, 2026

www.wakefieldrowing.org

Our Mission

Wakefield Crew strives to be a leading example of excellence in Virginia scholastic rowing through teamwork, integrity, and intentional inclusion. We provide an environment that is safe, challenging, and rewarding for all student athletes who are willing to work hard and demonstrate commitment, regardless of background or experience.



Our Structure

Oversight &
Support

APS/Wakefield
HS Activities Dept

Wakefield Crew
Boosters

Wakefield Crew

Governing
Bodies

VA Scholastic
Rowing
Association
(VASRA)

USRowing

Anacostia Community
Boathouse Association
(ACBA)

Crew Boosters Board

President: Anne Spiggle

Treasurer: Jenny Morris

Secretary: Jennifer Weber

VP for Communications: Patricia Cook

VP for Events: Tom Przystawik

VP for Fundraising: Erin Gaul/Melissa Hawkins

VP for Novice Families/Novice Liaison:

Dana Cook

VP for Registration: OPEN

VP for Risk & Compliance: Michael Kim

VP for Travel & Logistics: Carolina Duall

VP for Volunteer Coordination: Sarah Yue

High-Level Volunteers

VASRA Representatives: Becca Kim and Erin Gaul

Spiritwear Chairs: Ali Goldwater and Julie Ibinson

WHS Boosters Liaison: Diane Freimark

Social Media Volunteer: Jeff Chong

Head Coaches



Sarah Vest
Girls Varsity Coach
sarah.vest@apsva.us
703-999-5267



Chris Margopoulos
Boys Varsity Coach
chris.margopoulos@apsva.us
804-248-8824

Assistant Coaches



Leslie Collins
Assistant Coach



Cayla Donnelly
Assistant Coach



Lexi Hegeman
Assistant Coach

2026 Team Captains

Girls: Amelie and Emory

Boys: Jonah and Dylan



Practice Schedule - Beginning February 23

Group	Time Slot	Primary Coach
Varsity	Schedule being finalized with the Athletic Director. Details expected shortly.	Chris (boys) Sarah (girls)
Freshman/Novice	Monday - Friday: 4:00 - 6:20 PM	Lexi/Leslie (boys) Cayla (girls)

Saturdays 9:00 - 12:00 - Entire team practices (coach will announce practices)
Spring Break: Practices are held but not required.

- “Sports buses” are available to bring non-Wakefield students to Wakefield after school
- Flexibility with other activities/appointments
- Note: Swim test will be required for new rowers. Details to come.

Racing Schedule

Date	Name	Location
Sat, March 21, 2026	Wakefield Row the 'Costia Fundraiser	Anacostia River, Washington, DC
Sat, April 11, 2026	Scrimmage (teams TBA)	Anacostia River, Washington, DC
Sat, April 18, 2026	Ryz Obuchowicz Regatta	Occoquan River, Fairfax Station, VA
Sat, April 25, 2026	Al Urquia Regatta	Occoquan River, Fairfax Station, VA
Sat, May 2, 2026	VSRC-States Day 1	Occoquan River, Fairfax Station, VA
Sat, May 9, 2026	VSRC-States Day 2	Occoquan River, Fairfax Station, VA
Fri - Sat, May 15-16, 2026	Stotesbury Cup (select boats only)	Schuylkill River, Philadelphia, PA
Fri - Sat, May 22-23, 2026	SRAA Nationals (qualifying boats only)	Melton Lake, Oak Ridge, TN

Transportation (Novices/Freshmen)

**From Wakefield to ACBA
(Depart approx. 3:30 pm)**



**From ACBA to Wakefield
(Return approx. 6:45-7:00 pm)**



To Local Regattas



To Travel Regattas



Transportation (Varsity)

From Home/Wakefield to ACBA



From ACBA to Wakefield



To Local Regattas



To Travel Regattas



Team Communication

ROWERS

Coaches and athletes communicate primarily through Slack.

Designated channels set up for different squads, boats, and groups.

