

Woodbridge Senior High School



CREW

Welcome!

AGENDA

1. Coaches Introduction
2. Quick overview of pre-season conditioning
3. How to participate
4. Upcoming important dates
5. Conditioning T-Shirt Contest

Please type any questions in the chat box.

Pre-Season Conditioning - What is it?

What is it? Strength and endurance training utilizing rowing (erg) machines, running, and circuit work.

Pre-season is a time for all rowers to improve/maintain their fitness level and novice rowers to learn more about crew. Everyone benefits because rowers will be better prepared for competition through participation in Pre-Season Conditioning.

Begins the week after Thanksgiving and goes until Spring tryouts at the end of February.



Pre-Season Conditioning - What will we be doing?

2-hours long = 1-hour erg + 1-hour circuit training, core work

While learning the rowing stroke through targeted drills and personalized instruction, athletes will begin by developing their fitness through more “general” means such as running/cycling, bodyweight circuits and team relays, core strengthening/stability routines, and yoga-like stretch routines. As the athlete progresses, general fitness workouts will be systematically switched out for more sport specific workouts such as endurance rowing on the ergometer.

This process is intended to create more well-rounded athletes by improving flexibility and range of motion, coordination, and strength and endurance.

Pre-Season Conditioning - When, Where, How Much?

- Days:** Monday - Friday
- Dates:** November 29, 2021 through February 18, 2022
(No conditioning during Winter Break)
- Time:** 5:00 PM - 7:00 PM
- Where:** Lower Hallway outside the Weight Room
- Cost:** \$10 (covers erg maintenance)

How to participate

Register with SWOL as soon as possible. It takes a few days to gain access. (Yes, we are doing SWOL again.)

By Monday, November 29 athletes need to make sure they have turned in:

To Ms. Depetro in the main office

- Current Physical
- Completed concussion training (on-line for ALL students)

To Coach Compy (in person or emailed to WoodbridgeCrewCoaches@gmail.com)

- Emergency Card

You will not be able to participate until all are completed and turned in! Links to all of these will be available on our website, FB page, and CANVAS page.

SportsWareOnLine - SWOL

Prince William County Schools is requiring that every student and every coach complete a daily health screening prior to participating in a practice or game.

- Must be completed by 12:00 Noon each day.
- Will be checked daily. If it's not completed, you can't practice.
- The school will be doing spot checks to ensure they are completed, and we are following protocol.
- If you are a Freshman, Transfer Student, or this is your first time participating in a sport at Woodbridge you will need to create a SWOL account.
- If you are a returning rower, you will need to reset your password.

Instructions for each will be posted on our Canvas page.

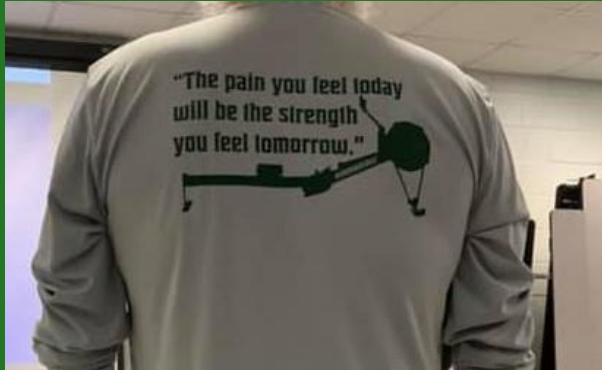
Important Dates

- Feb 10 (tentative): Spring Interest Meeting
- Feb 19: PWRC High School Erg Sprints
- Feb 22 - 23: Tryouts
- Feb 24: First day of practice
- Mar 19: Polar Bear Regatta (first regatta of the season)
- Apr 11 - 15: Spring Training
- Apr 14: Oarsman's Ball
- May 07: Virginia Scholastic Rowing Championships - Day 1
- May 14: Virginia Scholastic Rowing Championships - Day 2
- May 27 - 28: Nationals (qualifying boats only)



Conditioning T-Shirt Contest

In the past, we've offered conditioning participants the opportunity to buy Crew Conditioning T-Shirts designed by the coaching staff. This year we are inviting students to submit designs for those participating in conditioning to vote on! Design parameters and instructions will be sent out the first week of conditioning.



Woodbridge Crew CANVAS Page

To get the latest information on Woodbridge Crew, please sign up for our Woodbridge Crew CANVAS Page. This is the easiest and quickest way to receive information about the team.

To get added, please send an email to
WoodbridgeCrewCoaches@gmail.com

Volunteers Needed

Launch Removal

Saturday, November 20

12:00 - 2:00 PM

Bus Parking Lot

- Parents with vehicles capable of pulling jon boats
- Rowers to move boats from the trailers to storage racks

Questions?