YELLOWJACKET NEWSLETTER

Row-a-Thon begins our 2026 Season of (Thanks)Giving!

Along with cooler days, November brings constant, unavoidable calls for gratitude, whether you celebrate the holiday or not. Of course, being grateful is not just an annual tradition for athletes who work hard and support one another; it's a daily practice, and BHS Crew has more to be grateful for than most. As a volunteer-run, donor-sponsored team, **everything** we do is the result of generosity.

...and fundraising, of course. At the **annual Row-a-Thon on November 14th,** our rowers will pull the ergs for an hour and a half to show their donors how grateful they are for their support ... and maybe also to WIN. **Each rower is aiming for $1,000 or 15 donors.** They've formed five teams: Oar Else, JLAC Dragons, Guardians of JLAC, Bow Ballers, and Fast and Curious. The winners will be crowned at Holiday Sprints on December 19th!

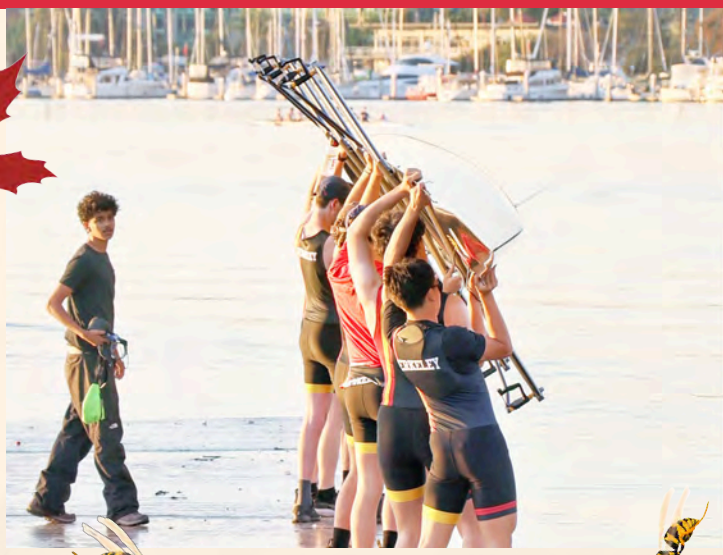
Row-a-Thon donations are critical to fund coaching, boats, regattas, and scholarships. So please share your contact list with your teens, share their RallyUp link with your family, friends, and colleagues, and donate: go.rallyup.com/row26



TIMES TO REMEMBER

- 11/1: Row-A-Thon Kick-Off
- 11/4: Row-A-Thon Workshop
- 11/7: Pasta Feeds
- 11/8: Head of the Lagoon
- 11/11: Veterans Day
- 11/14: ROW-A-THON
- 11/19: Board Meeting
- 11/23-11/27 - Thanksgiving Break No Practice

What are the Jackets grateful for this year?



We're grateful for all our fantastic coaches, including our new varsity men's coach, Serena. We hear she has "high standards," is "supportive and encouraging," and inspires a "deeper commitment" and sense of "team togetherness and accountability."

We're grateful for all the dedicated family support this season: everything from early-morning weekend driving and feeding the team to building a gear rack, a website and tons of team spirit.

We're grateful for the health of our rowers, and the growth we are seeing not only in their endurance and physical strength, but in their strength of character.



DID YOU KNOW?

- The average high school rower needs about 2500-4000 calories a day to maintain health & maximize performance.
- Drinking water makes a piece feel much easier, by increasing blood volume so your heart can beat more slowly.
- Your brain turns technique practice into long-term muscle memories and maximizes muscle growth during sleep.
- Research shows that encouragement works better than harsh criticism to motivate yourself and your teammates.

VOLUNTEERS WANTED

Waitlisted? Forgot to sign up for your fall shifts?

ALUMNI CELEBRATION ON DECEMBER 19TH IS UNDERSTAFFED!

SignUp Genius Link

REGATTA SUPPORT NEEDED FOR THE HEAD OF THE LAGOON

SignUp Genius Link

Important Links:

UPLOAD HEAD OF THE AMERICAN PICS HERE:

SmugMug Link

NEW WEBSITE COMING SOON!:

berkeleyhighcrew.org