

# Welcome to Riverside Crew!



# Governing Bodies for Rowing

**US Rowing**  
Nationwide for all  
Levels



This is national organization that oversees competitive rowing at all levels. Riverside Crew is a member of US Rowing.

**VASRA**  
Virginia Scholastic  
Rowing Association



This is an all-volunteer organization that hosts the regattas in Virginia. Riverside Crew is a member of VASRA.

**VHSL**  
Virginia High School  
League



Crew in Loudoun County is not a member of VHSL however we follow all the VHSL rules.



What the heck is a Tier 3 Varsity sport?

# 2024 Spring Season Coaches

- Head Coach Dan Passarella
- Head Coach Varsity Girls, Trevor Barry
- Coach Joseph Carrier Varsity Boys
- Coach John Bright Varsity Girls
- Asst Coach Scott Bryant
- Asst Coach Brian Hardy
- Asst Coach Marc Aymard

# 2024 Team Schedule

Date	Event
Sat 3/23/2024	Regional Park Regatta
Sat 3/25/2024	LCPS Spring Break PRACTICE Monday-Wednesday at Occoquan, bus provided
Sat 3/30/2024	Walter Mess Regatta
Sat 4/13/2024	Ted Phoenix Regatta
Sat 4/27/2024	Al Urquia Regatta
Sat 5/4/2024	VSRCs Day 1 (State Championships)
Sat 5/11/2024	VSRCs Day 2 (State Championships)
Sat 5/17- 18/2024	Stotesbury Cup Philadelphia PA (not all boats)
Sat 5/24- 5/25/2024	SRAA National Championship

**NOTE: All Regattas are at Sandy Run Regional Park except Stotesbury and SRAA**

These dates are also posted on the team website at [www.riversiderowing.org](http://www.riversiderowing.org)

# Events and Progressions

Classification	Eight	Four	Quad	Double	Single
Championship	1st Eight	1st four	1st Quad	1st double	1st Single
Championship	2nd Eight	2nd Four	2nd Quad	1st Double	
Non-Championship	3rd Eight	3rd Four	etc...		
Non-Championship	4th Eight	etc..			
Non-Championship	5th Eight				
Non-Championship	etc...				
Non-Championship	etc..				
Classification	Event	Boat class			
Championship	Junior	8,4+,4x,2x,1x			
Non-Championship	Freshman	8,4+,4x,2x,1x			
Non-Championship	Novice	8,4+			

# First Two Weeks

- Wednesday-Thursday Maverick
  - Girl's 4:45-6:00 pm
  - Boy's 6:00-7:15 pm
- Swim Tests - One Time Test per US Rowing - IDA LEE Indoor Pool
  - Friday, 3/1 at 5 pm (lasts 10 min)
- Team Practice - Algonkian Regional Park Friday, 3/1, 5pm - Dusk
- Team Practice - Algonkian Regional Park Saturday 3/2, 9 - 11 am
- Monday - Friday - Practice 5pm - Dusk

# What to expect - Practice Days and Regattas

-Practice day - Algonkian Regional Park

**M-F 5:00pm-Dusk**

**Sat 9:00-11:30 AM**

-Practice day - Maverick (Weather or planned)

**Girls M-F 4:45-6:00 pm**

**Boys M-F 6:00-7:15 pm**

**Girls Sat 9:00-10:15 am**

**Boys Sat 10:15-11:30 am**

-Race day - Sandy Run Regional Park (Occoquan)

**Sat 7:30 AM – 4-5 PM**

*\*Bus Transportation provided from RVHS to Occoquan, and from Occoquan back to Algonquin - leaves school at 6:15 am - optional*





# What to expect

Safety

Team Culture

Attendance Policy

Varsity letters

Coaching Philosophy

# 2023 Riverside Crew Board

- Samantha Carrier- President
- Kristy Balwinski – Vice President
- Will Hom - Treasurer
- Denise Passarella – Communications
- Sonia McAvoy - VASRA Lead Representative

# Riverside Crew - a volunteer driven organization

Volunteers to manage/support:

- Regatta operations
- Senior Night
- Regatta refreshments
- End of Season Banquet
- Team Store
- Fundraising

email Kristy at [kristy2500@gmail.com](mailto:kristy2500@gmail.com) if interested in volunteering

# What is VASRA?

## Virginia Scholastic Rowing Association [vasra.org](http://vasra.org)

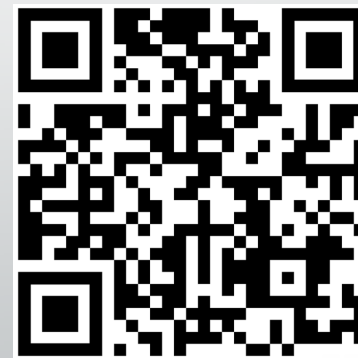
- Purpose = Fostering competition between ~ 45 Virginia high school rowing teams
- Provides Regatta Operations = The venues, organization, resources, and oversight
- 100% VOLUNTEER
  - We are required to provide:
    - Course setup (begin season) & teardown (end of season) volunteers
      - [signup genius link](#) (March 2 and March 9)
    - Volunteers needed for **EACH** Regatta - Volunteering offers the BEST view of your child competing
      - [signup genius link](#)
      - Volunteers need to complete SafeSport training - click [here](#)
      - Launch Drivers need to complete virtual training March 2nd 1-3pm
      - To be a backup volunteer, please email Eva at [liuxyu@yahoo.com](mailto:liuxyu@yahoo.com)
      - details on VASRA Volunteer Positions - click [here](#)

