



# McLean Crew

Weekly News

March 31, 2009

## ***Dates to Note:***

**April 3 (Friday) ~ April 10 (Friday):** Spring training camp (Camp Cooper, South Carolina)

**April 11 (Saturday):** Smokey Jacobs Regatta (Occoquan)

**April 14 (Tuesday):** General Membership Meeting, MHS Cafeteria, 7:30 pm

**April 17, 18 (Friday, Saturday):** ISA Lake Mercer Sprints (upper boats)

**April 18 (Saturday):** Darrel Winslow Regatta (Occoquan, lower boats)

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## ***Membership Fees***

The third installment of membership fees is now due. If you haven't already paid your fees, please plan to pay them by PayPal (from the McLean Crew website) or by sending a check to McLean Crew Club, P.O. Box 7104, McLean, VA 22106-7104. If you have any questions, please contact Regina O'Hare at [regina\\_ohare@yahoo.com](mailto:regina_ohare@yahoo.com).

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## ***Chaperones Wanted for Spring Break Training Camp***

Following is a message from Karen Bush on the upcoming spring training:

Spring Break Training Camp is a chaperoning opportunity that is different than the out-of-town regattas. The chaperone responsibilities are mellow at spring break. There is no pressure to get an entire boat to a race course on time at the crack of dawn. When the kids are on the water you can use your down time reading a book, sitting in the sun, riding in the launch with the coaches (invitation only). You are offered a unique opportunity to learn about the sport and observe the coaches and the rowers from a fly on the wall vantage point. You will have the time to get to know your rower's boat mates and the rest of the team in a way that is not afforded during the regular competitive season. The club "rewards" your personal sacrifice with all expenses paid for the chaperone (room, board and travel that is). The fee for rowers this year will be \$450 and the packet of information will be arriving soon. This is our 3rd year attending Camp Cooper and for the past 3 years 5 parents have chaperoned every year and this year those chaperones are parents of seniors. (John DaCrema, Linda Layman-Peterson, Lisa and Robin Russell and me). I would like to take advantage of their veteran expertise and pair them up with some of the underclassmen parents to learn the ropes. In addition, the position of Spring Break Coordinator will open up next year so if you are interested in stepping up to this post I will also provide on the job training. (It also earns points towards your dues commitment). So if you enjoy the great outdoors, pasta and Walmart please contact the Spring Break Training Camp Coordinator, Karen Bush for more details [alaskan.raven@yahoo.com](mailto:alaskan.raven@yahoo.com) or 703-473-9140.

Camp Cooper packets have been distributed to the rowers over the last several days. Parents, if you have not already seen the packet, please check with your rower ASAP, since a fast turn around of the forms/payment is required.

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## ***Regatta Schedule***

Congratulations to Men's First Eight for placing third in their heat at the Polar Bear Regatta!  
ISA Lake Mercer Sprints (April 17 and 18): Women's 1<sup>st</sup> Eight, Lightweight Eight  
Men's 1<sup>st</sup> Eight, Double, Lightweight Four  
Darrel Winslow Regatta (April 18): Women's 2<sup>nd</sup> Eight, Novice Eight  
Men's Freshman Eight

Please be on the lookout for details from Karen Bush.

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## ***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**

- Long-sleeve tech shirt, no zipper, size Medium – Forgotten at one of the regattas last year.  
The owner is asked to contact Lizzy Parker.
- The owners of following items found over the mulch weekend are asked to contact Carol Sanders at 703 847 9409.
- 1 pair black sunglasses with rhinestones on side
  - 1 red Mclean hooded sweatshirt, size Large
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## ***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.

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## ***Regatta Volunteers Needed to Fill Positions!***

As was announced at the general meeting on March 10, VASRA has assigned McLean Crew Club specific regatta volunteer slots for the spring season. Each family is asked to sign up for one volunteer slot, referring to the separate Excel sheet listing the slots that the Club must fill, by contacting Lisa Russell at (703)536-0153 or at [russ4bunch@aol.com](mailto:russ4bunch@aol.com). You may also indicate your preference on the Excel sheet and e-mail it back to Lisa. Please note that some slots are already filled, since sign-up began in January.

Some important notes:

- These VASRA assigned volunteer jobs involve prep work for our local (Occoquan and Georgetown) regattas and are separate from the point-rewarded McLean Crew volunteer jobs.
- Regatta volunteer positions are essential for the smooth and safe running of the regatta. A club is fined \$50 for any failure to fill an assigned slot, including no-show.
- Volunteers will be contacted with job confirmation and description.
- Please remember that it is a **requirement** that each family sign up for one regatta position during the season.

The following is the list of families that have already signed up for/fulfilled their regatta/workday volunteer commitment:

Arnold	Fisher	Leshner	Saffer
Beougher	Frazee	Meade	Salmon
Bugel	Geithman	Mulligan	Sanders
Cadden	Given	Murray	Skinner
Cohen	Glauber	O'Hare/DaCrema	Warren
De Clerck	Hale	Parker	Wentzel
Devlin	Heile	Peterson	Wheeler
de Jongh/Kerruish	Kaston	Planas	Venter
Durham	Keller	Russell	Youssef

Many thanks to the following regatta volunteers from this past weekend, who showed up to support and work for McLean Crew Club despite their rowers having the day off - Tom Devlin (season-long permanent volunteer), Kent Arnold, and Joe Glauber. Thanks also to Jeff Leshner who filled a much-needed concession position that was left vacant by another club. Thanks so very much for your work and support!

