



# OAKTON CREW

## 2021 Annual Meeting

April 8, 2021

# AGENDA:

- **Coach & Team Information**
- **2021 Spring Season**
- **Fleet & Equipment**
- **Board Roles & Volunteering**
- **Annual Banquet**

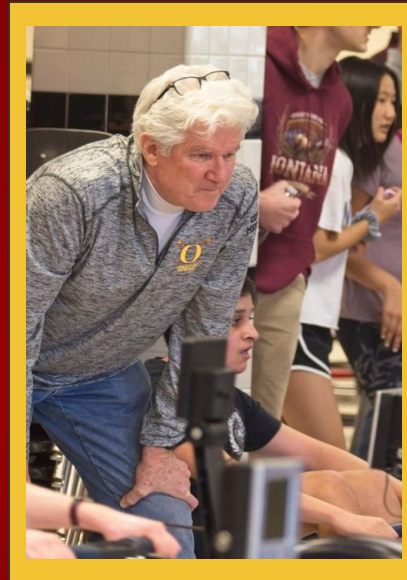




# 2020-2021 VARSITY COACHES



**DANIEL  
ZIMMERMAN**  
WOMEN'S VARSITY  
Head Coach



**JOHN MEEHAN**  
MEN'S VARSITY  
Head Coach



**HUNTER  
COKER**  
MEN'S VARSITY  
ASSISTANT

# 2020-2021 NOVICE COACHES



**FRANCESCA  
GONZALES**  
WOMEN'S NOVICE  
COACH



**DOUGLAS BRUNE**  
WOMEN'S NOVICE  
ASSISTANT



**THOMAS  
LOWERY**  
MEN'S NOVICE  
COACH



**RYAN  
SLANINA**  
MEN'S NOVICE  
ASSISTANT

# CREW IS...

....a nut in a shell

- **Very physically competitive team sport that requires hours of training**
- **Athletes find it irresistible and relaxing**
- **Requires many hours of teaching timing and linkage of motions**
- **Daily attendance a requirement to teach nine people how to work together**
- **Students will learn how to use time effectively**

# OAKTON CREW 2021



- **70 TEAMMATES at START of WATER SEASON:**

- + **36 Women**

- **29 Returning, 7 Novice**
- **10 Seniors**

- + **34 Men**

- **25 Returning, 9 Novice**
- **4 Seniors**



- **Retain existing team members and recruit novices – continue to build for the future**
- **Head coaches recommend additional coaching staff as needed**



# TEAM CAPTAINS



**Ashvini  
Selvan**



**Sarah  
Jeffries**



**Emily  
Mazingo**



**Peter  
Wright**



**Ray  
Forman**



**Campbell  
Ziselman**

# **Safety Guidelines**

- **Masks must be worn in Sandy Run park at all times.**
- **6 foot distance must be maintained whenever possible.**
- **Teams will gather outdoors in groups of no more than 25 while waiting to launch.**
- **No gathering in boathouses.**
- **Only bring what you can take on the boat with you**
  - **32oz plastic water bottle**
  - **Small snack**
  - **Extra mask in a ziploc baggie with your name on it**
- **Immediate dismissal after boat is put away**



# WATER PRACTICE

Conditions when we get to the Boathouse



The Moment we start Rowing



- **Location: Sandy Run Regional Park**
  - 10450 Van Thompson Road, Fairfax Station, VA 22039
- **Practice Days & Times**
  - First Water Date: 4/12
  - Monday - Friday: 4:15 to 6:30
  - Saturdays: TBD
- **Absences**
  - Water practices are MANDATORY
  - Notify coaches in advance
- **Weather Cancellations & Notices**
  - Stay up to date by monitoring Slack

# Expert Tips

- **BRING A FULL WATER BOTTLE & A SNACK**
  - **No Aluminum Water Bottles in the boats**
- **PUT YOUR NAME ON *EVERYTHING* - First name and initial at a minimum.**
- **READ the *FOR NOVICES* section of the website - even returning rowers.**
- ***NO SPEEDING* ON VAN THOMPSON ROAD**
- **No Cursing while at the river during practice or on race day**



# Getting to Sandy Run

- **Carpool**

- Use the Carpool map to find other crew families nearby
- FCPS: Field Trip Driver's License Form

- **Student self-drive**

- FCPS: Field Trip Driver's License Form
- FCPS: Student Driver Forms





# OCCOQUAN REGATTAS

## 2021 REGATTAS (Final)



May 8: POLAR BEAR (UPPER BOATS)

May 15: REGIONAL PARK

May 22: WALTER MESS

May 29: DARRELL WINSLOW

June 5: TED PHOENIX

June 12: AL URQUIA

June 18: VIRGINIA SCHOLASTIC ROWING CHAMPIONSHIPS (Day 1)

June 19: VIRGINIA SCHOLASTIC ROWING CHAMPIONSHIPS (Day 2)

FOR ADDITIONAL INFORMATION, VISIT [VASRA.ORG](https://vasra.org).

