



2025 Middle School Fall Rowing Season

Parent Intro Meeting

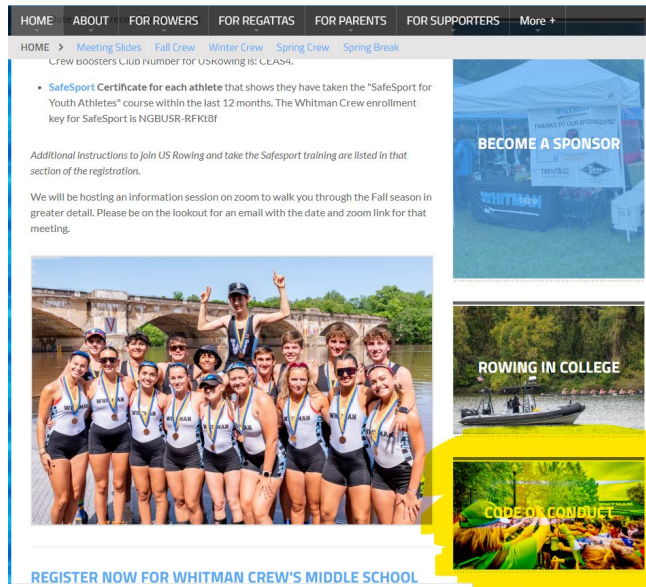
- Over 90 athletes strong
- Community club sport for Pyle 7th & 8th graders and Whitman
- Administered by a non-profit organization made up of *parent volunteers*
- Run by a staff of dedicated, award-winning coaches



- Introduction of Rowing as a new sport for 7th & 8th graders at Pyle
- Athletes will learn:
 - How to exercise on indoor rowing machine
 - Proper rowing technique on the water
 - Core and flexibility exercises
- Pyle Rowers will work hands on with Whitman HS Rowers
- Work to increase confidence, athleticism, and health through the sport of rowing

Very important for parents and athletes to read the code of conduct.

Located on Whitman Crew Website



HOME ABOUT FOR ROWERS FOR REGATTAS FOR PARENTS FOR SUPPORTERS More +

HOME > Meeting Slides Fall Crew Winter Crew Spring Crew Spring Break
Crew boosters Club Number for Uskowing is: LEA4-

- **SafeSport Certificate** for each athlete that shows they have taken the "SafeSport for Youth Athletes" course within the last 12 months. The Whitman Crew enrollment key for SafeSport is NGBUSR-RFK18F

Additional Instructions to Join US Rowing and take the SafeSport training are listed in that section of the registration.

We will be hosting an information session on zoom to walk you through the Fall season in greater detail. Please be on the lookout for an email with the date and zoom link for that meeting.

BECOME A SPONSOR

ROWING IN COLLEGE

CODE OF CONDUCT

[REGISTER NOW FOR WHITMAN CREW'S MIDDLE SCHOOL](#)



Or, scan this QR code now for instant access

- **Karen Derringer**

- 1988 Whitman alumni
- Several national level championships, publisher of “The Rower Almanac and Boathouse Finder”, rows at PBC



- **Elmira Togliatti**

- Two-time Olympian and former member of the Bulgarian national rowing Team, rows at PBC



Where We Meet

Parents / carpools drive athletes to:

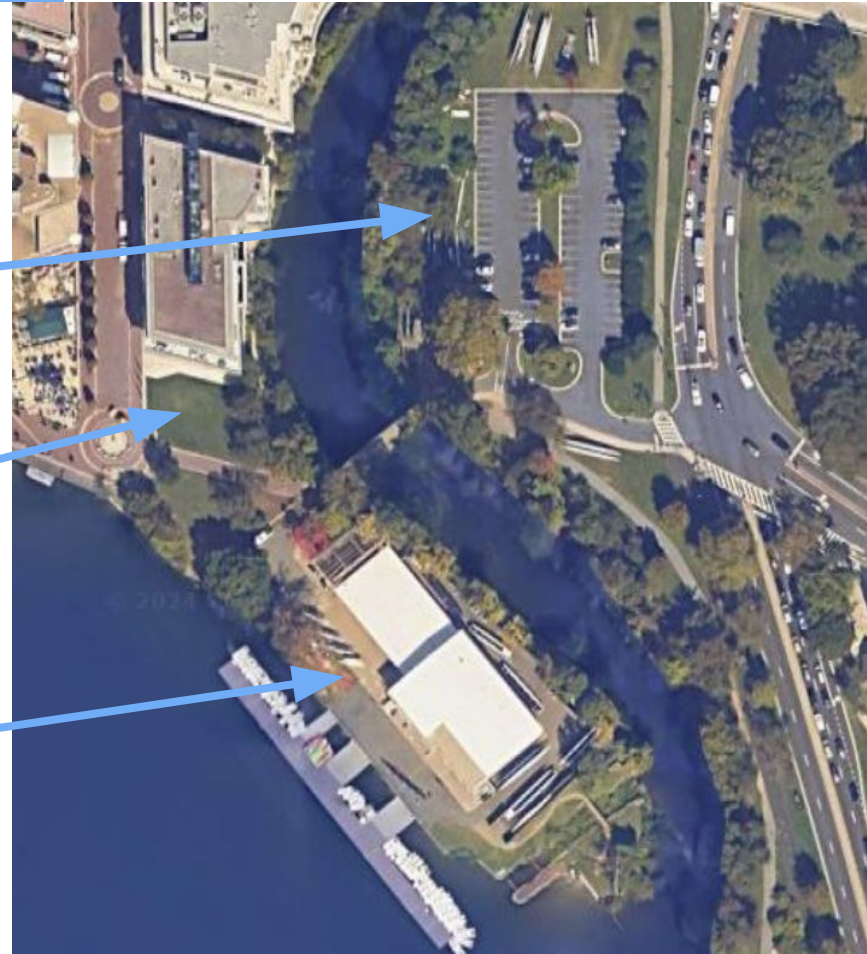
Thompson's Boat Center

2900 Virginia Ave NW, Washington DC 20037

Parking Lot

Rower/Coach Meeting Zone
(Swedish Embassy Lawn)

Boathouse



Schedule

Wed - 5:30 to 7:00 PM

Saturday & Sunday : 8:00 to 10:00 AM

BEING ON TIME IS IMPORTANT: Can't join practice late once we're out of the water!

Saturday 11/1: Race on the Potomac River!



How Weekday Practice Runs



5:25 - Arrive and put away belongings

5:30 - Warm Up and Core Exercises

5:45 - Launch for Rowing

6:30 - Return to Dock

7:00 - Dismissal



Attire & Gear



1. Athletic clothing
2. Always carry running shoes
3. Water bottle - soft (not like a hydroflask) - **filled before they come to practice as there is no running water at the boathouse**
4. Sunscreen / shades
5. Snack for after practice



- Weekly emails sent out to all parents and athletes with general updates
- Primary channel for team specific communication → **Slack (*Invite on next slide*)**
- Absences should be communicated to coaches before noon on each practice day (***Slack is preferred***)
- Practices will not be cancelled due to weather. However there may be some days that we stay on land (*Eg: Lightning, high winds*)
 - ◆ Any practice cancellations will be communicated in Slack before Noon

Whitman Crew Contacts:

- Head Coach - David Noyes - coach.david.noyes@gmail.com
- Booster President - Manu Anand - president@whitmancrew.org

Slack Invite Link:

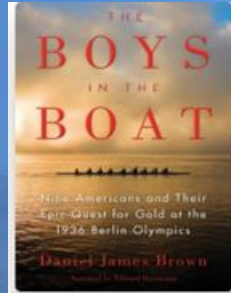
https://join.slack.com/t/whitmancrew/shared_invite/zt-3celwyI92-21TTHmRpmruQylppkR7Ehg

#team-middleschool-fall25

#parents-middleschool-fall25

Questions?

Highly recommended read for all new crew parents ☐



The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics

(available as audiobook at MCPL)

Also a major motion picture

