

# Warhawk Crew

## 2024-25 Regatta Guide



This guide has been put together to help rowers, parents/guardians, friends, and families know the ins and outs of our upcoming Regatta race season, to include links to venue details with tips along the way.

The Regattas we participate in are affiliated with [USRowing](#) which is why each student athlete must have a basic US Rowing membership and complete SafeSport training (if aged 18 or older) - **before** they are eligible to race. Most Regatta Venue information for our entire season can be found at [Regatta Central](#).

### Important Notice:

*Building camaraderie across the broader Warhawk Crew Team is essential for creating a positive and productive environment. When team members trust each other, communicate effectively, and share a common vision, they can achieve more than working alone.*

*To the fullest extent possible, and with guidance from their coach, athletes are expected to be at the river outside of their racing window to support their fellow crew members (start to finish).*

The 2025 Spring Regatta schedule has the Warhawk Crew participating in **5 'Home' VASRA** (Virginia Scholastic Rowing Association) events at our training location of [Sandy Run Regional Park](#), Occoquan, VA and **5 'Away'** events with a **potential** 6<sup>th</sup> trip to SRAA (Scholastic Rowing Association of America), Cooper River, NJ and 7<sup>th</sup> trip to Youth Nationals at Sarasota, FL (for qualifying boats only). This is outside of our annual Ergatta vs. Oakton.

This year, we have continued to participate in 'Away' events to give the athletes a chance to expand their experience across other water sources and teams they might see at the Stotesbury Cup.

The membership fees & fundraising target this year include the cost of athlete participation in all regattas except for 2025 ErgSprints, Stotesbury Cup, SRAA, and Youth Nationals. The cost of these events will be collected for outside of the registration process. [2025 ErgSprints](#) will be paid for by individuals directly when registering for the event. Once we have a good idea of the number of selected and qualifying boats for the other events, the cost associated will be communicated in advance through the Away Regatta Chair, Tana Keffe. Please note, for Stotesbury Cup, SRAA, and Youth Nationals, students typically depart a day early for travel time and excused absences will be coordinated with JMHS through the athletic department.

In addition, Away Regattas to TBC Tussle, Anacostia Tri Meet, and Charlie Butt will be dependent on parent carpools – more information will be shared. Be on the lookout for more Away Regatta information on **Slack** and through [Warhawk Newsletters](#).

### 2025 Spring Regatta Season

- 1/25: Ergatta vs. Oakton | JMHS
- 2/1 **(Away)**: 2025 ErgSprints | Alexandria City HS
- 3/22: Polar Bear | Occoquan, VA
- 3/29 **(Away)**: TBC Tussle | Potomac, Washington, DC
- 4/5 **(Away)**: Anacostia Tri Meet | Anacostia, MD
- 4/12: Ted Phoenix | Occoquan, VA
- 4/19: Ryz Obuchowicz | Occoquan, VA
- 4/26 **(Away)**: Charlie Butt | Potomac Washington, DC
- 5/3: VSRC 'States' Championship I | Occoquan, VA
- 5/10: VSRC 'States' Championship II | Occoquan, VA
- 5/15 - 5/18 **(Away)**: [Stotesbury Cup](#) | Schuylkill, PA \*

#### TENTATIVE: QUALIFYING BOATS ONLY

- 5/22 - 5/25 **(Away)**: [SRAA 'Nationals'](#) | Cooper River, NJ\*\*
- 6/5 - 6/8 **(Away)**: [Youth Nationals](#) | Sarasota, FL\*\*

\* Select Boats Only & \*\* Qualified Boats Only

# 'Home' VASRA Regattas – Sandy Run Regional Park

The Sandy Run Regional Park is where all our 'Home' Regattas will take place and our rowers are very familiar with this location because we also train there too.

**Important:** Spectators for Regattas at Sandy Run Regional Park require a bit of advance planning because the facility does not have the capacity to allow onsite spectator parking and the Grandstands require a little extra time to get to. Check out the **Top Tips** below and the [VASRA Regatta 101 guide is a must read!](#)

