**About the Club**

Briar Woods Crew Club (BWCC) was established in 2010 by a group of dedicated seniors at Briar Woods High School. 2015 will mark the club’s fifth season and the staff, students and volunteers are working hard to continue the momentum and progress of previous seasons. Our team’s commitment to the sport of competitive rowing is built on a foundation of sportsmanship, dedication and hard work. Join us for a great sport with no names on the jerseys and no glory for the individual - because it’s all about the boat.

**Briar Woods Crew Club Boosters**

The boosters are parent volunteers who provide the organizational structure and support that allows the coaches and rowers to concentrate on training and racing. The BWCC board members are:

 President – Bob Matthews

 Vice President – Beth Otal

Treasurer – Bob Matthews

Safety Officer – Need Volunteer

Secretary – Karen Costa

At Large Member - Kath Race

 Fundraising Committee – Tammy Wells and Angela Rabena

 Operations Committee – Scott Barrington

 Publicity and Communications Committee– Brenda Conwell-Dudley

 Coaching Committee – Rich Schafer

**2014-2015 Captains (BWHS Seniors) are:**

Anelise Tepley, Ansley Nix, Owen Murphy & Tyler Schafer – all have 4 years rowing experience with BWCC.

**Requirements for Participation in BWCC**

Participation in the Briar Woods Crew Club (BWCC) goes beyond the individual rower or coxswain. Our success relies on participation from the families, as well as hard work and dedication from the coaches and athletes. BWCC is a nonprofit organization; we require a certain level of commitment from our rowers, parents and booster club members in order to operate and function successfully.

1. **Fees:** Fees are required for participation. These fees are used to cover the basic, bottom line operating expenses that include: boathouse/storage, coach’s fees, boat and equipment maintenance, regatta fees, spirit wear packages and other various costs. These fees do not include: regulation uniforms, additional travel expenses to ‘away’ regattas (Norfolk & Philadelphia) or program/equipment enhancements and quality improvements (see Fundraising). Exact fee schedule is determined upon approval of the BWCC Budget by the Board in November.
	1. Fees for the 2015 spring season are **$700 plus a $100 redeemable booster fee**.
	2. There is a 25% discount for having multiple rowers in one family (discount to be applied to the 2nd and subsequent rower’s registration fee).
	3. Uniform fees are for those rowers new to the team or those who need a replacement uniform. That fee is approximately **$85**. All rowers must wear a uniform to participate in the regattas.
	4. Approximate costs for ‘away’ regattas for each rower: Norfolk $175, Philadelphia $250.
2. **Fundraising:** Fundraising events are planned throughout the season. These events provide revenues for program quality improvements, program enhancements and unexpected requirements. All rowers/families are expected to participate in fundraising activities. Some of the scheduled activities include the Script program, bake sale, poinsettia/wreath sale, Great Harvest Bread sale and two Erg-a-thons.
3. **Volunteering:** All booster members are encouraged to support the club by working at least 1 regatta *and* serving on at least one committee.
4. **Swim Test:** Rowers need to pass a swim test in order to participate in the program. The swim test consists of treading water for 2 minutes, a 100-meter swim (any stroke, no time limit) and donning a life vest.

**Season Organization**

* **Fall Conditioning Program:** Sport & Health 8-week program (MWF). This indoor program is designed to help rowers build strength and endurance during the fall. This program will allow rowers to train and condition on ergometers (Ergs) with coaches in order to prepare them for spring crew
* **Winter Conditioning Program:** Sport & Health 8-week program (MWF). This indoor program is designed to help rowers build strength and endurance during the winter. This program will allow rowers to train and condition on ergometers (Ergs) with coaches in order to prepare them for spring crew. Rowers are encouraged to participate in a regional ergometer competition at the Mid-Atlantic Erg Sprints held in Alexandria, VA.
* **Spring Season:** Regatta season will run from February 20, 2015 through May weather permitting. During this time, BWCC will participate in one or more scrimmages and 4-6 local and regional regattas held on the Occoquan and Potomac rivers. The club will also participate in 2 additional “away” regattas held in Norfolk, VA and Philadelphia, PA.
* **Spring Practices:**
* Practice during the 2015 season will be a combination of land strength training and water training.
* Water training will commence when weather conditions allow. Location & practice schedule under review.
* There will be no school-sponsored transportation for the crew team.
* Each rower will be responsible for his/her own transportation to & from practice. Carpools are encouraged.
* Practice will be held over Spring Break. Rowers are strongly encouraged to attend.

**Communication Links**

* **Email:** **bwcrew2015@gmail.com**
* **Website:** [**www.briarwoodsrowing.org**](http://www.briarwoodsrowing.org/)
* **Facebook:**[**https://www.facebook.com/groups/189825341056439/**](https://www.facebook.com/groups/189825341056439/)
* **Twitter:** [**https://twitter.com/bwhscrew**](https://twitter.com/bwhscrew)
* **Shutterfly:** [**https://bwcrew.shutterfly.com/**](https://bwcrew.shutterfly.com/)