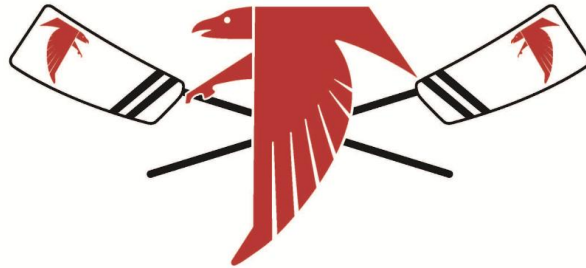


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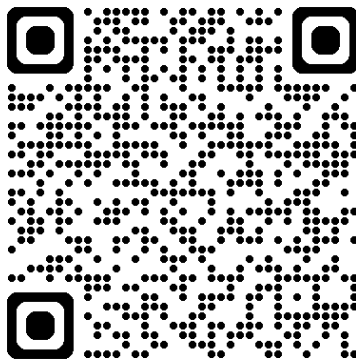


CREW

James Madison Warhawk Crew

2025 - 2026 Family Handbook

Online Versions



Handbook & Inform Meeting Slides

Prepared by the James Madison Crew Boosters Organization, Inc.

www.warhawkcrew.org

Date of publication: 15 September 2025



Welcome to Warhawk Crew!

We are so excited to have you, and your student join the Warhawk Crew Team! We have a strong and growing track record of developing strong athletes who not only regularly achieve stellar results on the water but also develop friendships that last a lifetime!

The program is physically demanding, and requires a certain amount of dedication and time, but for those who are committed to the sport, our team is one of the **greatest things your student will do during their time at Madison.**

We regularly develop top rowers and top boats. Most recently, we had **2 boats earn the Virginia Championship Title (Women's Freshman 4+ and Men's 2nd Varsity 8+)** and 1 other boat earn medal (Men's 3rd Varsity 8+) at the 2025 Virginia State Rowing Championships! In addition, we sent a **Women's Junior 8+** to the Scholastic Rowing Association of America (SRAA) commonly known as 'Nationals' and made it to finals earning **4th across the Nation!** Check out all our past achievements at www.warhawkcrew.org/achievements.



Please know, Crew is not a “drop off” sport. It takes a lot of parental help, which means you have an excuse to hang out, stay involved, volunteer, meet your students’ friends, and generally be a bigger part of their life.

Plan to come to as many regattas as you can and support the team. The result will be lasting friendships with fellow parents and knowledge gained about an extraordinary sport. Best of all, your athlete will appreciate your participation - whether she/he says it or not!

If you have questions, please contact any one of the JMCBO Board of Directors at any time. We are all parents of rowers and coxswains and are happy to answer questions, share what we have learned and how we support the team through our various roles. You can find a list of

board members in this packet and on the Warhawk Crew website. Please let us know how we can support you as a new Crew parent!

ROW HARD & FAST WARHAWKS!

~James Madison Crew Boosters Organization (JMCBO)

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PROGRAM OVERVIEW

Program Philosophy:

Rowing for over 23 years! The Warhawk Crew Program was founded in 2002 and is a club sport affiliated with James Madison High School (JMHS) in Vienna, Virginia. The core philosophy of the Warhawk Crew Program is teaching student-athletes how to achieve excellence through discipline, hard work, and perseverance. This is done by providing a structured, safe, and comfortable environment for them to interact and learn about the sport. Opportunities are provided for students with a wide range of athletic abilities to become highly trained, competitive, and successful student-athletes – **we are a competitive program**. Team members build strength and endurance, develop time management and self-discipline skills, and gain the confidence that comes with being a student-athlete.

Overarching Program Policy:

- **All coach-related communication goes primarily through the athletes.** Athletes will be on an official program email list/Slack Channel. It is their responsibility to check email/slack regularly and communicate relevant updates to parents/guardians.
- **Athletes earn their seat every day. Rowing is a meritocracy where effort, ownership, and consistent performance earn opportunities.** This puts the athletes in the driver seat of their opportunities. They will be held to standards and expected to meet and work towards them. Athletes are expected to comply with all Warhawk Crew rules, policies, and safety guidelines.
- **Active participation.** Athletes are expected to be active participants in their experience. It is the responsibility of the coach to provide a safe, transparent, and productive learning environment. There may be instances when an athlete has questions about aspects of the training and/or selection. **It is the responsibility of the athlete to communicate with the coach.**
- **Transparency.** The program will be structured to provide transparency in decision making around training, boating, and racing. **We entrust the coaches to make and communicate these decisions based on cumulative data collection and observation.**

Program Goals:

Rowing is a sport of discipline and teamwork where each student-athlete learns to synchronize their movements in perfect harmony with one another on the water. It is a great sport that teaches leadership and teamwork. Warhawk Crew follows a student-athlete centered, and coach driven structure.

