

The COX BOX

News about T.C. Williams High School Crew
For Rowers, Parents, Boosters and Friends

Parents' Spring Meeting
TC Williams Auditorium
Wednesday, March 5
7:00 p.m.
Mandatory for parents
of new rowers

Welcome to the 2008 season

*By Keith Smith, President,
Alexandria Crew Boosters*

We're on the water! The 2008 TCW Crew season is underway. With a strong core of returning rowers, an enthusiastic group of novices, and our talented coaching staff, we're getting a good start on what we all hope will be another championship season for TCW Crew.

On Wednesday, March 5 there's an **orientation meeting for all spring sports** at TC Williams High School at 7 pm. After a general session, we will break up into team meetings. The Alexandria Crew Boosters will hold a mandatory meeting for all parents at this time in the Auditorium on Wednesday night.

We will cover the upcoming season, introduce the crew booster officers that will lead us this spring, and give you a chance to learn more about the program and volunteer to help out.

There are numerous ways you can help us provide for the team. I would like to strongly encourage new and returning parents to volunteer. It is a great way to get to know new people with whom you'll be spending quality time this spring, at some scenic venues.

We have several future opportunities where your participation and assistance are needed. Jeff Byron and his band of merry lieutenants ran a record-breaking Erg Sprints in February. But this one event requires over 110 volunteers.

So I'm going to ask for your help as a booster. Many of you have stepped forward and are assisting with many necessary and challenging assignments. We still need more arms and legs. For example, we need a pair to help us with our **scrimmage regattas** at the Dee Campbell Rowing Center. We need someone to tow the TCW Crew **trailer** to away events this season – St. Andrews and Philadelphia and maybe Oakridge, TN. We need several volunteers to assist Tom Waters

with the **food purchasing and prep** for our regattas.

We need someone to help with **travel arrangements** for our regattas in Philadelphia and Canada. We will need chaperones to stay on the floors with our rowers when we travel.

And of course we have 32 jobs to fill at the four regional regatta we'll be winning.

We need everyone to be thinking about volunteering for the officer corps of the boosters for the new year beginning in July. There will be several positions open as many of our generous team of officers will take a well deserved break. We still need a VP.

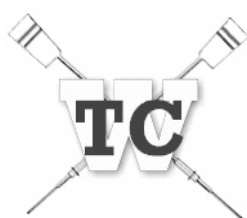
Now that the spirit of volunteerism has washed over you, please visit the volunteer table at the March 5 parents meeting. Take a look at the jobs that need to be filled, and give us your time and talents. It is a great opportunity for you to get to know your child better and their friends, as well as work with a great group of adults

Mark your calendars for these very special events:

On **March 15**, the ACB will host its 8th Annual **BBQ and Bluegrass** fundraiser at the Old Dominion Boat Club. This is a great evening of barbecue, live music, a silent auction and a couple of very special live auction items that I am sure will interest you. This is a nice event before the start of the competitive season to renew acquaintances from last year and a chance for all of us old timers to welcome the new parents. You must buy tickets in advance, and you can get them at the March 5 meeting, by mail or online at tcwcrew.org.

We also need volunteers to help organize and run this event. Contact Donna Franklin and say "Yes!"

On **March 30**, ACB will host an Open House at the Dee Campbell Rowing Center, when we'll dedicate the three new shells that have been added to the TC Williams fleet. Please join us!



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*Dedicated to the
support of the T.C. Williams
high school rowing
program.*

Season Preview

On the schedule this year are regattas in Alexandria, at St. Andrews and Georgetown, the Virginia Scholastic Championship, the Stotesbury Cup, SRAA Nationals and the Canadian Nationals.

All the schedules, driving directions, and regatta tips can be found on the Web at tcwcrew.org. Check the Web site before the races for schedule information, and after the race for results.

March 29

Dual Meet, Alexandria
TCW vs Washington-Lee

April 5

Dual Meet, Alexandria
TCW vs West Potomac

April 12

Regatta, St. Andrews
Middletown, DE

April 19

Regatta, St. Andrews
Middletown, DE (girls)
Darrell Winslow Regatta
Occoquan (boys)

April 26

Charlie Butt Regatta
Georgetown

May 3

Ted Phoenix Regatta
(freshman championship)
Occoquan

May 10

Virginia Championship
Occoquan

May 16-17

Stotesbury Cup
Philadelphia

May 23-24

SRAA Nationals Regatta
Oak Ridge, TN

May 30 - June 1

Canadian Championship
St. Catharine's, Ontario

Meet the Coaches

TC Crew is lucky to have the wealth of experience and talents on its coaching staff. Head girls coach **Steve Weir** has been on the job since 1975, and his crews have won numerous regional, national and international championships. Boys head coach **Pete Stramese**, now in his third season with TC Crew, has coached in the Alexandria competitive adult rowing program for 12 years.

The coaches are a dedicated group who spend tremendous amounts of their time with the rowers at the Boathouse, and it shows in the success of our program.

Joining coaches **Peter Hearing**, **Erin Donelson** and **Matt Holland** on the boys' side are newcomers **Patrick Marquardt** and **Nicole Garofalo**. Patrick is a TC Crew alum; Nicole was captain of the Syracuse University crew head coach of the Syracuse Chargers Rowing Club.

