



# MCLEAN HIGH SCHOOL CREW CLUB

**Weekly News, March 17, 2010**

***Dates to Note:***

**March 20-21: Mulch Weekend**

**March 27 – April 2: Camp Cooper**

**April 16 – 17: ISA Lake Mercer Sprints**

**May 14 – 15: 84<sup>th</sup> Annual Stotesbury Regatta**

**May 28 – 29: SRAA Championship Regatta**

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## CORPORATE FUNDRAISING DRIVE

We are currently trying to sell ads for a brochure that will be sent out to all on the mailing list - mulch customers, rowers, alumni, etc. and available at the regattas. There is a letter attached, as well as located on the McLean Crew website. We ask that you give it to the establishments that you use in the McLean, Falls Church, and Arlington area and ask that they support our team by buying an ad, a space on a banner to be displayed on our food tent at all regattas or a space on our webpage. Please email Elizabeth Frazee @ [elizabeth@frazeeassociates.com](mailto:elizabeth@frazeeassociates.com) to let her know the businesses you've contacted. (We would rather not inundate all the same businesses.) The ads are due March 31st, so this is a priority!

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## MULCH MADNESS CONTINUES...

The orders are pouring in, the signup sheets are filling up and the weather WILL turn and be beautiful!!! It's McLean Crew's annual Mulch Madness weekend!!! Will they sell their goal of 15,000 bags? Will it all get delivered in 1 weekend??? If we could figure out a pool, we would, but we're too busy processing orders!!!! Everyone is coming through amazingly and we're currently at 12,894 bags. Please get any last minute orders in as soon as possible so they can be counted in the order.

Please remember to sign up for the weekend -

Parents - 2 shifts per household

[nmulligan1@yahoo.com](mailto:nmulligan1@yahoo.com)

email Nancy Mulligan at

Rowers - 3 shifts per rower

[Ann\\_mahoney@ibi.com](mailto:Ann_mahoney@ibi.com)

email Ann Mahoney at

We especially need a few more forklift drivers - if you've ever wanted to drive one, now is the time! Training is available. Please see the sign-up sheets for the shifts needed.

If people need points and want to work more than that, we can always use the help!!!

NEW REQUEST - We are in need of several positions for Friday afternoon/evening!!!

\*\*\*4 pm 3 forklift operators - our president, John Smith, would be happy to train anyone! We need to be present to unload the pallets from the mulch semis and put them in the parking lot. We then want to load the first trucks to be ready for the 1st morning run at 7 a.m.

\*\*\* 6 pm 7 truck drivers to go pick up the trucks in Sterling (One extra driver to help drive them out there) It should take about 1-2 hours (with traffic). They will be leaving from the parking lot at Mclean.

These positions, of course, earn you points, and count as a shift. Please email Carol Sanders at [mncsanders@verizon.net](mailto:mncsanders@verizon.net) or Nancy Mulligan at [nmulligan1@yahoo.com](mailto:nmulligan1@yahoo.com) if you are interested and able to do this.

The attached list of mulch sold by rower is the most complete and up to date so please check it carefully and call Carol Sanders at 703 847 9409 if you have any questions.

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## **RECYCLE PROGRAM CANCELLED**

Unfortunately, the company doing our recycling program is reviewing the way they want to give back to the community and for now, has cancelled the program. We will be getting a check from AAA for what we have done so far, but the program will not be going forward. Thanks to all who participated!

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## **TOTE BAGS**

The 40th Anniversary of Earth Day is April 25, 2010. What better way to celebrate than with our lovely Mclean Highlander grocery tote! The cost of each is \$4.00, but buy 5 and you get one free! Call Carol Sanders at 703 847-9409 to reserve yours today!

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## Out of Town Regattas

We will participate in part or as the entire team (depending on practice attendance and boat performance during the regular season) in 3 out-of-town regattas. Blocks of hotel rooms have already been booked. Since the season is a long way off and we are all in the dark in terms of which boats will be participating, we have no idea whether or not we have too many or too few rooms. If you want to be very proactive, feel free to book a room on your own in case we do not have enough for parents other than for our designated chaperones. **The exception to this is the SRAA Nationals in Saratoga Springs where we know for CERTAIN that you need to book your own room now (see further explanation below)!**

- ISA Lake Mercer Sprints - West Windsor, NH - April 16, 17  
<http://www.rowpnra.org/mercersuper.html>  
Rowers will leave on a Friday morning and return Saturday evening. A small block of rooms for rowers/chaperones has been tentatively booked at the Hyatt Regency in Princeton, NJ. ([www.princeton.hyatt.com](http://www.princeton.hyatt.com)). Cost per rower in 2009 was \$250.
- 84<sup>th</sup> Annual Stotesbury Regatta - Philadelphia - May 14-15  
[www.boathouserow.org](http://www.boathouserow.org)  
This is an incredibly exciting Regatta...the most prestigious high school regatta in the United States. Rowers will leave Thursday morning and return Saturday evening. A large block of rooms has been booked at the Crowne Plaza - Philadelphia Downtown ([www.cpphiladelphia.com](http://www.cpphiladelphia.com)) that will cover rowers, coaches, chaperones and some parents. Cost per rower in 2009 was \$355. Also, keep in mind that we will probably run into conflicts with AP Testing but we factor that into the itinerary.
- SRAA Championship Regatta - Saratoga Springs, NY - May 28-29  
<http://www.sraa.net>   <http://www.saratogarowing.com>  
Participation in this regatta will depend on how each boat performs at States (VSRC Championship Regatta in Occoquan on May 8).  
Rowers will leave Thursday morning and return Saturday late. A block of rooms has been booked at the Courtyard Marriott ([www.courtyardsaratoga.com](http://www.courtyardsaratoga.com)). Rooms are already very scarce in Saratoga Springs and it is doubtful we will have additional rooms available for parents (other than chaperones). **NOTE: To be safe, you may want to consider reserving a room NOW at this hotel or at one nearby.** Cost per rower in 2009 was \$300. Again, keep in mind that we will probably run into conflicts with SOL testing.