# Team Store

Team Store - [Team Squadlocker Store](#)  
Wide variety of apparel available at any time



Limited Season store with delivery before first regatta (orders due March 4th)  
[Custom Ink Store](#)





## What's Next...

Riverside Crew follows US Rowing and Virginia Scholastic Rowing Association (VASRA) rules. These national and state requirements mean all the items below must be completed before an athlete can participate in a practice with Riverside Crew.

## SWIM TEST

- All athletes new to crew must pass a short swim test to be eligible to participate. Athletes must complete four lengths of the pool continuously (any stroke) and tread water for two minutes.
- If you have never taken a swim test for any crew program you must take the swim test at IDA LEE indoor pool on **Friday 3/1 at 5 pm**

## US ROWING MEMBERSHIP REGISTRATION

- Returning athletes must ensure their US Rowing membership is current and **renewal fee is paid in full.**
- New athletes will be registered by the team and the first year's fee of \$25.00 will be paid by the team.
- Any athletes who are 18 years or older **MUST** complete the **SafeSport training** through US Rowing.

## CONCUSSION BASELINE TEST

## REGISTER WITH RIVERSIDE CREW

- All athletes **MUST** register with our team management portal, Boathouse Connect. Additional forms and information will be collected and shared via Boathouse and team communication will be managed through this system. You will be required to input payment information at the time of your registration.
- **NOTE:** Be sure to add at least one parent's information in **Additional Contacts** sections of the registration so they may receive communications from the team as well.

**RETURNING athletes** use this link <https://bit.ly/3TbXOHm> to log in to your account and update any of your profile/payment info.



**Athletes who are NEW** with the team this year should create a new account and register with the team management site at <https://bit.ly/49OaYjE>



## MAKE YOUR PAYMENT

- **First installment payment must be made online through the team management portal no later than Friday, February 29<sup>th</sup> at the time registration.** No athlete can participate in practice unless the payment is made before the first practice begins.



## PRACTICES

**Attend practice on time every day.** Failure to arrive on time for practice can mean that your entire boat will not be able to row. We will not send a boat out with less than the required number of rowers and coxswain. If you will not be able to attend practice or a regatta, contact Coach Dan ([coach@riversiderowing.org](mailto:coach@riversiderowing.org)) and provide this information as soon as possible. If you are sick or don't attend school, please contact the coach and let him know you won't be attending. Message coach Dan via Remind for same day notice of absence.

- **Location-** Practices will be held at ALGONQUIN Regional Park, 47001 Fairway Drive in Sterling OR MAVERICK
- **Time** - Practice will begin at 5:00PM Monday through Friday and end at approximately dusk, After daylight saving time practice will run until 7:00-7:30 PM.
- Fridays, on the day before a regatta, will be a loading day. The team will all meet at the regular practice time and de-rig and load the boats onto the trailer for the following morning.
- Dress appropriately for practice. Algonkian can be extremely muddy. Wear rubber boots or other appropriate shoes that can get wet. Always wear socks.
- We begin practicing on in cold weather. Hats and jackets are recommended. Put your name on your stuff.
- Bring water with you to every practice.
- If you come directly from school, we have a locker at Algonkian for your belongings.
- Please note that bathrooms at Algonkian are limited to porta potties.
- **Carpooling-** If you would like to share your contact information and receive contact information within the team, please complete the google form by Sunday, February 26 <https://forms.gle/5W43N6XgADzk28WC8>

**Athletes or parents with questions about team registration,  
please email [info@riversiderowing.org](mailto:info@riversiderowing.org) or  
call Denise Passarella at 703-244-0218.**

**All Coaches can be contacted by email at  
[coach@riversiderowing.org](mailto:coach@riversiderowing.org) and via *Remind***

**Only Coach Trevor Barry by email at  
[row.coach.tbarry@gmail.com](mailto:row.coach.tbarry@gmail.com) and via *Remind***

**Only Coach Dan Passarella by email at  
[coachdan@maverickrowing.com](mailto:coachdan@maverickrowing.com) and via *Remind***

# Team Communications

- **Primary communication vehicle** will be texts and emails to the athletes AND parents. Be sure to register on the team management portal (Boathouse) and include at least ONE parent's contact info in the "Additional Contacts" section of your profile.
- **Facebook** – we try and post all updates on Facebook as well on the **Riverside Crew Team** Facebook Group.
- **Team website** – [www.riversiderowing.org](http://www.riversiderowing.org)
- **Remind** – class code @rvhscrew
- **Instagram** – riversiderowing
- Any issues or questions always feel free to email [info@riversiderowing.org](mailto:info@riversiderowing.org)