Girls coaches **Jon Schildknecht**, **Lexye Hearing**, **Lisa Coughlin**, **Bess Dopkeen** and **Cathy Hott** have extensive experience at the high school and college levels.

All the coaches' bios are on the Web at www.tcwcrew.org.

JOIN CREW BOOSTERS

Membership in Alexandria Crew Boosters is \$45 per family per year. This is a real bargain, and a great investment in the success of TC Williams Crew. Visit the membership table at the March 5 meeting, or go to tcwcrew.org for more details.

Volunteers: Get a Head Start

As a member of the regional rowing association, TC Crew Boosters need to provide volunteers for local regattas in which we row. There are jobs on the water and on the shore, from driving a launch to collecting parking fees.

TC crew volunteer coordinator Denise Ottie is encouraging early sign up to make sure you get the job you want. E-mail denise.ottie@gmail.com. There's a full list of jobs and descriptions on the Web at tcwcrew.org.

Denise will be at the parents' meeting on March 5 with sign-up sheets and descriptions of the various jobs.

We should note that the TC Crew Boosters is fined \$50 for every volunteer slot we don't fill. Please be willing to give just a few hours of your time for one regatta; it's a great way to meet parents from other crew teams and get a feel for how a regatta works.

TC Crew Endowment

Make a lasting contribution to the TC Williams rowing program with your gift to the TC Crew Endowment.

From a modest beginning a few years ago, the endowment has grown steadily, toward its goal of being able to support the purchase of a new shell every year.

Donations to the endowment can be any amount, and are fully tax deductible. All contributors are acknowledged permanently on plaques mounted in the Dee Campbell Rowing Center. For more information, contact Jack Wilmer at 703-915-0290, or e-mail jwilmer@cameronllp.com.

Don't miss the 8th annual Boosters Night Out

At the Old Dominion Boat Club
Saturday, March 15, 7:30 - 11:30



What a way to kick off the season! The evening at the ODBC features Rocklands barbecue, live bluegrass music, your favorite beverages and the chance to bid on terrific items in the silent auction.

Tickets are \$40 per person, for food, drink, entertainment and fun for everyone (21 years and older), and you must buy them in advance. You can get tickets by mail, at the March parents' meeting, or online. Go to www.tcwcrew.org/bbq8.htm for details.

The Old Dominion Boat Club is on the Potomac, at the foot of King Street in Old Town Alexandria. See you there!

Erg Sprints Moves to TC

One of the nation's largest indoor rowing competitions, the MidAtlantic Erg Sprints, is sponsored by Alexandria Crew Boosters as a fundraiser for TC Crew.

Every February, over a thousand athletes of all ages come from all over the region, and as far away as upstate New York, to compete head-to-head on Concept2 ergs. Many represent high schools, colleges, rowing clubs or fitness centers. Others are there on their own.

This year the Erg Sprints were bigger and better than ever, moving to the new TC Williams gymnasium. On the floor were 60 ergs, plus a giant screen to show some of the races as they were run.

A record 1155 participants registered for this year's sprints, racing in nearly 100 separate events.

Congratulations to organizer Jeff Byron and the troops of volunteers who made the event a success.

The MidAtlantic Erg Sprints is a qualifying regatta for the international indoor rowing championship, the CRASH-B Sprints in Boston. For more information, go to www.ergsprints.com

Run vs Row Cancelled

For 17 years, TC Crew started its season with Run vs Row, a regatta accompanied by a 10-K road race through Old Town. Because of new police and security fees proposed by the City of Alexandria, Alexandria Crew Boosters has been forced to cancel the road race this year.

CREW CALENDAR

See page 2 for regattas

March

- 5 Parents' Meeting
- 15 Barbecue & Bluegrass
- 17-24 Spring break - *practice continues*
- 30 Open House and Boat Dedication

April

- 9 ACB Board meeting

May

- 3 Crew Dance
- 4 Crew Car Wash
- 14 ACB Board meeting

June

- 11 ACB Board meeting
- 13 Spring Sports Awards
- 20 TCW Graduation

Check www.tcwcrew.org for calendar updates throughout the year



tcwcrew hotline

Stay in the loop! Every week during the spring rowing season, the **TCW Crew Hotline** delivers the latest news right to your e-mail inbox. Get information about the team, regatta schedules and results, timely tips for rowers and parents, and links to websites where you can go for detailed information.

The Hotline is free for all team members and members of Alexandria Crew Boosters. Our e-mail lists are strictly private, and no one's e-mail address is ever revealed to the list. You can sign up any time – just send your name and e-mail address to hotline@tcwcrew.org.

Attention Shoppers!

Here's an easy and painless way to help raise money for TC Williams Crew. Sign up to purchase grocery scrip from Giant Food (gift cards) or Shopper's Food Warehouse (gift certificates). You pay the face value, we purchase them at a bulk discount, and TC Crew gets the difference.

