



ROBINSON CREW

Quick Catch Newsletter #17
March 27, 2024

RCBC Board Officers

Sherry Noud, President
president@robinsoncrew.org

Jim Martinez, VP, Membership
vpmembership@robinsoncrew.org

Paige Wroble, VP, Ways & Means
vpwaysandmeans@robinsoncrew.org

Ellen Valentine, VP, Administration
vpadministration@robinsoncrew.org

Rob Graveline, VP, Operations #1
vpoperations@robinsoncrew.org

Brian Hanley, VP, Operations #2
vpoperations_2@robinsoncrew.org

Karrie Kay, Secretary
secretary@robinsoncrew.org

Brandon Booher, Treasurer
treasurer@robinsoncrew.org

Evelyn Remaley Hasch, At Large
at-large@robinsoncrew.org

Jeanette Sonner, At Large - Finance
at-large-finance@robinsoncrew.org



Your Quick Takes

- **Walter Mess Regatta:** Sat. Mar. 30. Parking is at South County High School, 8501 Silverbrook Rd. See you at the Grandstands!
- **Stotesbury Planning Meeting:** Tues. Apr. 2. If interested in details, send a SLACK to Jim Martinez.
- **George's Steaks & Things Fundraiser,** Tues. Apr. 9.
- **Membership Meeting (Virtual):** Thurs. Apr. 11, 7:30 PM in the Robinson Recital Hall.
- The Letter Writing Campaign is on! Rowers have until Mar. 31 to email their friends, family and contacts about supporting Robinson Crew.
- Help feed the rowers at regattas! We need your cash, purchases, or sweat equity. See p. 5 for more info.
- Don't forget to sign your rower up for Carpool for the week each Sunday by 5 PM. Post to the Carpool SLACK channel as early as possible if you need to cancel for the day.
- Reminder: Robinson Crew practices through Spring Break!!
 - Women: 8 - 11 AM
 - Men: 3 - 7 PM
- Congrats to all our boats that braved the weather and rowed hard at the Regional Park Regatta!!!

From the Desk of the RCBC President ...

It was great to see many of you in the grandstands at the Regional Park Regatta. With nine boats competing, I believe all available rowers had a chance to participate. It wasn't the kind of weather that encourages you to linger, but even in passing, it was great to see parents and siblings come out to support our team! When the weather is nicer, you can look for the teardrop Robinson Crew banner to find Robinson fans.

Speaking of Robinson fans, the Letter Writing Campaign offers an opportunity for rowers to reach out to relatives and family friends who don't live in the area but who may want to support Robinson Crew because you are a part of it. The deadline for the campaign has been extended to March 31. The last report I had indicated we had raised just over 30% of our goal of \$10,000 with 19 rowers participating. We really need to raise the entire \$10k to meet our fundraising goals. Please take some time this week to send emails. As a reminder, the Letter Writing Campaign is a great way for families to meet the \$200 fundraising membership obligation. As I mentioned at the general meeting, the \$10k goal of the campaign aligns almost exactly with the amount of money needed for everyone to fulfill their obligation. Please reach out to Micaela Williamson with any questions regarding the Letter Writing Campaign.

Although the racing season just started, we are already thinking ahead to next year. Thank you to Frank Stuyvesant, Micaela Williamson and Karen Gentry for volunteering to serve on the nominating committee. These three members will be reaching out to current board members to discuss their plans for next year and also reaching out to the membership to identify anyone interested in serving on the board. The Nominating Committee will prepare the slate we will use to elect next year's board at the May 8 in-person membership meeting. Please plan to attend this meeting. Board members will serve from July 1, 2024, through June 30, 2025. Contact Frank, Micaela, Karen, or any current board member for more information about serving on the board.

I look forward to seeing you at the Walter Mess Regatta on Saturday. Wondering why it's called the Walter Mess Regatta? Check out this link for more information about Walter Mess and his contributions to the Northern Virginia Regional Park Authority (NVRPA), Prince William Crew Association - History <<https://www.pwca-va.org/local-regattas.html>>.