Specific program goals include:

- To field as many athletes in competition as feasible
- To have the maximum number of athletes reach finals and medal in Virginia Scholastic Rowing Championships (VSRC) 'States'
- To enter competitive lineups at the annual Stotesbury Cup Regatta in Philadelphia, PA*
- To qualify the maximum number of athletes to race in the Scholastic Rowing Association of America (SRAA) & USRowing National Championships

* **NOTE:** There are currently no Novice, 2nd Four, or 3rd Eight categories at the Stotesbury Cup Regatta or SRAA National Championships. Race entries are made at the discretion of the Warhawk Crew Head Coaches.

James Madison Crew Booster Organization:

As a result of its club status, Warhawk Crew does not receive any funding from FCPS or JMHS. Thus, the James Madison Crew Booster Organization (JMCBO), Inc. is an incorporated, not-for-profit 501(c)3 that was established to support the Warhawk Crew Program. The JMCBO is tasked with raising the funds necessary to support coaches' salaries, equipment, operations, and transportation. JMCBO is governed through formal by-laws, which may be found on the Warhawk Crew website (warhawkcrew.org). The JMCBO is managed by a Board of Directors, and they are elected by voting members of the organization at the Annual Meeting held in late spring. Voting members of the organization include parents/guardians of Warhawk Crew student-athletes.

Board of Directors responsibilities include, but are not limited to, hiring coaches, fundraising, financial management, logistical support, the purchase, and maintenance of program equipment.

The Board is NOT a supervisory body responsible for the day-to-day management of the coaching staff, training program, or student-athlete boat assignments. We are strictly a booster program. The Board of Directors hosts a monthly board meeting where all members are welcome and encouraged to attend. See the Warhawk Crew Website, Weekly Newsletters, and Slack for details.

JMCBO Board of Directors 2025-26 (as of the date of this publication):

Board Position	Name	Email
President & VASRA Rep	Tarrin Pakes	president@warhawkcrew.org VASRA@warhawkcrew.org
President Emeritus	Aaron Georgelas	
EVP	Peter Rice	evp@warhawkcrew.org
Operations	Adam Oliver & Jonathan Couchman	operations@warhawkcrew.org
Fundraising	Kellie Brownlee & Lynda Mussa	fundraising@warhawkcrew.org
Membership	Erin Prentice	membership@warhawkcrew.org
Registrar	Mike Brownlee	registrar@warhawkcrew.org
Secretary	Ben Winter	secretary@warhawkcrew.org
Communications	Dana McCulloch	communications@warhawkcrew.org
Treasurer	Kito Mussa	treasurer@warhawkcrew.org
Volunteers	Patrick Burke	volunteers@warhawkcrew.org
Away Regattas	Tana Keeffe	awayregattas@warhawkcrew.org
Hospitality	Andrea Paradise	hospitality@warhawkcrew.org
Transportation	Catherine Williams	transportation@warhawkcrew.org
Uniforms & Spirit-wear	Mara Gecan	spiritwear@warhawkcrew.org

Warhawk Crew Coaches:

Warhawk Crew Coaches are hired on an annual basis using fee-for-service agreement that engage the coaches as independent contractors and not as employees. They are however considered non-paid employees of the Fairfax County Public Schools (FCPS). The number of coaching positions is determined by the number of student-athletes to maximize attention and safety.

James Madison High School (JMHS):

The Warhawk Crew Program operates within a structure approved by the JMHS Student Activities Department on behalf of the participating student-athletes. Warhawk Crew members are JMHS students, wear JMHS uniforms, pull and win for JMHS, and seek to qualify for JMHS varsity letters. The JMHS Director of Student Activities (DSA), JMCBO President, and Executive VP work closely together to ensure the program is managed in accordance with James Madison Crew Booster Organization (JMCBO), James Madison High School (JMHS), Fairfax County Public Schools (FCPS), Virginia High School League (VHSL), and VASRA policies and procedures.

Fairfax County Public School (FCPS) Club Sports:

Crew is a club sport within FCPS and, as such, is not supported by any FCPS funds. **The schools provide none of the expenses for coaches, equipment, operations, or transportation.** Our crew program is sponsored and supported by the JMCBO, which raises funds through individual assessments and a variety of fundraising events. The financial and volunteer work contributions of both the student-athletes and their families are the cornerstones of our program's success.

Virginia High School League (VHSL):

VHSL is an organization of public high schools in the Commonwealth of Virginia which join with the expressed written approval of their local school boards. All FCPS are members of the VHSL. Following a VHSL vote at the close of the 2013 season, public high school rowing in Virginia is no longer recognized by the VHSL as an official high school sport. Per VASRA rules, FCPS policy for all sports and JMHS DSA guidance, the JMHS Crew Program will continue to follow VHSL eligibility guidelines. See the VHSL website for details: <http://www.vhsl.org/eligibility>.