If you are available to chaperone at any of these events, please contact Laura Warren and she will forward the information to the appropriate committee member. We will need one chaperone for every nine rowers.

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## Spring Daily Practice Transportation

Obviously the kids will not be on the water beginning February 22! We are hoping it will happen during the first 2 weeks of March but we will have to wait and see. Once that magic date arrives, your child will be transported by a Crew chartered bus (or they can drive their own car) every day leaving from MHS and returning to MHS. The bus departs at 2:30 pm and arrives back at approximately 6:30-6:45 pm. Weather conditions dictate if we will have on the water practice (a funky equation based on the water and air temperatures...the combined temperature must be 75 degrees or higher). The coaches make the decision by 10am the day of - if water practice has to be canceled. Why 10am? If we cancel bus service by 10am, the bus company credits us for the day. This does not mean that practice is canceled - it just means that the water is unsafe and that practice will probably be held at the trailers. To find out if we have on the water practice, check your morning emails for practice alerts, our website for a posting, the bulletin board at the activities office for a posting, Bobby's website for a posting, and announcements regarding after-school activities. Kids will be notified if they are not going on the water by a PA announcement at school. Finally, if the bus is in front of the school after dismissal – your child should get on it because it means we have practice!

**NOTE: YOUR CHILD WILL NOT BE ABLE TO GET ON THE WATER UNLESS ALL OF THEIR FORMS HAVE BEEN TURNED INTO KENT ARNOLD! IF THERE IS ANY DOUBT AS TO WHETHER THIS HAS BEEN DONE, PLEASE CONTACT HIM ASAP AT [VPAdmin@mcleancrew.org](mailto:VPAdmin@mcleancrew.org). NO EXCEPTIONS WILL BE MADE! PLEASE MAKE SURE THIS IS DONE!**

We realize this is a lot of information and we hope you find it helpful! If you have any questions, please ask us now or at any point in the year. We are more than happy to do our best in answering them! We are looking forward to a great rowing season!

Laura Warren	Regatta Chair	<a href="mailto:meadowmac@aol.com">meadowmac@aol.com</a>
Chris Parker	Nationals/Volunteers	<a href="mailto:Christine.parker@fcps.edu">Christine.parker@fcps.edu</a>
Gretchen Ginnerty	Stotesbury	<a href="mailto:ginntrio@msn.com">ginntrio@msn.com</a>
Sherri Heile	Transportation	<a href="mailto:elieh1722@msn.com">elieh1722@msn.com</a>

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## PRESENT PERFECT BOOK...

Is a book written by a former high school boat mate of our own coach Bobby. This book is packed with ideas for presents for just about everyone. It is broken down into categories and not only gives gift ideas but provides links to stores to find them. The book is very helpful even for the most creative gift giver. It sells for \$15 and Mclean Crew gets \$10 for each book sold! It's Larry's way of giving back to crew, so call Carol Sanders at 703 847 9409 and she will reserve your copy.

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## HOW DO I SIGN A WAIVER?

Are you a parent or guardian of a VASRA school rower and need to sign the online waiver? You can sign online at any time by going to <http://www.rowingwaiver.com>. Once you arrive at [rowingwaiver.com](http://www.rowingwaiver.com) please click on the "[Signyourwaiver](#)" link and follow the steps to complete your waiver.

Here are a few important things to know about signing your waiver online:

- Please provide accurate information including your current team affiliation and unique email address for each athlete (you cannot reuse email addresses, a valid and unique email address is required for every athlete that submits a waiver). We will be careful how we use this information. One intended use is to have contact information in the unlikely (and I hope never encountered) event of an emergency. Thus accuracy of this information is important.
- When asked during the application process, we recommend you provide the email contact for your current team representative or coaching contact. This is NOT required but is helpful in that we will automatically add your name to that team rep/coaches online roster. This simplifies tracking of the rosters of our member teams.
- Once you complete the process, you can ALSO print out a completed waiver for your records. You can also use this print waiver for events that require you to provide them with a paper waiver copy.

Once you have completed a waiver, many athletes and parents want to check to see if the waiver has been signed correctly. You can check your waiver status at any time by going to [CHECK Waiver Status](#). Important, if you have incorrectly signed your waiver you can make any corrections by going to your [MYRONIN](#) account and edit your waiver registration. If you have questions, please contact:

Michael K. Mutter  
Vice President  
Virginia Scholastic Rowing Association  
w) 703-980-2659  
h) 703-532-0792  
c) 703-980-2659  
[mkm@bskb.com](mailto:mkm@bskb.com)

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# McLean Crew Club

## 2010 Spring Training Camp

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### McLean High School Crew Club 2010 CREW SPRING TRAINING CAMP

R M Cooper 4-H Leadership Center  
8001 M W Rickenbaker Rd, Summerton SC 29148  
803-478-2105; 803-460-3233 and 803-460-6001  
<http://www.clemson.edu/yli/crew/index.htm>

**March 27 – April 2, 2010 (Saturday – Friday)**  
**Fee: \$475.00**

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## Itineraries – Day of Departure – Day of Return – Daily Schedule

### Saturday – March 27

6:30 am – Bus Arrives at McLean High School (FRONT entrance)  
7:00 am – Bus Departs McLean High School (FRONT entrance) (~7 hour trip)  
12:30 pm – Stop for lunch at Rest Stop (kids bring bag lunch, we provide drinks and snacks on bus)  
1:00 pm – Resume trip to Summerton, SC  
3:00 pm – Arrive Summerton, SC

### Friday – April 10

7:00 am – Depart Summerton, SC  
1:00 pm – Stop at Sandy Run, Occoquan to rig, row and eat lunch (provided by Food Tent)  
4:00 pm – Resume trip to McLean, VA  
5:00 pm – Arrive McLean High School (Front entrance)