Let's go Rams!!
Sherry Noud

Active Sign-Up Geniuses

Carpool

- **Driver Sign Up:** <https://www.signupgenius.com/go/60B0945A5A72AA2FD0-47909662-crew>
- **Rower Sign Up:** <https://www.signupgenius.com/go/60B0945A5A72AA2FD0-47909670-rower>

Launch Boat Drivers for Regattas

- <https://www.signupgenius.com/go/10C0F45A4AA22A7F8CF8-48027802-robinson#/>

VASRA

- **Regatta Volunteers:** <https://www.signupgenius.com/go/30E094CA9AC2AA46-47986203-vasra>

Food Tent Support

- <https://www.signupgenius.com/go/70A0448A8AC2AA5FF2-48476458-snack>

Regional Park Regatta Results

Congrats to the great showing by all the Robinson Crew boats at the Regional Park Regatta:

- **1st Mens 4:** First Place
- **Womens Jr 4:** Third Place
- **2nd Mens 4:** First Place
- **Womens Fr 8:** Third Place
- **1st Womens 8:** Third Place
- **Mens Jr 8:** Second Place
- **2nd Womens 8:** Third Place
- **Mens N 4:** Third Place
- **Mens N 8:** (No Times)

Follow real time Regatta Results on X @VASRA_SRRP

Raise Right (Scrip)

Sign up for RaiseRight (Scrip) gift cards and help us to raise money for the team. This is a simple process with high impact! Plus, you'll raise funds for your \$200 fundraising commitment.

<https://www.robinsoncrew.org/scrip> *** <https://www.raiseright.com/>

Scrip Gift Card Fundraising for Organizations • RaiseRight

Fundraising for organizations has never been easier. Join 50,000+ fundraisers who have exceeded their goals through gift card fundraising (aka scrip).

Carpool

Do not forget to use the sign up genius to register your athlete for carpool. Please SLACK Jeanette Sonner with any questions regarding carpool. Remember to cancel the sign up if your rower will not need carpool for the day.

Parents wishing to earn .5 points for driving carpool should also sign-up using the driver sign-up genius (see above).

REMINDER: "Ten and Two"

Don't forget to consistently check your points and dollar count after each volunteer and fundraising opportunity. The Ten and Two points/fundraising tracker is pinned to the general SLACK channel. Send an email to vpadministration@robinsoncrew.org or DM @Ellen Valentine if you discover any discrepancies.

The RCBC will continuously track and report point totals and will **assess a fee of \$50 per point for any shortfall at the end of the season** to ensure every rower's membership remains "in good standing." There is no "buy out" option for volunteering, as our team needs your time in these areas.

* * *

A Little Rowing Trivia ...

**Have you heard your rower talking about their "split?"
Well, the QC is here, once again, to explain away this rowing term mystery.**

A rower's "split" time is simply the amount of time it takes to row 500 meters on a rowing machine. Most ERG monitors provide rowing splits, and it's a convenient way to track progress from workout to workout.

For example, if the machine says "2:00/500m," that means it will take 2 minutes to row 500 meters. Just as runners talk about their mile time, rowers talk about their split. Rowers aim to reduce their split time as much as possible while still rowing efficiently and powerfully, maximizing every stroke and holding good form.

Help us Feed our Rowers on Regatta Days ...

Please contribute snacks and/or money to support the rowers' snack tent which is available all day during competitions. We also require assistance setting up the snack area early in the morning and taking it down after the last race of our team. We fully rely on member support to ensure that rowers have enough snacks on competition days, so please be generous!

- **Snack Food Donation:** We are asking for prepackaged snacks or fresh whole fruits such as bananas, oranges, tangerines, grapes, and apples. Please select an item to donate from this list:
https://docs.google.com/spreadsheets/d/1hah0HITbMg_PJC4i06zDeZHxoojdmySyPceJQcfHivs/edit?usp=sharing.
- Donations can be dropped off at the home of Ayan Noor, 10211 Glen Chase Ct., up to the Friday before the regatta. We have 75 rowers -- please donate as large a quantity as you can.
- **Monetary Support:** For those who prefer to make a monetary donation, we are asking for \$25.00 per rower to support buying items in bulk. Any extra money will be used for the end of the season celebration. Send to the Robinson Crew Venmo at:
@RobinsonCrewBoosterClub
- **Service Opportunities:**
 - **Pre-Regatta Snack Set-up:** Join us at the lower parking lot to load snacks and drinks into wagons, deliver them to the boathouse, and set up for the day. We aim to exit the parking lot by 7 AM. Your commitment of just one hour will earn you 0.5 service points!
 - **Post-Regatta Snack Pack-up:** At the end of the day, help pack, load, and deliver remaining supplies. This involves organizing and reboxing snacks and drinks, cleaning up tables under the boathouse tent, and delivering leftover snacks to Ayan's house. This commitment won't take more than an hour and will earn you 0.5 service points.

