



## Justice High School Rowing—2022-23

### Coaches

Head Coach Nate Carmody  
Coach Bill Breed

### Practice Schedule

**All practice schedules operate on a Mon, Tues, Thurs, Fri weekly schedule. Wednesdays are for independent cross training, mental and physical recovery, and academic balance.**

11/14-2/17: 3:45-5:30 pm Winter Conditioning. Health and PE rooms at JHS.

2/20-3/10: 3:30-6pm (or Sundown) at Lake Barcroft (3526 Duff Drive, Falls Church, VA)

3/13-5/12: 3:15-7:30 at Sandy Run Regional Park, 10450 Van Thompson Rd, Fairfax Station, VA 22039; Bus arrives at JHS at 2:45-3:00, **departs at 3:15 SHARP**; bus returns to JHS approx. 7:30 pm.

### Non-Regatta Saturday practices

2/18-3/11: arrive L. Barcroft by 8:00 and done by 10:30am.

### Regattas

3/18/2023	9:00 A.M.	Polar Bear Regatta	
3/25/2023	9:00 A.M.	Regional Park Regatta	
4/1/2023	9:00 A.M.	Walter Mess Regatta	
4/8/2023	9:00 A.M.	Darrell Winslow Regatta	
4/15/2023	9:00 A.M.	Ted Phoenix Regatta	
4/22/2023	9:00 A.M.	Ryz Obuchowicz Regatta	
4/29/2023	9:00 A.M.	Al Urquia Regatta	
4/29/2023	8:00 A.M.	Charlie Butt Regatta	Potomac
5/6/2023	9:00 A.M.	VSRC Championships	
5/13/2023	9:00 A.M.	VSRC Championships	
5/19-23		Stotesbury Cup Regatta	Schuylkill River, PA
5/26-28		SRAA Championships	

### Boosters Board

President	David Trissell
VP	Matt Hardy
Treasurer	John Blackadar
Secretary	Maricella Juarez

Email [justicerowing@gmail.com](mailto:justicerowing@gmail.com)

## Justice High School Rowing—2022-23 Calendar

### August

8/18 Wolfpack Welcome (opportunity to introduce new/interested students to Justice Rowing)

### September/October

9/27 New Board Meeting

10/4 After School Interest Meeting, JHS Rm. TBD

10/8 Lake Barcroft WID Fundraiser 10-2:30 (cook and serve food)

10/8 Lake Barcroft Open House, 3-6, Lake Barcroft, 3526 Duff Lane, Falls Church

10/11&13 Activities Fair, JHS (football field), 9:45 - 11:13

October (all month) - Wreath, Poinsettia and Coffee Sales

### November

2 General Membership meeting (+Boosters meeting) at 7, JHS cafeteria

14 Winter Conditioning begins

### December

1 Boosters meeting at 7 (virtual)

2-3 Wreath, Poinsettia and Coffee Set up and Delivery

### January

12 Boosters meeting at 7 (virtual)

15 REGISTRATION PAPERWORK/PHYSICALS DUE

### February

2 Boosters meeting at 7 (virtual)

18 Justice Work Day (transfer boats to Lake Barcroft) 9-3

20 First day of practices

25 VASRA Work Day No. 2

### March

4 VASRA Work Day No. 3

9 Boosters meeting at 7 (virtual)

11 Work Day (transfer boats from Barcroft to Sandy Run) 9-3

17 Rowing Season Kick Off Dinner, TBD

18 Polar Bear Regatta

25 Regional Park Regatta

### April

1 Walter Mess Regatta

8 Darrell Winslow Regatta

15 Ted Phoenix Regatta

22 Ryz Obuchowicz Regatta

29 Al Urquia Regatta | Charlie Butt Regatta

### May

5 Boosters meeting at 7 (virtual)

6 VSRC (States) Day 1 - Sandy Run (Select Team)

13 VSRC (States) Day 2 - Sandy Run (Select Team)

19-20 Stotesbury Cup (Philadelphia)

26-28 SRAA Championships (Cooper River Camden, NJ. 2022)

TBD Year End Picnic and Awards Ceremony

TBD Work Day (clean boats, equipment repair/inventory, etc.)

**June** – 21-23 Learn to Row Camp (Sandy Run)