Use the cards to buy anything in the store, and you'll be contributing a percentage of your purchase to TC Crew, automatically. It couldn't be easier: Let us know the dollar amount you want each month, we'll send you the gift cards, and you send us a check. You can change the amount any time. Sign up now, and tell your friends.

Scrip is mailed monthly. When you receive your gift cards or certificates, return a check in the enclosed envelope. Get started today. Complete and mail this form, and send it with a check for your first order payable to Alexandria Crew Boosters.

Send orders and payments to: **Cindy Zimmerman**
810 Marshall Lane
Alexandria 22302

Name: _____

Address: _____

City, State, Zip: _____

Phone: (home) _____ (work) _____

E-mail _____

Check one: Standing monthly order One time only Select amount(s):

Store	\$300	\$200	\$100	\$50	\$20	Total
Giant						
Shoppers						
Grand Total						

Driving Directions to the Regattas

Print this page and keep in in your glove compartment.

St. Andrew's School

St. Andrew's, in Middletown, Delaware, is a picturesque place to spend an afternoon, sitting on the bank of Noxontown Pond watching a regatta. Some parts of The Dead Poets Society were filmed at the school, which you'll see on the other side of the pond.

Directions: From Alexandria, get to US route 50 east, toward Annapolis. Cross the Chesapeake on the Bay Bridge and follow Route 301 North for an hour to Middletown, DE. Not long after you cross the state line into Delaware you will come to Middletown. A half-mile past the 301 Truck Stop (on the left) you will come to a WaWa gas station/convenience store on the right. Exit to the right on 299 east, which will take you right through town. At the fourth light, take a right onto Silver Lake Road (you will pass a small shopping strip on your left and on the right will be a sign for St. Andrews School). Follow the road to a stop sign across from the entrance to the school. Do not enter the school grounds, but turn left. Cross the bridge over Noxontown Pond (you will see the race course on your right) and turn into the second entrance to the fenced field on your right. Follow the dirt road along the pond. Keep an eye out for the TC Crew boosters blue and white striped tent and park where you can.

Travel Time: approx. 2 hours & 15 minutes

Georgetown

The Georgetown waterfront is the home of nearly 20 schools and colleges, centered on Thompson Boat Center.

Directions: Thompson's is located a short walk from the Kennedy Center and Watergate. The parking lot is at the end of Virginia Avenue, across the Rock Creek Parkway, but for most regattas it will be reserved for boat trailers. To drive there, travel Virginia Avenue to the end at Rock Creek Parkway. Park anywhere you can find a spot in the Watergate neighborhood or in Georgetown under the Whitehurst Freeway across from the Washington Harbour center. There is a short road that leads from there to Thompson's boathouse. Spectators can view from the boathouse or the esplanade and park just west of the boathouse.

Occoquan

Sandy Run Park, on the Occoquan Reservoir in Fairfax, is home to most of the crews in Northern Virginia, and the site of the NCASRA championship events. Sandy Run is a pretty area with good facilities, run by the Northern Virginia Regional Parks Authority. But the finish line is quite a distance from the

parking areas, and you need to be prepared for a lengthy hike once you get there.

Directions: Take I-395 South to I-95. Continue south about 15 miles. Just after crossing the Occoquan River take Exit 160 (Route 123 North - Occoquan/Lakeridge) and proceed on Rt 123 approximately 3 miles to Hampton Road. Turn left at the light onto Hampton Road and go approximately 1 mile to Van Thompson Road and turn left. Follow Van Thompson to parking lots.

Travel time: approx. 25 minutes (See note above)

Philadelphia

You're on your way to the best venue on the TC Crew schedule. It is the home of the Schuylkill Navy and picturesque Boathouse Row. If you know how to get to Philly you can skip some of the next stuff and just take your usual route.

Directions: Take the Baltimore-Washington Parkway north from Washington. Once you get into Baltimore, take the exit for I-95 north. Go through the Ft. McHenry Tunnel, and head north to Philadelphia on I-95.

It will take about 90 minutes to get to the Maryland House rest area from Alexandria. Keep heading north until you see a sign for I-95 to Wilmington and Philadelphia, staying in the left lanes as the highway splits. (If you go to the right you'll end up at the Delaware Memorial Bridge, which is all right if a weekend in the Garden State is what you want.) Still on I-95, in the neighborhood of the Philadelphia International Airport follow signs for I-76 West. Watch for a left hand turn at a light on to I-76 West. Eventually you'll be on an expressway along the Schuylkill River. Take the Girard Avenue/Zoo exit. At the end of the exit turn right onto Girard Avenue and cross the bridge over the river.

At the end of the bridge, take a right turn onto Sedgely and drive down through the park. You'll come a statue on a traffic island. Bear right onto Kelly Drive and you'll move past the boathouses of Philadelphia's famous Boathouse Row. Follow the drive along the river and you'll eventually be directed by Philadelphia police to detour to the right and up to where parking is provided. There will be a charge for parking. The police or attendants can direct you to the path to the regatta site, which is a bit of a walk. Look for the red TC Crew trailer parked next to our tent, which is usually situated in the treeless area roughly half-way along the course.

For more information on these sites, updates to the directions, and tips to help you enjoy the regattas, go to the Web site at www.tcwcrew.org and click "On the Water."