Important Note for Pack-up: Please be aware that the times on the sign-up are approximate. Monitoring the races and estimating the time of the last race is crucial. We cannot clean up until the regatta is over and all our rowers have had a chance to eat after their last race. If your rower is racing late in the day, please consider volunteering to pack up the snacks.

How to Sign Up: Your dedication to our cause is greatly appreciated, and your involvement will contribute to the success of the team. **SIGN UP GENIUS:**

<https://www.signupgenius.com/go/70A0448A8AC2AA5FF2-48476458-snack>

If you have any questions or need further information, please don't hesitate to reach out to Ayan Noor on SLACK. Thank you for your ongoing support!

Registration Fees: **Fourth Installment Due March 10**

The fourth installment of the 2023-2024 registration fee was due on March 10. Thanks for your timely response! All payments are made through the secure Quickbooks server. Look for an email from our treasurer for payment instructions.

Letter Writing is Underway through **Mar 31!**

The 2024 Letter Writing Campaign is LIVE! The Letter Writing Campaign is different from Tag Day – it provides our rowers an opportunity to reach potential donors that do not live in our neighborhoods. Our goal is to raise money through donations, large and small, from our friends and family of Robinson Crew. Our goal is to raise at least \$10,000 through this fundraising effort.

Get started by having your rower go to: <https://forms.gle/wj8dsQqo9uGQXyncA>. You'll need people's names and their email addresses – that's it!

This counts towards your rower's \$200 obligation. **Please send email requests to potential donors by March 31, 2024.** Any questions? Send a SLACK to Micaela Williamson.

We are almost half way to our goal. Keep sending those emails!

GOAL: \$10,000



2023-2024 Volunteer Positions

For more information about any of the following open volunteer positions, **or if you would like to volunteer**, please contact vpadmistration@robinsoncrew.org or any member of the RCBC Board. Each of these positions is absolutely essential for our crew team to operate and thrive. Please volunteer and help our rowers to succeed all season long!

- **PHOTOGRAPHERS - OPEN.** Take photos of the rowers during the regattas for the website, end of year slide show, and QC.
- **STOTESBURY PLANNING COMMITTEE - OPEN.** Help plan one of our biggest Regattas of the year taking place in Philadelphia in May.

ROBINSON CREW



SPOTLIGHT ON OUR RCBC CAPTAINS



Grace Bruggeman

Year in school? **Senior**

Seat/Boat you often row? **Bow/W1V8**

How long rowing? **4 years**

Favorite Book? **A Little Life**

Favorite Food? **I don't have one, but my favorite drinks are Dr. Pepper and Cherry Coke**

Favorite Rowing Memory? **Morning practices on the glassy water during the last week of my novice year.**

Where might we find you next year? **No college decision yet, but plan to attend a 4-year school majoring in biochemistry on the pre-med track.**



ROBINSON CREW



SPOTLIGHT ON OUR RCBC CAPTAINS

Ethan Talbot

Year in school? **Senior**

Seat you often row? **Bow Pair**

How long rowing? **6 years**

Favorite Book? **Star Wars: Heir to the Empire by Timothy Zahn; Harry Potter Series**

Favorite Movie? **Star Wars: Episode II - Attack of the Clones**

Favorite Rowing Memory? **Regional Park '22/M2V8. It started to hail and white cap. The regatta was cancelled. All 20 boats at the platform started to race back to safety --it was so cool to see that many boats coming down the river at once. We were cold and miserable, but laughing and joking - at one point despite going full press we weren't moving at all. That moment helped to unite us as a boat.**

Other hobbies/loves? **Scouting; Viola/Robinson Philharmonic**

Where might we find you next year? **Studying mechanical, aerospace, or civil engineering in college.**



The “In Case You Missed It” Archive ...

