



# JAMES MADISON WARHAWK CREW

WATER SAFETY MEETING – 2026 SPRING SEASON  
2.18.2026

# AGENDA

- SAFETY FIRST (USROWING VIDEO)
- ROWER & PARENT EXPECTATIONS
- WHERE WE PRACTICE
- TRANSPORTATION
- STUDENT DRIVERS
- REGATTA OVERVIEW
- FUNDRAISING
- VOLUNTEERING
- REMINDER – REGISTER!
- WHAT TO WEAR OR NOT ?!
- Q&A



# SAFETY FIRST

- Safety of rowers and coaches is always of utmost importance
- Shells are accompanied by a safety boat (launch), driven by a coach with an emergency gear bag containing blankets and a first aid kit in each
- No more than 2 boats allowed per coach, during practice
- Launches remain within 100 feet of shells at all time
- Boats do not go out when the Park Authority, FCPS, or the coaches deems weather or water conditions unsafe
- Boats immediately return to the Boathouse if thunder is heard
- Rowers do not stay on the water after dark

✓ USRowing Safety Video: [Safety Video - USRowing](#)



# EXPECTATIONS



## ROWERS

- Daily attendance is expected; your boat is counting on you!
- Inform your coach, in advance, if you are unable to attend practice
- Be at the river in time to have oars in the water **by 4 pm** (if you're on time, you're late!!)
- Not doing the above may affect boat assignment or regatta participation
- **Advocate for yourself!**



## PARENTS

- Rowers should advocate for themselves FIRST (encourage rower/coach discussions or captain/rower/coach communications).
- Coaches are available for questions or concerns from parents BUT, please be mindful of their time.
- Slack is best to communicate with coaches
- Do not try to corner them during practice or regattas and please do not try to call!
- If you have a problem getting in contact with a coach, reach out to Tarrin Pakes (on Slack or [president@warhawcrew.org](mailto:president@warhawcrew.org)).
- JMHS DSA (Andrew Baird) will intervene for any unresolved issues

**JMCBO and COACHES are committed to each and every rower!**

# WHERE WE ROW – SANDY RUN

- Warhawk Crew rows from the Sandy Run Regional Park boathouse, where we share space with several other local high schools.
- **Address: 10450 Van Thompson Rd, Fairfax Station, VA 22039**
- Sandy Run is on the banks of the Occoquan River ‘The Quan’.
- This is our primary ‘Home’ regatta location.
- Roundtrip transportation is provided during Spring (M-F only) – Other times, carpools are recommended.
- **RECOMMENDATIONS:** Bring Water, Snacks, TP, Sanitizer, etc. with you for practice each day.



# TRANSPORTATION

## Bus Transportation Contracted for MOST Practice Days

- NO Bus on Saturdays, Carpools Recommended
- **NEW!** Spring Break Practice – a FCPS Bus will be provided (M-F)

## Policies and Procedures

- Bus chaperones must be at Madison by 2:45-3pm (at the latest)
- Bus leaves from the back of the school by the cafeteria (door #7) at 3:15pm | Returns to the front of the school by the gym (door #18) ~7:30pm
- Bus riders must return FROM the river – unless a rower's parent PERSONALLY tells Transportation Chair (Catherine Williams) via SLACK or [transportation@warhawcrew.org](mailto:transportation@warhawcrew.org) of alternative plans
- TIMELY departure from river at ~6:15pm (Feb. 10 – Mar. 7)
- From Mar. 10 - May 19, bus will depart the River at 6:45pm to allow additional practice time.
- STAY TUNED via SLACK (**#bus-transportation-comms**) for ETA and any changes based on weather conditions .
- **Parents are responsible for ensuring that privately arranged student carpools to/from river are in accordance with VA driving rules.**



# STUDENT DRIVERS

Many upperclassmen drive themselves to/from practices & events and will be required to follow all school policies regarding driving to and from practices, home regattas and team events. Please follow approved routes to Sandy Run (shown on next slide).

