



## WHY AB CREW

- A fun, team-oriented environment
- Open to AHS and BHS students
- Fall and/or Spring seasons
- No experience required
- Learn to row or be a coxswain
- Great exercise
- Exciting races
- Fulfills AHS/BHS Phys. Ed requirement

## Support



[abcrewteam.org](http://abcrewteam.org)

Arlington-Belmont Crew Inc. is a registered 501(c)(3) non-profit organization.

AB Crew welcomes charitable donations. Our rowers receive no financial support from either school or town. We cover all expenses through fees and generous supporters. Contributions are tax deductible based on IRS regulations.

Member of the MA Public School Rowing Association (MPSRA)

Member of USRowing

# Arlington Belmont Crew



## TEAM HISTORY

Arlington-Belmont Crew is one of a small but growing number of public high school rowing programs in Massachusetts.

The team was started in the spring of 2005 by two Belmont High School students who wanted to establish rowing as a recognized sport in Belmont. The Club rowed each spring on the Charles River until 2009, when Belmont High School students joined forces with Arlington High School students to form Arlington-Belmont Crew. Arlington-Belmont Crew now rows on Spy Pond in both the fall and spring.

Each year, Arlington-Belmont Crew competes in the Massachusetts Public School Rowing Association (MPSRA) state championships, as well as a number of regional regattas against other New England teams.



## OUR COACHES

Dave Deluliis  
Head Coach & Varsity Girls Coach

Cian Noone  
Varsity Boys Coach

Aaron Manes  
Novice Girls Coach

Conan Hom  
Novice Boys Coach



### Spring 2017 Race Schedule:

**Saturday, April 8:**  
Essex Rowing (Methuen, MA)

**Saturday, April 22:**  
Harvard Henley Regatta (Harvard, MA)

**Saturday & Sunday, April 29-30:**  
Saratoga Invitational (Saratoga Springs, NY)

**Saturday, May 6:**  
Novice Challenge (Lowell, MA)

**Saturday, May 13:**  
Lowell Invitational (Lowell, MA)

**Saturday & Sunday, May 20 & 21:**  
USRowing NE Regionals (Worcester, MA)

## OVERVIEW

Arlington-Belmont Crew provides a true team sport where everyone is involved and participates as a full member of the team. Arlington-Belmont Crew promotes an appreciation for the sport of rowing in an environment that teaches teamwork, sportsmanship, and athleticism through competitive and recreational opportunities.

Arlington-Belmont Crew is a non-profit 501(c)(3) organization with approximately 100 athletes, governed by a volunteer board of directors and supported by parents and the local community. The team is open to students from Belmont High School and Arlington High School.

The program includes skill building, physical conditioning, and the introduction to competitive rowing.

- Over 100 members participate each year
- Daily practices in the fall and spring
- Conditioning workouts
- Land training on rowing machines
- Water practices on Spy Pond
- Weekend races around New England

