

McLean Crew Club Weekly News, June 2, 2008

Important Dates

Sunday, June 8 – End-of season family picnic and general membership meeting, Olney Park, 3-7pm

End of the Year Picnic, Sunday, June 08, 2008

Please join us next Sunday, June 8 from 3:00-7:00 pm at Olney Park for the annual Crew Picnic and Election of 2008-9 Officers. In addition to the fun that we always have at this end of season event, it is very important that we have large attendance in order to meet the quorum requirements for the election.

The proposed agenda is as follows:

- 3 - 4 start grilling; meet and greet.
- 4 - 5 eat
- 5 - 6 General meeting/elections
- 6 - 7 coaches speeches/awards/auction

The general meeting is only expected to take a few minutes - for the election and the presentation of the coaches' gifts. So the latter part of the agenda, which is a highlight for the rowers, may proceed earlier than indicated above.

We will grill hamburgers and hotdogs, plus each family should bring a dish which can be store-bought or homemade. You can swap with another rower if you want a different assignment but if you or your rower will not be attending, please contact Diane Juba (dianne.juba@gmail.com). If only your rower is attending, they still need to bring the assignment. So the best deal is to bring the whole family! Please have your assignment there by 4PM and if you have meat, even earlier so we can grill on time.

If rower's last name begins with this letter, bring it as follows:

- A-D 8 pre-made hamburgers and a salad (fruit, green, pasta, etc)
- F-J 2 pks of beef hotdogs and a dessert w/ 24 servings
- K 4 pks of hamburger buns and a side dish
- L -M 4 pks of hotdog buns and a side dish (casserole/pasta/mac&cheese, etc)
- P 1 head of lettuce, torn up and a appetizer
- R 8 tomatoes sliced and appetizer
- S-T 1 lb sliced cheese and dessert w/ 24 servings
- V-Y 4 liters of soda (25% diet) and salad (fruit, pasta, green, etc)

Thanks for all your contributions throughout the year - looking forward to seeing everyone at 3PM on Sunday!

Directions to Olney Park from McLean High School:

Take Sea Cliff Rd. to Great Falls Rd. Turn right on Great Falls. Turn left on Magarity (at the traffic light). Take the first left – onto Olney Rd. The park is at the end of the street.

Coaches Gifts

Please help the McLean Crew Club say "Thank You" to our 7 coaches for a great crew season!

We are asking each family to donate \$10 (or an amount of your choosing) for coaches' gifts to be presented at the end-of-year picnic. If you haven't contributed to the coaches' gifts, there's still time to do so. Please contact Mimi Vollstedt mimi.voll@verizon.net

Send contributions to: Mimi Vollstedt, 6704 Moly Dr., Falls Church , VA 22046

Summer Erg Rentals

You have worked hard all spring and now are in the best of shape. How are you going to stay that way? Erging, of course. Now you can enjoy your erg workout in the privacy of your own home.

The crew team ergs can be rented for the summer for the cost of \$75.00. We will be posting times that you can pick up the erg. For an additional \$20.00 donation we will even deliver the erg to your home and pick them up again in the fall.

Erg Rental Form

I wish to rent an erg from the crew team for the summer. I understand that I will be responsible for the erg and will treat it with care and respect.

Name: _____

Address: _____

Phone: _____ Cell: _____

E mail: _____

_____ I will be responsible for picking up the erg from the trailers and returning it to the trailers at the designated times. I have enclosed a check for \$75.00.

_____ I would like to have the erg delivered and picked up from my home. I have enclosed a check for \$95.00.

Send to:
McLean Crew Club
c/o John Smith
9343 Sibelius Drive
Vienna, VA 22182

Next Year's Volunteer Positions

As we build up to the culmination of another exciting and successful crew season, we'd like to thank all those involved with McLean Crew for making this success possible. It is only by the combined efforts of an outstanding coaching staff, hard working rowers, and supportive, involved parents that we're able to keep our program strong. In looking ahead to continue this tradition of family involvement and support, we are seeking those parents interested in assisting the club in the following year to let us know!