Virginia Scholastic Rowing Association (VASRA):

The [VASRA](http://www.vasra.org) governs Virginia high school rowing, providing the policies and rules under which we operate. JMCBO is a member of VASRA. VASRA provides the organization, resources, and oversight for scholastic competitive rowing regattas on our home course of Sandy Run Regional Park on the Occoquan River, VA, and at other venues throughout the National Capital region. VASRA is an association of Boosters from 39 High Schools and is organized for the express purpose of fostering interscholastic rowing competition between the high school rowing teams in Virginia. VASRA functions as an athletic conference since rowing is considered a club sport in many of the participating high schools and, therefore, is not officially administered by those schools. As such, all VASRA activities directly sponsor and support scholastic competitive rowing and provide the venue to: (1) stage competitive rowing events; (2) ensure regatta structure, safety, fairness, and consistency; (3) ensure overall program oversight; and (4) facilitate communication among member crew booster support organizations. See the VASRA website for additional details: <http://www.vasra.org>.

THE 2025-2026 CREW YEAR

To stay competitive, Warhawk Crew provides many opportunities for students to improve performance. Below is a high-level look at this year's **tentative** schedule of events and activities:

- **Learn to Row** (Optional - Fall): Fall Learn to Row Days are designed to introduce new rowers to the sport, from the proper way to hold an oar to porting a shell to going out and getting *fast* in a boat. Outings on the water with our Varsity rowers help freshman and novices get a feel for the water and experience being part of our team. Attending even a couple of sessions will be helpful for novices to understand the basics of Crew. No prior rowing experience is necessary. **During these sessions, transportation to and from the Quan is the responsibility of parents/guardians, unless provided.**
- **Green Days** (Optional - Fall for Existing Rowers): On the water training and conditioning days. **During these sessions, transportation to and from the Quan is the responsibility of parents/guardians.**
- **Winter Conditioning** (Optional - New and Existing Rowers – Late November – mid-February): Winter brings us to James Madison High School where conditioning practices are held Monday-Friday after school and Saturday mornings. Practices generally consist of training on the erg machines, weightlifting, and running. This helps to ensure that our rowers are in shape and ready for the

competitive spring season.

- **Annual Madison v. Oakton Ergatta/Erg-a-Thon** (Optional - January): A friendly competition to get the athletes fired up for the season. In the dead of winter, when it's too cold to be out on the water, teams compete in a variety of relay races on the ergs (rowing machines), hence the erg-regatta = 'Ergatta'.
- **ErgSprints** (Optional - February): Similar to a track or swim meet, this is a very large all day 'erg meet' with different events of varying lengths where athletes are grouped by age. Our rowers generally compete in the Junior 2000-meter race but there are many other events to choose from. Even a parent-athlete challenge to think about!
- **Official Spring Season** On-the-Water practice begins this year on **23 February** (Weather Permitting): Practice is held Monday - Friday after school and on Saturday mornings at Sandy Run Regional Park on the Occoquan. Attendance is mandatory for in-season practice - your boat is counting on you! Transportation is provided to and from Sandy Run Monday-Friday. Parents/guardians are responsible for transportation to and from Saturday practices.
 - **Spring Break Training** 30 March – 6 April (**YES, we train during Spring Break**): There will be regattas on both Saturdays of spring break, with a week of training in between. All athletes are expected to attend. Transportation to and from the Occoquan is the responsibility of parents/guardians during this week due to varying practice schedules.
 - **Regattas EVERY Saturday** (March - May/June): Home regattas are held every weekend at Sandy Run Regional Park. Away regatta dates will be posted soon. Check the **Calendar** on our website for our schedule.
 - **Away Regattas (In Championship):**
 - **Stotesbury Cup Regatta**, Philadelphia, PA, 15-16 May 2025 (Select Boats)
 - **SRAA 'National' Championships**, Oakridge, TN, 22-23 May 2025 (Qual Boats)
 - **USRowing Youth National Championships**, Sarasota, FL, June 2025 (Qual Boats)
- **Team Building & Fundraising Events:**
 - White Elephant Gift Exchange (13 December)
 - Annual Madison v. Oakton Ergatta (24 January)
 - Mulch Day (7 March - Snow Day 14 March) - **All athletes and >1 parent must participate!**
 - Athlete Team Dinners (Fridays before Home Regattas)
 - End of Year Banquet - Parents & Athletes (28 May)

REGISTRATION

Registration is a multi-step process (See www.warhawkcrew.org/registration-steps). Please complete each step to ensure your rower's eligibility to participate.

- **Summer/Fall Seasonal Learn to Row (L2R) & Green Days:** Steps 1-5 are required to participate
- **Winter Conditioning:** Steps 1, 2, 4, and 5 are required to participate (Nov-Feb). Note that the registration for Winter Conditioning is separate from the Spring Registration and is meant to help assist coaches with scheduling.
- **Spring: ALL steps are required.**

REGISTRATION STEPS

1. STEP 1: VHSL PHYSICAL FORM:

You must have a **sports** physical completed after May 1, 2025, to be viable for this school year. The completed form must be submitted to the JMHS Activities Office or Main Office – at least 48 hours prior to first participation.