*All rowers must travel either on the bus or with one of the designated chaperone drivers. No exceptions. Per FCPS regulations, no rowers will be allowed to drive to or from in a car driven by anyone other than their own parents, by another rower's parents (with written permission from their own parents) or by a vehicle driven by a designated chaperone. Anyone wishing to leave with his or her own parents, or with another rower's parents, must first speak with Laura Warren.*

**DAY OF DEPARTURE** - Two charter buses will arrive at McLean High School's front entrance promptly at 6:30 am to begin loading rowers and their gear. Students are expected to arrive at 6:30 am, load their own gear into the lower luggage bins and board the bus. Each person is required to bring his or her own reusable water bottle (please label!) to use for the week. We are bringing large drink containers to use during the week, one for water and the other for Gatorade. Please do not bring your own supply of plastic water bottles - we do not have room for them and it's a huge environmental issue. Each bus will have 2 or more chaperones on the bus at all times. **We will depart at 7:00 am.** The chaperones will take roll call before departure. The 7:00 am departure time must be adhered to by all participants, rowers and chaperones because the goal is to arrive at camp in order for the rowers to rig their boats and get on the water before dinner is served. The buses will travel together the duration of the trip and the chaperones will have each others' cell phone numbers to communicate between buses as needed. We will stop at a Rest Stop to eat lunch. **Have your child bring a bag lunch.** We will provide drinks and snacks for the bus ride. We are not stopping at a restaurant this year in order to save time and money!

**DAY OF RETURN** – The rowers will be expected to clean their dorm rooms as a team, with a scheduled inspection by the Camp staff, as is the facility procedure. Our time of departure will depend on their ability to clean. We are required to vacate the dorms no later than 9:30 am. The buses will arrive the night before to take the team to dinner at an off-site restaurant. And after dinner they will load any gear they won't need to sleep in or for the next morning. Remember we have a regatta at Occoquan on Saturday, April 3<sup>rd</sup>, so we will stop at Sandy Run and unload, rig, go for a swing row, and eat lunch. I expect this will run efficiently because, contrary to what you may think, the rowers want to get home at this point. I am sure your children will start calling you as we get closer to MHS.

<b>“EAT.SLEEP.ROW”</b>	<b>DAILY ITINERARY March 28 – April 1</b>
6:00 am	BREAKFAST SNACK
6:00-930 am	ROW (Lake Marion)
10:00 am	BRUNCH
12:00- 2:00 pm	ROW (Lake Marion)
2:00-3:00 pm	AFTERNOON SNACK
3:00-5:00 pm	ROW (Lake Marion)
6:00pm	DINNER
7:00-930 pm	Evening activities may include boat meetings, volleyball tournament, basketball, softball, movie night, ultimate Frisbee, campfire and dinner out. One evening activity is pre-scheduled by the camp for each evening.
10:00 pm	CURFEW

Most mornings, rowers will be up by 6 am, and, following a light breakfast, will be on the water rowing. Schedules will vary by boat, but everyone will have at least two extensive daily sessions on the water, interspersed by lunch, video review, down time, and study time. The coaching staff will be in full force; Chris, Bobby, Zach, and Laura will be on-site for specialized training and instruction. Rowers will receive unique training opportunities, first and foremost, being able to get on the water up to three times a day, as well as one-on-one critique, video review, slide shows, boat bonding, and other opportunities they might not ordinarily try (sweep versus scull, single and double rowing and much more). As with most summer camps, the rowers will be required to bus their dining-hall tables, keep their rooms clean, and share in additional cleaning duties.

McLean has a dedicated meeting room with TV, VCR, and Internet access that will be used for video review, team meetings and homework. **If you know that your child has a school project due after Spring Break and feel that informing a chaperone would present a stronger case for student time management, please contact one of the chaperones with information on the school assignment.** There are hiking trails and opportunities for swimming during the day. Rowers will be instructed to follow the buddy system as well as inform his/her designated chaperone in advance of hiking, swimming, etc.

## Chaperones

Eight parents – 5 moms and 3 dads – are chaperoning this trip and will stay on-site with the kids for the duration. Each parent will be assigned to a boat and will help with Wal-Mart shopping runs for gas, water, ice, and food. The chaperones' rooms are adjacent to the girl's and boy's dorms. The chaperones will have their cell phones with them at the Camp, although coverage depended on the provider last year, with only AT&T (formerly Cingular) getting reception. Chaperones will be able to check their emails at the camp in the Computer Lab/Study Hall. Please keep the contact info below in case you need to reach the chaperones during the week. You know your child the best, if you feel that a discreet communication with one of the chaperones is warranted concerning school work, medications, allergies, dating, or any other concern - please contact any one of the chaperones you feel comfortable talking to.

Chaperone	Cell	Email
Laura Warren	703.973-1017	meadowmac@aol.com
Teri Harper	703.919.1499	sunnysideupgirl@aol.com
Chris Parker	703.473-0461	christine.parker@fcps.edu
Elizabeth Bertholon	703.915-8796	loveserenity@cox.net
Rex Taylor	703.217-9250	mcleancrewtreasurer@gmail.com
Anita Mohan	571.282-5151	amohan62@gmail.com
Kent Arnold	703.677-6090	photographer@HeroMoment.com
Raj Mohan	202.250-0504	Rsingh6@worldbank.org

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## Lodging

The R.M. Cooper 4-H Leadership Center is part of Clemson University's Youth Learning Institute, but please note that the facility is essentially a summer camp that is set-up to host high school and collegiate rowing teams. Please refer to the attached "what to bring list" to organize your packing. Our team will be there at the same time as Yorktown High and Langley crew teams, as well as several colleges.

Our boys will be housed in their own dorm in twin bunk beds with mattresses. They will share a common bathroom located in their dorm. The girls will be in a separate all-girls dorm with similar bed and bathroom set-ups.