Rowers not on Slack yet should talk to their coach or captain ASAP

PARENTS

Weekly Email

Monday Morning Catch - newsletter with team updates, regatta info, and more!

EMAIL SIGN UP:

secretary@wakefieldrowing.org

WhatsApp

Group Name: *Wakefield Crew Alerts*
Important or timely notices



SOCIAL

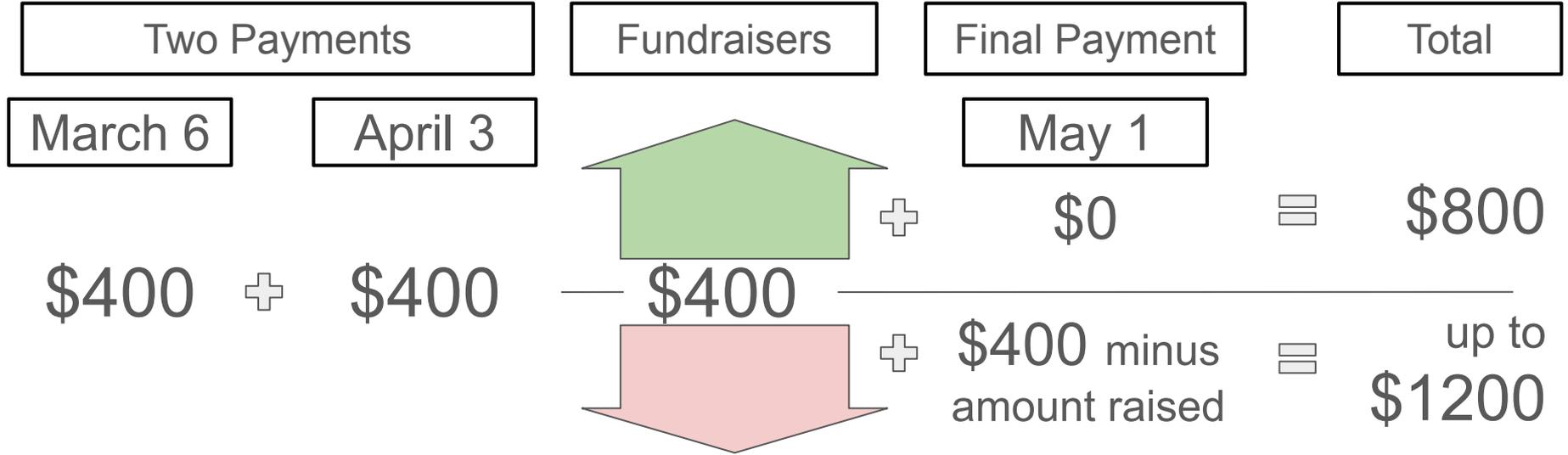
Website:
www.wakefieldrowing.org

Blue Sky:
[@wakefieldrowing.bsky.social](https://www.bsky.social/@wakefieldrowing)

Instagram:
[@wakefieldrowing](https://www.instagram.com/wakefieldrowing)
[@wakefieldgirlscrew](https://www.instagram.com/wakefieldgirlscrew)
[@wakefieldboyscrew](https://www.instagram.com/wakefieldboyscrew)

Facebook: Wakefield Rowing

2026 Crew Program Dues



Scholarships are available. Contact Booster Treasurer Jenny Morris with questions.

Crew Program Budget

Equipment Costs

Repair/Maintenance (\$18k)

- 20+ boats and 4 launches

New Equipment (\$88k)

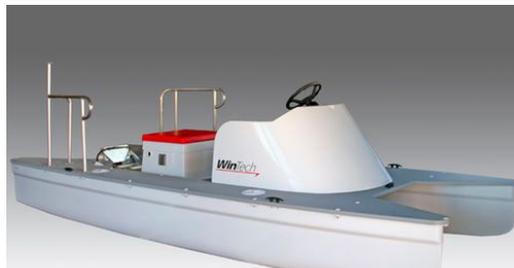
- Shells, ergs, coxboxes, oars, lights, tents, etc.



