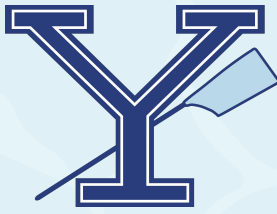




YORKTOWN CREW

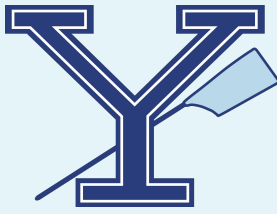
Excellence on the water since 1967



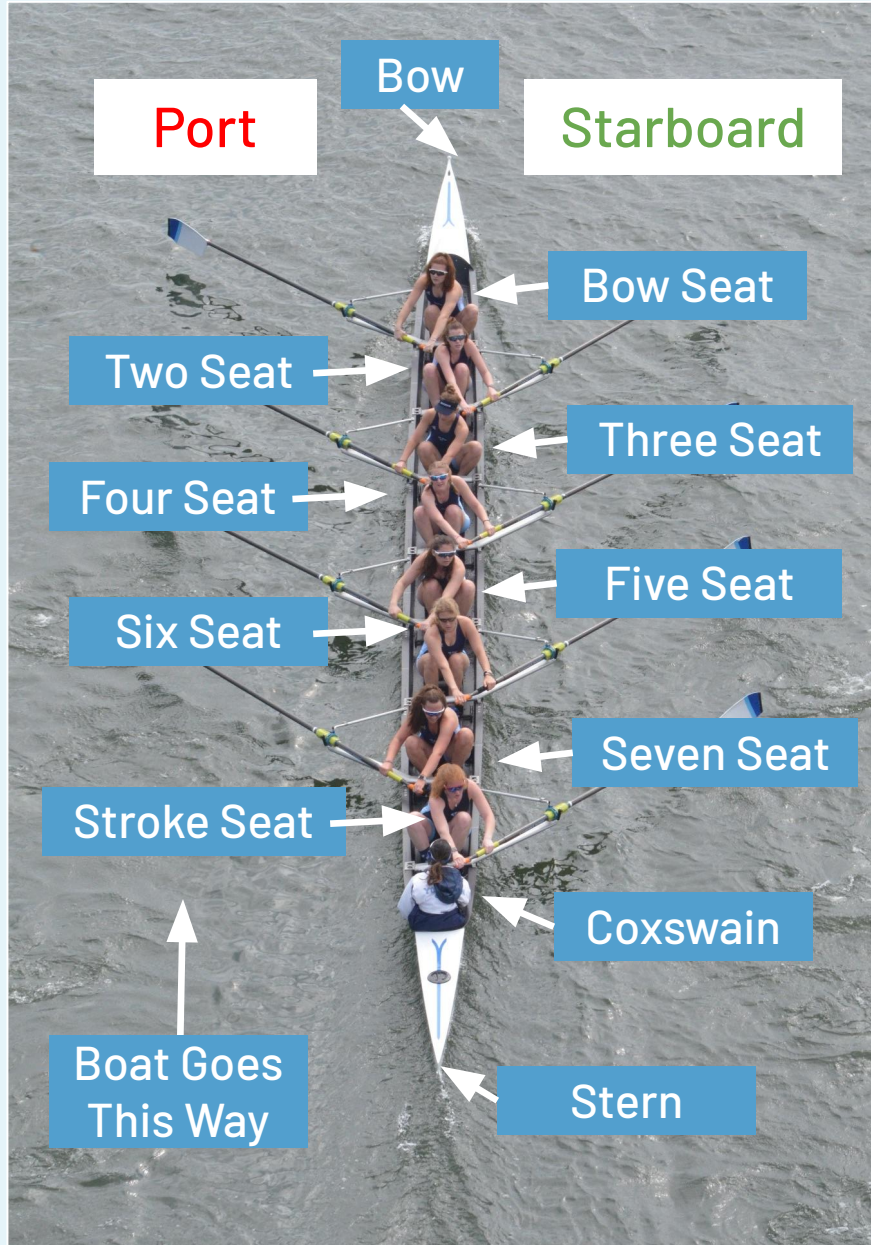
Agenda

- Intro to Rowing
- Our Program
- Costs & Fundraising
- Registration
- Questions





What is rowing?