FOR REGATTA START TIMES & ADDITIONAL RACE INFORMATION, CHECK  
[@VASRARESULTS](https://twitter.com/VASRARESULTS) ON TWITTER

FOR INFORMATION ON PARTICIPATING CLUBS & EVENT ENTRIES, VISIT [REGATTA CENTRAL](#)

# REGATTA DAYS



- **Athlete Arrival Time & Dismissal -- SLACK & Friday Quick Catch**
  - Based on VASRA Heat Sheets
  - Athletes will come in, row, then leave.
- **This year - NO SPECTATORS & NO CONCESSIONS**
- **BRING YOUR REUSABLE PLASTIC WATER BOTTLE**
- **Regatta 101 page on [oaktoncrew.com](http://oaktoncrew.com)**

# OAKTON CREW EQUIPMENT

- Fleet of Hudson & Vespoli shells
- Row in 8s and 4s
- Maintain our own shells, oars, motor boats (“launches”), nuts, bolts, etc...
- 60 Concept 2 Ergs





# **SELF-FUNDED & SELF-MANAGED**

- **Oakton Rowing receives no support from Fairfax County Public Schools or Oakton High School - all support is from dues & fundraising**
- **OCCBC is a non-profit organization**
- **Crew owns & insures its equipment & OCCBC does not incur debt**
- **Running the team is like managing a small company - we even contract for coaches!**
- **Entirely run by parent volunteers - no paid Board members or professionals**

# 2020-2021 Budget - Treasurer Karen Spence

<b><u>Income:</u></b>	
Membership Dues	\$88,125
Fundraising	0
Other Income	<u>0</u>
<b><u>Total Income:</u></b>	<b>\$88,125</b>
<b><u>Operations / Expenditures:</u></b>	
Coaches	\$40,000
Insurance	7,100
Sandy Run: rent	7,655
Parts, repairs, gas	6,725
Admin/tech, spirit wear	<u>4,270</u>
<b><u>Total Operational Expenditures:</u></b>	<b>\$65,750</b>
Projected Amendment for seasonal expenses	22,375
<b><u>Total Projected Expenditures:</u></b>	<b><u>\$88,125</u></b>
Opening Cash	<u>85,000</u>
Ending Cash	\$35,000+

# Per Rower Costs

	Prior Years		2020-2021	
Dues	\$1,125	Mandatory	\$1175	Mandatory
Fundraising	\$300	Mandatory	\$0	Optional
Uniform	\$87	New Athletes	\$95	New Athletes
Bus from OHS	\$530	Optional	\$0	N/A
Stotesbury	\$300	Encouraged	\$0	N/A
Nationals	\$300	If Qualify	\$0	N/A
Banquet	\$40	Encouraged	\$0	N/A
ERG Rental	\$100	Optional	\$0	Optional



**BUDGET APPROVAL:**  
**Each Teammate's Family has 1 Vote**

# 2020-2021 OCCBC Board of Directors

**President – Sandy Jeffries\***

**Treasurer – Karen Spence**

**Secretary - Shane Walter**

**VP Administration – Jeff Wright\***

**VP Communications – Vacant\***

**VP Fundraising - Jennifer Wagner\***

**VP Hospitality - Mirtha Mutis Benitez\***

**VP Logistics – Andrew Forman\***

**VP Membership – Siva Selvan\***

**VP Volunteers – Nazneen Kavarana\***

**VP Operations – Phil Mazingo**

**VP Uniforms/Spirit Wear - Lorilee Montenegro\***

**VP Technology - Dinesh Dhanasekharan**

**\* Position Available at End of Season**

# FUNDRAISING

VP Jennifer Wagner

**2021 Season \$300 mandatory per rower fee eliminated (This season only)**

- Fundraising is usually the financial backbone of how the team survives year to year.
  - Rearranging the budget and deferring the purchase of new equipment enabled us to eliminate the mandatory fundraising fee for this year.
- Fundraising is still necessary
  - New 2021 Regatta fees
    - VASRA added a Regatta Rower/Media charge (per rower)
- We will have Team Fundraising Activities
  - Dining for Dollars
  - Neighborhood Door Tags
- **CORPORATE FUNDRAISING:** If you own a company or know a company that would like to partner with Oakton Crew, please send an email to [FUNDRAISING@OAKTONCREW.COM](mailto:FUNDRAISING@OAKTONCREW.COM)