Volunteers for our next regatta, the Smokey Jacobs April 11, following closely upon our return from our spring break trip, are as listed below. Please contact Lisa Russell (703)536-0153/cell (703)969-4656 as early as possible if you are unable to fill your position. We continue to need families who have not yet signed up, to do so. We need alternates listed for each position, so please sign up today if you haven't!

Volunteers for the Smokey Jacobs Regatta at the Occoquan on April 11:

Start: 10:00am

- |  |                       |
|--|-----------------------|
| 1. Finish Line Timer – 9:00am ~ 12:30pm:               | Eric Fisher           |
| 2. Helper - Set up – 6:00am ~ done:                    | David Salmon          |
| 3. Money Collector - Park entrance – 6:30am ~ 10:30am: | Linda Layman Peterson |
| 4. Stakeboat Holder – 8:30am ~ 12:30pm:                | Mark Sanders          |

Alternates: Allison Mulligan

REMINDER: PARKING IS TIGHT AT THE OCCOQUAN. VOLUNTEERS, PLEASE ALLOW TIME TO PARK, WALK TO THE VOLUNTEER SIGN IN (on the way to the water, across from the boathouse, near the restrooms/concessions), and SIGN IN AS A REGATTA VOLUNTEER.

The Occoquan/Sandy Run Regional Park  
10450 Van Thompson Rd  
Fairfax Station, VA 22039  
(Driving directions to the Park are attached for your convenience.)

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## **Out of Town Regattas -**

Following is a message from Karen Bush on out-of-town regattas:

We will be participating in part or as the entire team (depending on practice attendance and boat performance during the regular season) in the following regattas in New Jersey and Philly. I will provide more travel details about these events after mulch weekend. If you are available to chaperone any of these events please contact Regatta Chair, Karen Bush [alaskan.raven@yahoo.com](mailto:alaskan.raven@yahoo.com) or 703-473-9140. If you are unable to chaperone but would like to go as a spectator I typically include extra discounted hotel rooms in our hotel block so if you will require a room please contact RC, Karen Bush as well. The rooms are assigned on a first come first serve basis and sell quickly. And you guessed it - the position of Regatta Chair will also open up next year as I am graduating. (woohoo) The Regatta Chair is a Board position and requires arranging the travel, hotel, food and chaperone requirements for ISA Sprints, Stotesbury and Nationals. For the most part it comes with the players already in motion (Next year Nationals will be held

in Saratoga Springs). This position also earns point towards your dues commitment and if interested I can provide hands on training if that is to your liking.

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### ***Volunteers Needed***

The Club is looking for adult volunteers to assist with:

- 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. If interested in the above positions, please contact a Board member.

In addition, the position of Transportation Coordinator will be open next year. The position requires you to arrange a daily travel contract with a commercial bus company (W&S Tours has worked with the club's budget parameters for the past 3 years) and requires you to be available for communication with Bobby/Chris in the morning either directly or by voicemail and then get a blast email to the membership and school contacts.. This position earns points towards your dues commitment. If you are interested please contact Transportation Coordinator, Karen Bush [alaskan.raven@yahoo.com](mailto:alaskan.raven@yahoo.com) or 703-473-9140 for questions and details.

### ***VASRA Volunteers***

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

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### ***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](http://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](mailto:meadeoram@comcast.net) or 703-536-7220.

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### ***Summer Rowing Camps!!***

Summer rowing camps are offered by a number of universities and organizations, if your rower or coxswain is interested in honing their skills over the summer. While it seems too early to start thinking about the summer, now is the time to register since popular rowing camps tend to fill very quickly.

Attached for your information is a pdf file introducing the University of Michigan Rowing Camp recommended by Steve Keller. If there are other rowing camps that you would like to recommend, please let us know.

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## ***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>

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## ***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>

## Directions from McLean High School to the Occoquan/ Sandy Run Regional Park

(Can take either 123 S or 495 S to 95S to Lorton Exit- takes about 40 minutes without much traffic)

WATCH SPEED AS HEAD INTO PARK.

THERE WILL BE A PARKING FEE (LAST YEAR \$10); CARPOOL IF POSSIBLE.

- 1: Start out going NORTH on DAVIDSON RD toward HAMEL HILL CT.  
0.2 mi
- 2: Turn LEFT onto CHAIN BRIDGE RD. 0.6 mi
- 3: Turn RIGHT onto GREAT FALLS ST/ VA-694 0.2 mi
- 4: Turn LEFT onto VA-123 S/ DOLLEY MADISON BLVD.  
Continue to follow VA-123 S. 1.2 mi
- 5: Merge onto I-495 S/ CAPITAL BELTWAY toward RICHMOND/ ALEXANDRIA  
10.0 mi
- 6: Merge onto I-395 S via EXIT 57A toward I-95 S/ RICHMOND  
1.6 mi
- 7: I-395 S becomes I-95 S. 5.7 mi
- 8: Take the VA-642 exit, EXIT 163, toward LORTON 0.4 mi
- 9: Turn RIGHT onto LORTON RD/ VA-642 1.2 mi
- 10: LORTON RD/ VA-642 becomes VA-611/ FURNACE RD. 1.0 mi
- 11: Turn RIGHT onto OX RD/ VA-123 N. 1.3 mi
- 12: Turn LEFT onto VA-647/ HAMPTON RD. 0.9 mi
- 13: Turn SLIGHT LEFT onto VAN THOMPSON RD. 0.4 mi
- 14: Turn LEFT to stay on VAN THOMPSON RD. 0.5 mi
- 15: End at 10450 Van Thompson Rd Fairfax Station, VA 22039

Estimated Time: 37 minutes      Estimated Distance: 25.09 miles

10450 Van Thompson Rd  
Fairfax Station, VA 22039



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!!!

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](mailto:mncsanderson@verizon.net).