

McLean Crew Club Weekly News, March 24, 2008

Important Dates

Saturday, March 29 - Polar Bear Regatta (upper boats only), Sandy Run Park, Occoquan. Only varsity boats will compete, but all rowers/coxswains are encouraged to attend.

Saturday, April 5 - Walter Mess Regatta, Sandy Run Park, Occoquan

Sunday, April 6 - 3rd Manny Flicks, Philadelphia, PA (selected boats only).

Tuesday, April 8 – General Membership Meeting, 7:30pm, MHS School Cafeteria.

Spring Break Training Camp

Welcome back from spring break training camp, team! Coaches and chaperones report that team members made excellent progress. The concentrated time on the water gave team members a chance to improve their technique, learn how to row with their boat, and generally develop as a team.

The trip had its difficulties. While it was disheartening to see several boats sustain some damage when they were tossed around in high winds from a storm system that spawned tornadoes, the boats were able to be patched. The club did purchase insurance on the boats and will be making claims to cover the necessary repairs.

The club extends its heartfelt thanks to all who participated and supported the team's trip. Special thanks to:

- Team members who
 - o dedicated their spring break to the pursuit of excellence
 - o braved the tornado threat, winds and rain to save their boats
 - o supported their teammates on and off the water regardless of class or gender
 - o continually performed at the highest level of competitiveness both on and off the water
- Parents who supported the effort
- Coaches - Chris Gordon, Bobby Meeks, Morgan Ferguson, Austin Middleton, Leah Silverstein, Michelle St. George, Zach Stimart - who generously gave their time and expertise
- Chaperones - Karen Bush, John DaCrema, Teri Harper, Linda Peterson, Lisa & Robin Russell, Marilyn Stewart, Karen Vamberi - who braved the less than luxurious cots and slightly lower than 5 star quality of the food to help ensure a safe and successful trip. Also, their diligent efforts to keep the return trip on schedule so rowers could be back in time for dinner with the family was evident, and the efforts are much appreciated!
- Board members who put so much work into the planning and support of the trip

Photos from the trip are posted here:

http://dac.smugmug.com/gallery/4569218_mHHv8/1/269326172_7gn4f#269326172

Password:

McLean Crew

More pictures to come sorted by boat in the near future

Regatta Season Begins Next Saturday

The spring competitive season begins next Saturday, March 29. Although only varsity boats will be competing in the Polar Bear Regatta at Sandy Run Park on the Occoquan, all rowers/coxswains (and

their parents) are encouraged to attend. This is a great opportunity for freshmen (and other novices) to get a feel for what a regatta is all about.

According to the NCASRA website, the start times for the Polar Bear Regatta are:

Coxswain meeting: 8:30am

Coaches meeting: 9:00am

Regatta Start: 10:00am

Check your email before you leave for the regatta if the weather is uncertain! Especially this time of year, it is possible for a regatta to get cancelled.

You have already seen your food tent assignments from Diane Juba. To recap, Please send along with your rower in the morning the following assignment based on the first letter of the Rowers last name:

A-B - 1 case of bottled water

C - 5 lbs of cucumbers (we will cut them)

D - 2-3 lbs of baby carrots

F-G 8-10 lbs of bananas

H-J Cup of Soup - 12 total

K-L Doz bagels

M Muffins

P Pita Bread

R-S Fruit Juice (1 gal)

T 3 loaves of wheat bread

V-Y Grapes or strawberries

If you want to send a baked good in place of your assignment, please do. The kids love them but Dianne holds them back until afternoon when most have rowed. It's their reward. If you don't know quantity for your item, bring whatever 5-6 dollars buys. The costs are meant to cover the average rower's food/beverage for the day.

DIRECTIONS: Getting to Sandy Run Park

From I-95 South: Take exit 163 (Lorton Road, Route 642) West. After about 1.6 miles (at the top of a hill), bear right on Furnace Road and follow it until it meets Route 123 (Ox Road). Turn right on Ox Road and travel 1.2 miles to Hampton Road where you will turn left. Go about 1/2 mile on Hampton Road and turn left on Van Thompson Road (you will see power lines overhead, just in front of you). After about 1/4 mile Van Thompson bears sharply to the left at a well-weathered barn and continues down a hill to the entrance to Sandy Run Park. Once there, parking officials will direct you to a parking spot. (\$10 parking fee)

OR:

From McLean: Travel South on Route 123, Ox Road until you reach Hampton Road. Hampton Road is about 6 miles south of where Braddock Road intersects 123. Turn right onto Hampton Road. Go about 1/2 mile on Hampton Road and then turn left onto Van Thompson Road (you will see power lines overhead, just in front of you). After about 1/4 mile Van Thompson's Road bear sharply to the left at a barn and continue down a hill to the entrance to Sandy Run Park.