- Complete the **VHSL Physical form** through your primary care physician or a CVS-type “Minute Clinic.”
- Completed forms may be submitted digitally to JMHSPhysicals@fcps.edu, or in person at the Activities or the Main Office.

2. **STEP 2: JAMES MADISON HIGH SCHOOL ATHLETICS ACTIVITY REGISTRATION:**

All students must register with the JMHS Activities Office to participate in Warhawk Crew. New this year, they have moved to Arbiter Sports for this part of the process. Go to <https://students.arbitersports.com/programs/athletics-activities-registration-2025-2026-22> to register. This is a new platform for completing Concussion Education, Emergency Care Information, Weight Room, and Driver/Rider forms.

3. **STEP 3: COMPLETE THE SWIM TEST:**

Novice rowers and any rowers new to Warhawk Crew will need to complete a swim test **before practice on the water begins**. You can independently arrange a swim test with a certified lifeguard by calling your local pool or YMCA to schedule. There may be a charge for oversight of the test, depending on the facility. Upon completion, please have the lifeguard sign off on [Warhawk Crew Swim Test Certificate](#) and then email to registrar@warhawkcrew.org, or drop it in our Activities Office mailbox.

If you cannot find a lifeguard who will certify your test, please send an email to: registrar@warhawkcrew.com to coordinate a swim test.

4. **STEP 4: REGISTER FOR WARHAWK CREW 2025-26:**

Warhawk Crew will utilize SportsEngine’s web-based service for team registration and each activity will have its own registration link (Go to www.warhawkcrew.org/reg for active registration links).

On the SportsEngine website, the term “rower” is used for both rowers and coxswains during the registration process. If you have more than one student-athlete competing for Warhawk Crew this season, please note that you will only be able to register one rower at a time. After registering your first rower, you will be given the opportunity to link back to the homepage to register your second rower.

Registration for Winter Training will open in October and is meant to assist coaches with planning conditioning sessions. Winter Training is optional but **highly encouraged**, schedule permitting.

Registration for the Spring Season is OPEN NOW and must be completed **before February 13th, 10 days before the water training begins.**

NOTE: To register, you must sign into SportsEngine. If you have not previously created an account, you will be prompted to do that first. If you have previously registered for SportsEngine (returning athletes), please login with your existing account credentials.

5. **STEP 5: Join USRowing:**

Warhawk Crew is a member of the USRowing Organization and therefore held to the USRowing policies and regulations. An active USRowing individual membership is a requirement for athletes to compete in USRowing sanctioned events. Visit the USRowing website (<https://membership.usrowing.org/individual/join>) and join/renew.

Instructions:

- Join/Renew as Individual/Athlete AND Sign Waiver
- Club or Team Name: James Madison Crew Boosters Organization, Inc.

- Use the **James Madison Crew Booster Organization Code is: PHS9S**
- The cost of basic membership is \$25 (you don't need an upgrade) for the athlete

Varsity Rowers: Pay attention to expiration dates because if you registered last year, it's likely it expires in early 2025 and will need to be renewed before the end of the school year.

6. **STEP 6: SafeSport:**

Rowers ages 18 & up, including anyone who will turn 18 during the season – must take 'SafeSport Abuse Prevention for Adult Athletes' (30 minutes).

Instructions:

- Within your USRowing membership profile, you will see icons on the left side of the screen.
- Click on the SafeSport Icon, Review and accept the terms and conditions.
- Click on "Catalog" to complete the required course.
- Save a copy of your completion certificate.
- Confirm completion in your profile.

FINANCIAL RESPONSIBILITIES

Membership Dues:

The Warhawk Crew Program membership structure is designed to:

1. Be understandable and equitable
2. Cover day-to-day and annual costs
3. Maintain dues at the lowest possible level while meeting our program goals

A system of Volunteering points is used to promote an environment where each family is contributing to volunteer needs of JMCBO. To give parents flexibility around volunteering, members can choose from one of the two membership tiers below, based on the number of volunteer points they pledge.

Tier 1: \$2,500 & 6 Volunteer Points pledged + \$1,000 Fundraising

Tier 2: \$3,100 & 3 Volunteer Points pledged + \$1,000 Fundraising

Summary of Athlete Membership Milestones	Tier 1	Tier 2	Due Dates
Membership Dues allow the club to provide: <ul style="list-style-type: none"> ● Top notch racing shells ● Spring Training (late Feb – May) ● Transportation ● Equipment, Operation & Maintenance ● Regatta Fees 	\$2,500	\$3,100	Full payment required NLT 12 February 2026
Volunteer Points Pledged: Required by family regardless of number of athletes registered. Each unfilled point is worth \$200.	6 points	3 points	Complete or scheduled by 1 June 2026
Fundraising: Necessary to keep membership costs low and contribute to our capital fund.	\$1,000		Complete by 1 June 2026

Each volunteer point is ~4 hours of volunteer time. Our programs successfully run thanks to your support. More info can be found on the [Volunteer](#) section of our website and VOLUNTEER REQUIREMENTS section below.