- **SLACK COMMUNICATIONS.** Join SLACK and keep up to date on all team announcements. SLACK IS THE PRIMARY WAY THE TEAM COMMUNICATES! Join all RCBC SLACK Channels, but especially General & Fundraising!
- **Helpful Resources for New Rowing Families:**
 - <https://www.robinsoncrew.org/newrowerinfo>
 - https://docs.google.com/presentation/d/1yEFEymmWTl2McH_VfwiNYQORlq5LhsuEediKRancwVI/edit?usp=sharing
- **REMINDER: US Rowing Membership.** If you haven't yet, please be sure to sign up your rower for U.S. Rowing. This is required for ALL rowers. The membership portal can be found here: <https://membership.usrowing.org/>. Use Club Code: 499QC
- **New Approach to RCBC Volunteer Hours.** At the June 2023 RCBC Membership Board Meeting, members voted on a new approach to earning volunteer hours for the team called, "Ten and Two for Our Crew." Please see the last two pages of the Quick Catch for a summary of the improved approach.
- **Sandy Run Reminders.** A reminder that the speed limit is 25 MPH as you make your way down to Sandy Run on Van Thompson Road. Water practice ends at 6:45 PM. Athlete parking is Lot D. Athlete drop off and pick up at the end of practice is in Lot C. Lot C is on your left once you pass the yellow gate, while Lot D is on your right. Do not drive past these two lots. Lot C should allow you to loop around and exit at the gate placing you back onto the main road.



ROBINSON CREW REGATTA SCHEDULE



Sandy Run Regional Park

10450 Van Thompson Road
Fairfax Station, VA 22039

Regatta	Date	Parking
Polar Bear	March 16	South County HS
Regional Park	March 23	Commuter Lot
Walter Mess	March 30	South County HS
Darrell Winslow	April 6	South County HS
Ted Phoenix	April 13	Commuter Lot
Ryz Obuchowicz	April 20	South County HS
Al Urquia/Charlie Butt	April 27	South County HS
VSRC Day 1	May 4	South County HS
VSRC Day 2	May 11	South County HS

Shuttle to Sandy Run is \$15 roundtrip
\$CASH ONLY\$

South County High School	8501 Silverbrook Rd, Lorton, VA
Commuter Lot	1325 Old Bridge Rd, Woodbridge, VA

ROBINSON CREW CALENDAR

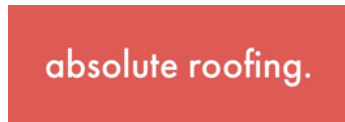


2024 SEASON

Event	Date
Nothing Bundt Cakes (NBC) Fundraiser	Sales: Mon., Jan. 8 – Mon., Jan. 29 Cake Deliveries: Sat., Feb. 10 (Tag Day #1)
Five Guys Fundraiser	Tues., Jan. 9
Membership Meeting	Wed., Jan. 10 (virtual)
Swim Test	Sat., Jan. 13
Wedding Experience at GMU (aka “Bridal Show”)	Sun., Jan. 21
ERG Sprints	Sat., Feb. 3
Membership Meeting	Thurs., Feb. 15 (virtual)
Tag Days	Tag Day # 1: Sat., Feb. 10 (mandatory) Tag Day # 2: Sat., Feb. 24 (mandatory)
OASIS - Robinson Basketball Tournament	Thurs.-Fri., Feb. 22-23
Boat Christening/Chili Cook-Off	Sat., Mar. 2
Chipotle Fundraiser	Tues., Mar. 5
Membership Meeting	Wed., Mar. 13 (in person)
Polar Bear Regatta	Sat., Mar. 16
Regional Park Regatta	Sat., Mar. 23
Walter Mess Regatta	Sat., Mar. 30
Darrell Winslow Regatta	Sat., Apr. 6
George’s Steaks & Things Fundraiser	Tues., Apr. 9
Membership Meeting	Thurs., Apr. 11 (virtual)
Ted Phoenix Regatta	Sat., Apr. 13
Ryz Obuchowicz Regatta	Sat., Apr. 20
Al Urquia Regatta/Charlie Butt Regatta	Sat., Apr. 27
VSRC Day 1	Sat., May 4
Membership Meeting	Wed., May 8 (in person – Board Elections)
USRowing Mid Atlantic Championships (Mercer, NJ) & VSRC Day 2	Sat., May 11
USRowing Mid Atlantic Championships (Mercer, NJ)	Sun., May 12
Stotesbury Cup Regatta	Fri.-Sat., May 17-18
SRAA Championships (Cooper, NJ)	Fri.-Sat., May 24-25
USRowing Youth Nationals (Sarasota, FL)	Thur.-Sun., Jun 6-9

Thank you to our 2023-2024 Sponsors!

