



# Coastal Virginia Community Rowing

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[cvcrowing.org](http://cvcrowing.org)

CVCR is a nonprofit 501(c)(3) association  
Organized to promote youth, masters, and veteran's rowing in Coastal Virginia

# CVCR CO-FOUNDER & COACH



Coach Kuch was a scholarship athlete at George Mason University where she served as co-captain for the women's rowing team. After graduating with a degree in Physiology, her rowing career flourished.

Coach Kuch won gold in the lightweight single and double at the 2002 USRowing National Championship. She also won bronze in the lightweight single at the 2003 Pan American Games in Santo Domingo, Dominican Republic. She went on to compete with the US National Rowing Team in the women's lightweight quad at the 2005 FISA World Championship in Gifu, Japan.

She was the Head Coach of Cox High School in 2016 when their team qualified both a men's and women's team boat for the National Championships.

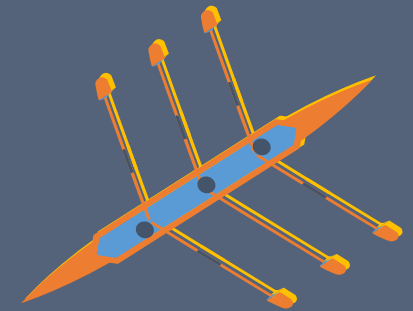
She returned to Virginia Beach and co-founded CVCR in 2020. She now coaches rowers from Cox, First Colonial, Kellam, Catholic and Norfolk Academy. CVCR rowers continually qualify for the finals at regional and state level regattas and compete at club nationals.

# CVCR MISSION

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Coastal Virginia Community Rowing was founded to create and expand the interest in rowing in Southeastern Virginia. The mission of the club is to provide the community with the opportunity to train and compete at all rowing levels in a safe and inclusive environment. It is our goal to support and develop athletes through local, regional, national and international racing.

We embrace the USRowing mission “to champion participation and the passionate pursuit of excellence in rowing.” To exemplify diversity, equity and inclusion during training, education, and achievement from local rowing to the award ceremonies at the Olympic and Paralympic podiums.



# WHAT IS ROWING?

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Rowing, sometimes called crew, is **the sport of racing boats using oars**. It differs from paddling sports in that rowing oars are attached to the boat, while in paddling the oars are not.

- Rowing is a life-long sport:
  - Youth rowers typically start rowing between 8-12<sup>th</sup> grade.
  - All rowers (youth and adults) start out as a Novice
  - Rowers do not have to start at young age to be successful
- Rowing is a high-intensity but low-impact sport:
  - Causes less stress on your joints than other forms of exercise
  - Non-contact meaning very low risk of injury due to accidents
- Rowing can be done recreationally or competitively providing:
  - Fitness, Friendship, Teamwork, Adversity (race results) & Goal Setting
- Rowing is an Olympic Sport

# WHY ROWING?

Competitive rowing is universally regarded as the “ultimate team sport.”



Rowing offers a rich history, colorful traditions, and an unparalleled reputation for demanding excellence and discipline beyond the boat and into all aspects of life.

# Skills Developed through Rowing

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In addition to improved, strength, endurance, and cardiovascular health, rowers report huge gains in the following:

- **Concentration/Focus:** rowers must be focused on timing, technique, and all the moving parts, which includes the other people in your boat.
- **Communication skills:** everyone in the boat has to be in sync and coordinating strokes, this takes months of working together and knowing the your boatmates.
- **Teamwork/Cooperation:** when one boat wins, the entire team wins. All rowers in a boat must have the same mindset and desired goals, to achieve success. Boatmates challenge each other to excel.
- **Agility and Flexibility:** on race day, situations change constantly, and rowers must make decisions quickly and be prepared for any scenarios.
- **Perseverance:** success in rowing doesn't happen overnight, it takes time, commitment and sustained effort to become a good rower.

# GIVING BACK

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Rowing coaches and athletes give back to the community they row in by caring for the overall health of the water they row on. Athletes pick up trash in and around the waterways and unclog waterways from storm debris where possible

Rowing programs provide access to water training for marginalized groups in a safe controlled environment.