**Team Fundraising:**  
**Door Tags, Chipotle, Weber's Pet Wash, Squadlocker, & Amazon Smile**

# COMMUNICATIONS

VP Vacant\*

## PLATFORMS for keeping you informed:

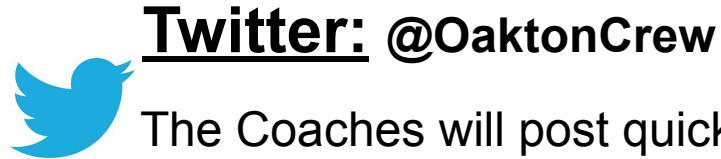


- **THE CATCH:** Email newsletter contains information your rower and you are expected to know each week, please READ THESE!!
-  **slack** Primary means of full-team private messaging, used for up to the minute announcements such as weather cancellations. Slack is available for desktop or smartphone phone through the Slack App. Every parent and teammate should check Slack regularly.
- **OAKTONCREW.COM:** Just about everything you need to know is here.

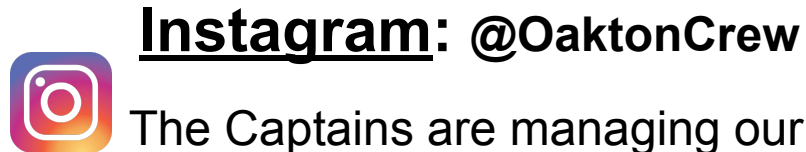
**ALWAYS check SLACK before  
starting your carpool to the river!**




# SOCIAL MEDIA



The Coaches will post quick updates, such as regatta times, etc.



The Captains are managing our Instagram this year. Follow us to keep your finger on the pulse of Oakton Crew!

**SmugMug**  and see awesome pictures at races and events by logging into SmugMug.

- **LOG IN:** <https://oaktoncrew.smugmug.com/>
- **Password:** Oaktoncrew

**Huge THANK YOU to Steve Ziselman for Pics!**

# SPIRITWEAR

VP Lorilee Montenegro

## UNIS & SPIRIT ITEMS

- CREW TEAM STORE, SQUADLOCKER, & BOATHOUSE.Com
- **TWO TEAM-REQUIRED ITEMS:** Unisuit ('Uni') & Tech Shirt
  - 1) Unisuits are supplied from from Boathouse! All new rowers should have purchased this already.
  - 2) Tech shirt will be supplied by Reston Shirt and all new rowers should have purchased this already. Personalization is available through Reston Shirt, but not mandatory.
- Other items are available but not required.

**IF YOU HAVE QUESTIONS:** Contact Lorilee Montenegro at  
**SPIRIT@OAKTONCREW.COM**

## **TEAM ITEMS: Uni & Tech Shirt**

**New Unis have been ordered and should arrive by the end of April.**



**Tech shirts have been ordered and should arrive by the end of April.**



# **CAPTAINS T-SHIRTS are on the way!!**

All Athletes will be issued a shirt



# HOSPITALITY

**VP Mirtha Mutiz Benitez**

- **PASTA PARTIES (Canceled this year)**
  - **Pasta and sauce donated to the Oakton Pantry**
- **BOATHOUSE & PARENT TENTS at the River (Canceled this year)**
- **ANNUAL BANQUET PLANNING (TBD)**

**Please bring your own reusable plastic bottle and healthy snacks to the river.**

**Hospitality is the heart and soul of Crew -  
reaching teammates through their stomachs!**



# OPERATIONS

**VP Phil Mazingo**

## **EQUIPMENT MANAGEMENT & LAUNCH TRAINING**

- **Organizes Oakton Crew Workdays at Sandy Run**
- **Training for Launch Drivers:** VASRA assigns launch driver shifts as part of our volunteer commitment for each regatta - Training is offered in the fall with a refresher in the spring for drivers.  
**Launch driver training canceled this year.**
- Operations VP works with coaches to keep our fleet maintained and the Boathouse closet well-stocked.
- Handles Erg maintenance & Summer Erg Rental Program.
- Operations committee volunteers should be ready to roll up their sleeves and get dirty, while ensuring our team has the best fleet on the Occoquan.

