



Justice High School Rowing—2023-24

Coaches

Head Coach Nate Carmody
Coach Dan Lyons
Coach Kitty Knell
Coach Vicky Carmody

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.

11/14-2/16: 3:45-5:30 pm Winter Conditioning. Health and PE rooms at JHS.

2/19-3/8: 3:30-6pm (or Sundown) at Lake Barcroft (3526 Duff Drive)

3/11-5/3: 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

2/24 and 3/2: arrive L. Barcroft by 8:00 and done by 10:30-11:00 am.

Regattas

3/16/24 - Polar Bear Regatta (non novices only)

3/23/24 - Regional Park Regatta

3/30/24 - Walter Mess Regatta

4/6/24 - Darrell Winslow Regatta

4/13/24 - Ted Phoenix Regatta

4/20/24 - Ryz Obuchowicz Regatta

4/27/24 - Al Urquia Regatta/Charlie Butt Regatta or *Albemarle Invitational, Charlottesville, VA*

5/4/24 - VSRC (State Championship) Day 1

5/11/24 - VSRC Day 2

5/17-18/24 - Stotesbury Cup Regatta

5/24-25/24 - SRAA Championships - Cooper NJ

Boosters Board

President

VP

Treasurer

Secretary

Email justicerowing@gmail.com

David Trissell

Matt Hardy

John Blackadar

Adriana Nino

Justice High School Rowing—2022-23 Calendar

August

8/17 Wolfpack Welcome (opportunity to introduce new/interested students to Justice Rowing)

September/October

10/12 After School Interest Meeting, JHS Rm. TBD

10/14 Lake Barcroft Open House, 10-1, Lake Barcroft, 3526 Duff Lane, Falls Church

10/15, 22 & 28 Learn to Row (10/15 at Lake Barcroft; 10/22 and 28 at Sandy Run)

10/1-31 - Wreath, Poinsettia and Coffee Sales

November

2 General Membership meeting (+Boosters meeting) at 7-9, JHS C33

13 Winter Conditioning begins

December

1-2 Wreath, Poinsettia and Coffee Set up and Delivery, Sleepy Hollow Bath and Racquet Club

January

15 REGISTRATION PAPERWORK/PHYSICALS DUE

February

1 Boosters meeting at 7 (virtual)

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

19 First day of practices

24 VASRA Work Day No. 2

March

2 VASRA Work Day No. 3

7 Boosters meeting at 7 (virtual)

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

15 Rowing Season Kick Off Potluck Dinner (all rowers and parents), location TBD

16 Polar Bear Regatta

23 Regional Park Regatta

30 Walter Mess Regatta

April

6 Darrell Winslow Regatta

13 Ted Phoenix Regatta

20 Ryz Obuchowicz Regatta

27 Al Urquia Regatta | Charlie Butt Regatta or *Albemarle Invitational, Charlottesville, VA*

May

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

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

17-18 Stotesbury Cup (Philadelphia)

24-25 SRAA Championships (Cooper River Camden, NJ. 2022)

June

1 Year End Picnic and Awards Ceremony (+Booster Officer elections), location TBD

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