Virginia Beach and Norfolk create such an advantage for rowing because of the water access for these athletes which increases their chance of rowing.

# ROWING HISTORY: VA BEACH

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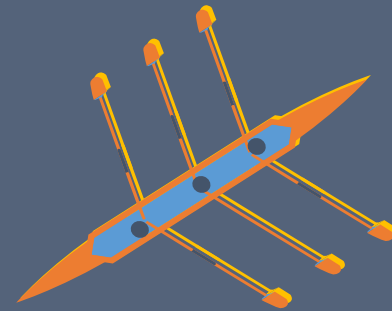
- 1997 Virginia Beach Rowing Club (VBRC) founded
- 1997 Cox High School Crew founded
- 2000 Catholic High School forms rowing team
- 2006 Princess Anne High School (PAHS) Crew founded
- 2008 First Colonial (FC) Crew founded
- 2018 Cox Crew partners with Thalia ES to row from Thalia municipal dock
- 2018 Virginia Beach Veterans Rowing (VBVR) is established (Michelle Buchanan)
- 2020 Coastal Virginia Community Rowing (CVCR) founded: Cox, PA and FC crew teams' partner with CVCR for safe training during the pandemic lockdown
- 2021 CVCR obtains permission to store equipment at Thalia dock
- 2022 Cox & First Colonial become official member organizations of CVCR
- 2023 Kellam and Landstown become official member organizations of CVCR



# LEVELS OF ROWING

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- **Youth:**  $\leq 19$ ; clubs provide year-round seasons
- **Scholastic:** 8-12th grade; the season is Spring only (March – May) and each rower in a boat is from the same school
- **Collegiate:** students enrolled in college
- **Masters:**  $\geq 27$
- **National Teams:**
  - Youth ( $< 19$ )
  - Youth/Collegiate ( $< 23$ )
  - Sr. National Team (Olympic qualifiers)
  - Paralympic



# CATEGORIES & BOAT CLASSES

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- Sweep Rowing: each rower holds one oar with both hands
  - Boat Classes: Pair, Four (w/coxswain), Straight Four (w/out Coxswain), Eight
- Sculling: Each rower holds two oars; one in each hand
  - Boat Classes: Pair, Four (w/coxswain), Straight Four (w/out Coxswain), Eight
- Coastal Rowing: Each rower holds two oars; one in each hand
  - Boat Classes: Single, Double, Quad

**Fun Facts:** Men's rowing debuted in the 1900 Summer Games, while women's rowing debuted in 1976. Coastal Rowing or Open Ocean rowing is growing in popularity, with the implementation of a World Championship in 2007. There is a strong push to become an Olympic Sport in 2028, debuting in the Los Angeles summer games!!!

# SWEEP ROWING

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In a sweep boat, coxswains play the important role of  
**CAPTAIN & COACH!**



# SCULLING



In sculling the bow seat steers the boat by using, his/her foot to control the rudder!



# COASTAL ROWING



Ocean Rowing racing takes place on open water with a beach, which contrasts with sweep and sculling where most racing is done on flat water lakes or rivers.

# TRAINING FOR ROWING

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Rowing is broken down into land-based and water-based training.





# Water Based Training

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Includes: season specific race prep for 1,500-meter; 2,000-meter; and 6,000-meter courses & Technical Drills

# LAND BASED TRAINING



Include fitness training on Ergometers (a rowing machine that monitors the rower's performance - often referred to as an erg) and circuit training, resistance training, running, swimming, etc.



# TRAVELING TO REGATTAS

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Shell trailers are considered to be in a category called "special equipment", and are defined as "truck-trailer boat transporters"

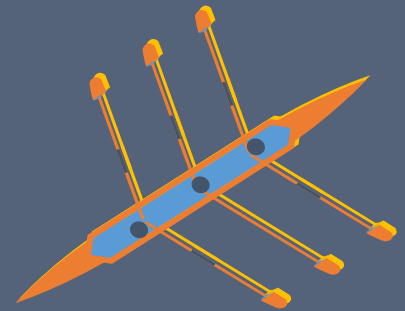
It can certainly be a challenge to find a parent or club member interested in 'Towing the Trailer!'