WHAT'S INCLUDED?

INCLUDED	NOT INCLUDED
<ul style="list-style-type: none">• Dedicated Coaching Staff• 400+ hours of training• Spring Bus Transportation (M-F)• Equipment & Maintenance• Rack Space• Trailer Maintenance• Insurance (Boats, Trailer, USRowing, etc.)• Regatta Fees*• Hospitality (Ergatta, Mulch Day, Spring Break)• Regatta Food & Snacks – Signup Genius• Banquet (Athlete Dinner & Awards)	<ul style="list-style-type: none">• Uniforms (Store will open in Oct & Jan)• Saturday Practice & Regatta Transportation• Specialized Away Regattas (3)<ul style="list-style-type: none">• Stotesbury (Philly)• SRAA 'Nats' (OakRidge, TN)• Youth Nats (Sarasota, FL)• Team Dinners (Fridays before Home Regattas) – Signup Genius• Banquet (Parent/Guardian Dinner)

* Specialized Away Regattas (i.e., Qualifying Boats for Stotesbury and 'Nats') will incur additional fees. Estimated fees are ~\$500/event

Payment:

Payment by credit card is managed through the SportsEngine website and will incur a 3% processing fee. Families with extenuating financial circumstances should contact the JMCBO President (President@warhawkcrew.org) to arrange a delayed payment schedule.

Payment Schedule and Discounts:

Dues for the current season must be paid in full by **February 12, 2026**. The estimated payment schedule will be as follows for Tier 1 (add \$200 for each payment for Tier 2):

- \$800 due at registration
- \$800 due January 12th
- \$900 due February 12th

Discounts/Scholarships:

- \$100 sibling discount available
- Limited scholarships are available through the [Occoquan Boat Club - Julia Shew](#) - awards range from \$300 to \$1,000 and are presented to each athlete's Booster Club to assist with their membership dues.
- JMCBO scholarships may be available on an as-needed basis - contact president@warhawkcrew.org. All requests will be held in strictest confidence.

Uniforms: **WATCH SLACK FOR UPDATES**

Uniforms are required and are not included in club dues. Women are required to purchase a Warhawk Crew Unisuit ("Uni"). Men are required to purchase a team Uni and a white team shirt to be worn underneath.

The Madison Boathouse Store: Will be open for one week in October and one week in January. Required uniforms may be purchased at this time. There will be many Slack messages sent to Parents and Rowers with instructions on how to purchase.

Please keep in mind that Athletes **MUST** order UNIs before the store closes in January to get them in time for the spring season. **Late orders will not be accepted.** If you have any questions, please contact the Uniform/SpiritWear Coordinator: Spiritwear@warhawkcrew.org.