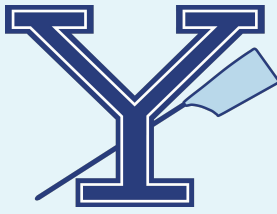
To Learn More:

Basic Terms

Deeper Dive on Terms

Rowing News

Why We Love Rowing



No prior experience
necessary

Make lifelong friends
with fellow
teammates

Opportunity to earn a
Yorktown Varsity letter!

Potential future
opportunities to row
at the collegiate level



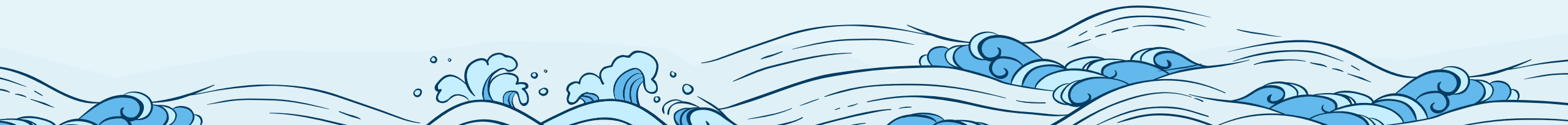
GREAT exercise

**Teaches key life
skills:**

time management,
accountability,
responsibility,
cooperation,
discipline

See the sunrise and
sunset on the
Potomac River

Exciting competitions

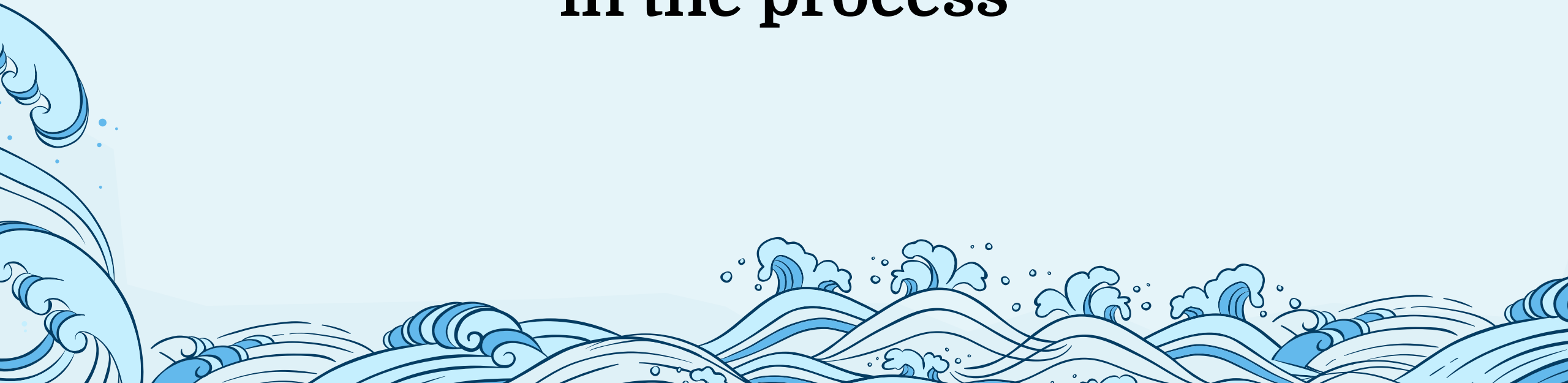


**What are we
here to do?**



