

2023 State Champions - Women's and Men's Junior 8



WHAT'S CREW?

Crew is a spring season, varsity-level sport at South County High School for all expertise levels. From those who have spent a lot of time around boats to those who are brand new to the sport, crew is a great opportunity to join a dynamic, close-knit team, get outside, and get in top physical shape.

WHY JOIN?

1. No experience necessary! Many of our new team members from all different grades (9-12) are first time rowers.
2. Be a part of a close-knit team, make new friends, and expand your horizon. Crew is all about teamwork!
You can't row the boat without your teammates.
3. Become an athlete – rowing is a total body workout. It builds cardio endurance and intensive strength training.
You will get better and stronger.
4. Build your resume for college applications – there are opportunities for collegiate and club rowing.

HOW CAN I JOIN?

Please contact Southcountycrow@gmail.com or visit www.sc-crew.org for more information.



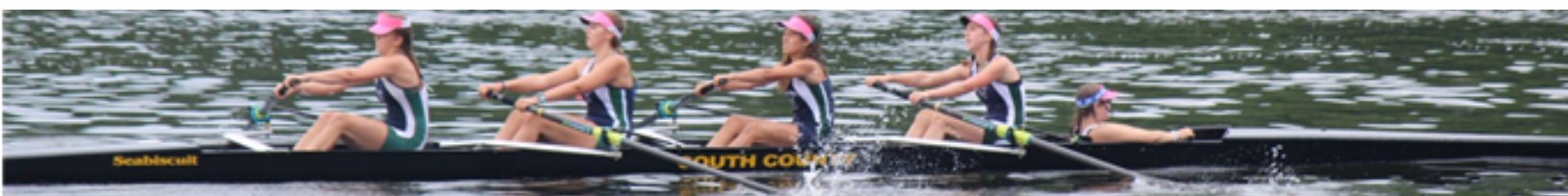
ROWER

pulls the boat



COXSWAIN

commands/steers boat



WHAT TO EXPECT IN A CREW YEAR

Fall (mid-Sept to Oct) – Fall “On-the-Water”

- We offer an opportunity for interested students to see what rowing is like. New rowers practice rowing with experienced rowers at Sandy Run Regional Park. Practice is usually 3 days a week after school.

Winter (Nov to Feb) – Winter Conditioning

- From November to February, it becomes too cold to be out on the water. Instead, new rowers begin winter conditioning with the team's experienced rowers. This is typically 5 days a week (Monday - Friday) of weight training and rowing on the erg (rowing machine) after school. In February, when weather permits, we start to row on the water.
- There is a Registration Meeting on November 15 where we will discuss the upcoming season. All students will turn in their forms and dues before winter conditioning starts.

Spring (February to End of School) – Crew season officially starts

- Experienced and novice rowers continue practicing on the water. In Mid-march, rowers participate in weekly regattas (races) on Saturdays against other schools from across Northern Virginia. The VA Scholastic Rowing Championships is at the end of the season. Furthermore, if the team qualifies, there is the Stotesbury Cup Regatta in PA and the SRAA Nationals in NJ. Regattas are a fun and competitive event that begin the night before with a team pasta party on Friday night.

Q AND A

- 1. Are there any requirements for crew?** Only one: A new rower must pass a swim test (2 min treading water) prior to their first on-the-water practice. We give you a form to take to a participating rec center to administer the test.
- 2. Can I letter in crew?** Yes. Varsity letters are awarded for the Spring season at the end of the school year.
- 3. How many people are on the team?** Typically there are 35-45 teammates for SCHS. The team is grouped into 4 categories: Women's Experienced and Novice rowers, and Men's Experienced and Novice rowers.
- 4. What is a novice?** Novice is the term used for new rowers who have not participated in a regatta before. Once you have competed a season, then you are considered experienced. A novice may row in a varsity boat, but a varsity rower may not row in a novice boat.
- 5. How many rowers are in a boat?** Depending on how many new and experienced rowers we get, each Men's and Women's team will pull a 4-person boat (a quad) and/or an 8-person boat (an eight).
- 6. Can I play another sport during Fall/Winter?** Yes. Practice and conditioning starts long before the season officially starts but it is not mandatory if you are doing another sport (although it is very highly recommended, especially for novice rowers).
- 7. How often and where are the regattas held?** During the season, the team practices weekdays (everyday) on the water, typically after school until 6pm. The regattas are held every Saturday. All practices and regattas are held at the Sandy Run Regional Park, which is one of the top facilities on the East Coast, and is only 15 minutes away from SCHS.
- 8. How do I get to practice at Sandy Run from school?** Unlike other schools that have to charter a bus or a private coach, we rely on parents/students to drive and/or carpool. Also, we usually have seniors who are kind enough to drive a student or two from school to practice.
- 9. Where or when can I sign up?** Please inquire via our email Southcountycrow@gmail.com. Students are encouraged to come out to on-the-water practices as early as possible to get a feel for whether they will like crew or not. There is no commitment to join the team until November.