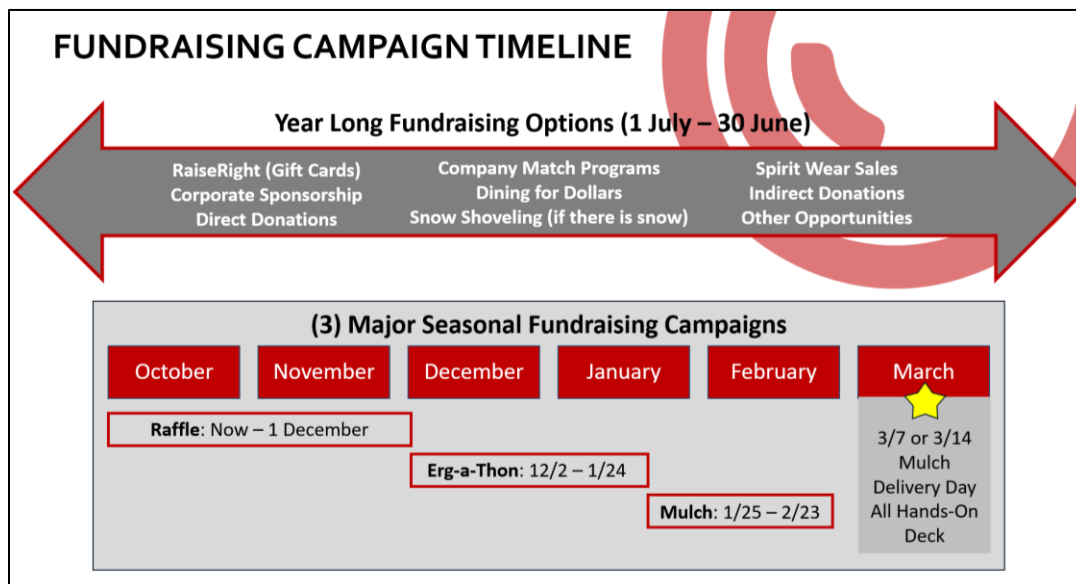
Optional Items: Spiritwear

- **Boathouse Jackets** are not required but are helpful in keeping rowers dry and warm. They can be ordered from the [Madison Boathouse Store](#) once in October (in time for the holidays) and once in January (in time for Spring Season). Watch Slack for details/links to order!
- [Crew Swag Store](#) - Delivered in 2 weeks!
- **Additional optional crew gear** is available for purchase throughout the season. Just message the Spiritwear Coordinator on Slack. All proceeds benefit the Warhawk Crew!

Fundraising Commitment: \$1,000 per athlete

As mentioned previously, Warhawk Crew’s designation as a club sport means that we do not receive any financial assistance from FCPS. Our program goals, equipment needs, and commitment to maintaining low annual dues necessitate a robust fundraising effort that requires active participation from each of our members. Fundraising activities and opportunities include, but are not limited to:

- **Annual Raffle:** Every fall, athletes have the opportunity to sell raffle tickets for a drawing held in early December. 100% of ticket sales are applied to the student’s fundraising goal.
- **Mulch Madness:** This is our biggest fundraiser of the year. Beginning in January, our athletes sell mulch to the Madison community and provide free delivery in early March. Athletes earn ~\$2/bag (depending on profit margin). As an example...selling 200 bags earns \$400 toward athlete expectation.
- **RaiseRight:** Earn % rebates on gift cards. Raise money while making regular purchases like groceries and gas!
- **Employer Matching:** Does your employer match donations? If so, you can double your fundraising dollars! Benevity, FrontDoor, Cyber Grants, Bonterra Giving and Matching, etc..
- **Corporate Sponsorships:** Ask your favorite business to support Warhawk Crew and have the sponsorship amount credited to your athlete.
- **Direct Donations:** It is also possible to meet your fundraising expectations by donating directly.



Fundraising efforts will be tracked and communicated monthly through Slack. If you have questions related to where your athlete’s standing is, please reach out to fundraising@warhawkcrew.org.

VOLUNTEER REQUIREMENTS

As a volunteer run organization, JMCBO requires family support beyond the prompt payment of fees. To operate, the club needs volunteers to perform tasks for specific events.

Point System:

Warhawk Crew uses a volunteer point system to promote an environment where each family is contributing to the volunteer needs of JMCBO and VASRA.

Members can choose from one of the two membership tiers at registration: pledging either 6 or 3 points per family. Access to the current number of points pledged, earned, and owed per athlete's family will be posted in the #parents channel of Slack and will be updated regularly post registration. **All points should be completed by June 1, 2026.** To foster equity, Members will be assessed \$200 for every unfulfilled point.

Families have different conditions of availability and flexibility, but everyone can help. If you have extenuating circumstances, please reach out to Volunteers@warhawkcrew.org to arrange for an alternative agreement.

****NOTE: Providing food for team dinners, regattas, or events does not earn volunteer points.****

Volunteer Opportunities:

Our volunteer needs throughout the year are numerous and varied. The list below is just a sample of the many opportunities' members will have to choose from. Jobs and their associated point values will be posted throughout the year under the DIBS tab on our website. There really is something for everyone!

- **VASRA:** Warhawk Crew families are required to cover our assigned VASRA Service Shifts each season. These shifts are one-day tasks and include anything from helping to run a concession stand at a regatta, helping maintain a dock on a VASRA Workday, or working at any one of the dozens of opportunities that VASRA makes available on race days. A full description of all VASRA jobs can be found at <https://www.vasra.org/club-info/volunteer-positions>.
- **Bus Chaperone:** During the spring season we offer bus service Monday-Friday, to and from our practice venue at Sandy Run Rowing Facility. The condition of this service is that we must provide a parent chaperone. The Chaperone meets the bus in the Madison parking lot at 2:45, takes attendance, rides with the students to Sandy Run, is free to occupy themselves as they see fit during practice, takes attendance again before leaving to ensure all rowers have been accounted for, and rides back to Madison with the rowers, usually arriving around 7:30pm. **FCPS 'Badging' required.**
- **Operations:** Help to ensure that all club equipment is safely and properly maintained. Potential jobs include but are not limited to: gas runs, launch boat training, erg maintenance, securing boat permits.
- **Away Regatta Support:** Help support our athletes while they are on the road. Jobs can include but are not limited to: Tent set up and tear down, bring the Chuck Wagon, Chaperones, Bus Liaison.
- **Board Membership:** The fastest way to learn the ins and outs of our entire organization is to join the Board or one of its sub-committees. A full list of board positions and any openings will be listed on DIBS.

