

Wappingers Crew Club



Wappingers Crew Club was organized in 2003 for the purpose of promoting and supporting the sport of rowing (A/K/A “crew”) for the students enrolled in John Jay HS, Ketcham HS, Van Wyck Junior HS and Wappingers Junior HS. We are a parent and student run organization that is self-supporting. The District has supported us through transportation.

Spring is our main racing season. Crew is a demanding endurance sport. We start physical training in February. When the ice melts we row out of the Community Boathouse in Poughkeepsie. Starting in April, we race other high school teams almost every weekend until the end of May. Some of the races are overnight road trips including the State Championship in Saratoga as well as the Syracuse Invitational. The team rows 8-oared and 4-oared boats for girls and boys. There are also lightweight and heavyweight categories. Novices, first year rowers, race against other novice crews.

New rowers typically start by enrolling in our Fall “Learn to Row” program. Some new rowers come out in Feb/March when the team is starting the Spring season. Novices are usually 7th,8th,or 9th graders. Older students are welcome but would be placed with the varsity rowers in Spring. All new rowers **MUST PASS A SWIM TEST**. The best rowers have a strong work ethic, are willing to train hard and work well in a group. If you are interested, check out our website at www.wappingerscrewclub.org