**PARENTS NOTE:** McLean Crew is and has been fortunate to have student/athletes who have demonstrated maturity, responsibility and accountability. Our expectation of this year's team makes us confident that this tradition will continue. However, should a rower violate curfew, be caught with alcohol or drugs, or violate any camp, club or school rules that call for immediate expulsion, we are prepared to follow McLean High School policy up to and including driving that rower to Charleston, putting him/her on a plane, calling his/her parents with the flight information and billing the parents for that ticket. Please see the Code of Conduct Form at the end of this memo that needs to be signed by both student and parent.

*Camp rules include expulsion for being in unauthorized areas and reimbursement for damage (\$250 for a TV, \$45 for a mirror, \$115 to replace a door, etc.)*

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## Valuables

We urge rowers to minimize the amount of valuables taken on the trip. The only spending money needed will be for souvenirs such as Camp Cooper's *Eat.Sleep.Row* t-shirts (for around \$10) and water bottles (for about \$8). The t-shirts were very popular last year.

Only bring a laptop if it is necessary for homework. The coaches have told the rowers not to bring video games. iPods are fine. All laptops, iPods, etc. will be stored in the locked chaperone vehicles. We make every effort to secure your child's valuables but ultimately the primary responsibility lies with your child. The McLean Crew Club and the R.M. Cooper will not be financially or otherwise responsible for a rower's personal belongings. Note in the packing list that we ask each rower to have a small backpack for his/her valuables that can be locked in one of the cars and easily accessed when needed.

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## Prescription Medication/First Aid

If your son or daughter must take prescription medication while at Camp Cooper, it would be wise to provide a written prescription that we can refill if necessary. If you believe your child might benefit from some discreet monitoring regarding his/her meds please feel free to contact a chaperone for assistance. Camp is an exciting, independent, and different rowing experience. The daily schedule can make even a very responsible adolescent forgetful. The chaperones can monitor discreetly and respectfully with your child's best interests in mind.

The camp has very basic first-aid facilities. Coach Meeks is certified in CPR & First Aid, and we will have our Club first aid gear with us. A hospital is 15 minutes from the camp.

**ROWERS NOTE:** Be sure to bring a photo ID (drivers license, learner's permit, school ID) and store it in your valuables bag to ensure you receive prompt medical treatment should it be necessary.

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## Weather Forecast

[www.weather.com](http://www.weather.com)

The average daily highs are 73-75 degrees and morning and evening lows are 45-47 degrees.

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## Forms and Payment:

Forms and payment are due **Tuesday, March 23<sup>rd</sup>**!

Please submit the following:

1. Check for \$475 payable to McLean Crew Club
2. Rower Rules of Conduct Form (signed by rower and parent)
3. Medication Dispensing/Monitor Detail

You may submit the package to Laura Warren by either:

1. Mailing or dropping it off at 6129 Long Meadow Rd./McLean/VA 22101
2. Giving it to your child who will then give it to Colleen Warren who will then give it to Laura Warren! Consider this choice carefully! ☺
3. NOTE: if you child has a Lifeguard Certification card, please submit a copy of it with your forms. This will enable the kids to swim without chaperones having to monitor them.

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## What to bring:

### **Clothes**

#### **WORK OUT**

- athletic shorts
- short and long sleeved t-shirts/rowing tops
- spandex
- sweatpants
- warm layers
- boathouse/rain jacket
- sweatshirt (2 or 3)
- running shoes
- socks (a lot - at least 14 pairs)
- warm hat (chilly in the morning)
- rain boots
- dock shoes/flip flops

#### **OFF THE WATER**

- jeans (1)
- a couple pairs of shorts and casual tops
- 1 “dressy” outfit when we go out to dinner one night
- pajamas
- swim suit

### **Bedding (for a twin mattress)**

- sheets/blanket or sleeping bag
- pillow + case

### **Toiletries**

- basics: toothbrush/toothpaste/shampoo/soap
- shower flip flops

### **Etc.**

- small backpack for valuables to lock in car
- baseball hat
- sunglasses
- sunscreen
- chap stick
- band-aids
- athletic tape
- re-usable water bottle!!! (you will not be allowed to bring water bottles – we’ll be bringing large coolers for water and Gatorade)
- bug spray
- towels (Everyone always forgets! 2 bath towels and one beach towel)
- form of identification for medical emergency
- flashlight
- money (camp cooper t-shirts are \$10)
- snacks
- copy of Lifeguard Certification card if you have one

### **Entertainment**

- iPod and charger
- cell phone and charger
- notebook/homework
- cards/games
- books/magazines

**MCLEAN CREW CLUB  
2010 CODE OF CONDUCT ACKNOWLEDGEMENT  
SPRING BREAK TRAINING CAMP COOPER**

**Proclamation:** The behavior of the rowers of McLean Crew Club has a history of being responsible, mature and respectful. This agreement is designed to reinforce and sustain the reputation of the McLean Crew Club. It is also an instrument to assure that Fairfax County Public School System, the McLean High School Administration, the parents, coaches and rowers of the McLean Crew Club are all informed, understood and agreed regarding the rules and the consequences of any violation of this code of conduct. This code of conduct acknowledgement does not replace or negate the rower's responsibilities as outlined in the McLean Crew Club Handbook but should be considered a supplement to. Parent and rowers should review these rules and sign and return this agreement with the forms and payment for the **2010 McLean Crew Club Spring Break Training Camp located at RM Cooper 4H Center in Summerton, SC from March 27-April 2, 2010**