New 8+ Boat: \$42,000



Concept2 RowErg: \$950



Coach Launch: \$20,000



NK CoxBox GPS: \$988



Concept2 Oar: \$330 - \$425

Crew Program Budget

Spring Income (based on 68 rowers)

Dues	\$ 54,400
Individual Fundraising	\$ 27,200
Tag Day	\$ 10,000
Total	\$91,600

Year-round Fundraising Income Budgeted

Summer Camps (net)	\$ 13,000
Equipment Rental	\$ 10,000
Fundraising Income (wreaths, restaurant nights etc)	\$ 10,000
Other Income (Corporate match, grant income etc)	\$ 4,275
Total	\$ 37,275

Spring Expenses and Year-round Costs

Coaches	\$ 38,000
Repair/Maintenance	\$ 18,000
Purchases (Shells, Ergs, Oars etc)	\$ 88,200
Business Expenses (e.g. memberships, insurance)	\$ 22,000
Program Expenses (meetings, events, etc.)	\$ 5,000
Total	\$171,200

Three Main Fundraisers

Wreath Sales Fall/Winter 2025

Team sells and distributes holiday evergreens. Sales come from personal pages and farmers markets.



Tag Day March 7, 2026

Athletes go out in teams to neighborhoods to knock on doors and leave doorknob hanger “tags” requesting donations.

WAKEFIELD WARRIORS

ANNUAL CREW FUNDRAISER

Please help support the Wakefield High School Men's and Women's crew teams. With minimal funding received from Arlington Public Schools, our 100+ member team must rely on generous contributions from the community to keep our rowing program strong, successful and...

...available to everyone!

DONATE HERE

VENMO
Maggie Ryner, Treasurer
(571) 212-9534

PAYPAL or CC

Use these QR codes for electronic contributions

Cash and checks are accepted
Checks payable to Wakefield Crew Systems
1219 S Forest Drive, Arlington, VA 22204

Row the 'Costia March 21, 2026

Epic 20,000+ meter row along the length of the Anacostia River.

Parents invited to social at the boathouse during the event.

Read The Catch to support the team!

Fundraising Goals

Athlete Fundraising

(getting to \$400)

- Row the 'Costia (\$400)
 - Personal network
 - Alumni network
 - Team Goal = \$40,000

Team Fundraising

(balancing the budget)

- Tag Day (\$10,000)
- Events (\$10,000)
 - Holiday Wreath Sale
 - Spiritwear Sales
 - Restaurant Nights
- Summer Camps (\$13,000)



Want to sponsor the team?

Reach out to Erin: fundraising@wakefieldrowing.org

Volunteering

Makes this sport possible!

Expected from all families (athletes + adults)

Opportunities communicated through Monday Morning Catch and WhatsApp

Lots of ways to contribute year-round



Volunteering at Regattas

Fun facts:

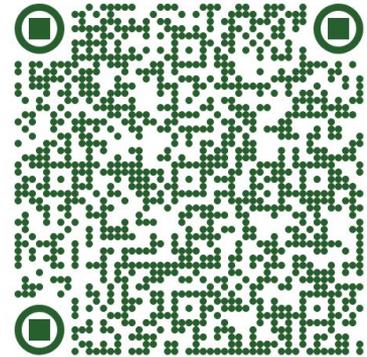
*It takes close to **150 volunteers** to pull off a single day of racing at the Occoquan*

*Rowers consume **approximately their own body weight in snacks** on race days (this may or may not be an exaggeration)*

*Wakefield Crew has **over 250 volunteer and food donation slots** to fill this spring (not including carpools)*

*Volunteering helps you **learn more about crew** and get a **behind-the-scenes view** of regattas...AND it sometimes gets you **free parking!***

**Check out Wakefield Crew's
Volunteer Sign-Up Portal:**



Come Cheer On the Team!