## Top Tips:

- **Carpools are worth their weight in GOLD!** Especially when athletes need to be there early and stay late.
- **CASH:** Bring Cash (small bills) for parking, shuttles, and concession food.
- **Race Schedules:** Posted on the front page of [www.VASRA.org](http://www.VASRA.org) by Friday HOWEVER, they can change, even last minute (day of) – it is a LIVE document, and changes are ongoing (even during the Regatta).
- **Drop-off/Pick-up:** Drop off athletes and/or additional spectators at Sandy Run using the drop-off loop before departing for parking locations. Shuttles get full and **each rider pays** a fee (\$15 round trip). After the Regatta, plan to have the driver take the shuttle back to pick up the vehicle and return to pick up others.  
**Bring Cash!**
- **Off-site Parking:** Pay attention to the [VASRA - Parking](#) page because offsite parking will shift between 2 different sites.
- **Do NOT Park on the side of the roads leading up to Sandy Run – you will get towed!**
- **Communication:** Connectivity is **very** spotty and/or non-existent – have a plan to meet beforehand.
- **Timing:** Allow plenty of time to get to the Grandstands to see your athlete row (Drop-off, Parking, Hike)
- **Shuttle to Grandstands:** There is a separate, smaller van/shuttle - additional fee, \$5 each way with separate golf carts to take you to/from the drop-off to the grandstand location. **Bring Cash!**
- **!!!The Hike to the Grandstands/Finish Line!!!** Wear closed-toe shoes, sneakers, or rain/duck boots – the trail gets muddy, and it is hilly at times.
- **What to Bring:** Binoculars, TP (yes, it runs out on large regatta events), hand sanitizer, etc.
- **What NOT to Bring:** Pets, Drones, Open Flames, or alcohol are **NOT** Permitted on race days

## 2025 Off-Site Parking Locations by Regatta:

Pay attention to the [VASRA - Parking](#) page because offsite parking will shift between the 2 following sites:

- **South County High School:** [8501 Silverbrook Rd, Lorton, VA 22079.](#)
- **Commuter Parking Lot:** [Old Bridge Road and Rt. 123](#)

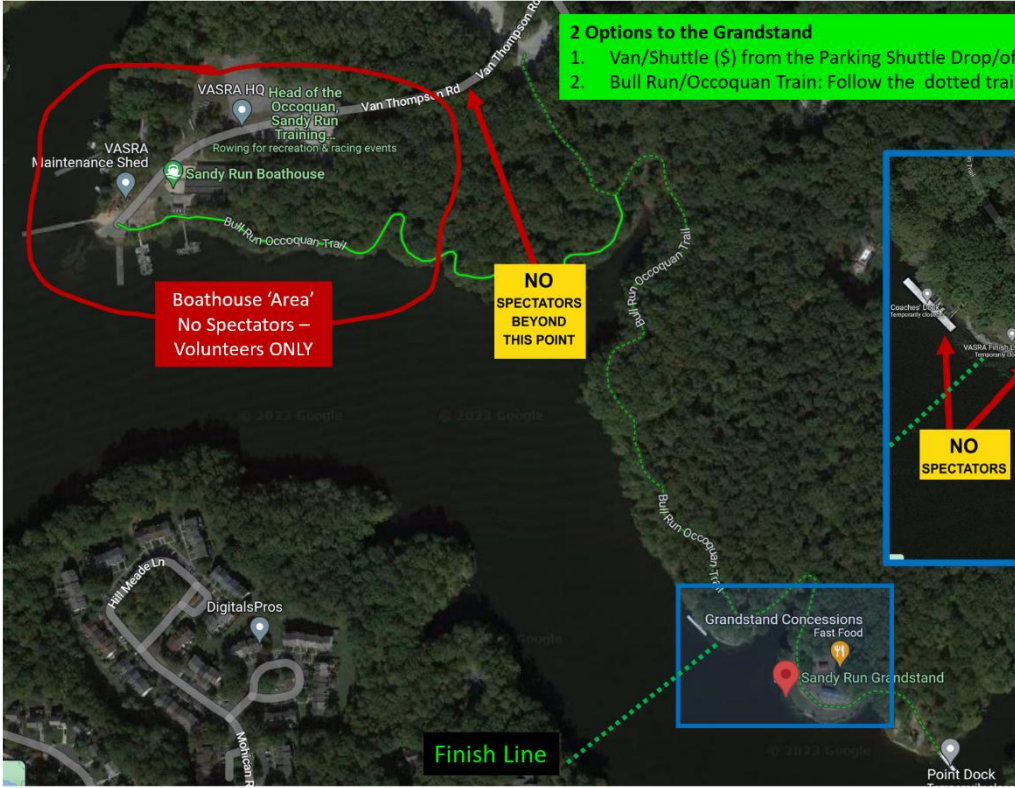
## Key Locations at Sandy Run

There are three key locations within this park that are important for Regatta spectators to know: The Grandstand, Boathouse Area, and Other Off-limits Areas as detailed and identified in the map below.