Regatta Survival Guide for Rowers and Parents

For those of you new to the wonderful spring regatta season, here are some helpful tips gathered over the last few years. Regatta days can be all-day events, plan accordingly and you will have a much better time. (Spring sunburns are NO fun!)

Checklist for Rowers

- * Uniform
- * Hat
- * Rain gear
- * Change of shoes
- * Comfortable walking shoes
- * Several pairs of socks
- * Sleeping bag
- * Suntan lotion
- * Variety of clothes to include cold and hot weather gear - this is important. It can range from cold and nasty to unseasonably warm.
- * Disposable or inexpensive camera -- you don't want to worry about it when you are out rowing
- * School books - there will be downtime, make good use of it
- * Personal entertainment -- cards, gameboys, ipods, etc.
- * Extra money for memorabilia purchases (tee shirts, rowing clothes, special snacks (funnel cakes, cotton candy, ices, etc.)

Checklist for Parents

- * Suntan lotion
- * Rain gear & boots
- * Umbrella
- * Hat for sun and/or rain
- * Comfortable chair
- * Comfortable walking shoes - some of the parking areas are a bit of a walk (Occoquan)
- * Walkie talkies – (they are helpful if you have them.)
- * Warm and cold weather change of clothes
- * Camera
- * Binoculars

* Extra money for purchase of programs and t-shirts for kids

* Cell phone

Pets are not permitted in the Sandy Run Park during a regatta.

McLean Crew 2008 Rowing & Regatta Schedule

Note: This schedule was updated the week of 3/5/08. Please note that this is the current, projected schedule. The schedule is subject to change. For those weekends with more than one regatta listed, your rower will know if he or she is competing in the Saturday or Sunday regatta. Please check with your rower. (As a general rule, lower boats row in the local regattas, as well as varsity boats that face sufficient competition locally).

McLean Crew 2008 Regatta Schedule

Note: Regatta schedule subject to change; not all boats will participate in all regattas

March

March 29 - Polar Bear Regatta, (upper boats only) Sandy Run Park, Occoquan

April

April 5 - Walter Mess Regatta, Sandy Run Park, Occoquan

April 6 - 3rd Manny Flicks, Philadelphia, PA**

April 12 - Smokey Jacobs Regatta, Sandy Run Park, Occoquan

April 13 - 4th Manny Flicks, Philadelphia, PA**

April 18-19 - ISA Championship Sprints, Lake Mercer, NJ**

April 19 - Darrell Winslow Regatta, Sandy Run Park, Occoquan

April 26 - Charlie Butt Regatta, Georgetown

May

May 3 - Ted Phoenix Regatta (lower boats only), Sandy Run Park, Occoquan

May 3 - Mathews Regatta, Mathews, VA

May 10 - VSRC Championship Regatta ("States"), Sandy Run Park, Occoquan

May 16-17 - Stotesbury Regatta ("Stotes"), Philadelphia, PA

May 23-24 - SRAA Championship Regatta ("Nationals"), Oakridge, TN

** These regattas are primarily oriented towards sculling boats (e.g., quads, doubles), but other boats may be selected to compete in these regattas.

Rowers - The Bus to Practice Needs to Leave at 2:25

Rowers – if you ride the bus, remember to be on the bus by 2:20 so it can leave promptly at 2:25. Your teammates want to get on the water!

Reminder - Filming project in Georgetown April 3/4

Remember - There will be a filming project (with Russell Crowe and Ben Affleck) in the vicinity of the Potomac Boat Club on Thursday April 3 or Friday April 4 (TBA). Water Street will be closed from Key Bridge west all the way to the end. This will affect traffic on the way to Thompson's.

Sign Up for Your 'Perfect' Regatta Job at the Next Monthly Meeting!

Pick an early Regatta and get it over with or wait 'til the weather is warm and sunny. Either way, McLean Crew requires parents to volunteer at one Regatta. The jobs are fun. Look for the sign up sheets and complete job descriptions at the next Monthly Meeting.

Earn Points Through Fundraising! Ask Your Employer To Match Your Gift Or Find A Local Business That Wants To Support Mclean Crew!