# REGATTA (RACE) LOCATIONS

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## Fall Regattas:

- Lakewood Park: Norfolk, VA
- Oak Hollow Lake: High Point, North Carolina
- Robius Landing Park: Richmond, VA
- Sandy Run Regional Park: Fairfax, VA



## Spring Regattas:

- Regional Championships: Pasquotank River: Elizabeth City, NC
- State Championships: Sandy Run Regional Park: Fairfax, VA
- Stotesbury Cup: Philadelphia, PA

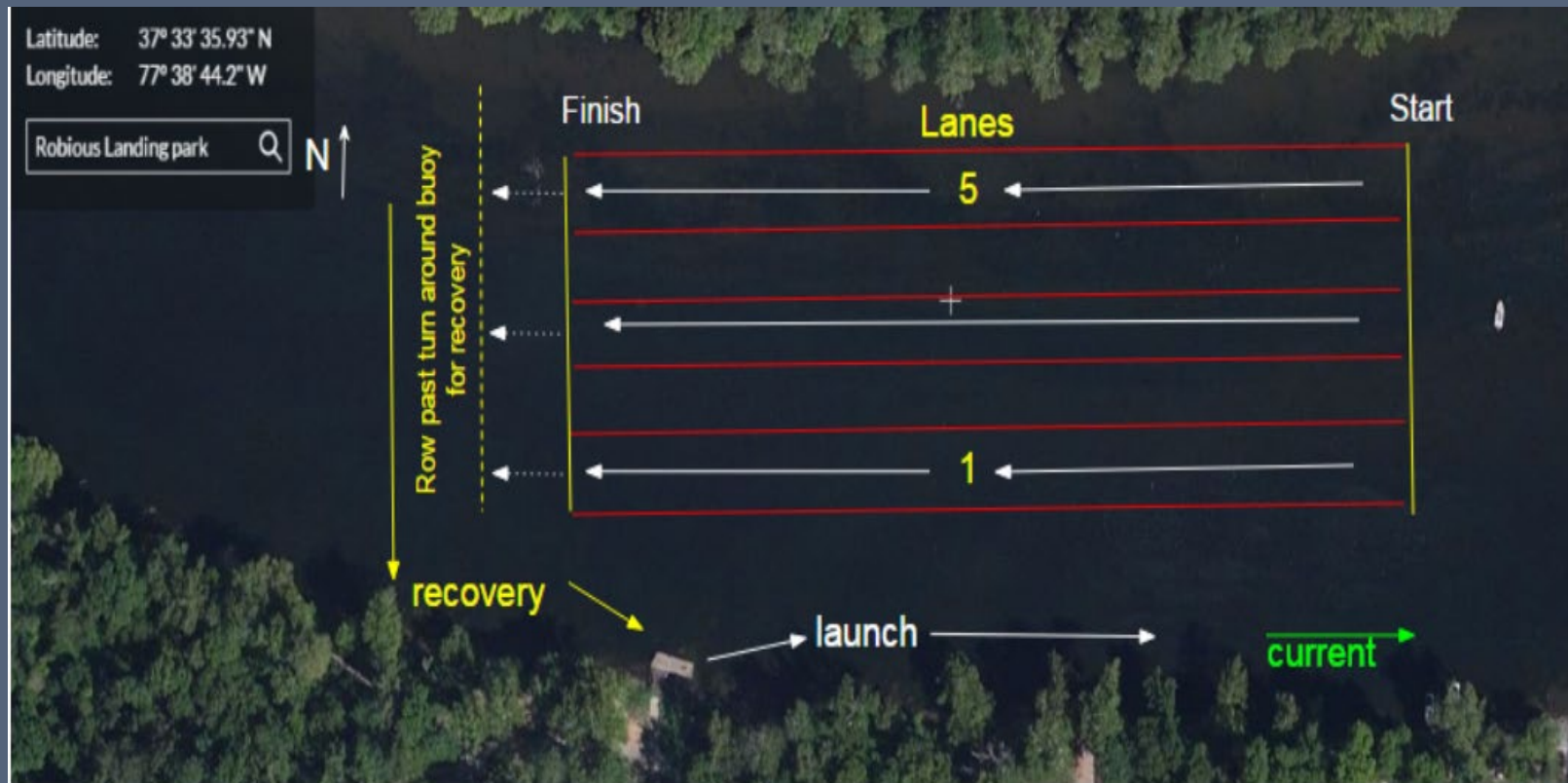
## Summer Regattas:

- Independence Day Regatta
- Youth Regatta: Philadelphia, PA
- Youth Club Nationals: Oakridge, TN

# FALL RACING: 5-6,000 meters



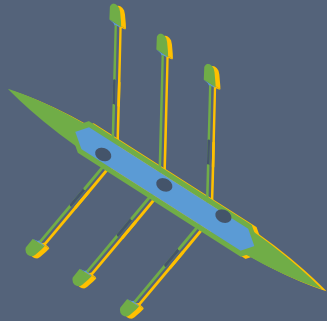
# Spring/Summer Racing: 1,500-2000 meters



# VIRGINIA SCHOLASTIC ROWING ASSOCIATION (VASRA)

VASRA functions as an athletic conference since rowing is considered a club sport in many of the participating high schools and, therefore, is not officially administered by those schools.

VASRA hosts the State Championships at which athlete must place in the top 2 of their event to qualify for the Scholastic National Championships. All athletes must be representing their home school.



**4,700** Virginia USRowing registered rowers **3,465** are youth (<20)

**17%** Est. number of high school rowers to row at the collegiate level

# EASTERN VIRGINIA SCHOLASTIC ROWING ASSOCIATION (EVSRA)

EVSRA is a nonprofit 501(c)(3) association whose primary focus is to support and sponsor competitive rowing for scholastic and club high school teams. EVSRA hosts regattas out of Norfolk at Lakewood Park (fall) and in Elizabeth City, NC (spring.)

No Permanent Location	Lakewood Park (Norfolk, VA)	Robius Landing Park (Richmond, VA)	Yacht Basin (Chesapeake, VA)
Coastal Virginia Community Rowing Cape Henry Collegiate PA Crew Club	Catholic High Crew Granby Crew Norfolk Collegiate Crew Norfolk Youth Rowing	James River Crew River City Crew	Hickory Crew Grassfield Rowing Great Bridge Crew Oscar Smith Crew
Botanical Gardens (Norfolk, VA) \$\$\$ Norfolk Academy			

# COLLEGIATE ROWING

Women's rowing accounted for 6,827 participating athletes in 2021-2022 alone. In 1981-1982 this number was approximately 1,187. Women's rowing was a part of the emerging women's sports that saw a 6% growth in the number of women participating in college sports. [A look at trends for women in college sports - NCAA.org](#)

152 colleges (and growing) sponsor \*Varsity Rowing teams

Avg. women's rowing scholarship = \$19,724

Avg. men's rowing scholarship = \$13,518

(\*NCAA = Women's Varsity / IRA = Men's Varsity)

A 50% scholarship could potentially provide aid to 3,600 collegiate rowers!

Collegiate Rowing Scholarship Statistics (2022-2023)											
Division	Schools	Total # of teams		Total # of Athletes		Average Roster		Scholarship limit		Average Scholarship	
		Men's	Women's	Men's	Women	Men's	Women's	Men's	Women's	Men's	Women's
NCAA I	93	38	92	1,824	5,429	48	59		20	\$13,518	\$19,724
NCAA II	13	3	13	99	380	33	29		20	\$7,994	\$9,193
NCAA III	42	29	42	925	1,197	32	29				
Other	4	3	4	72	49	24	12				
<b>Totals</b>	<b>152</b>	<b>73</b>	<b>151</b>	<b>2,920</b>	<b>7,488</b>	<b>40</b>	<b>50</b>				

# CVCR IS PROUD TO HONOR...

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## OUR VB COLLEGIATE ROWERS!