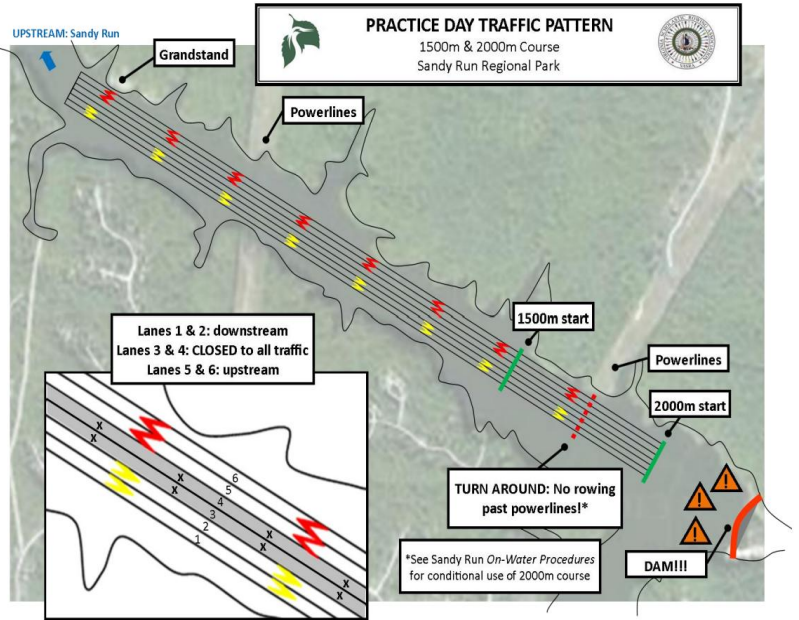
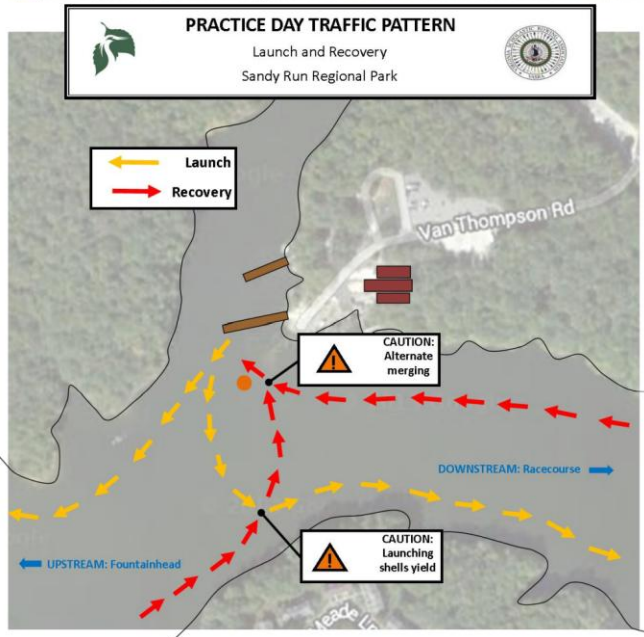
- **The Grandstand:** This is where the races end just before the finish line and the **only place suitable for spectators**. Since there is no state road to this site, walking is the most common method to reach the Grandstand. You should be warned that this is no short or level walk and on race days, a van/shuttle is offered for a nominal fee (see more details below).
- **Boathouse Area:** Rowers, Coaches, and VASRA Volunteer check-in (Spectators are **NOT** allowed in the boathouse, launch area unless you are an athlete or volunteering)
- **Other Areas Off-limits:**
  - **Coaches Dock** – Coaches ONLY