A Winning Record

2025:

1st - VSRC-States (Girls 1V, Girls N4+)

2nd - VSRC-States (Girls 2V, Boys 2V)

5th - SRAA Nationals (Girls 1V, Boys 2V)

SRAA Nationals Entries (Girls 2V, Boys 1V)

2024:

1st - VSRC-States (Girls 1V, Girls 2V Boys Fr 8)

1st - Campbell Trophy-Stotesbury (Girls Jr 8)

4th - SRAA Nationals (Girls 2V)

5th - SRAA Nationals (Girls 1V)

SRAA Nationals Entries (Boys 1V, Boys Fr 8)

2023:

1st - VSRC-States (Girls 1V)

SRAA Nationals Entries (Girls 1V, Girls Fr 8)

2022:

1st - VSRC-States (Girls 1V, Boys 1V, Girls Fr 8)

2nd - VSRC-States (Boys Fr 8)

5th - SRAA Nationals (Boys Fr 8)

2021:

1st - VSRC-States (Girls 1V)

Crew Spirit Wear for Sale!

Wakefield Crew t-shirts, hoodies, pajama pants, hats, cowbells, and more are available for purchase at team events and through our online store!

Go to www.wakefieldrowing.org/spiritwear to shop!

Contact ali.sharkey@gmail.com or julie.ibinson@gmail.com with questions.



Spirit Wear - Optional
Fun Gear

Uniforms: Required for
Non-Freshman
Returning Rowers



Wakefield Crew & US Center for Safe Sport

- National Organization for Prevention of Sexual Abuse and Misconduct in Sports
- Designed for US Olympic Committee and National Governing Bodies (eg. USRowing, USA Gymnastics, etc)
- Although we are not currently members of USRowing, we have opted to keep following Safe Sport practices
- Safe Sport Training for Minor Athletes/Parents
 - Required to be a chaperone
 - Required for athletes aged 18 and up
 - Strongly encouraged for all other parents/guardians/volunteers

Reporting Chain	Safe Sport Training
APS: Brian Parke, Director of Student Activities (brian.parke@apsva.us) US Center for Safe Sport https://uscenterforsafesport.org/	www.athletesafety.org

Next Steps (Most Important)

Step 1: Get a Sports Physical (must be dated on or after May 1, 2025)

Step 2: Register with Wakefield Athletics (and Upload Physical)

- Athletic form & registration portal:
<https://wakefield.apsva.us/athletics/sports-registration/>
- For 8th graders and non-Wakefield students, send an email to the Wakefield athletics office (rebecca.kigin@apsva.us) with first and last name, student ID, school they attend, and grade level

Step 3: Register with Wakefield Crew:

- www.wakefieldrowing.org (click on “Registration”)

How Can I Get More Information?



Sign up for the Monday Morning Catch newsletter

Email secretary@wakefieldrowing.org , use the QR code above, or visit <https://mailchi.mp/a76f4c09e67b/whscrew>



Join the Wakefield Crew Alerts WhatsApp group

Email volunteers@wakefieldrowing.org, text 818-281-3182, or use the QR code above



Visit the Wakefield Crew Boosters website

www.wakefieldrowing.org

Questions?

- Register for Wakefield Crew
- Stay for the Rowing 101 Session!

