



MISSION

Provide Forest Park High School students with a rowing program that will increase physical conditioning, build confidence, develop teamwork, and instill pride in all participants. Our goal is to develop a competitive rowing team that instills our core values of honor, respect, and integrity while building lasting friendships.

This co-ed varsity crew team is a self-supporting and legal nonprofit 501C organization. Forest Park Crew is considered a nonsanctioned High School sport. Outside of the coaches' salaries, funded in the spring by the Prince William County School Board, the team relies and operates solely on donations, corporate sponsorships, rowers' dues, and fundraisers.

SIGN ME UP!

forestparkcrew-recruiting@googlegroups.com



<https://tinyurl.com/y7mzfol8>

COACHES

Marta Metzler
(Head Coach Varsity Women)

Bob Rodriguez
(Head Coach Varsity Men)

Gretchen Thompson
(Assistant Coach)

Joel Holsteen
(Assistant Coach)

Mark Pohlmeier
(Assistant Coach)

Mary Pat Mabeus
(Assistant Coach)

Mario Moreno
(Assistant Coach)



fphscrew



Forest Park
Crew



@fphscrew



www.fpcrow.org

FOREST PARK CREW



WWW.FPCREW.ORG

SUMMER/FALL

JUN-NOV

PWCA Camps
(Oxford Boathouse)

pwcacamps.org

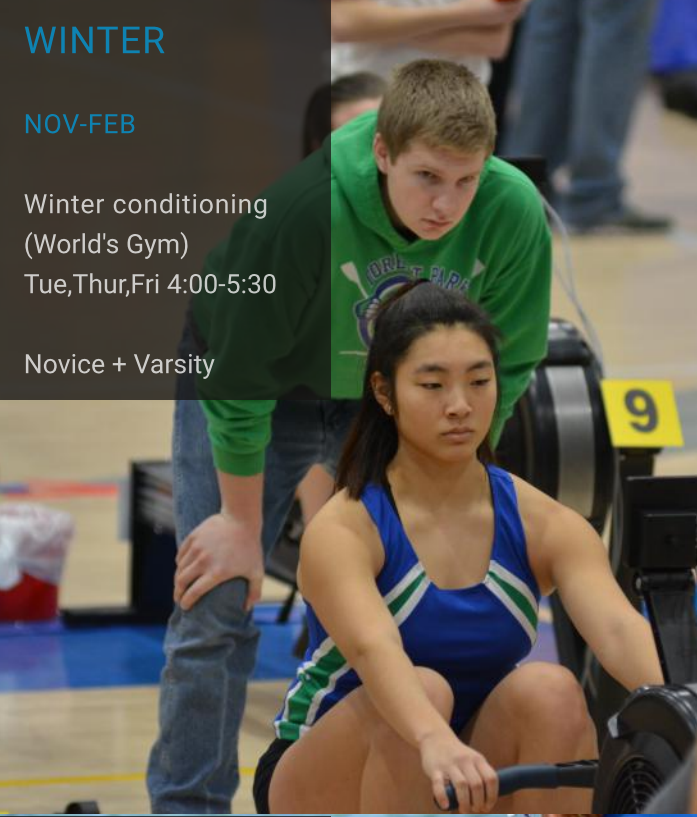


WINTER

NOV-FEB

Winter conditioning
(World's Gym)
Tue,Thur,Fri 4:00-5:30

Novice + Varsity



SPRING

FEB-JUN

Peak season.
(Oxford Boathouse)
Mon-Fri 3:00-6:00
+ Saturday Regattas.



STRENGTH & ENDURANCE

Full-body workout that combines elements of strength, cardio and flexibility.



TEAM BUILDING

Students must work together to synchronize their strokes. Strengths and weaknesses must be balanced for success.



COLLEGE ADMISSION

Rowing stands out on your college application. Women can expect above average scholarship opportunities

