

Langley Crew



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Open House & Learn to Row

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



What: Open House and Learn to Row Overview
When: Saturday, September 7, 2024, 10AM – 1PM
Where: [Sandy Run Park, 10450 Van Thompson Road](#)

- **Who:** we welcome **all students** in the Langley High School Pyramid, **grades 8 and up**, no prior rowing experience necessary
- **Explore:** come to the Open House on September 7, 2024, to tour the boathouse, meet our coaches, and chat with our rowers
- **Connect:** enjoy refreshments while meeting other parents
- **Test:** before joining, new rowers must pass a swim test administered and coordinated with Langley Crew
- **Learn:** 7-week Learn to Row Program from Sep to Oct
 - Runs on Saturdays; open to beginners and experienced rowers
 - New rowers learn core skills, rowing techniques, & equipment use
- **Train:** 8th graders can join our winter conditioning at Langley on Saturdays from Dec to Feb; water training begins in February
- **Join:** We are looking for rowers & coxswains (steersmen)



Dear Parents,

Please plan to join your student at the Open House. Rowing is a family sport, and we'd love to meet you and answer any questions you may have.

Wear comfortable walking shoes: the park is hilly and the grandstand is a 15-minute walk.

www.langleycrew.com