1. Rowers may not drive under any circumstances. Rowers must travel with the team bus(es) or cars driven by parent chaperones or coaches. Rowers may not leave the facility without adult supervision. Any rower found off site, unaccompanied, will be sent home immediately at his/her parent's expense.
2. Possession or use of alcohol, drugs, tobacco products or flammable objects are strictly prohibited and any rower found in violation will immediately be sent home at his/her parent's expense and await additional consequences from McLean High School Athletic Director, the McLean Crew Club coaching staff and Board of Directors including but not limited to team suspension and no refund of club dues payments.
3. Rowers agree to stay within Facility designed limits for the high school crew clubs in training. Rowers additionally agree to adhere to the coach/chaperone camp parameters. Violation of onsite designations will be interpreted as a serious safety violation and require an immediate call home, reprimand; and possible return home at his/her parent's expense.
4. Rowers must be in their rooms by curfew each night no later than 10:00 pm; final bed check will be no later than 10:30 pm and intermittent room checks. Deliberate curfew violation will require an on the spot phone call home, following day coach/chaperone penalty, and a determination that the rower be sent home at the parent's expense.
5. Rowers agree to inform a chaperone/coach and then abide by the "buddy system" when engaging in camp activities including swimming, hiking, running, and the like; any rower discovered in breach will receive an immediate coach/chaperone reprimand.
6. Noise level should be kept at a respectful level so as not to disturb team mates and other guests staying at the facility. Continuous complaints will require rower(s) to be reassigned with other team members and closer monitoring by the chaperones.
7. Only members of the McLean Crew Team are allowed in McLean Crew sleeping rooms.
8. Profanity, bullying, or other foul or malicious language or behavior will not be tolerated at any time for any reason whatsoever. Rowers further understand that demonstrating respect for their fellow human beings in all efforts is expected including sportsmanship behavior in competition.
9. Rowers understand the option and responsibility to secure their valuable items with any chaperone. Rowers further understand that theft of any kind will be considered a serious offense with reprisal from the individual, the McLean Crew Club, RM Cooper 4H Center, and McLean High School Administration. Rowers further understand that demonstrating respect for people's personal property is expected at all levels and any damages will be incurred by his/her parent's.

Rowers and parents understand and agree that this agreement is designed to make the trip enjoyable while assuring safety and focus on rowing activities.

I, \_\_\_\_\_ of McLean Crew Club acknowledge the above Code of Conduct rules and will abide by them:

\_\_\_\_\_  
Rower/Coxswain Signature

\_\_\_\_\_  
Date

I acknowledge that I have discussed the above rules with my rower/coxswain and will support the McLean Crew Club chaperones and coaches' monitoring for adherence to this Code of Conduct.

\_\_\_\_\_  
Parent Signature

**MCLEAN CREW CLUB**  
**2010 SPRING BREAK TRAINING CAMP**  
CONFIDENTIAL CHAPERONE INSTRUCTION FORM

Eight parents have graciously volunteered their personal time to chaperone the team's spring break training camp and they will be introducing themselves to you personally via email. The purpose of this form is to assure and verify the individual needs of each rower while under the supervision of the chaperones. The information contained will be kept confidential and communicated only between the Spring Break Training Camp Coordinator and your rower's assigned chaperone. The form will be kept secure on-site with the Emergency Contact/Care Forms and will be accessed only in urgent situations. You know your rower best, you need only to turn in this form if you believe it applies to your rower. Please indicate any information that you believe to be pertinent in the individual care of your rower while (s)he is away for spring break.

**Rower's Full Name** \_\_\_\_\_ **Gender** \_\_\_\_\_ **Age** \_\_\_\_\_

**ALLERGIES**(food, bees, medicines, etc.) \_\_\_\_\_

Does the allergy require any special accommodations, please explain \_\_\_\_\_

**OVER THE COUNTER MEDICATIONS** (please indicate any medicine(s) that your child will or may require under regular dosage instructions, e.g. antihistamines, ibuprophen, etc.) \_\_\_\_\_

Please indicate ☒ the manner in which you would like the chaperone to monitor your child taking the above OTCM(s)

\_\_\_\_\_ High(watch) \_\_\_\_\_ Medium(watchful eye) \_\_\_\_\_ Light(inquire) \_\_\_\_\_ None(none)

**PRESCRIPTION MEDICATIONS**(please list any prescriptions that your child is currently taking and the dosage instructions)

1. \_\_\_\_\_

Prescription	Dosage	Daily	Additional Information
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2. \_\_\_\_\_

Prescription	Dosage	Daily	Additional Information
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3. \_\_\_\_\_

Prescription	Dosage	Daily	Additional Information
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Please indicate ☒ the manner in which you would like the chaperone to monitor your child taking the above Rx(s)

\_\_\_\_\_ High(watch) \_\_\_\_\_ Medium(watchful eye) \_\_\_\_\_ Light(inquire) \_\_\_\_\_ None(none)

**OTHER INFORMATION YOU BELIEVE TO BE OF ASSISTANCE IN THE CARE OF YOUR ROWER** (school project(s) or homework, recent events of concern or celebration you would like to relate, dating, or a general note, etc.) \_\_\_\_\_

I, \_\_\_\_\_, the parent/legal guardian, of minor child, \_\_\_\_\_ understand this to be an informative document only and is not now, or in the future, to be construed as an authorization for administration and recognize the information contained is true and accurate to the best of my knowledge and ability. I agree to release, indemnify and hold harmless The McLean Crew Club, its parents, members and coaches, the Fairfax County Public School System officers, staff members, and agents from lawsuits, claim expense, demand or action against them for aiding in the care of my minor child during this trip from March 27-April 2, 2010.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

# INDIVIDUAL MULCH SALES BY ROWER 2010

## GIRLS

## ORDER NUMBER

ASHLEY ANDERSON		
PACQUE	30	155
ARAFAT	10	275
JUSTICE	10	276
MARSHALL	10	277
CROUSE	20	278

TOTAL 80

MYRIAM ASSAADI		
ANDERSON	10	369
GUAOUGUAOU	10	370
RAMKIN	10	371
WALKER	25	372
RIAH	30	373
FRITZ	25	374
NELSON	25	375
ASSAADI	50	376