**Ava Northern:** George Mason (scholarship)

**Emmett Wurster:** Washington College

**Taylor Kopaskey:** Oregon State University (scholarship)

**Gabby Gonzalez:** George Mason (scholarship)

**Isabella Peycelon:** Old Dominion University (scholarship)

**James Thomson:** George Washington University

**Alan Nicholas:** Catholic University (scholarship)

**David Denson:** Hobart (scholarship)

**Curren Lankford:** Virginia Tech

**Jacob MacDonald:** Virginia Tech

**Will Videll:** Virginia Tech



# OLD DOMINION ROWING

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In 2008 ODU became an NCAA Division I school; which now provides for a total of 20 full athletic scholarships, b/c many rowers get 25-50% of a scholarship this provides financial assistance to 20+ athletes.

Virginia rowing, specifically scholastic rowing is typically far behind the rest of the country in the skill development of potential athletes. Virginia Scholastic rowing only allows for the spring season (typically February/March through late May) for athletes to develop their skills. Unlike the rest of the country.

“This is why club teams in Virginia are so valuable from a college recruiting point of view because the fall is when college coaches do most of their travel to watch practices around the country.”

The athletes that participate in club teams in Virginia great increase their chances of recruitment because of the skill development, but most importantly the exposure to college coaches at regattas in the fall and practice visits for recruiting purposes. Rowers and coxswains that have been recruited to ODU from Virginia and specifically Virginia Beach & Norfolk areas were members of club teams so they could row.

LET'S SUPPORT OUR LOCAL YOUTH ROWERS SO THEY CAN COMPETE FOR OPPORTUNITINES LIKE THOSE AVAILABLE AT ODU! ~ GO MONARCHS!!!





# VBCPS SCHOOL PARTNERSHIPS

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CVCR is an official “Partner in Education” with VBCPS. CVCR is working closely with the Director of VBCPS Student Activities to increase awareness and introduce crew/rowing to all VB high school students, and to provide the support needed for students to form rowing clubs, as umbrella organizations under CVCR.

**CVCR** is currently the \*umbrella organization that oversees and supports the **crew/rowing** programs for youth in **Virginia Beach**, including:

- Frank W. Cox
- First Colonial
- Kellam
- Landstown

CVCR eliminates the need for individual clubs to need individual parent auxiliaries because we consolidate insurance, equipment, fundraising, and coaching resources.

# VETERANS ROWING PARTNERSHIP

Virginia Beach Veterans Rowing Inc. (VBVR) is a 501(c)(3) organization founded in 2018. It strives to build a community that promotes teamwork and healthy lifestyles while also providing a low-impact and proven therapy method to those who have both visible and non-visible injuries.

Through USRowing's partnership with the Department of Veteran Affairs, VBVR provides **no-cost coaching** to wounded, ill and injured veterans over video chat and in person. VBVR also provides no-cost rowing clinics to local military commands to help prevent injuries and improve military physical fitness scores.

CVCR is working to assure the VBVR vision comes to fruition and that our local community supports the infrastructure required to provide unlimited access to safe waterways, rowing equipment, coaching and a year-round facility.



# NAVY ADDS ROWING TO PFT

The Navy changed its fitness test in the spring of 2021, adding rowing as an alternative cardiovascular exercise. The 2,000-meter row is a low-impact exercise that puts less stress on the legs and engages about 80% of the body's muscles (NAVY Fact Sheet).



CVCR looks forward to helping train our youth to be Physical Fitness Test (PFT) ready; as well as help our existing service men and women achieve their PFT requirement standards.

# HOW TO GET STARTED?



Thalia Creek Launch

Contact a local club....it all starts with the basics!

An introduction to the erg, technical lessons,



then getting in a boat and onto the water to start your rowing adventure!