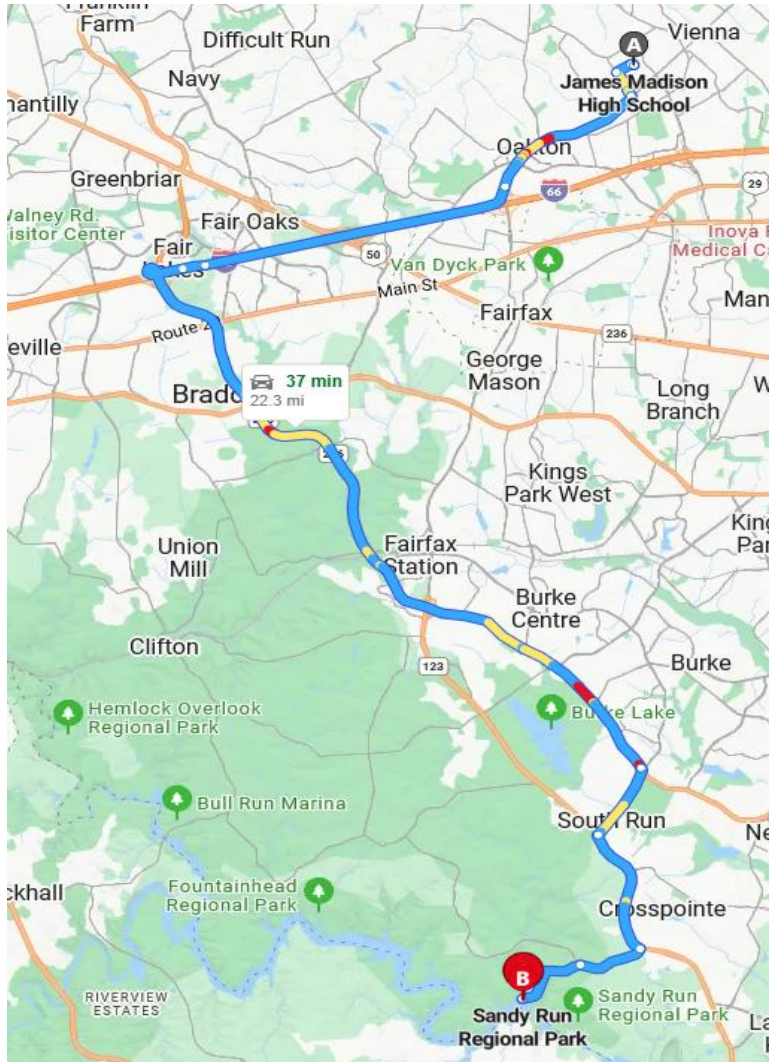
Lastly, they **MUST** follow all state driving laws, specifically:



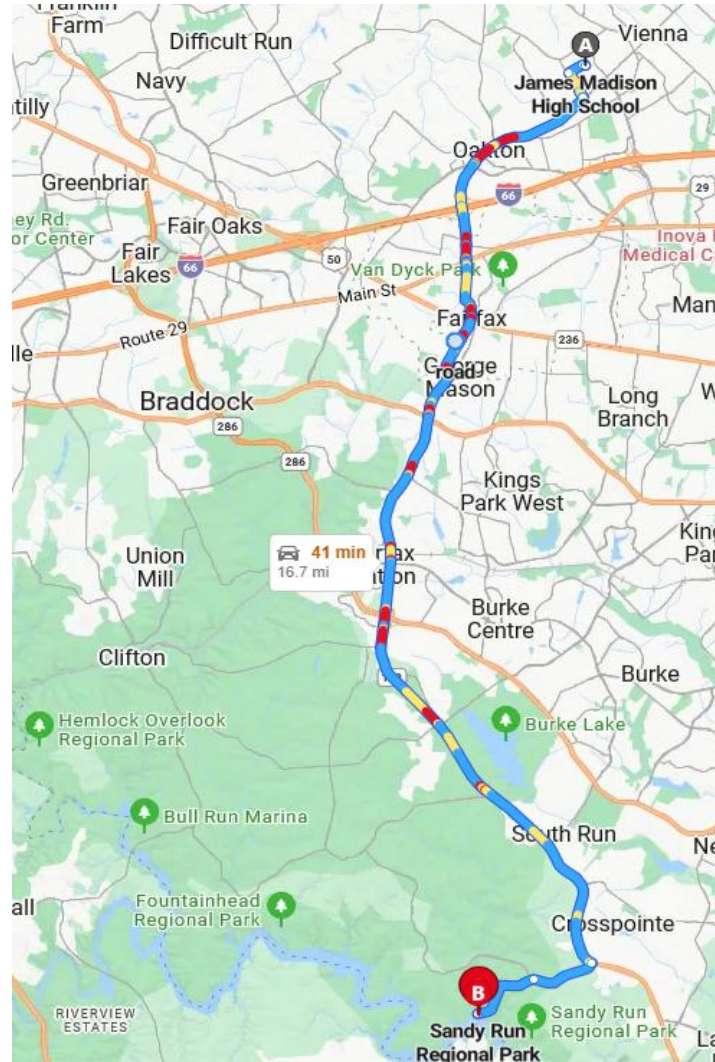
1. **If you are under age 18**, you may carry only **one passenger under age 21**, unless accompanied by a licensed parent, or other adult acting in place of a parent, in the front passenger seat. **However, after you have held your license for one year**, you may carry **up to three passengers under 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. **NO Cell Phone Use while driving!**
3. **NO Student Driving Cross State Lines.** Additionally, students are **NOT** permitted to drive themselves to any away regattas or events that cross state lines.

