

Langley Crew



Open House & Learn to Row

Row with Champions – Join Our Award-winning Crew Team
Eleven Time Virginia State Champions



When: Saturday, August 23, 2025 | 10:00 AM – 1:00 PM

Where: Sandy Run Park, 10450 Van Thompson Road

- **Who Can Join?** All students in the Langley High School Pyramid, grades 8 and up, **no prior rowing experience needed**
- **Explore:** Come to our **open house on Aug 23 at 10:00 am** tour the boathouse, meet our coaches, and hear firsthand from current rowers about what it's like to be part of Langley Crew
- **Connect:** Meet other parents and enjoy light refreshments in a relaxed, scenic setting. Crew is a family sport and we'd love to meet you and answer any question you may have
- **Test:** Before joining, all new rowers must complete a swim test coordinated by Langley Crew
- **Learn to Row:** 8 Saturdays from Sep 6 – Oct 25
- **Train for the Season:**
 - 8th Graders can join our Winter Conditioning Program (Saturdays, December – February at Langley HS)
 - Water Training begins in February for grades 9 and up
- **We're Recruiting!** Looking for Rowers and Coxswains (steersmen) ready to work hard, have fun, and build lifelong friendships
- Visit us August 23 and see what Langley Crew is all about! Wear comfortable walking shoes



www.langleycrew.com