- VASRA Finish Line – Referees ONLY

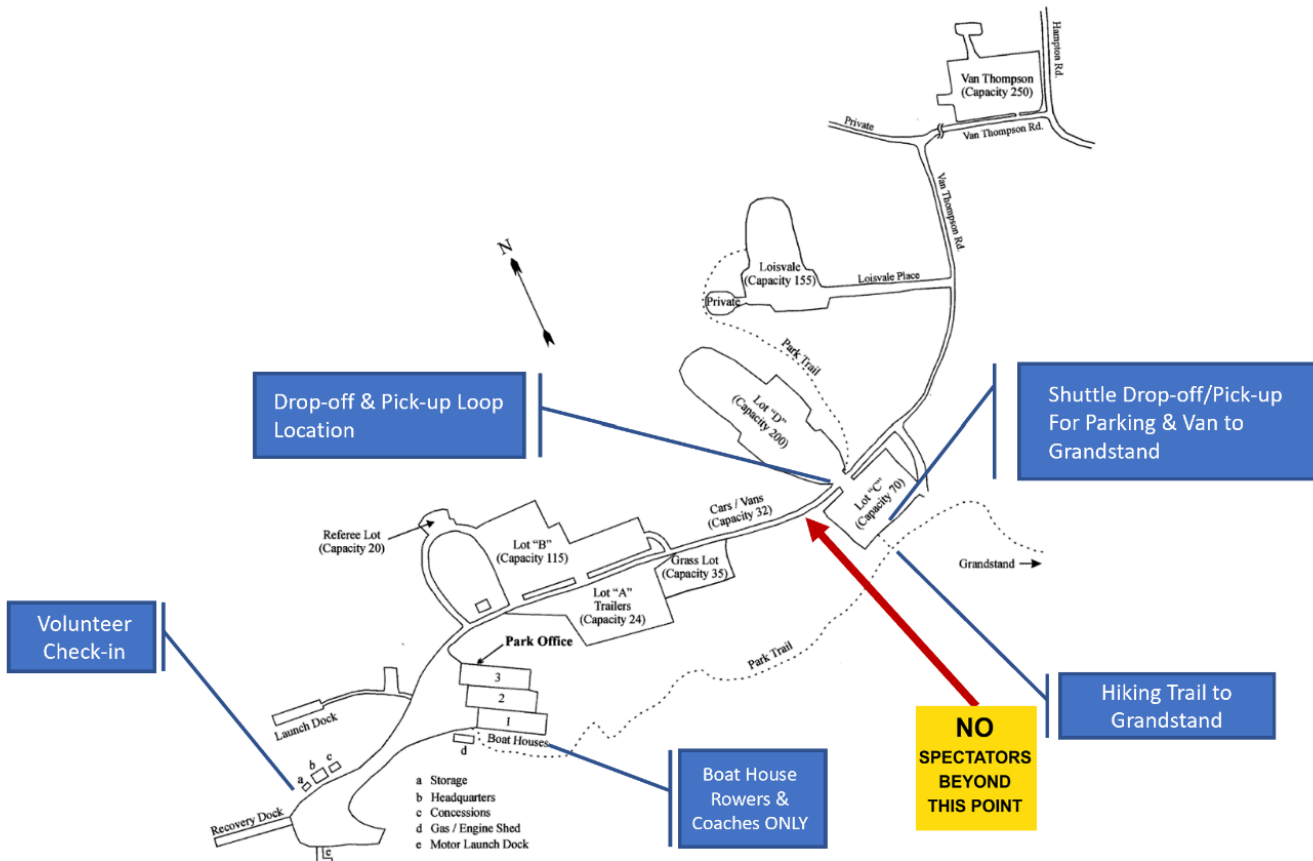
## Sandy Run Regatta Day Map & Traffic Patterns



**Note:** There are golf carts available at for family members who may need extra support all the way to the Grandstand from the Van/Shuttle drop-off



## Sandy Run Regional Park Map



## 'Away' Regattas

The Away Regatta Chair, **Tana Keffe**, will communicate details in advance all Away Regattas. Be on the lookout for more Away Regatta information on **Slack** and through [Warhawk Newsletters](#).

## Other Expectations

### Student-Athlete are expected to:

Treat all teammates, opponents, coaches, officials, parents, and volunteers with respect.

- Participate fully in all aspects of training and racing.
- Travel safely and arrive on time for all practices, meetings, regattas, and other scheduled events. If an athlete must be tardy, they **MUST** clear the reason with the coach in advance **(including Spring Break)**.
- Be supportive of the entire team and of yourself by accepting coaching decisions.
- Seek feedback. Rowers should ask the coach if they don't know where they stand.
- Realize that team goals come before the needs or desires of any individual.
- Enjoy being a member of a great sport at Madison High School

### Parents are expected:

Treat all teammates, opponents, coaches, officials, parents, and volunteers with respect.

- Support the coaching staff and Warhawk Crew by ensuring your child meets the Athlete's expectations listed above.

- Provide support for your child by actively participating in the Warhawk Crew committees and volunteer opportunities, fundraising activities, and regatta volunteer opportunities.
- Remember coaches have full responsibility for the participants, boat selection, and rowing matters.
- Remember coaches seek only to create the fastest lineup possible. While decisions are somewhat subjective, they are not personal.
- If you need to contact coaches, please use Slack.
- **Refrain from going to the boathouse during Regattas** - this area should be 'parent-free' to allow athletes to focus.
- Enjoy your child's growth and development through their commitment, dedication, and teamwork

### **Coaches are expected:**

- Treat all teammates, opponents, coaches, officials, parents, and volunteers with respect.
- Provide clear communication from the beginning on all steps necessary to make Warhawk Crew a successful program.
- Direct feedback to the athletes so they know their strengths and weaknesses, and methods for improving.
- Make fair assessments to achieve the fastest lineups and communicate them openly and in a timely manner.
- Involve all participants in regatta competition to the maximum extent possible.
- Share with the participants the failures and many successes of the team!

### **Other Key Takeaways to Remember:**

- Fundraising year ends June 30th
- Both Stotesbury and SRAA 'Nationals' (qualifying boats) require the athletes to travel to the venue on Thursday, and most Madison Crew races occur on Friday during the day.
- Crew is a team sport, and the parents need to work as a team to enable success