# TOGETHER LET'S GROW OUR COMMUNITY THROUGH ROWING!





BACK UP SLIDES



# Community Economic Impacts

Rowing is universally regarded as the ultimate Team Sport. It offers a rich history, colorful traditions, and an unparalleled reputation for demanding **excellence** and **discipline** beyond the boat and into all aspects of life.

Rowing is one of the fastest growing sports in the U.S. with over a 20% growth over the past 5 years.

**\$88+**  
**Million**  
Economic Impact  
Boston, MA

**3** Nights  
**11,000** Competitors  
**400,000** Spectators



Regattas

**\$22.6 mil** Sarasota, FL

**\$5.2 mil** Chattanooga, TN

**\$5.8 mil** Portland, OR

**\$1 mil+** Highpoint N.C. / Camden, N.J.

- "Regattas held on the lake produce over \$10 million in total local economic impact each year." (Princeton NJ- Lake Mercer)
- "Based on rowing and sailing clubs surveyed, the economic impact of competition activity is conservatively estimated at \$3.9 million of direct annual spending – increased to \$5.8 million if indirect and induced spending (or economic multiplier) impacts are included. (Vancouver WA)
- "Oak Ridge, a town of 27,000 near Knoxville, hosts about 12 large regattas a year that are one of the area's major economic engines. Oak Ridge has a blighted mall, no downtown and could not support half its hotels without the regattas."

Source: Press Releases

**\$19,724 / \$13,158** Avg. crew/rowing scholarship for NCAA 1 (Women / Men)

**\$400k+** Athletic based scholarship funding currently supporting **CVCR alumni**

**4,700** Virginia USRowing registered rowers **3,465 are youth (<20)**

**152** Colleges with Varsity Rowing programs

**17%** Est. number of high school rowers to row at the collegiate level



# ODU WOMEN'S ROWING



ODU has 20 women's  
scholarships!

The ODU Rowing Center is a two-story, 13,000 square foot, boathouse facility that houses the Monarchs rowing program.

# SANDY RUN REGIONAL PARK: FAIRFAX, VA.

Sandy Run offers education, training, practice and racing for competitive and recreational sculling and rowing.

The facility is used for training and competition for Olympic, college, high school and club canoe, kayak and crew athletes.



This is now solely a rowing facility.  
GMU offers 8 women's scholarships!



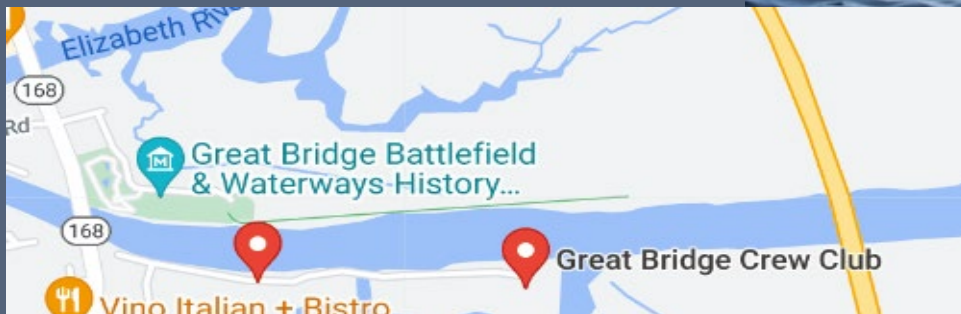
# Forest Park, Prince William, VA.



Clubs are working with the counties Board of Supervisors to plan, budget, appropriate, and build an additional boat boathouse to support an ever-growing need for rowing facilities supporting scholastic and community based, club programs.



# YACHT BASIN CHESAPEAKE, VA





# ROWERS APPRECIATE YOUR SUPPORT!



# LOCAL ROWERS APPRECIATE YOUR SUPPORT!





# LOCAL ROWERS APPRECIATE YOUR SUPPORT!



**VB rowers will continue to represent our community locally, regionally, and at the state, national and international levels!**

# LOCAL ROWERS APPRECIATE YOUR SUPPORT!



“Alone we can do so little; together we can do so much.” ~ Helen Keller

In memory of Steve Kremers,  
Cox Crew Club Sponsor 2019