



ABOUT FC CREW: Founded in 2001 by a handful of members and one rowing machine, the First Colonial Crew Club has grown to include 50 members. Our team rows under the name “Patriot Crew” in the fall and is open to participants from other schools. The First Colonial Crew Club Auxiliary (FCCCA) is the supporting group and receives no financial support from the school system. We own our equipment and must provide the funds for all our activities that rely on dues, fundraisers, donations, and active support from parents (**parents are required to sign-up for at least one committee**).

THE SPORT OF CREW: Rowing is a total body workout. Although rowing looks like an upper body sport, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic sports that involve all of the body’s major muscle groups. It is a great aerobic workout; second only to cross country skiing, with low impact on joints. Rowing looks graceful, elegant, and sometimes effortless when well done, but don’t be fooled. The sport demands endurance, strength, balance, and mental discipline.

THE SEASONS: Crew has a fall, winter, and spring season. The fall is a time for cardiovascular conditioning and long-distance races called head races. During the winter, the team does land conditioning and ergathons (indoor rowing competitions). Spring practices are held daily with focus on enhancing form, power, and speed. Rowers look forward to the race on Saturday and the pasta party the night before.

REGATTAS: Usually on Saturday, with an occasional Sunday, the regattas are exciting competitions with as many as 20 different teams attending. They are an all day affair, starting early in the morning, usually lasting until mid-afternoon. Along with serious competition comes food and socializing at the river’s edge.

MEMBERSHIP: Dues - \$650.00 per rower for fall, winter, and spring season. Uniforms (for novices only) – \$100.00 includes shorts, tank, long sleeve shirt and T-shirt.

BOARD MEMBERS

Jim Petersen - President 486-2892
Mike Lewis - Vice President 486-7588
Tanya Olander - Secretary 340-4640
Mark Devlin - Treasurer 422-5917
Mark Hodges - At-Large 428-2670
Kerstin Devlin - At-Large 422-5917
Pam Whitley - At-Large 425-6817

COACHING STAFF

Kurt Snyder - Head Coach 201-3615
Thomas Rodgers - Asst. Coach 773-2931
Maria Marshall - Asst. Coach
Drew Webb - Asst. Coach

SCHOOL SPONSOR/ADVISOR

TBD -School Sponsor/Advisor

PROPOSED REGATTA DATES:

Oct 8, 2011 - Head of the James River Race - Richmond
Oct 15, 2011 - Fun Crewz & Picnic (Narrows-First Landing SP)
Oct 30, 2011 - Head of the LaFayette Halloween Regatta - Norfolk
Nov 6, 2011 - Head of the Occoquan (Woodbridge Area)
Jan 28, 2012 - Mid Atlantic Erg Sprints (TC Williams HS, Alex.VA)
Feb 11, 2012 - Hampton Roads Ergathon (Waterside)
Mar 24, 2012 - EVSRA Season Opener (NBG)
Mar 31, 2012 - EVSRA Spring Fling (NBG)
Apr 21, 2012 - Little Mathews Regatta (Mathews, VA) or
Apr 21, 2012 - EVSRA Regatta (NBG)
Apr 28, 2012 - EVSRA Championship (NBG)
May 5, 2012 - Big Mathews Regatta (Mathews, VA)
May 12, 2012 - VA State Championships (Occoquan, VA)
May 19 & 20, 2012 - Statesbury Philly
May 25 - 27, 2012 - SRAA Nationals
Jun 9, 2012 - Row for the Cure (LaFayette – Norfolk)

STUDENT BOARD OFFICERS:

To be voted on during the fall season

TEAM CAPTAINS:

To be selected at the beginning of fall season

FOR MORE INFORMATION CONTACT: info@fccrew.com or www.fccrew.com