Rowing 101

Wakefield HS Parent Edition

Boat Orientation



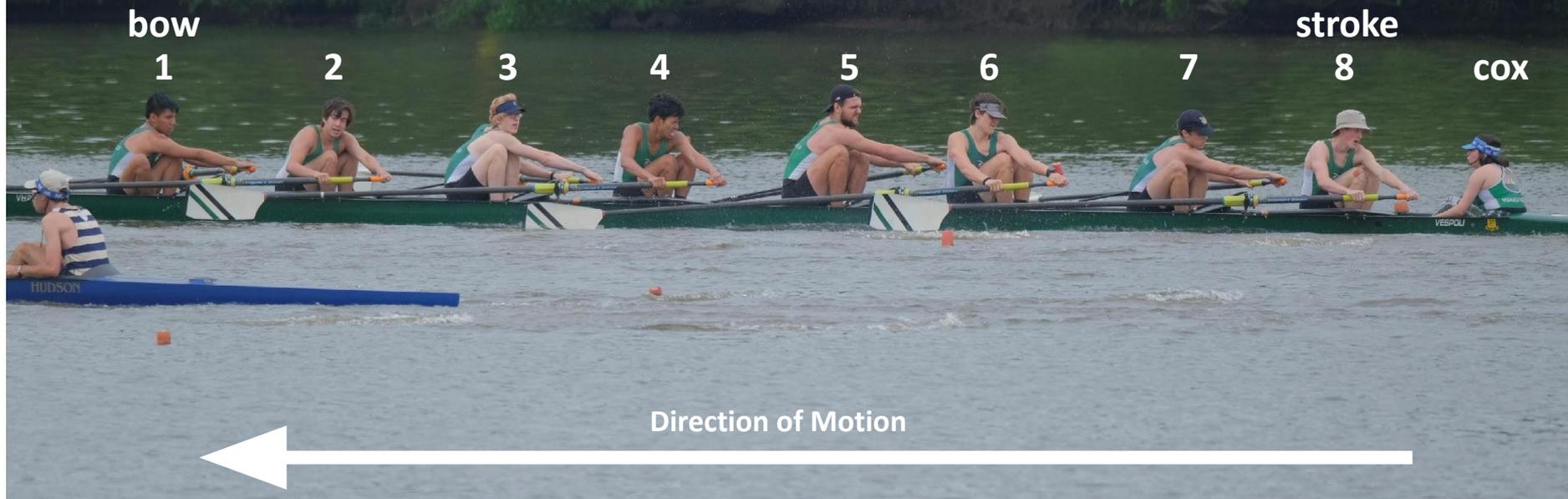
STARBOARD

BOW

STERN

PORT

How to spot your child

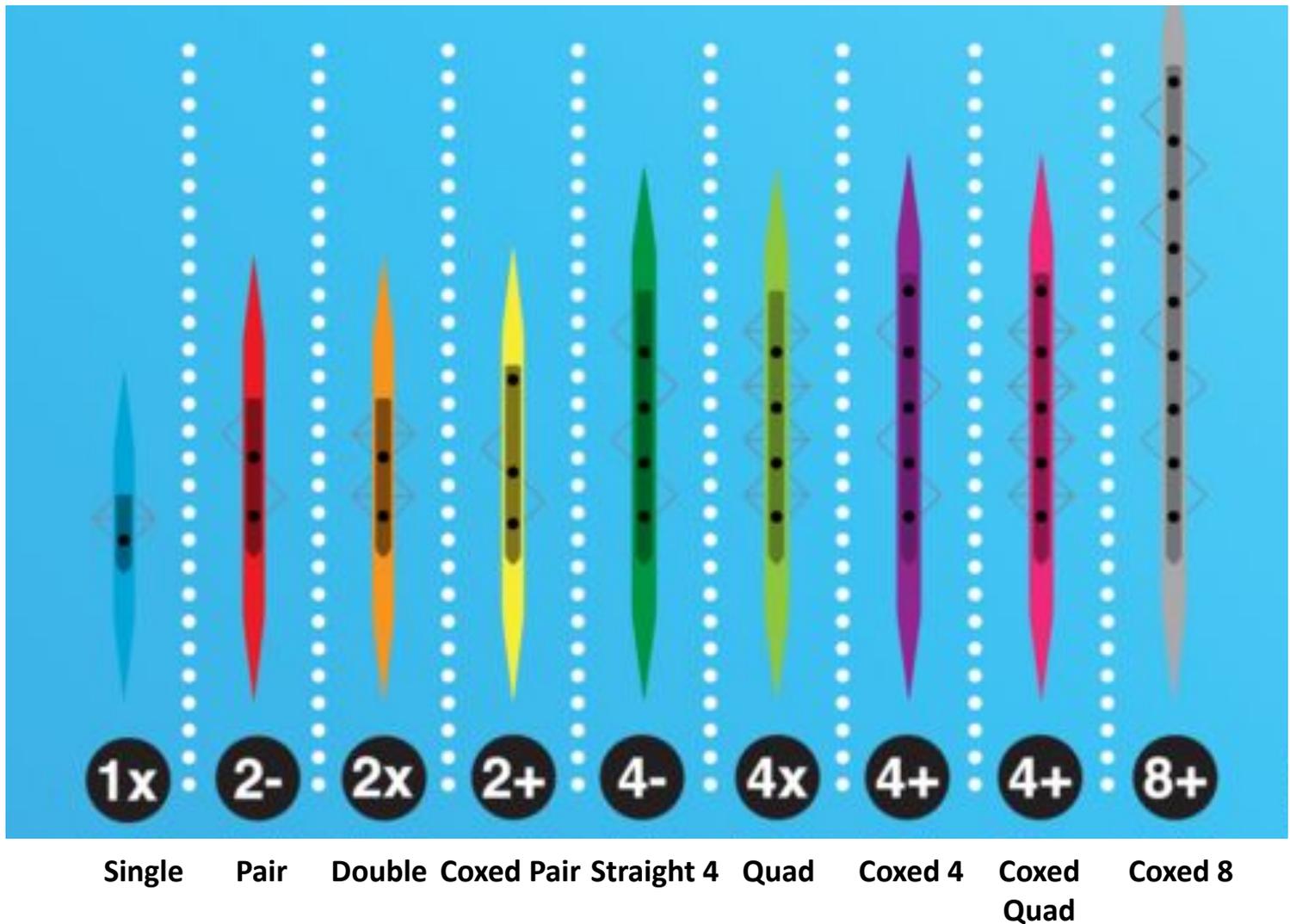


Types of Boats/Races

Fall vs Spring Regattas

Fall: Head Race = 3 miles

Spring: Sprint = 1500 meters



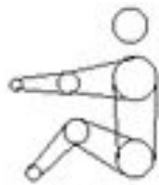
Off the water



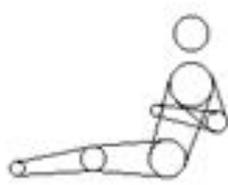
Rowing Stroke



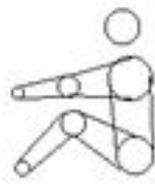
Catch



Drive



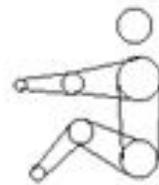
Finish



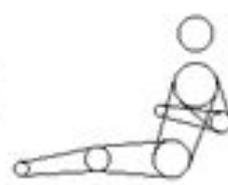
Recovery



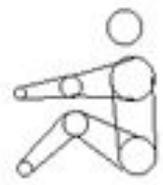
Catch



Drive



Finish



Recovery

Catching a Crab



Supporting your Rower/Coxswain

- Be prepared for the unexpected. SEMPER GUMBY.
- Food & Water: Lots and lots of food. More water than they think.
- Take 5 mins every Monday and READ The Catch!
- Make sure your rower is paying attention to Slack
- Volunteer - team has mandatory VASRA hours, along with fundraising & regatta needs
- Be Regatta Ready - it's a long day, but worth it!
 - Print the heat sheets; ask your athlete what race they are in and what seat
 - Be prepared for any kind of weather on any day
 - Bring a chair or cushion, along with snacks and water
 - Listen for the drum! Ring that cowbell!
 - Pack your patience – it's volunteer run.
- Ask your Novice Liaison or any board member if you have questions.
- Again, read The Catch!

Way Enough!

(Stop/Let it run)

Learn more terms at
<https://usrowing.org/learn-about-rowing/terminology>