Prepare to Compete

Become better humans in the process

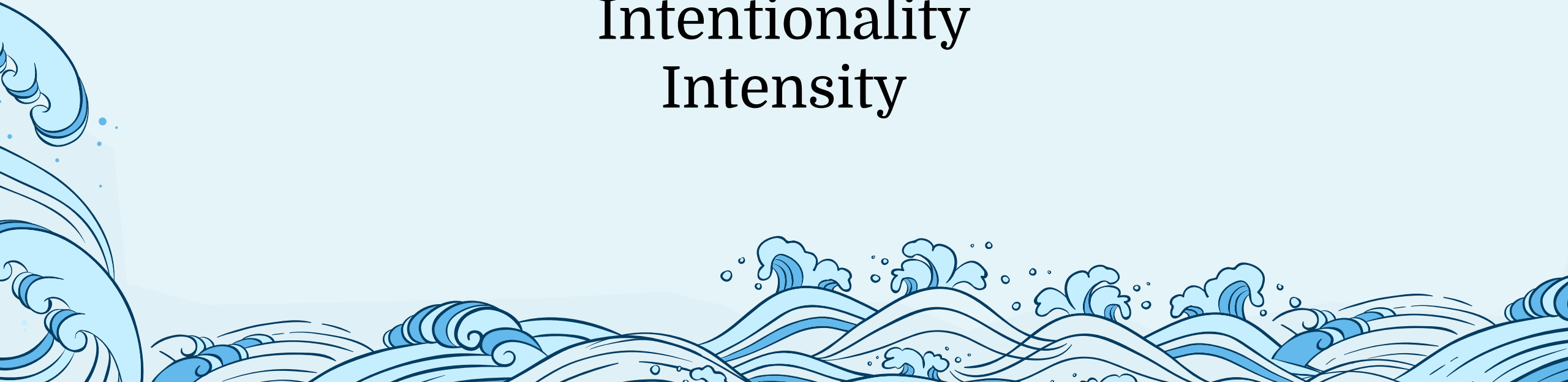


**What is our
team culture?**



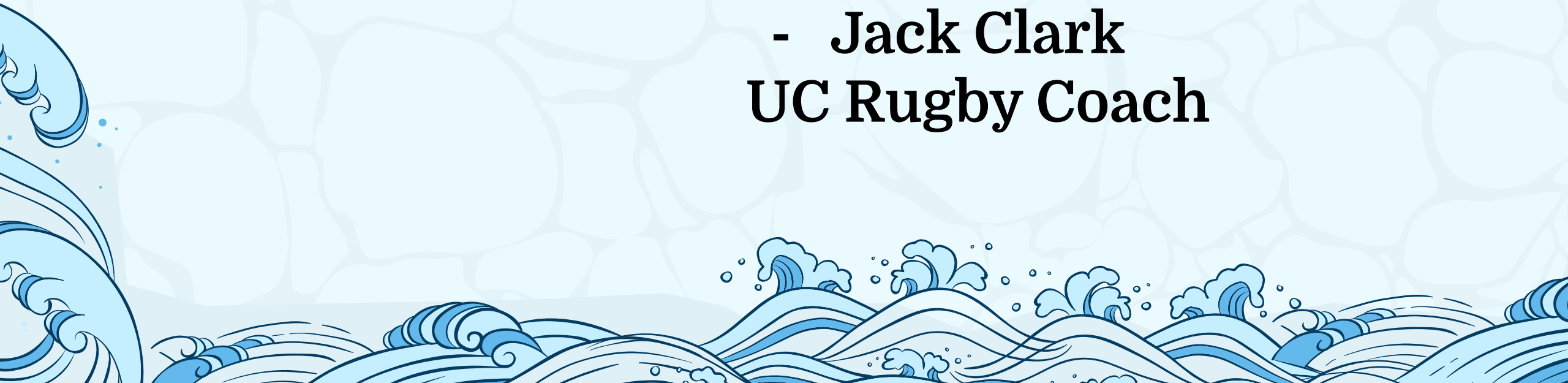
Athlete-focused Coach led

We value:
Consistency
Intentionality
Intensity

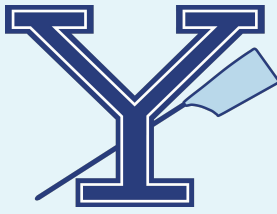


**“Grateful for everything,
entitled to nothing”**

**- Jack Clark
UC Rugby Coach**



Winter Conditioning



Starts November 10th

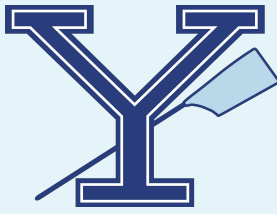
Practice Schedule

After school every afternoon
Saturday Mornings



Critical for
Building fitness,
Learning the fundamentals,
and Creating team camaraderie