FONTEROT DONATION 15  
TOTAL 185 + 15 DONATION

MARY BEOUGHER		
BEOUGHER	10	268
ULRICH	10	267
IMHOLTE	25	264
DOKKEN	25	263
WEINER(NEED ORDER/CHECK)	30	
BROWNING	30	262
JONES	20	265
MCCULLOUGH	20	266
WHITSETT	10	269

TOTAL 180

ALEXIA BERTHOLON		
DENT	30	270
PETTITT	10	271
ALEXANDER	50	272
CHEHAB	10	273
BERTHOLONS	40	274
POPPS(NEED CHECK)	25	333

TOTAL 165

PARIDHI BHARGAVA			
MAGEE	25		382
STELLWAGEN	20		383
RAMSEY(NEED ORDER/CHECK)	10		
HOGAN	10		384
BRINKLEY(NEED ORDER/CHECK)	30		
ANDERSON(NEED ORDER/CHECK)	15		
WEISBERG	10		385
PARIDHI(NEED ORDER/CHECK)	10		
DROOBY(NEED ORDER/CHECK)	10		
SHEEHAN(NEED ORDER/CHECK)	10		
WEGRZYN DONATION		20	
GRUBER DONATION		20	
TOTAL		150 + 40	

ODETTE CHANNEL			
ROSSO	10		361
PAVLUK	15		377
CHANNELL	10		378
TOTAL		35	

ELIZABETH FERRY			
PAYNE	10		45
RUSZKIEWICZ	10		46
COX	10		47
PARISI	10		48
HAGY	30		49
FERRY	50		50
HUSHON	70		356
GALLAGHER DONATION		25	
CASH DONATION		5	
CASH DONATION		10	
TOTAL		190 + 40 DONATION	

MELISSA FRAZEE			
FRAZEE	150		183
ROULE	85		184
THOMAS	20		185
OK	10		186
VOLLSTEDT	10		187
WEISS(NEED ORDER/CHECK)	54		
TANG	10		231
LINEWEAVER	12		332

OTHE ORDER	10	
TOTAL		361

ZAHRA GALLAGHER		
GALLAGHER(NEED CHECK)	25	350
FOSTER(NEED CHECK)	25	351
HENRIGUES(NEED CHECK)	35	352
AGUIELA(NEED CHECK)	25	353
JENSEN(NEED CHECK)	10	354
ABBOTT(NEED CHECK)	10	355
TOTAL		130

VIC GEITHMAN		
GEITHMAN	15	9
SILVER	10	124
TOTAL		25

CHRISTINA GEITHMAN		
OWENS	25	28
BEG(NEED ORDER/CHECK)	15	
GENTRY(NEED ORDER/CHECK)	25	
RUSSELL(NEED ORDER/CHECK)	20	
MCLAUGHLIN(NEED ORDER/CHECK)	10	
WILSON(NEED ORDER/CHECK)	50	
TOTAL		145

MICAELA GINNERTY		
ROSSITER-VALVO	25	260
LORD	25	258
WHITE	20	256
ST JOHN	10	257
TA	10	259
GINNERTY	35	261
VERMA(NEED CHECK)	10	329
ELGIN(NEED CHECK)	25	330
WINTER(NEED CHECK)	20	331
HARDOCK DONATION (NEED CHECK)	20	
TOTAL		180 + 20 DONATION

JULIE GLAUBER			
GAVER	60		236
STELTER	25		237
HELLENS	30		238
TOTAL		115	

MARGARET HARLOW			
HARLOW, DOUG	50 + 35 DONATION		10
HARLOW, ANN	10		116
SIGMAN(NEED CHECK)	10		182
FITZNER	10		117
HARLOW, CHIP	10		118
DUFRANE	12		137
SAWICKI	10		138
MATHENY	10		139
MORELY	78		140
TOTAL		200 + 35 DONATION	

HEATHER HARPER			
COOPER	40		24
NORLAND	50		123
MAIN	15		149
MARTIN	10		292
ABI-NAJM(NEED CHECK)	25		341
DUNCAN	30		348
SHETTY	25		349
TOTAL		195	

NIKKI KERRUISH 0

RACHEL LARNED			
JOHNSHOY	25		31
SILBERMAN	24		32
MARCELLUS	10		33
RULEY	10		34
CAMBONE	10		35
ISSA	100		284
LARNED	35		285
CASH DONATIONS		89	
TOTAL		214 + 89 DONATIONS	

EMILY LEVINE			
LEVINE	25		362
TOTAL		25	

THERESA MAHONEY			
MAHONEY	100		26
STEPHENS	65		230
TOTAL		165	

CAMMIE MEADE			
MACKAY	50		15
COX	10		5
MALUZZI	50		16
KOHLBERG	20		13
HAUG	20		78
KUZMUK	70		79
KIRBY	75		80
HAUBOLD	12		126
WADE	50		152
FAMA	10		193
MCGOLDRICK	100		194
SHERLOCK	89		195
HUNT	50		196
HOOPII	10		197
RYAN	40		198
YET ANOTHER ORDER	10		
TOTAL		666 (!!!)	

ALLIE MEADE			
DOUMAR	25		7
THOMAS	10		23
MEADE	75		81
ANDERSON	100		112
MULHOLLAND	50		188
HATANPAEAE	50		189
KAISER	15		190
HARRIS	30		191
BERTAPELLE	10		192
BOARDMAN	10		363
TOTAL		375	

GEN MULLIGAN			
DEEKEN	25		127
THOMAS	100		128
DOWNEY	50		129

YENSEN	15	151
MONROE	20	287
DUCIC	50	288
ROSENBLUM	50	289
SAVOIE	25	290
MULLIGAN	15	291

TOTAL	350
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MARY NICHOLS		
YOUNG/KELLY	20	97
LANGE	40	98
STEIS	50	99
TRIPPETT	60	132
ROSENBERG	10	293
JENSEN	10	294