**Get out and get some fresh air with OPERATIONS**

# LOGISTICS

**VP Andrew Forman**

## **REGATTA & TRAVEL LOGISTICS FOR TEAM and ORGANIZATION of the SANDY RUN BUS**

- Logistics organizes team travel and logistical needs for out-of-town regattas, sets out volunteer needs for travel, and acts as one of the team's liaisons with Sandy Run Park officials.
- Works with Hospitality to organize "parent" and "rower" tents at regattas.
- **SANDY RUN BUS:**

**If you're handy with spreadsheets and good with organization, please volunteer with LOGISTICS**

# MEMBERSHIP

**VP Siva Selvan\***

## **FORM WRANGLING & SCHOOL LIAISON for team**

- Membership ensures the team is in compliance with all FCPS, VASRA, and USRowing requirements so the team remains eligible to compete.
- **ORGANIZES Swim Tests:** We schedule one in the fall and a second one early February.
- Manages Carpool Map

**Need to Turn in Paperwork: Email [Membership@oaktoncrew.com](mailto:Membership@oaktoncrew.com)**

# BEHIND THE SCENES MAKING IT ALL WORK:

## **ADMINISTRATION** VP Jeff Wright

- Maintains and manages all contracts and official records for the team, liaison with OHS for scheduling or administrative matters; organizes elections of new Board members and team captains in the spring. In the absence of the President, the VP of Administration may be asked to run meetings or fulfill other duties.

## **TECHNOLOGY** VP Dinesh Dhanasekharan

- Oversight and training of the OCCBC Board G-Drive and G-Suite management tools, manages improvements to tech & organizational processes; provides assistance & management of Crew website with Communications & other VPs.

## **SECRETARY** VP Shane Walter

- Maintains minutes of Board meetings, keeps all official Club documentation, & maintains Club rosters.

# VOLUNTEERS

VP Nazneen Kavarana

## SERVICE SHIFTS for CREW & VASRA

- Volunteer needs are posted through Sign-up Genius on the Crew website & detailed in CATCH announcements. See the **SUPPORT** menu on our oaktoncrew.com website.
- Every family typically must fulfill *at least* one volunteer shift for Crew and one for VASRA. This year, volunteer requirements are greatly reduced - there is no crew hospitality, and no spectators permitted at the regattas.
- **VASRA/LOC Parking Position:** Only volunteer role that comes with a partial dues refund, and can be split by several families - **this position is not required this season**, because there are no spectators at the regattas, so no need for parking. If you are interested, keep an eye out for this position to be announced to families during the 2021-2022 season.
- For Crew to thrive, we need all parents to help out - and if you're interested in taking on a Board role next year, you can start getting trained now.



# NOVICE PARENT REPS

**NOVICE PARENT REPS** assist with orientation of parents and family members new to Crew, and provide an additional point of contact for questions and assistance to rower families.

**\*\* Steve and Karen Ziselman \*\***

**Email: [NOVICEPARENTREP@OAKTONCREW.COM](mailto:NOVICEPARENTREP@OAKTONCREW.COM)**

Information for novices, rowing terminology, tips for watching a regatta, and links to other resources are available on the Oakton Crew website.

**Descriptions of Crew & VASRA service shifts for Novices:  
[OaktonCrew.com](http://OaktonCrew.com) under the *SUPPORT* menu**

# BOARD MEETINGS & COMMITTEES

***VOLUNTEERS MAKE ALL OF THIS POSSIBLE***

## **Monthly Meetings of the OCCBC Board & Service Committees**

- Board Meetings: Open to Parents & Teammates - Dates on Web Calendar  
**NEXT MEETING: WED. April 21, 7:30 to 9 p.m.**
- Board Meetings third Wednesday of each month via Zoom.
- During registration each family selected a few committees of interest
- For Crew to thrive, we need a small army of volunteers - even a small amount of your time is helpful!

**We Need YOU!**

# **TRAVEL REGATTAS**

## **THE STOTESBURY CUP**

**Schuylkill River, Philadelphia, PA. May 14-15, 2021**

**Current Plan: Oakton will not participate this season.**

## **SRAA NATIONALS**

**Scholastic National Championships, INVITED BOATS ONLY**

**Oakton typically has 3-5 boats invited.**

**Current Plan: Oakton will not participate this season.**

- **Rowers pay approx \$300 to covers lodging, transport & food**
- **Parent volunteers needed for each travel regatta**

# CREW ANNUAL BANQUET

- End of the year celebration of the season
- Send off for our seniors
- Announcement of new team captains
- Introduction of the new Board of Directors for 2021-2022
- Year-End Awards and Paper Plate Awards for Novice by Varsity
- Typically ~\$40 per attendee
- TBD this year





# OTHER ITEMS OF INTEREST ON THE WEBSITE

- Summer Camp & Summer Rowing links
- Twitter links for information on regatta days
- What is VASRA?
- OCCBC By-Laws
- Photo gallery of some of our Alumni!
- Links to team photo galleries







Time to Jump in!



[www.oaktoncrew.com](http://www.oaktoncrew.com)



@oaktoncrew



@oaktoncrew