

Crew Team at VCU

Spring 2016 Newsletter

Sprinting into the Spring Season



Welcome back to VCU Crew! The spring season is upon us and the team is hard at work on the James training for Occoquan Sprints on April 3rd. The season did not just begin, though. The official winter training began on January 20th. Most crew teams around the country experience some sort of winter training. When the river ices over, and the temperature drops well below freezing, it becomes dangerous

to row. Crews take their training to the land to build up their endurance and strengthen their muscles for the upcoming spring season, which is also commonly known as sprint season. A sprint race is 2,000 meters long, and it is said that it takes the same physical toll on a person as playing two basketball games back to back, but it exacts that toll in about 8 minutes or (hopefully) less. The VCU Crew team winter training lasted for 6 weeks and consisted of erg pieces at the boathouse, weightlifting at the gym, and early morning runs through Richmond lead by coaches and captains. Throughout winter training, the team had its sights set on two very important events.

The Mid-Atlantic Erg Sprints was the first of two erg competitions VCU crew competed in. Held at TC Williams High School in Alexandria, VA, this event marked the halfway point of winter training. Mid-Atlantic is the largest qualifying event for the World Indoor



Rowing Championships (C.R.A.S.H.-Bs) and hosts 2,000+ competitors. The top two members of the men's and women's varsity and novice teams were chosen to represent VCU Crew and compete against other schools such as Virginia Tech, George Washington University, and George Mason to name a few. The women all placed in the top 10 of their heats, and the men all won silver or bronze medals. Good work, Rams!

The next great event, which signals the end of winter training, was the Colonial Erg Sprints hosted by William and Mary. The whole team traveled to Williamsburg for the day and competed against other Virginia schools. This was also the first chance our novices got to show off to everyone how hard they've worked over winter training. Overall, the whole team had a very impressive showing with half of the team placing in the top three of their heats, and four varsity members placed first in the 10k relay race. Congratulations to all!



With erg competitions over, the team excitedly turned their attention once again to the mighty James. It was time to begin on the water training leading up to our annual spring break trip to Cocoa Beach! March 1st marked the team's first outing on the water. The novices who joined us this spring got some one-on-one time with the coaches over two days of dock rowing. On March 3rd, we packed up our trailer, and on the morning of March 5th, the team hit 95 South for an 11 hour van ride to Florida! The team spent their days rowing twice a day, running back from

practices, relaxing on the beach or by the pool, playing volleyball, and napping. As is tradition, VCU Crew went to Ice Cream Junction in the middle of the week where rowers and coxswains sang karaoke and enjoyed ice cream. To end our last practice, the men's team carried on yet another team tradition of catching the women off guard and throwing them in the water. The Cocoa Beach spring break training trip was a success. Our novices learned so much and made huge strides in their technique and power on the water. The team is ready to race!



Announcements

The semi-annual Crew Team fundraising dinner will be held on April 30th at Summer Hill in Richmond, VA. Be sure to look out for an emailed invitation!



Coming Up...

- 4/3-Occoquan Sprints-Fairfax, VA
- 4/9-Waterfield Cup Invitational-Pulaski, VA
- 4/16-SIRA Regatta-Oak Ridge, TN
- 4/23-Rockett's Landing Regatta-Richmond, VA
- 4/30-Spring Fundraising Dinner-Richmond, VA
- 5/27-5/29-ACRA National Championship-Gainesville, GA

Rowers, coxswains, and coaches love when parents are able to attend our regattas and cheer us on! If you live near any of the cities listed above, please come out to cheer on your VCU Crew Team. In addition, food is always a wonderful contribution. Fruit, bagels, drinks and other foods are always welcome. Thank you to Kelly Spencer who will be coordinating food this season. An email from her will be sent out soon!



VCUCrew wants to recognize our wonderful coaches who volunteer their time and talents every day. Our coaches always encourage us to push ourselves harder, dream bigger, and inspire us to achieve greatness. Thank you, coaches!

(Left to right: Sara Laverdy, Thomas Rodgers, Mason Brown, Yuriy Levitskiy, Paul Georgiadis, Grayson Junker, Tim Nesselrodt)

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