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Granby Crew practices at the  
boathouse at the back of  
Lakewood Park  
1612 Willow Wood Drive  
Norfolk, VA 23509



2016 VASRA W-Lt-4 Gold Champions

Granby High School Crew  
P.O. Box 9545  
Norfolk, VA 23505

# Granby Crew



*"Real athletes row.  
Everyone else just plays games."*



2016 Women's Novice 8+ State Champions

Crew is an after school sport, spanning fall to spring. Rowing is a water sport where athletes learn to row in racing shells that can hold one to eight rowers. There are no tryouts, no cuts, and it is co-ed. No prior experience is required. Only a desire to learn is needed.

Crew is a very physical sport. Training is done five to six days a week to make sure each boat moves at its best. Rowers run to the boathouse, after a mandatory study hall at the school.

Volunteering is required. Crew is a sport that requires parental involvement. There are many details—logistics, financial issues, and maintenance requirements—that are best handled by adults. The rowers are expected to condition, fund-raise when needed, and row. The adults transport boats, coordinate and staff fundraising events and regattas, feed rowers, and perform site and boat maintenance.



2016 Men's Novice 4+ State Champions

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[www.granbycrew.com](http://www.granbycrew.com)

The Crew Year. Regattas are held on weekends during the spring, with a regatta or two during the fall season. Those involved in fall and winter sports are still able to participate in crew as long as the coaches are in the know. Come late winter and early spring, however, crew members are expected to participate as fully as possible.

Financial Obligations. Granby Crew is not financially supported by Norfolk Public schools. Our booster club works diligently to keep student costs to a minimum. Students pay \$150 in dues and earn \$450 in fundraising to cover the team's costs for their rowing each year. The money is paid over a schedule. It is not all due at once. This is probably the most affordable team in the area, but it can still be a heavy burden. If you want to row, we want you to have that chance. So talk to us if this is a problem.