****Some volunteer opportunities require FCPS Badging and/or USRowing SafeSport Certification - The Volunteer Chair will inform you of this requirement when you sign up. Find out more on how to complete this requirement [HERE](#).**

TRANSPORTATION

Warhawk Crew practices at [Sandy Run Regional Park](#). Located at 10450 Van Thompson Road, Fairfax Station, VA 22039, Sandy Run is approximately 15 miles from James Madison High School down Route 123 (Ox Road). The team provides a bus to transport rowers to and from the river after school during the spring season (weekdays only). Bus transportation is also included for those boats that qualify for the Statesbury Regatta and SRAA Nationals. Parents/Guardians and Students are responsible for coordinating their own travel to and from all other Warhawk Crew events to include Saturday practices, regattas, team dinners, team parties. **Carpools are strongly encouraged.**

Bus:

During the spring season, Warhawk Crew offers bus transportation to and from practice Monday – Friday. The bus departs from JMHS at 3:15pm and generally returns around 7:30pm. *FCPS requires a parent chaperone to accompany the students on the bus to and from practice every day.*

Carpools:

Parents/Guardians are encouraged to use the **#Carpools** channel on SLACK to arrange parent/guardian driver carpools. The #Carpools channel will have links to spreadsheets for specific team events such as green days, Saturday practices, spring break and away regattas to help facilitate organizing carpools. Once the season gets underway, it can be helpful to arrange parent/guardian driver carpools according to the boat your student is rowing in.

Student Drivers:

Many upperclassmen drive themselves to and from practices and events and must follow all state driving laws. As a reminder, per Virginia State Law:

1. If you are under age 18, you may carry only **one passenger under age 21**, unless accompanied by a licensed parent, or other adult acting in place of a parent, in the front passenger seat. However, after you have held your license for one year, you may carry up to three passengers under age 21 in the following situations:

- Travel to and from a school-sponsored activity;
- A licensed driver 21 or older is in the front passenger seat; or
- In case of an emergency.

2. Virginia's cellular telephone law prohibits the use of cell phones while driving, regardless of whether such device is or is not hand-held. You can **only** use a cell phone or any other telecommunications device for a driver emergency and the vehicle must be lawfully parked or stopped.

Additionally, students are **NOT** permitted to drive themselves to any away regattas or events that cross state lines.

Student drivers will also be required to follow all school policies regarding driving to and from practices, home regattas and team events. This will include submitting school forms, identifying members of carpools, and following specified routes. These forms and documents will be given to and collected from student drivers before a student may drive to any crew practice or event.

In addition, there will be established routes student drivers are required to take to/from Sandy Run. Those routes will be posted on slack.

COMMUNICATIONS

Warhawk Crew uses several tools to maintain year-round communication with members and the public.

Website: www.warhawkcrew.org

Provides general information about the program and its history in addition to a current calendar. The website also hosts our registration platform and the DIBs volunteer sign ups.

President's Letter / Newsletter:

Warhawk Crew publishes a periodic newsletter to keep parents and athletes updated. In-Season, the newsletter comes out every Friday and includes important information about the upcoming regatta and the week ahead. Sign up [HERE](#) to receive our newsletter (This is an email distributed via Mailchimp).

Slack:

We will use Slack as our primary communication tool. Parents and athletes will be invited to join the slack organization via email. Please accept this invitation. Slack will be how we connect daily about many topics including practice scheduling, cancellations, daily lineups, and more. There will be a parent channel and an athlete channel, and you will be invited to the appropriate channel automatically. Once you receive the invitation, we recommend downloading the app and turning on notifications. It's important that every family member has access to Slack. If you have a login to our Slack organization (madisoncrew.slack.com) from previous seasons, please use that to login, you will NOT get a new invitation but will be added to the channels for this season automatically.

All major announcements are posted in the General Channel, but there are also channels specific to parents, individual Committees and projects, as well as rowers. Slack is also where all team pictures are posted. Additionally, Slack allows members to directly communicate with each other and members of the Board.

Slack is used to notify families about emergencies such as practice cancellations and other announcements. We recommend using Slack on your mobile device to be sure you receive sensitive communications all the time.

If you aren't already connected to us on Slack, contact Warhawk Crew Communications at communications@warhawkcrew.org to request an invitation. And be sure to check out the Slack Channel Primer on our website located here: [Must Read Documents \(warhawkcrew.org\)](#).

Social Media:

- Instagram: [Warhawk Crew \(warhawkcrew\)](#)
- Facebook: [WARHAWK CREW | Facebook](#)

Student and Coach Communication:

Coaches will use Slack and Email to communicate with the Student-Athletes regarding practice times and locations. Event and boat specific slack channels will be added throughout the season. Coaches will ensure all correspondence is professional and related to official Warhawk Crew business.