75%-80% attendance is ideal



Spring Season

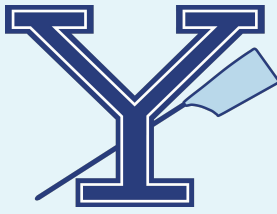
**Starts in late February
(1st day on the water is weather dependent)**

Practice Schedule

- ★ Novice practice everyday after school on the Potomac & Saturday mornings (unless racing)
- ★ Varsity practice every weekday
 - Two mornings, Three afternoons
 - Saturday mornings (unless racing)
- ★ Transportation to/from YHS is provided on school days. (stops at HBW, Arl Tech* Grace Hopper Center on the way to the river)

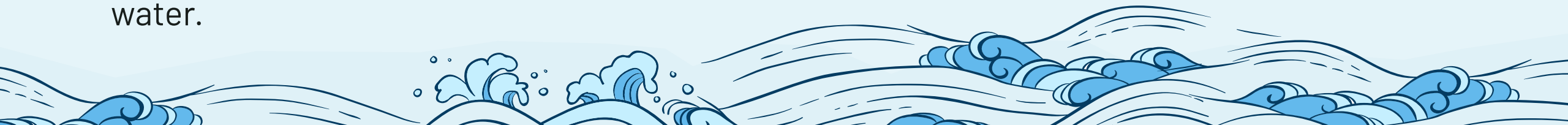


Spring Racing



Schedule

- ★ Full racing schedule is circulated before the spring season starts
- ★ Regular season March/April: Normally 5 Saturday regattas
- ★ Championship season (limited roster) May/Early June
- ★ It is critical that families do not plan trips or ACTs/SAT March-June. Attendance at practice and regattas is critical since all 9 athletes in a boat are needed to get on the water.





Our Team by the Numbers

Four Squads - One Team

Varsity Girls - Varsity Boys

Novice Girls - Novice Boys

Roughly 115 athletes on the roster each spring

We aim to float all 10 of our eight person hulls.

The main events we compete in

Varsity Girls 1V 2V & 3V

Varsity Boys 1V 2V & 3V

Freshmen Girls Eight

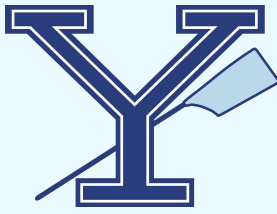
Freshmen Boys Eight

Novice Girls Eight

Novice Boys Eight



Building Community



ROWERS

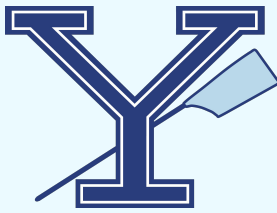
- Team dinners the night before regattas
- Events: Yorktown Relays, Erg Sprints, Row-a-Thon, regattas
- Spring Break Training Camp



PARENTS

- Happy Hours and Parent-Hosted Get Togethers
- Wear your YHS swag with pride & bond at regattas
- Volunteer!





How We Operate

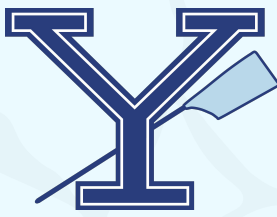
Our program operates under a hybrid model in terms of its funding:

APS supports the team with some funding for operations (including transportation).

