



Washington-Lee Rowing Reporter

Washington-Lee High School,
Arlington VA

December 2011

Coming Soon...

A newly-designed website!
Check out:
www.w-lcrewboosters.org.
The new design will help us
communicate team news
more effectively. You can
sign up to receive future
issues of the Rowing
Reporter (and other team
announcements)
electronically, which will
allow for more efficient and
cost-effective distribution.

Crew Regattas 2012

March

3/17 - Scrimmage - Wilson &
Whitman at PBC

3/24 - Scrimmage - TC
Williams at TC

3/31 - Regatta at St. Andrews,
Middletown, DE

April

4/7 - W-L Team Regatta-PBC

4/14 - Yorktown/W-L Dual
Meet at PBC

4/11 - Regatta - Smokey
Jacobs at Occoquan

4/28 - Regatta - Charlie Butt on
the Potomac

May

5/5 - Regatta - Ted Phoenix at
Occoquan (lower boats)

5/12 - Virginia State Rowing
Championship at Occoquan

5/18-19 - Stotesbury Cup
Regatta, Philadelphia

5/25-26 - SRAA Championships
("Nationals"), Camden NJ

2011 Season in Review

In 2011, Washington-Lee Crew fielded one of our larger teams in recent memory with 87 rowers. The school's increased enrollment, as well as a new interest in our rowing program, attracted a large number of novices - which made up 50% of our program. The number and first-time successes of our additions bode well for future seasons, as the team builds on our great success this year, with a State championship and a medal at Nationals!

As many residents recall, in early spring 2011, heavy rains pushed the Potomac to record levels for extensive periods of time, wreaking havoc on practices and our important spring break training. In fact, the weather was responsible for the cancellation of two regattas, including our beloved Charlie Butt Regatta. Even with weather challenges, we were able to put a large number of boats on the water, both men's and women's, to great success!

Our first competition of the year was at the **Mid-Atlantic ERG Sprints** in January. One of the nation's largest and most popular indoor rowing regattas, the Mid-Atlantics saw more than 25 W-L rowers compete with over 1,500 athletes from the East Coast's top programs.



Top finishers included: Grayson Steigler (1st place, Jr. Men's 13 yr old 1,000 meters); Brent Pizzamiglio (3rd place, Jr. Men's 13 yr old 1,000 meters); Jacob Weiser (1st place, Jr. Men's 14 yr old 1,000 meters); Matt Zetkulich (3rd place, Jr. Men's 14 yr old 1,000 meters).

The official racing season brought exciting finishes and great experience for returning and novice rowers. The men's program was coached by Derek Parsons, Jim Owen, Rob Shaw and Wilson DeSousa. The women's program was coached by Kathleen McNamee, Melissa Saunders and Jessica Ward.

At the **VASRA Ted Phoenix Championships**, the Men's Novice 4 took second. The following week at the **State Championships**, the Men's Junior 8 won gold. The Women's Varsity 8 finished second in the petite final.

In our post-season, we took 6 boats to the **Stotesbury Cup Regatta** on Philadelphia's famed Schuylkill River - Men's and Women's Freshman 8s, Men's Lightweight 4, Women's Junior 8, Men's Varsity 8 and Women's Varsity 4. It was a valuable (and damp) experience. For many, it was their first "Stotes" and post-season race. The boats rowed well, with the Women's 2V making it out of the time trials and narrowly missing advancing to the finals. All of the



Goodbye 2011 Seniors!

As we celebrate our 2011 successes and prepare for what we hope will be even greater success in 2012, we want to thank and congratulate our graduating 2011 seniors and newest W-L Crew alumni. Thanks for being an important part of W-L Crew and all the best in your future endeavors, on and off the water!

Congrats to Lana Allen (Northern Virginia Community College); Samantha Eakes (Boston University); Paige Hancock (Ole Miss); Tessa Van Grack (University of North Carolina at Wilmington); and Jade Zekan (Virginia Tech).

Virginia Permits Limited Off-Season Fall Practices

Virginia's governing body for high school sports has, for the first time this fall, permitted out-of-season training. W-L coaches took advantage of the new rule to conduct a Fall Skills & Drills program. Running Tuesday through Thursday, October 4-27, the coaches held valuable on-water practices. These sessions were well attended.

These practices lead into our winter conditioning program, which runs from Nov. 21 until the official start of our season on Feb. 20, 2012.

rowers, coaches and parents enjoyed the camaraderie, excitement and experience of the nation's largest high school rowing event.

W-L Men's Junior 8 Medals at Nationals!

W-L sent two boats to the national high school rowing championship – the Men's Freshman 8 and Men's Junior 8 – on the Cooper River (NJ). The Freshmen rowed hard and well, and gained valuable experience. The Men's Junior 8 won their heat. In the semifinals, the Junior 8 faced a tough field and finished third, qualifying for the finals. In the finals, they rowed their best race of the season and finished third in the nation! Our Junior 8 was the only public high school in the finals, and was one of the fastest public school boats racing in any category. It was a great year for W-L Crew and we are looking forward to fast finishes in 2012 - Go Generals!



Supporting W-L Crew

Crew is perhaps the most expensive high school sport. W-L Crew prides itself, through its 60+ year tradition, on providing top-quality equipment to help our crews reach their full potential. Arlington County provides valuable but limited support to the program (mostly transportation services), so the Boosters and parents must fund all equipment purchases, maintenance, uniforms, regatta expenses, financial aid and other significant costs. These needs are increasing, as Washington-Lee school enrollment is increasing and participation in the crew program is surging in popularity.

To support the growing program and our need for speed, we are purchasing two new 4's this year, as well as oars and other important equipment. Without support from alumni and friends of W-L Crew, fewer students would have the opportunity to row and W-L would not be able to compete at the high level that is the W-L tradition. For this, the team needs your help. The financial support of alumni and friends is the lifeblood of the program, and what keeps us competitive.

We encourage you to make donations through our new website: www.w-lcrewboosters.org or by sending a check payable to W-L Crew Boosters, addressed to W-L Crew Boosters, Washington-Lee High School, 1301 North Stafford Street, Arlington, VA 22201. Contributions are tax deductible. For more information, contact Boosters co-presidents David and Ellen Killalea, thekillaleas@verizon.net. Many thanks to Corner Bakery Café - Courthouse at 1111 Wilson Blvd. and Jimmie John's - Ballston at 550 N. Quincy St. for their support of W-L Crew.

It's Back - Mulch Madness 2012!

Every year, W-L Crew sells and delivers bagged mulch in the community. For six weeks beginning in January, rowers canvass neighborhoods to obtain orders for mulch or direct donations. The Boosters also mail 900 mulch order/donation forms. The mulch, in 50 lb bags, will be delivered by rowers on Saturday, March 3, just in time for spring planting. Mulch Madness is the most significant team fundraiser, and the best opportunity for each rower to satisfy his or her fundraising requirement. Email Boosters VP Kelly Heinzman, kelly@heinzman.org, to place an order and/or make a donation (please note the name of the rower who should receive credit). Or place an order directly with your favorite rower. W-L Crew could not exist without the tremendous and longstanding support of our alumni, community and friends. Thank you!