



McLean Crew

Weekly News

December 15, 2008

Dates to Note:

January 6, 2009 (Tuesday): Second installment of membership fee due

January 13 (Tuesday): General Membership Meeting, MHS Cafeteria, 7:30 pm

January 17 (Saturday): Ergathon

Leaf Raking Fundraiser

The Club is pleased to announce that the leaf raking fundraiser this year was another big success, yielding **\$7,200**, and extends its heart-felt thanks to all parents and rowers who worked hard in the cold. Special thanks go to our coordinators who organized this effort, particularly Chris Wadle, Laura Warren, and Mark and Carol Sanders.

Second Installment of Membership Fee

The second installment of the membership fee is due on January 6, 2009. Please make your payment (\$275, \$375, or \$475 depending on the option you have chosen) by the due date in one of the following ways:

By Mail: Mail your check made payable to "McLean Crew" to the Crew mailbox at P.O. Box 7104, McLean, VA 22106

By credit card through Paypal: Check the McLean Crew website (http://www.mcleancrew.org/the_money.html) for how to pay your dues by PayPal.

FAQs:

What if my rower decides to quit crew? Can my fees be refunded? All rowers leaving the Club on good terms during the school year who have prepaid their entire annual fees will be refunded a prorated fee as established by the Board. (Typically, rowers who have paid their full annual fees before March 3 but do not participate in the Spring Season will be refunded one-third the annual fee.) Any participation in the Spring Season will result in that year's fees being nonrefundable. New rowers are granted a ten-calendar-day grace period. Note: Refunds are not provided to rowers who leave the team based on a violation of Club rules. All fee information is subject to change by the Board.

I really can't manage the payment at this point. What should I do? Contact Rex Taylor mcleancrewtreasurer@gmail.com to work out an extended payment schedule, or request a fee waiver on the basis of hardship. (The Board must approve full or partial fee waivers.)

If you are unsure of the option you have chosen or have further questions, please contact Regina O'Hare at regina_ohare@yahoo.com.

Get Ready for Ergathon!

McLean Crew's next major fundraiser, Ergathon, is coming up in January. The objective of this event is for each rower to collect funds from neighbors, extended family, and friends in the form of a pledge (minimum total of \$200) in return for fulfilling the commitment to row at least 10,000 meters (not kilometers as previously stated; thank you to the male rower who pointed out the error and apologies to rowers who had a heart attack) on the ergometer. The Ergathon will be held this school year on Saturday, January 17, in front of Books-A-Million in McLean.

An Ergathon packet containing an explanatory letter and a pledge form will be handed out to the rowers in the next few days. Please take advantage of the Christmas holidays to meet your pledge requirement.

Girls' Conditioning Program

Girls' conditioning schedule for the second trimester is as follows:

Monday	-	Off
Tuesday	-	4:30 to 6:45
Wednesday	-	2:30 to 4:45 (morning practice from 5:30 to 6:45 every other week for varsity)
Thursday	-	4:30 to 6:45
Friday	-	2:30 to 4:45
Saturday	-	10:00 to 12:30
Sunday	-	Off

Rowers are asked to report to the erg trailer for all sessions.

Boys' Conditioning Program

The boys' conditioning schedule has been modified as shown in red:

Monday:	3:00 to 5:00
Tuesday:	3:00 to 5:00
Wednesday:	3:00 to 5:00
Thursday:	OFF
Friday:	3:00 to 5:00
Saturday:	10:30-11:30

Boys who have Wednesday commitments that cannot be changed are asked to notify Coach Meeks.

McLean Crew Club Recyclable Tote Sale

Want to shop in style? Feel the need to go green? Order our exclusive McLean Highlanders tote. The black bag has a red McLean Highlanders logo on it and it is the size of a regular grocery store tote. The price is \$4 each, but with an order of 5 you get 1 free! Order form is found at the end of the newsletter. For questions, please call Carol Sanders at 703 847 9409.

Volunteers Needed

The Club is looking for adult volunteers to assist with:

- Mulch Sale Fundraiser
- Grants, proposals, and donation soliciting
- Maintenance of crew trailers and equipment

Many of these jobs can be shared by two or more individuals, if desired, and all will earn your family valuable points.

The Club is also seeking additional launch drivers. Although the next on-the-water training session will not be offered until spring, those interested are encouraged to take the required on-line test during winter and get it out of the way.

Please contact a Board member, if interested in any of the positions.

Sign up for eScrip to Support McLean Crew

Remember to register with eScrip, so that McLean Crew gets a percentage of the purchases you make with credit cards, debit cards, and retailer cards.

Please go to the eScrip site at www.escrip.com and register -

McLean Crew's Group ID is: 154010281 - or you can use the Group Name: McLean High School Crew Club

What Is Scrip?

You can support McLean Crew and earn a few points (4 points per \$100 of scrip purchased) by purchasing scrip from the Club. When you purchase scrip, you purchase gift cards for participating vendors (such as Giant, Safeway, and Starbucks) and the club receives a small donation from the vendor. You can help the Club while spending money you were going to spend anyway. For more information and purchasing scrip, please contact Kathy Oram at meadeoram@comcast.net or 703-536-7220.

Alumni Mailing List

If you keep in touch with McLean Crew alumni, please encourage them to subscribe to the McLean Crew Alumni List. This is an email distribution list that will be used to keep the alumni apprised of how we are doing on competitions and about special events – perhaps an alumni row or an invitation to the annual picnic.

To subscribe, they should go to this link:

<http://www.discussthis.com/subscribe/alumni@mcleancrew.org>

Subscribe or Unsubscribe to the Newsletter

Note: If you want to remove yourself from this list (or add yourself to it), go to the following links to unsubscribe or subscribe:

<http://www.discussthis.com/subscribe/rowers-female@mcleancrew.org>

<http://www.discussthis.com/subscribe/rowers-male@mcleancrew.org>

<http://www.discussthis.com/subscribe/rowers-parents@mcleancrew.org>



McLean Crew Club
presents the exclusive
McLean Highlanders Shopping Tote
Shop in style while being green!

McLean Highlanders Tote is being offered for \$4.00 each

Buy 5 and get 1 free!!!

Delivery is at the Winter Bazaar on December 13th

Name _____

Address _____

Phone number _____

Quantity _____ x \$4.00 = Total _____

All proceeds go to the McLean Crew Club

Orders should go to the Activities Office marked "McLean Crew" or sent to Carol Sanders, 2105 Crofton Place, Falls Church, VA 22043. Questions, call Carol at 703 847 9409 or email at mncsanderson@verizon.net.

Donations may also be sent to McLean Crew Club, P.O. Box 7104, McLean, VA 22106-7104, Attn: Ergathon.