YHS Crew Boosters also provides necessary funds and is incorporated as a not-for-profit 501(c)3

- Governed through formal by-laws, found on the yorktowncrew.org
- Managed by Board of Directors





Estimated Costs 2025-2026 Season

Program Dues:

Registration —\$1,500*(\$500/\$1000)

Uniforms (uni)—\$100

* up to \$200 off for selling wreaths

Additional Costs:

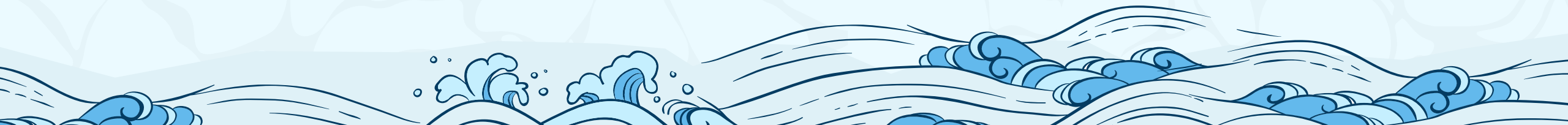
Spring Break Training Camp— \$1,000

**Stotesbury Regatta (Philadelphia)—\$600

**SRAA Nationals* (Camden)— \$600

** boats must qualify through states results to attend

** only high school students attend



Where does the money go?

