



Spring Season 2021

Welcome novices and welcome back returning athletes and families!

As our various governing bodies, such as VASRA and US Rowing release information, we want to pass that along to you. Please keep in mind that some dates and plans are tentative, but we hope to give you a better idea of what the upcoming practices and season may entail.

Winter Training

*In-person training will start Monday, 3/15, with two shifts (4:45-5:45p.m. and 6-7p.m.) and be held each Monday. An additional day per week may be added, but this is to be determined based on school approval. We are limited to 20 athletes per side of the team (men's team and women's team) per shift. Information will follow on how to sign up for a shift. Virtual training will begin that same week and consist of body weight exercises, as well as core strength, flexibility, and cardio. Captains are currently holding virtual workout sessions and athletes can reach out to them for details.

Coaches and athletes will remain masked at all times. Athletes must fill out the FCPS health screening form before arriving at practice. All coaches in attendance will be trained in Phase III mitigation strategies. Coaches will pull ergometers out of the storage closet and stand them outside on the sidewalk. As students arrive, they will grab one erg and roll it to the designated training area, keeping socially distanced at all times. Ergs will be placed 10 feet apart, using the back row of the rear parking lot and the coned off kiss and ride lane. Athletes will remain on the same erg throughout the practice. Coaches will spray ergs with Virex after the first shift and allow them to dry. All athletes from first shift will leave before the second shift arrives. As the second shift arrives, each athlete will be assigned an erg. At the end of the second shift, students will roll their erg toward the closet and leave it on the sidewalk for the coaches to disinfect with Virex and place back in the storage closet. Each student will be responsible for bringing at least 32 oz of water. Hand sanitizer will be available to all who need it.

*Erg returns will be Saturday, 3/13. Times will be announced on Slack. Please make sure to bring any erg rental payment- \$125 (or \$75 if you were in the latest round of rentals in December). Checks payable to TJ Crew Boosters.

*Complete the following school paperwork and spring sport registration to participate:

- Create a family account on the new [rSchool Athletic Registration portal](#)
- Electronically complete the following:
 1. Concussion Education

2. *Emergency Care Card*
 3. *Weight Room Waiver*
- *Register for Crew under spring sports.*
 - *Complete the [VHSL Pre-Participation Exam Form](#). (You must use the VHSL form and have it completed after May 1, 2020, in order to be valid for the 2020-21 school year.) Mail it to TJHSST, c/o Heather Murphy, Head Athletic Trainer, 6560 Braddock Road, Alexandria, VA 22312. Do NOT email this form.*
 - *Complete the [Parent/Guardian Health Screening Commitment Form](#) - and mail to TJHSST, c/o Heather Murphy, Head Athletic Trainer, 6560 Braddock Road, Alexandria, VA 22312 - or bring it to the first day of any in-person training.*

Registration

*Registration is open! Click on the link on the main page of our website tjcrew.org or the “Join” tab.

*You will be contacted via email beginning 3/20 with payment instructions. (If you applied a credit from last season, your net balance due will be indicated.)

*Athletes will also need to create/renew their membership with US Rowing and sign the updated liability waiver at usrowing.org. Novices-click “Join Now” (top right banner), “Individual”. Search for Thomas Jefferson High School Crew Boosters, Inc. The membership is free, but there is a \$9.75 admin fee). Returning athletes can log in and renew. *There is a new liability waiver which everyone must acknowledge.*

Swim Test

*Novice athletes must complete a swim test prior to on-water practice. (swim 100 yards, tread water for 2 minutes, and put on flotation device while in the water) This takes place at Audrey Moore Rec Center (8100 Braddock Road, Annandale). Dates TBD, but before 4/12.

On-Water Practice

*Begins week of 4/12

*VASRA is indicating that teams will likely not practice every day at Sandy Run and will be assigned practice dates and times to align with safety measures and capacity limits at the park. It will be determined what other in-person practices at TJ or virtual options will supplement this.

*It is unlikely that the practice charter bus that we have operated in the past to get novice rowers to the river from TJ will run. For those families comfortable with carpooling, the captains will provide a Google Map so you can locate other teammates near you to coordinate.

Regattas

*Beginning 5/1 (full schedule listed on the tjcrew.org or vasra.org websites). VASRA will manage team participation, but it is unlikely we will row in each regatta.

*Unfortunately no spectators. The goal is to use the park capacity limits to allow as many athletes to participate as possible. VASRA is looking into Livestream options so parents and family can view.

Ergathon

*This is our main fundraising event where, in the past, athletes rowed 1 Million Meters on ergs. Although it might look a little different this year with multiple ways to participate, athletes can send emails to family and friends to support our team. More details will follow.

*April 5th-9th

*If you are a business owner and would like to be a sponsor, please email our Fundraising Coordinator at meghangaucher@gmail.com.

Dining for Dollars

*Grab dinner to-go and support TJ Crew on Saturday, March 27th from 4-8p.m. at Chipotle (13042 Fair Lakes Shopping Center in Fairfax). There is an option to order online and use code 9GDPHMG before checkout in the 'promo' field. Orders placed on Chipotle.com or through the Chipotle app for pickup using this unique code will be counted towards the fundraiser. See the attached flyer for more information.

Uniforms

*Have a uni that you've outgrown? If you would like to donate it to our team uniform closet please drop it in the donation box at in-person training.

*Information will be forthcoming regarding uniform requirements for this season.

Spirit Wear

*Check out our great spirit wear at tjcrew.org! Link is on the main page.

Spring Preview Virtual Meeting

*Join us on Tuesday, 3/23, at 7:30p.m. for more information on TJ Crew and any registration questions. [Click here to complete the form to receive the link.](#)

*Spread the word and invite a friend!

**Please email any questions to tjcrewpresident@gmail.com.
Go TJ Crew!**