TOTAL	190
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TANI O'NEILL		
RICHARDS/KENT GARDENS	75	71
HITCHCOCK	25	72
MAGNUSSON	35	73
RICHARDS	10	74
MILLER	10	75
DONOHUE	10	76
GALEANO	10	130
DEAN	10	131
ONEILL	10	322
UYANIK	10	323

TOTAL	205
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ANDREA PAPPAS		
WATERSTON	35	150
DOANE	30	346
CEDAR CLUSTERS HOME ASSOC	100	347
PAPPAS DONATION	30	
DUNLAP	25	

TOTAL	165 + 55 DONATIONS
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LAUREN PAPPAS		
PAK	20	342
MAY	12	343
DEVLIN	10	344

BOAL	10		345
TOTAL		52	

LIZZY PARKER		0	
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OLIVIA PLANAS			
GEVINSON	40		132
MELROSE-SMITH	60		167
PLANAS	15		168
BUGEL	80		169
LAZAR(NEED ORDER/CHECK)	25		
TOTAL		210	

DANI SHURR		0	
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AMY TAYLOR			
DUDYCHA	30		8
BERTOLUSSI	15		43
FERLUND	10		44
KILLMORGEN	10		142
WOOD	30		162
STRATTON	10		172
BRADISH	50		53
SCHAFER	50		212
CLANCY DONATION		35	
MCGRATH DONATION		25	
TOTAL		205 + 60	

LAINI TAYLOR			
WHEELER	10		42
WATKINS	30		
BIOLISI	20		141
STERLING	50		159
MASTERSON	10		211
LEARNED	10		210
BOHN	25		209
LEWIS	16		208
BESINGER	35		207
HILLIARD	30		206
REUTEMANN DONATION		20	
CASH DONATIONS		74	
TOTAL		236 + 94	

COLEEN WARREN			
BISSELL	50		110
BARNETT	150		146
WARREN	150		147
BRIDGELAND(NEED CHECK)	25		148
BYER(NEED CHECK)	150		324
WILLIAMS	10		358
TOTAL		535	

MEGHAN WHEELER			
MULLOY	60		17
COLLINS	30		133
BLEIWEIS	10		134
BECHER	50		153
BRANDON	150		335
TULLY(NEED CHECK)	40		336
HEINRICHS	25		337
ALTMAN	20		338
MALES	25		364
FEAREY	30		365
WARD	50		366
TOTAL		490	

#### BOYS

JOHN ARNOLD			
SHERMAN	25		20
ROSS	15		22
LEIKEN	12		54
CASH DONATIONS		60	
TOTAL		52 + 60 DONATIONS	

CONOR ASHTON			
ARCHIBALD	20		3
ACTON	10		1
SALKOFF(NEED CHECK)	10		163
HELGLERO	51		164
SOURBEER(NEED CHECK)	20		165

GRAU(NEED CHECK)	60	166
STOLL (NEED CHECK)	10	221
PHILLIPS(NEED CHECK)	25	222
ASHTON	25	223
TOTAL	231	

SAM BRYAN		
DEITSCH	75	6
ADLER	30	2
WENTZEL	10	77
BRYAN	30	173
BELLERA(NEED CHECK 55, NOT 50.50)	10	174
COOPERSMITH/ANTONIEWICZ	10	175
BALLARD(NEED CHECK FOR \$44)	18	176
HARRJE	10	177
SNOW	20	178
ROSENBAUM	50	179
GRUNENFELDER	50	180
JONES(NEED CHECK)	25	181
TOTAL	338	

ANDREW CAVANAUGH		
PULLOCK	20	279
WISE	10	280
ASHWORTH	20	281
NICHOLS	100	282
BAISE	30	283
CAVANAUGH	10	368
FARLEY (NEED CHECK)	25	
BARBIERO	50	369
MOHAMMED	10	367
MAURER(NEED ORDER/CHECK)		
CASH DONATIONS	23	
TOTAL	285 + 23 DONATION	

GREG CAMPBELL-COHEN		
WELLS	10	213
WINSOR	50	214
QAZI	20	215
PRABHU	10	216
OTTENHOFF	25	217
FRANCIS	10	218
CAMPBELL	70	219
HOUSTON	10	220
HACKER DONATION	20	

TOTAL		205 + 20
DANIEL CHOPPA		0
DANNY CHOVIL		
CHINN	10	100
GOVAN	20	101
TAISHOFF	20	102
SARGENT	10	103
OHR	10	104
BOLANOS	15	105
LICHTENBAUM	100	106
EISERMAN	15	107
TOTAL		200
ALBREY DE CLERCK	15	232
KELLY	12	233
DE CLERCK	10	234
EKSTEEN	30	235
DE CLERCK(NEED CHECK)	50	325
HUNT(NEED CHECK)	80	340
TOTAL		197
CHRIS DOBSON		
ZYSK	15	298
CALLAHAN	10	299
DOBSON	10	308
MCALPINE 3 BAGS – NEED TO CALL ME ON THIS!!!		
TOTAL		38
JACK DUNN		0
MICHAEL FREEMAN		
KAVALER	12	11
FREEMAN	15	36
TALENS	12	52
SUNDERHAUF	15	109
TRIBLE	20	125
KURASZ	55	154
BURNS	190	157
MASON	50	357

VANS	10		360
LA NASA DONATION		25	
PILCHER DONATION		25	
KLARMAN DONATION		50	
LESHER		50	

TOTAL		379 + 150 DONATIONS	
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ANDY GILMER			
COLLINS	25		29
CONDELLO (NEED ORDER/CHECK)		70	
COLLINS DONATION		25	

TOTAL		95 + 25 DONATIONS	
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ALEX GLENN			
GLENN	10		143
BRITTON	20		160
JOHNSON	10		161
SEIFERT	10		144

TOTAL		50	
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ADAM GOLD			
GOLD	18		88
CELEC	30		89
KIRCHER	10		90
GEE	50		91
PARTIGAN	20		92
LUTZ	25		93
HARRIS	20		94
GHEBLAWI	10		95
ANNAND	10		96
SUTHERLAND	25		170
WOOD	25		171