Rower
registration &
Insurance
\$16,000

Launch
Storage/Maintenance
\$20,000

Coaches
\$70,000

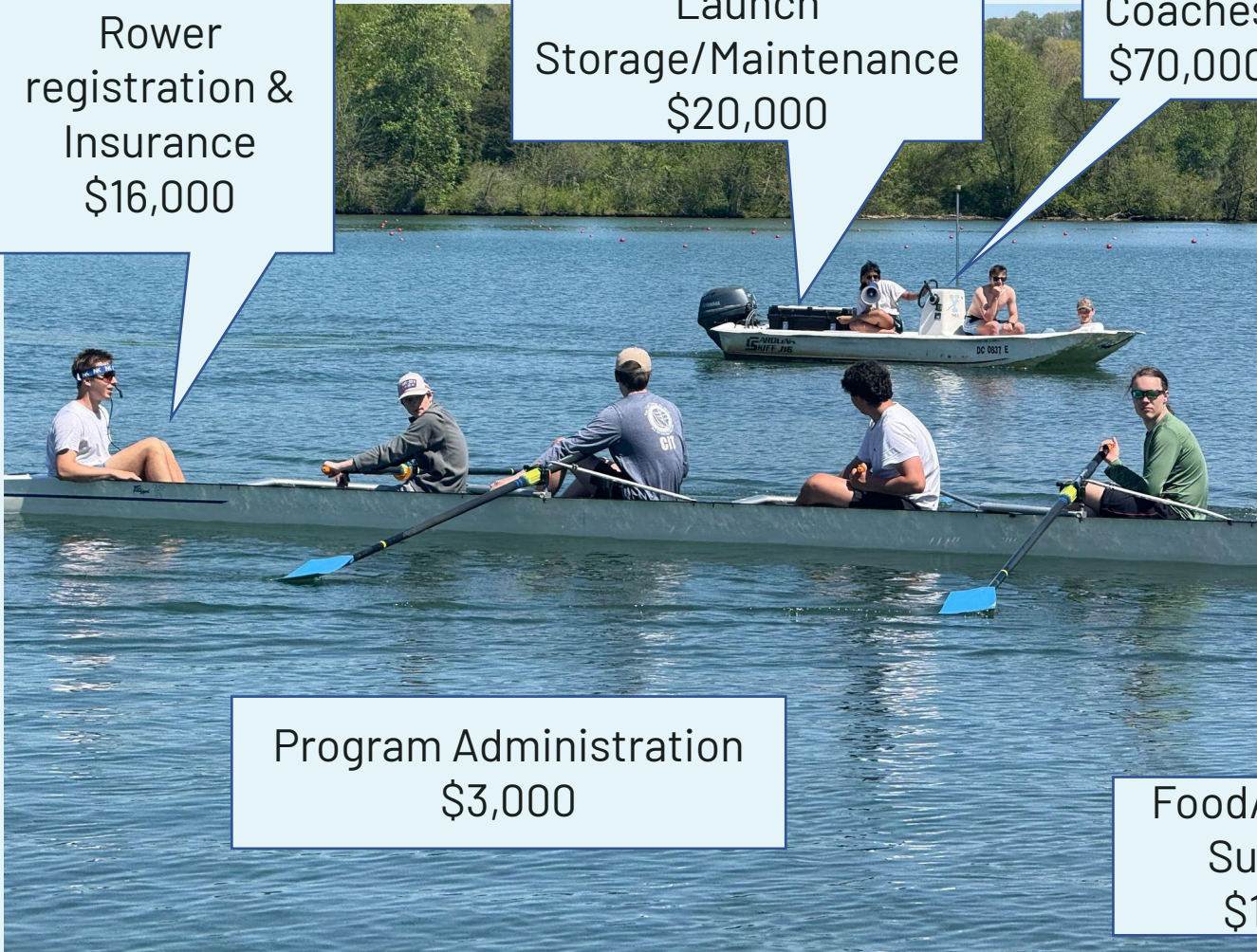
Program Administration
\$3,000

Food/Regatta
Support
\$1,500

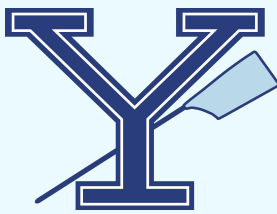
Shell Storage
\$38,000

Shell & equipment
maintenance \$40,000+

Transportation
\$30,000



Fundraising



- Corporate Sponsors
- Wreath Sales (October/November)
- Volunteering at Christmas Tree Lots (November/December)
- Yorktown Relays (January)
- Row-a-Thon (March)
- Dining Out – Restaurant Sales (All Year)
- Merchandise Sales

Always looking for additional ideas & sponsorships

Contact Jill Gaspar on Slack or at fundraising@yorktowncrew.org

What's next?



Learn to Row This Fall



The Learn to Row program is for any Arlington Public School 8th–12th grader who is new to rowing. Taught by top Arlington coaches, you will learn the basics of rowing and be introduced to all aspects of the incredible sport of crew.



WHEN

**Session 1: Sept 2 to 26
Session 2: Sep 29 to Nov 3
4:00 pm – 6:30 pm
Mon–Fri**

WHERE

**Columbia Island Marina
George Washington Pkw**

COST

\$475 per session

Visit onearlingtonrowing.org for information and registration

Get a headstart!

One Arlington Rowing provides students the opportunity to row on the water before the winter season.

Row with your potential future teammates and see if the sport is right for you.

Upcoming Dates

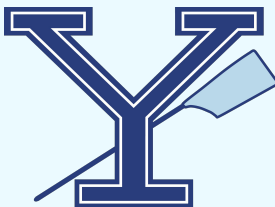
SEE yorktowncrew.org and weekly updates for details



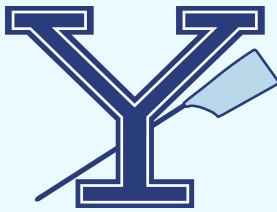
October 1 – New Rower/Parent meeting,
7:30pm Patriot Hall

Mid-October – Registration Opens for Winter
(begins Nov 10)

February 18-21 – Tryouts for Spring
Spring Season Registration Opens



Yorktown Registration



1. **Submit** your VHSL Physical Form to the YHS Activities Office.

*The physical must have taken place **after May 1, 2025.***

<https://students.arbitersports.com/organizations/yorktown-high-school>

2. **Register** with Yorktown Crew and submit payment through yorktowncrew.org

3. **Join/ Renew** annual basic USRowing membership and complete waiver

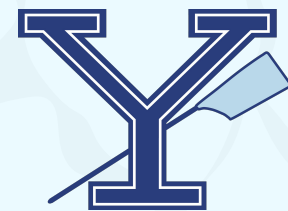
The first two steps are required to participate in winter training

All three will be required to participate in Spring regattas

Detailed information will be circulated before winter

contact registrar@yorktowncrew.org with any questions!

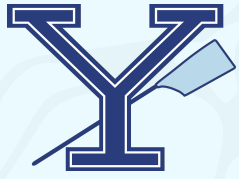
COMMUNICATION



Check out yorktowncrew.org for more information

Follow us on Instagram and Facebook!





QUESTIONS?

Scan the QR code
and don't forget to provide
your contact info