# STUDENT DRIVER – APPROVED ROUTES

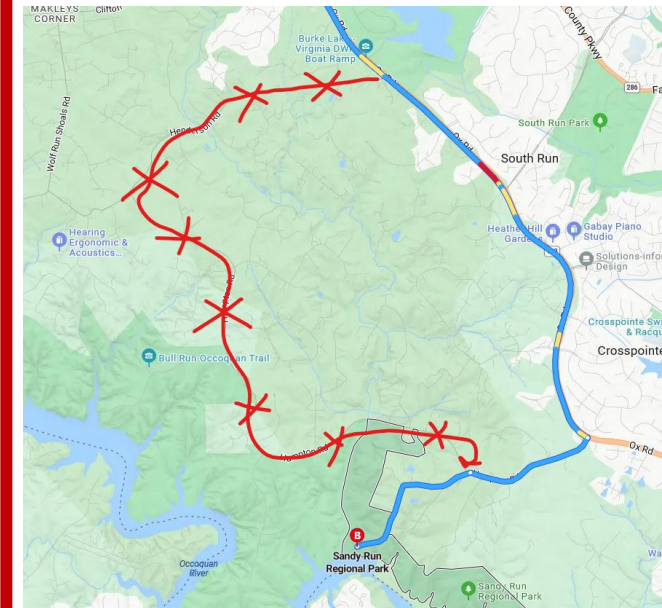
## I-66W to VA-7100 to VA-123



## VA-123 / Chain Bridge Rd



**DO NOT TAKE  
HENDERSON ROAD**





## SPRING REGATTA SCHEDULE

H: Home Regatta

A: Away Regatta

- **A: 3/21 YORKTOWN SCRIMMAGE (POTOMAC)**
- H: 3/28 WALTER MESS
- **4/4: NO REGATTA**
- **A: 4/11 TBC TUSSLE (POTOMAC)**
- H: 4/18 RYZ OBUCHOWICZ
- **4/25:**
  - H: AL URQUIA (LOWER & NOVICE BOATS)
  - A: ST. ANDREWS (2 TOP BOATS - DELAWARE)**
- H: 5/2: VSRC 'STATES' DAY 1 - LOWER BOATS
- H: 5/9: VSRC 'STATES' DAY 2 - UPPER BOATS
- **A: 5/14 – 5/16: STOTESBURY CUP (SCHUYLKILL, PA) \***
- **A: 5/21 – 5/24: SRAA (OAKRIDGE, TN) \*\***