TOTAL		243	
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MATT HALE			
LYNN	50		37
ANDREWS	60		38
RICHER	25		39
TISCIONE	15		156

TOTAL		150	
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KRIS HOBBS			
FANDELL(NEED CHECK)	40		85
BRANIGAN(NEED CHECK)	30		86

HOBBS	50		244
BERTSCH(NEED CHECK)	15		326
TOTAL		135	

ZACH JOHNSON			
ORDERS TO COME	60		
TOTAL		60	

BEN KELLER			
HUTCHINSON	130		27
HARRINGTON	15	17.50 DONATION	51
HYMES	50		87
GIDLEY (NEED ORDER/CHECK)	50		
TOTAL		245 + 17.50	

HAROLD LEE			
BODSON		50 + 10.00 DONATION	119
TOTAL		50 + 10.00	

BEN MACKE			
MACKE	50		295
GNADT	50		296
TOTAL		100	

DAVID MARTIN			
MARTIN	30		286
TOTAL		30	

SAMARTH MOHAN			
TRAINER	70		30
TOTAL		70	

BILLY MULLIGAN			
MULLIGAN	10		309
UZER	40		310
RYMARCSUK	10		311
STIFEL	10		312
TOTAL		70	

TEDDY MUNDY

DANIELS	25	300
ENOCH	15	301
KOTSCHWAR	10	302
TUFTS/KLEVENO	32	303
SULLIVAN	20	304
MCLAUGHLIN	10	305
HECK	35	306
JACKSON/GEER	50	307
MUNDY	10	380
JACKSON/GEER DONATION	25	
OBRIEN DONATION	15	
CASH DONATIONS	15	
TOTAL		207 + 55 DONATIONS

ANTON NEKHAI		
SHAKE	10	55
GORDEUK	25	69
NEKHAI	20	70
BROOKS	10	82
MEANEY	10	83
JANSSEN	30	108
SHERO	10	313
BURSON DONATION	55	
TOTAL		115 + 55 DONATION

SCOTT O'CONNELL		
BUTTARAZZI	25	314
DALY	10	315
FOWLER	18	316
OVERBY	12	317
GAO/SHI	10	318
KANIUT	30	319
OCONEILL	25	320
DESSEL	10	321
KIM(NEED CHECK)	25	379
TOTAL	165	

PARSA RAFATIAN		
KENWORTHY	20	62
LAKMAZAHARI/NAGHAVI	20	64
OWEN	15	63
DELVOIE	30	66
MOORE	10	65
KITSON	100	67
FAN/WU	10	68

CARDWELL	30		56
DAVEY	10		57
BROWN	50		58
WILLIAMS	10		59
PELEG	10		60
OSULLIVAN	10		61
BROSNAN	10		111
TOTAL		335	

JORDAN SAFFER			
LOCKHART	40		113
ARUNDEL	10		114
KLEIN	20		115
JOHNBRIER/GARVIN	20		135
SAFFER	50		250
VARGA	10		251
MORRIS	20		252
BETANCOURT	15		253
WALTERS	30		254
ODONNELL	10		255
PEREZ (NEED CHECK)	10		328
TOTAL		235	

DREW SANDERS			
SANDERS	40		18
LEONARD	60		14
SEMEDO	15		19
DAVIS	55		84
SHAPIRO	20		145
BOGART	28		136
TOTAL		218	

JOE SMITH			
JONES	20		122
RICHARD A/C	100		199
GEIGER	20		200
MINUTOLI	30		201
COLLINS	10		202
HECHT	15		203
NIELSEN	25		204
SMITH	15		205
MONTGOMERY DONATION		25	
GEISLER DONATION		20	
TOTAL		235 + 45 DONATION	

MIKEY TAPSCOTT (ORDERS/CHECKS TO COME)		195
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GREG THIES THIES(ORDER/CHECK)	70	
TOTAL		70

NICK TOBAT		
WILCOX	20	245
CONN	12	246
HUFFORD	30	247
KEENS	20	248
GELBURD	10	249
BLACKBURN(NEED CHECK)	15	327
TOTAL		92

CHRIS VIGNALI		
CALLANDER	30	4
CAPP	25	224
PISHNER	10	225
BLACK	10	226
KODRES	20	227
VIGNALI	15	228
AHEARN	30	339
MCCAULEY DONATION		25
SCHULTZ DONATION		20
TOTAL		140 + 45 DONATION

ALEX WERNER		0
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SEBASTIAN ZAVOICO		
KNEBEL	40	12
ZAVOICO	50	21
KARL	15	25
MASSERY	25	40
MALONE	30	41
YOO	25	120
ZIMMER	160	121
KIMBLE	15	239
HUGHES	25	240
SCHWAN	10 + 20 DONATION	241

SUNG	15	242
LONGWELL	50	243
STAY	70	334
TOTAL		530 + 20 DONATION

ALEX ZHAO	0
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UNCLAIMED ORDER – IF THIS IS YOU, LET ME KNOW!!!	
GIBBONS	25
	297

GIRLS TOTAL	6419 + 448.00
BOYS TOTAL	5760 + 525.50
SALPEAS SPECIAL ORDER	500
SALPEAS SPECIAL ORDER	175
UNCLAIMED ORDER	25
TAPSCOTT ORDER QUESTION	15
TOTAL	12894 + 973.50 DONATIONS
	85% OF OUR GOAL

RIGHT NOW, CAMMIE MEADE AND SEBASTIAN ZAVOICO ARE OUR GIRLS AND BOYS LEADERS – REMEMBER, THERE ARE PRIZES INVOLVED!!!

TOTAL BAGS AVAILABLE	13,440
TOTAL ORDERED ACCOUNTED FOR	12,894
TOTAL LEFT TO SELL	546