Support our team's fundraising and equipment needs by obtaining employer and other corporate donations. Encourage friends and family to write us into their United Way fundraising campaign forms. If you (or your family members and friends) have not yet received employer matches for Erg-a-thon donations made in early 2007 or in 2008, follow up on obtaining these matches now. Provided we can connect you with donations received, you will earn points!

Some important facts:

McLean Crew Club, Inc. is a 501(c)(3) organization

Our Federal Tax ID # is 54-1834730

Our address is McLean Crew Club, P.O. Box 7104, McLean, VA 22106-7104

The contact for most donations should be listed as Marilyn Pifer, treasurer@mcleancrew.org. The contact for corporate donations is Sherry Gray, sherry.gray@ppsv.com or 202-872-6778. Please write or call Sherry if you have any questions or would like to help with corporate fundraising.

Erg Class for Parents

The erg class for parents will be held again next Sunday at 11:30. This will be the last class for a while, since regatta season will keep us all very busy.

Thompson's does rent boats, so this may be an opportunity to learn the basics so you can proceed to on-the-water instruction. Ultimately you may be able to row with, or even potentially compete with, your rower in the fall Head of the Potomac regatta.

Physicals and Forms

All rowers and their families must submit new physicals and forms for the 2007/2008 school year. All forms are available on the Club's website (www.mcleancrew.org), and a hard copy is in the back of the Crew Handbook. All forms must be turned in to Janice Martin before students may participate. Don't be left at school because you can't ride the bus or be left out of a boat (this includes a launch), so please return them ASAP! These are requirements set forth by FCPS, VHSL and NCASRA. Thanks to all those who have turned in their physicals and forms. Any questions contact Janice at jkmartin8@verizon.net

Volunteers Needed

The club is looking for adult volunteers to assist with

- Food Tent
- Maintenance of crew trailers and equipment

Please contact Lisa Russell (russ4bunch@aol.com) for more information.

Erg-A-Thon Total Tops \$14,000!

Late pledges have rolled in. The team Ergathon fundraising total is now a terrific \$14,293.50. This is 14% above last year's ergathon record of \$12,528.73.

Special mention is due to rowers **Pierce Wright** and **Mackenzie Cadden**, who each earned a free unisuit for bringing in over \$500 in Ergathon donations, and to the 14 rowers who brought in over \$300 each (and will receive half price unis).

David Aguilera
Colleen Devlin
Michael Freeman
Ben Keller
Nikki Kerruish

Stephanie Kerruish
Lisa Johann
Zach Johnson
Cammie Meade
Chris Salpeas

Drew Sanders
Emily Smith
Tyler Stigall
Amy Taylor

Extra applause also to the hardworking rowers who each collected pledges from more than a dozen different sources:

Michael Dong (32 individual donations!)
Sonia Jeffers (19)
Heather Harper (18)
Valentyn Fedak (14)
Emily Smith (14)

Congratulations to the team for this great fundraising performance!

Mulch Sale Fundraising Update

Some expenses are still coming in, but it looks like the mulch sale may have met the budgeted target of \$27,000 net income. Stay tuned.

What Do You Want Discussed at the Monthly Meeting?

If you have a topic you would like discussed at the monthly membership meeting, please contact the McLean Crew President, Marilyn Stewart - marilyn.stewart@ngc.com

Please join us for March's meeting as we ready ourselves for the spring season!

Scrip - Give Gift Cards!

The club has the following gift cards in stock and available for purchase: Amazon, American Eagle, AMC Theatres, Barnes and Noble, Bath and Body Works, Boston Market, Dick's Sporting Goods, Eddie Bauer, Gap/Old Navy, i-Tunes, Lands' End, Macy's, Quiznos, Sports Authority, Papa Johns, and Starbucks. We also have Giant and Safeway for your grocery shopping.

Please contact Kathy Oram at meadeoram@comcast.net or 703-536-7220 to purchase cards.

Sign up for eScrip to Support McLean Crew

Remember to register your credit cards and grocery store club cards with eScrip so that McLean Crew gets a percentage of the purchases you make. This is a no-cost way for the club to earn money from purchases you are making anyway.

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.

Fill out the forms and link your contributions to all of your **credit or retailer cards**.

Please also remember that if you are signed up through Harris Teeter or Safeway you need to renew your link to McLean Crew each fall! Have you renewed your link for 2008?