Students are expected to notify the coaches of any schedule conflicts, injury or illness, and to initiate a direct discussion if they have any questions or concerns.

Parent and Coach Communication:

As parents, when your children become involved in our program, you have the right to understand what expectations will be placed on your child.

Communication Parents/Guardians Should Expect from Your Student's Coach:

- Coaching Philosophy
- Expectations and goals for your child and the team/season.
- Locations and times of all practices and regattas
- Team requirements, special equipment, strength and conditioning programs.
- Procedure should your child be injured during participation
- Team rules and consequences for infractions.

Communications Coaches Expect from Athletes / Parents:

- Advance notification of any schedule conflicts
- Notification of illness or injury as soon as possible.
- Concerns expressed directly to the Head Coach

As a member of Warhawk Crew, your student will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way your student wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches:

- The treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

Boat and seat assignments are not guaranteed, regardless of grade level or previous team membership. It can be difficult to accept that your student may not row in the top boat or participate as much as you, or they, may desire. Our coaches are professionals. Their decisions are based on their experience and their observations of individual student's performance, attitude, and attendance. They make judgements based on what they believe is best for all the student-athletes in the program. The topics listed below must be left to the discretion of the coach.

Issues Not Appropriate for Parents/Guardians to Discuss with Coaches:

- Seat and Boat Assignments
- Participation in Regattas
- Other Student Athletes

If questions or concerns arise, communication between the coach and player, or coach and parent/guardian is encouraged. It is important that all parties have a clear understanding of the other's position. When conferences are necessary, the following procedure should be followed:

1. The student discusses his/her concern directly with their coach. If the student and coach are unable to resolve the issue, please continue to step 2.
2. The parent/guardian contacts the Head Coach through Slack to set up a time to discuss the concern.
 - a. Please do not attempt to confront a Coach directly before or after practice or regatta days. These can be emotional times for both the parent and the Coach. Meetings of this nature do not usually promote positive resolutions.
3. If the conference with the Head Coach does not provide satisfactory resolution, please contact the JMHS Director Student Activities, Andrew Baird, ARBaird@fcps.edu, 703-139-2499.

EXPECTATIONS

Student-Athletes are expected to:

- Treat all teammates, opponents, coaches, officials, parents, and volunteers with respect.
- **Take care of the equipment as if it were your own.**
- Participate fully in all aspects of training and racing.
- Travel safely to and arrive on time for all practices, meetings, regattas, and other scheduled events. If an athlete must be tardy or absent, they **MUST** clear the reason with the coach in advance (including Spring Break).
- Be supportive of the 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 JMCBO by ensuring your child meets the Athlete's expectations listed above.
- **Provide support for your child by actively participating in the JMCBO committees and volunteer opportunities, fundraising activities, and regatta volunteer opportunities.**
- Remember that coaches have full responsibility in the participants, boat selection and rowing matters.
- Remember that coaches seek only to create the fastest lineups 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 communications 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 them.
- 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!

Key Takeaways to Remember:

- Register both the athlete and the parent(s)
- Fundraising year ends June 30th
- Both Stotesbury and 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

EQUIPMENT POLICY

JMCBO is committed to maintaining high-quality equipment to ensure the safety and performance of all athletes. This policy outlines the expectations and responsibilities regarding the use and care of team equipment.

1. Responsibility for Team Equipment

All athletes, coaches, and volunteers are expected to treat team equipment with respect and care. Taking care of equipment is a shared responsibility and a reflection of team pride. This includes, but is not limited to:

- Boats (shells) & Oars
- Ergometers (ergs)
- Launches and motors
- Cox boxes and electronic devices
- Slings, racks, and other storage equipment

Proper handling, cleaning, and storage of equipment are essential to prolong its lifespan and ensure safety. Any damage or malfunction must be reported immediately to a coach or designated equipment manager.

Neglect or misuse of equipment undermines the team's success and may result in restricted access or financial responsibility for damages.

2. Equipment Use Guidelines

- Equipment should only be used under the supervision of a coach or authorized personnel.
- Athletes must follow all instructions regarding the transport, setup, and breakdown of equipment.
- Unauthorized use or negligent behavior may result in disciplinary action.

3. Equipment Loan and Rental

JMCBO, through our Operations VP, offers equipment loans to students and maintains an Equipment Use Agreement. Parents must complete and sign this agreement before taking possession of any equipment. The agreement outlines the terms of use, care expectations, and return conditions.

Failure to comply with the agreement may result in loss of equipment privileges and/or financial responsibility for damages or loss.

4. Personal Equipment

JMCBO is not responsible for any personal items brought to practice, regattas, or other team events. This includes, but is not limited to:

- Cell phones & Headphones
- Watches
- Clothing and footwear
- Bags and backpacks

Athletes are encouraged to leave valuable items at home or secure them appropriately during team activities.