

# Row with Champions

# Langley Crew Open House



## Virginia State Champions

2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019 & 2021



**What:** Join Langley's Award-winning Crew Team for an Open House

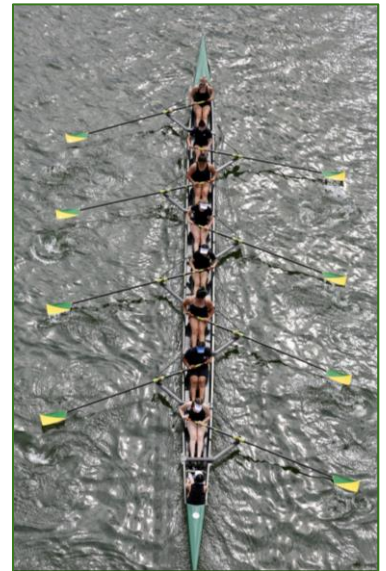
**When:** Saturday, September 9<sup>th</sup>, 2023, 10:00AM – 1:00PM

**Where:** [Sandy Run Park](#)

10450 Van Thompson Rd, Fairfax Station, VA 22039

**How:** Sign up at [www.langleycrew.com](http://www.langleycrew.com)

- Tour our boathouse, meet the coaches, chat with rowers & parents
- Learn about Langley Crew & what it takes to row with the champions
- Find out about our 8-week "Learn to Row" fall rowing program:
  - Open to students in the Langley Pyramid in grades 8 and up - those who are new to crew as well as more experienced rowers
  - New rowers will learn the basics of rowing, from handling equipment to rowing drills
  - Experienced rowers will practice rowing in 4s & 8s with Varsity rowers
  - We are looking for both rowers and coxswains to join our team
- Refreshments will be served – we hope to see you at **Sandy Run Park** on **Saturday, September 9, 2023!**



LANGLEY  
CREW



*Dear Parents,*

*Please join your student at the  
Langley Crew Open House.*

*Rowing is a family sport, and we'd  
love to meet you and answer any  
questions you may have.*

*Please wear **comfortable walking shoes!** The park is hilly and the  
grandstand is a 15-minute walk.*



Learn more about  
crew on our  
website