\* Select Boats Only – Additional Fee

\*\* Qualified Boats Only – Additional Fee

# REGATTA OVERVIEW

## Home Regattas

- At beautiful Sandy Run Regional Park Facility
- Pay attention to Slack/emails/newsletters/coaches' instructions and if you are not sure...ask.
- JMCBO provides snacks, water, and Gatorade to the rowers
- Spectators are **not allowed** at the boathouses
- Review Sandy Run Regatta FAQs and other info in Resources at [Information About Home and Away Regattas](#)
- **Line ups and race schedule posted Friday night before regattas**
- Arrive early to limit risk of being late (2+ hours before scheduled race or whenever your coach instructs, coxswains earlier)
- Plan for a full day and for various weather conditions (sun, cold, wind, rain)
- Read the [2025 Warhawk Crew Regatta Guide](#)

## Away Regattas | Coordinator Tana Keeffe

- Carpools Recommended, start working on getting your carpool by team and/or boat together ASAP
- Local-ish Regattas (Potomac & St. Andrews) – All boats (NO Student Drivers Allowed – across state lines)
- Stotesbury is for select boats only – additional travel expense (transportation TBD)
- SRAA are qualified boats only – additional travel expense (transportation TBD)
- Pay attention to Slack/emails/newsletters/coaches' instructions and if you are not sure...ask.
- When applicable, all rowers & coxswains must complete away regatta forms for ALL REGATTAS they are slated to attend.
- Upon completion, forms will be returned to Ms. Keeffe. Questions? Slack PM Tana Keeffe or email: [awayregattas@warhawkcrew.org](mailto:awayregattas@warhawkcrew.org)

# ON THE WATER (OTW) PRACTICE BEGINS...

**Official OTW Begins: 2/23**

## Quick Checklist:

- Need a Swim Test?** (only required if new to Warhawk Crew) Reach out to Mike Brownlee or email [registrar@warhawkcrew.org](mailto:registrar@warhawkcrew.org)
- VHSL Physical (**dated after 1 May 2025**) Turned into Activities Office
- Registration with JMHS Athletics w/Concussion Education
- Spring Registration with Warhawk Crew**
- Membership Dues are Paid in Full – NLT 2/20 to participate OTW
- Join USRowing
- [Registration Steps \(warhawkcrew.org\)](http://warhawkcrew.org)



# FUNDRAISING – KEEP IT UP!

- \$1,000 Target/Athlete
- [MULCH MADNESS!!](#)
  - Mulch Sales are a great source of credit toward the goal (\$2/bag)
  - **SELL MULCH: Deadline 1 March**
  - **DELIVER MULCH: 7 March (Snow Date 14 March) all athletes & at least 1 parent, 7am until finished**
- Questions: [fundraising@warhawkcrew.org](mailto:fundraising@warhawkcrew.org) or Kellie Brownlee or Lynda Mussa on Slack



# VOLUNTEERING

JMCBO is a parent run volunteer organization; family support is required beyond the prompt payment of fees. Other than coaches, there is no paid staff to operate the Warhawk Crew and perform support activities.

- Required family participation
- Volunteer credit-based system
- 6 credit minimum requirement per family (siblings are combined)
- Two-tiered membership fee option (to buy down credits)
- Each credit is ~4 hours
- All opportunities will be posted in [DIBs \(www.warhawkcrew.org/dib\\_sessions\)](http://www.warhawkcrew.org/dib_sessions)
- We need help Now – Open Volunteer Positions are [HERE](#)

# WHAT TO WEAR?! OR NOT...

'DOS & DON'TS' OF CREW ATTIRE

## Senior Fashion Show



*Warhawk Spirit Wear*

# WHAT TO WEAR - ROWERS



Rowers have the benefit of being able to move and don't need quite as many layers as the temperatures start to drop. Between overheating and limiting their range of motion, they tend to wear only two or three layers

**Avoid cotton layers** and instead stick to wool and other moisture-wicking fabrics. Under Armour, Nike, Patagonia, and LLBean all have plenty of great options. Wool socks (or any thick, hiking-esque type of sock) are a *must*.



# WHAT TO WEAR - COXSWAIN



Coxing when you're cold is *hard* and makes it tough to focus so do yourself a favor and make sure you've got the right gear on when you go out.

Gloves that block the wind and keep your fingers dry are also important since it's hard to steer when you can't feel or grip the cables.





**Q&A**