



McLean Crew

Weekly News

May 31, 2009

Dates to Note:

June 7 (Sunday): General membership meeting and end-of-the-year picnic, 3:00 at Olney Park Pavilion

SRAA National Championships

McLean Crew ended the competitive season with the following outstanding performance over the past weekend.

Men's Freshman Eight	5 th in Heat
Women's Lightweight Eight	4 th in the Final
Men's Senior Eight	4 th in the Repechage
Women's Senior Eight	4 th in the Petite Final

Congratulations to all participating rowers and coxswains!

Just in case you missed the message that Ken Meade sent out, we also would like to share an e-mail that Yorktown crew circulated describing the weekend at the Nationals.

On Thursday evening the Yorktown men's 1V hit an obstruction at Lake Mercer, right in one of the racing lanes. It broke a couple of feet completely off the bow. The bow four jumped out of the boat as it took on water in the hull. The stern four brought the boat in and this boat -- new this year -- is now in Vespoli's hands for repair. Unless Yorktown could borrow a boat, its men 1V would not be able to race on Saturday. Head coach Andy Bacas went begging for a boat. On Friday morning, Bobby Meeks, the McLean coach, offered a Resolute McLean was testing.

Wow -- what a class A operation you guys are a part of. I know I am just one of many Yorktown folks who very much appreciate the McLean Rowing club.

Kudos to our coaches!

General Membership Meeting and Crew End-of-the-Year Picnic

Please join us next Sunday, June 7, at Olney Park for a general membership meeting for the election of 2009 ~ 2010 officers and the annual Crew Picnic. 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:

3:00 ~	meet and greet
4:00 ~	food (Food assignments for the picnic will be made via a separate mail. Please be on the look out.)

5:00 ~ general membership meeting and awards

Lost and found items that have not been claimed will also be on display at the picnic. Thank for all your contributions throughout the year. We will be looking forward to seeing everyone at 3:00 pm 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.

McLean Crew Website

Have you visited our website lately? It has been updated with links to online galleries of photographs taken by John DaCrema, Kent Arnold and Greg Thies throughout the year. There is even information on the World Cup series and the World Rowing Championships! Please visit our website for additional information on the Club and the sport of rowing.

Lost and Found

Lost

McLean Crew Sweatpants, black, size Medium - Left under the bleachers at the Erg Sprints.

If anyone has picked them up by mistake, please return to Melissa Frazee.

Found

From the **Stotesbury Regatta**

- McLean Crew nylon sweat pants on the bus – ladies', black, size S (Pam Smith at jdsphs@aol.com)
- A folding chair left at the food tent site – in a royal blue bag (Beverly Keller at 703-917-9184)
- A pair of sneakers on the bus – New Balance (Beverly Keller at 703-917-9184)

From the **Smokey Jacobs Regatta**

- One red *Dick's Sporting Goods* canvas folding chair (Shanti de Jongh at 703-356-8212 or 571-225-1205)

Please contact Beverly Keller at 703-917-9184 for the following items.

- Black ball cap - Callaway Golf
- Red athletic shorts (plain) - Jerseys size M
- Red hooded sweatshirt (plain) - Russell Athletics size L
- Two pairs of short socks - one Top Flite and one black

From **Camp Cooper**

Two large coolers; a red and white one and a charcoal gray one. These were lent to the Club, but it is not clear who the owners are. They are currently outside the crew trailers.

From the **mulch weekend** (Carol Sanders at 703-847-9409)

- 1 pair black sunglasses with rhinestones on side
- 1 red Mclean hooded sweatshirt, size Large

Unclaimed items will be displayed at the annual Crew picnic on June 7.

Occoquan Race Course Take Down – Two Volunteers Needed!

One volunteer is needed to help take down the race course at the Occoquan each of the next two Saturdays: June 6 and June 13. Sign in will be at the maintenance shed across from the boathouse, and work will begin at 9:00 and estimated to go no later than 1:30.

I realize the season is over, but this work needs to be done, and all schools are required to participate. Please contact Lisa Russell by email or at (703)536-0153 if you are able to assist.

Interested in Being Involved in Next Year's Club?

Thanks to many of you who have expressed interest in becoming more involved in McLean Crew Club for the coming year. Many positions will be opening up on the Board and various committees as our seniors graduate, taking their parents along with them.

Positions that will be available next year include Transportation Coordinator, Spring Break Training Camp Coordinator, and Regatta Chair. All three positions earn points towards your dues commitment. If you are in any of these positions, please contact Karen Bush alaskan.raven@yahoo.com or 703-473-9140 for questions and details.

Please feel free to contact Lisa Russell (703-536-0153/russ4bunch@aol.com) or any current board/committee member or volunteer about other available opportunities, what they entail, and how you can be involved. Thanks so much!

VASRA Volunteers

VASRA is seeking parents who are interested in becoming referees. Necessary training will be provided by VASRA. If interested, please contact a Board member.

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 eScrip?

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.

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 Phone: _____

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 Steve Keller
1475 Waggaman Circle
McLean, Virginia 22101

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>