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Robinson Crew Team Member Obligation

To keep Robinson Crew an elite Virginia Scholastic Rowing organization, we need every team member to contribute the following each season:

Accumulate 10 Volunteer Points
Raise \$200 In Fundraising

“Ten & Two for Our Crew”

1. Volunteer your time to accumulate 10 points.

Sample volunteer opportunities:

- Carpool Driver - 0.5 points (per trip)
- Tag Day Cashier - 1 point
- Regatta Food Tent - 1 point (per set up or take down)
- Regatta Launch Boat Driver - 2 points (per regatta)
- Regatta Concessions Stand - 2 points (per regatta)
- Carpool Coordinator - 5 points each (two coordinators)



The Robinson Crew Booster Club (RCBC) assigns point values to each volunteer position based on expected level of effort and time commitment.

The RCBC will continuously track and report point totals and will assess team members a fee of \$50 per point for any shortfall at the end of the season to ensure every rower's membership remains "in good standing."

There is no "buy out" option for volunteering, as our team needs your time in these areas.

2. Raise at least \$200 profit through these two events:

- Letter Writing Campaign
- Bundt Cake Sales

If you are unable to participate, reach \$200, or prefer not to fundraise, you have the option to "buy out" and pay the remainder of the fundraising obligation. Team members can buy out, fundraise, or use a combination of both methods to reach the \$200 fundraising obligation. These fundraisers are necessary for our program to operate and to keep our registration fees relatively low.

Tag Day is a mandatory fundraising event (all rowers) and is not included in this \$200 individual goal. We also need your help finding and engaging corporate sponsors (more in the FAQs).

Please help us keep our proud tradition of Ram Rowing thriving by completing your share of the team member obligation.

Rowing is a team sport – the strength of a boat is the combination of our individual efforts.

We need each of you to row hard for our program.

Robinson Crew Team Member Obligation FAQs

Q: Why is rowing so expensive?

A: Robinson Crew is completely self-funded and receives no money from Robinson Secondary School or Fairfax County Public Schools (FCPS). The RCBC has been able to keep registration fees relatively low compared to other local high school programs because of strong volunteering and generous contributions by our community and families like you.

Q: Why has the RCBC decided to change the current service hour structure?

A: The RCBC listened to feedback from members past and present and decided change was necessary. The RCBC had three goals when changing the structure: 1) That the requirement be less daunting, 2) That the requirement be transparent, and 3) That the requirement still meet the team needs.

Q: How did the RCBC determine that 10 points and \$200 is the right amount?

A: The RCBC used an average of both volunteer and fundraising needs over the past several seasons (considering inconsistencies during COVID) to keep the program operating at its highest levels and still keep registration fees relatively low. The RCBC feels that the resulting "Ten & Two for Our Crew" satisfies those needs and will continue to re-evaluate program needs each season.

Q: When does the season for accumulating points begin and end?

A: Beginning with the 2023-2024 season, the RCBC "membership season" will run from July to June.

Q: Will the hours I've accumulated this season carry over next year under this new point structure?

A: Yes – every 15 hours accumulated since February 2023 will count as 1 point toward the 2023-2024 season. Example: if you have accumulated 40 hours in the 2022-2023 season, you will start the 2023-2024 season with 3 points; 20 hours will count as 1.5 points (rounded up to the nearest half point).

Q: If I find a corporate sponsor, does that contribute to my fundraising requirement?

A: Yes – 10% of corporate sponsorships secured go towards a rower's \$200 requirement. Example: a single \$250 sponsor would equate to \$25 off your requirement, \$1000 would be \$100 off, \$2000 would be \$200, etc.

Q: What happens to any extra points I have at the end of next season?

A: Beginning with the 2023-2024 Season, points will not carry over to the next season. Points will reset each year in November. In addition, members cannot "gift" any extra points to other members.

Q: What does it mean to be a member "in good standing?"

A: Membership in good standing is defined in the RCBC Bylaws found [here](#).

Q: What is Tag Day? Why is my rower required to participate?

A: Tag Day (door to door soliciting) is a two-day event occurring annually in February. All rowers are required to participate in Tag Day. Tag Day is the single largest fundraising event of the season, averaging over \$15,000 of contributions annually.

Q: What is Letter Writing Campaign?

A: Letter Writing Campaign consists of team members sending letters to friends and family members soliciting donations. This is our second largest fundraising event of the season. Specific details regarding the letter writing fundraiser will be provided in the winter.