Board and Committee positions/descriptions can be found in this year's McLean Crew Handbook, with many listed below. Please contact Lisa Russell (russ4bunch@aol.com), Tom Devlin (tddevlin@cox.net) or any board member (email addresses available at McLeancrew.org) if you are interested in filling, assisting or nominating someone to serve in any of these positions.

- Mulch Sale, Leaf Raking, Corporate Outreach, Regatta support, Regatta volunteer Coordination, Communications, Handbook, eScrip Card sales, and Food Tent.

Lost and Found

All lost and found for this year should be brought to the picnic so owner and lost item can find each other. All lost and found not taken at the beginning of the picnic will be added to Coach Bobby's lost and found for auction at the picnic. Coach Bobby's auction is a not to miss event.

From a World-Class Rower, Tips to Sharpen Technique

Kevin Cadden thought you might enjoy reading this New York Times article about some training techniques this rower is using to prepare for the Olympics.

FASHION & STYLE | May 22, 2008

[Faster, Higher, Stronger: From a World-Class Rower, Tips to Sharpen Technique](http://www.nytimes.com/2008/05/22/fashion/22fitness.html?_r=2&oref=slogin&oref=slogin)

By SARAH BOWEN SHEA

During Michelle Guerette's ascent in the ranks of elite rowing, she has learned a few lessons that could also benefit recreational and collegiate rowers.

Here is the link to the story:

http://www.nytimes.com/2008/05/22/fashion/22fitness.html?_r=2&oref=slogin&oref=slogin

Do You Want to Unsubscribe to the Newsletter?

Do you receive McLean Crew mailings even if you are no longer involved or interested in the club? If so, you need to unsubscribe yourself from the discussion group. To unsubscribe, go to www.mcleancrew.org, and look for the blurb about Crew email groups. Select the link to the email groups from which you receive mailings. This will bring you to a page that will allow you to enter your email address in the Unsubscribe section.

Scrip - Give Gift Cards!

The club has the following remaining gift cards in stock and available for purchase --let's buy out the inventory now!! AMC Theatres, Bath and Body Works, Boston Market, Cold Stone Creamery, Eddie Bauer, Gap/Old Navy, Great Harvest, iTunes, Lands' End, Macy's, Quiznos, Sports Authority, Papa Johns, and Starbucks. We also have Safeway for your grocery shopping.

Please contact Kathy Oram at meadeoram@comcast.net or 703-536-7220 to purchase cards. Kathy will be at the picnic with the remaining inventory.

Summer Fitness Classes

If you are looking for ways to cross train and stay in shape in this summer, consider some of the local gyms. Here are 2 suggestions, but there are many other options:

- 1) Fairfax County Parks and Recreation's summer classes start at the end of June, and registration is open right now. A sampling of classes being offered at Spring Hill Recreation Center are: Yoga for Young Athletes, Cardio Kickboxing, Pilates, and Ultimate Bodyshaping Course. Here is a link to the Parktakes website <http://www.fairfaxcounty.gov/parks/parktakes.htm>.
- 2) Regency Sport & Health Club (1800 Old Meadow Rd. Mclean. 22102) offers an extensive variety of classes, from BodyPump to yoga, to spin classes. Over the summer, they plan to develop some classes for teenagers. For more information, call 703.556.6550

Summer Rowing Camps

There are a number of summer rowing camps that may be of interest to you. Rowers can talk with their coaches for recommendations.

Thompson's Boat Center offers summer programs. Check the website for more information.

<http://www.thompsonboatcenter.com/>

The Devlin family highly recommends the Navy Rowing Camp: <http://navycamps.com>

University of Michigan also has a rowing camp: <http://www.umich.edu/~rowblue/camp08/index.html>

The Pifer family recommends Chesapeake Crew Camp as particularly attentive to coxswains. Formerly for girls only, the camp has added a session for boys this year: <http://www.crew-camps.com>

University of New Hampshire has a girl's College Prep Rowing and Coxswain Camp:

<http://www.unh.edu.unhrowing/UNH-Girls-Rowing-Camp.htm>