



McLean Crew

Weekly News

March 16, 2009

Dates to Note:

March 20 (Friday) ~ 22 (Sunday): Mulch Sale Fundraiser

March 28 (Saturday): Polar Bear Regatta (Sandy Run; varsity boats only)

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

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

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.

Ergathon Results

The total amount of pledges and donations collected so far from the event this year is **\$11,455**. Congratulations to all the rowers for a job well done! Although this figure is slightly short of the Club's goal of \$12,000, it is not the final number. We are still waiting for a few rowers to turn in their pledge money. Rowers who have not turned in their pledge money are asked to turn it in as soon as possible.

Mulch Madness 2009 – Sales Update – Delivery Weekend Ahead!

Thank you Rowers for your hard work and success selling mulch! **All Orders are Due Now** - Deliver your orders/payments to Carol Sanders at 2105 Crofton Place, Falls Church 22043; phone: (703) 847-9409.

With sales 10,221 bags, we are very close to our club goal of 12,000 bags; so please **Follow up** with your customers; **Pick up** their orders/payments if they've not already mailed them in; **Turn in** your orders/payments and donations. **Should you receive any orders this week, please call Carol Sanders or Lisa Russel before denying them.** It may still be possible to accommodate additional orders.

For any questions, please contact Lisa Russell at (703)536-0153

Delivery Weekend Information

The Crew Club's Mulch Sale is the club's largest annual fundraiser. Because of the effort involved in receiving and delivering 12,000 bags of mulch over one weekend, it is absolutely MANDATORY that all rowers work three shifts; and, additionally, a family (adult member) work three adult volunteer shifts. **If you haven't already signed up to volunteer, please contact Elizabeth Lockhart at ealockhart10@yahoo.com** to sign up for any of the listed positions.

Weekend of Delivery: Saturday, March 21 and Sunday, March 22

Times of Shifts: (1) Saturday 7am-1pm (2) Saturday 1 pm- 7pm
(3) Sunday 8 am- 1pm (4) Sunday 1 pm- 6pm

Adult Volunteer Positions:

Mulch Delivery Truck Driver, Navigator, Forklift Operator *, mulch-yard work, chase car driver, yard clean-up, mulch loading * requires training

Positions still needed to be filled:

SHIFT 1 - Saturday AM Shift 7am-1pm

Recovery - 1
Truck Loader - 1

SHIFT 2 - Saturday PM Shift 1pm-7pm

Navigators - 1
Chase Car Drivers - 2
Forklift Operators - 2 (shift 1.30-7.30pm)
Recovery - 3
Truck Loader - 3

SHIFT 3 - Sunday AM shift 8am - 1pm

Truck Drivers - 1
Navigators - 2
Forklift Operators - 1 (shift 8.30am - 1.30pm)
Recovery - 1
Truck Loader - 3

SHIFT 4 - Sunday PM shift 1pm-6/7pm

Truck Drivers - 3
Navigators - 2
Forklift Operators - 2 (shift 1.30pm - 6.30pm)
Recovery - 4
Truck Loader - 2

Sunday end of day: **Yard Clean-up, also assist in returning trucks - need 4**

Rowers:

Rowers are required to sign up to work three shifts unloading bags mulch delivery weekend, Saturday March 21 and Sunday March 22. Very few rowers have signed up for their shifts. Rowers are asked to sign up ASAP by e-mailing as follows:

Rowers with last names starting with A-J: Mr. Leshner at jeff1261@gmail.com

Rowers with last names starting with K-Z: Mr. or Mrs. Wentzel at rgrwntzl@hotmail.com

Supplies Needed for Mulch Delivery Weekend

Mulch Volunteers, please bring items you might need for your shift/job with you on the delivery weekend (e.g., box cutters, work gloves, brooms, street guides etc.)

Also Needed:

- Duct Tape (to repair torn bags)
- Box Cutters (to remove plastic from pallets)
- Large Trash Bags

- Brooms for Yard Truck Recovery 3 push/ 3sweep
- Wheel Blocks 3 sets of 4
- Gas Blowers 2 to clean parking lot
- Diesel gas 3 five-gallon cans

Spring Break Training Camp

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

Once upon a time there were two radical, very tall cowboys who enjoyed competitive games on the water and they befriended this intelligent, relatively attractive Native American woman with a great sense of humor. The cowboys told the intelligent Indian woman of this magical place of carbohydrates and thin mattresses and explained to her the benefits of taking 63 teenagers on a 7 hour journey and spending 7 days and 7 nights teaching them to row. The Native American woman contemplated this radical idea and smiled at the cowboys and said, "We are going to need some help". The cowboys were happy, for the moment.

Spring Break Training Camp is a chaperoning opportunity that is different than the out-of-town regattas. The chaperone responsibilities are mellowed 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 of 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 or 703-473-9140.

Please be on the lookout for the spring camp packet to be distributed to the rowers shortly.

Daily Practice Transportation

Assuming the weather cooperates, the adjustment to on the water practice will prove to be a smooth transition. The debut of the spring season means the winter practice schedule no longer applies. All rowers are required to be at practice every day. Rower's attendance will directly affect their placement in a boat. Individual participation demonstrates your commitment to the boat and your appreciation to your coach's efforts. No one person's time is any more valuable or important than any other person's - all rowers and coaches have made serious life style adjustments to be at practice and a single absence has a huge impact on many people.

Weather conditions dictate if we will have on the water practice. The coaches make the decision by 10am the day of - if water practice has to be canceled. Why 10 am? - If we cancel bus service by 10am they allow us a credit service day. This does not mean that practice is canceled - it means that the water is unsafe. Our coaches are coaches not meteorologists so they make the decision to the best of their ability. You may think the morning weather is questionable and the rowers shouldn't be on the water. The coaches

may decide to roll the dice that the afternoon weather will prove more favorable or despite the weather the coaches believe the rowers will benefit from a boathouse land practice.

This is how you can find out if we have on the water practice - check your morning emails for practice alerts, check our website for a posting, check the bulletin board at the activities office for a posting, check bobby's website for a posting, the least effective is the after school announcement, and finally if the bus is out front of the school after school - get on it because we have practice.

As the spring season progress and daily practice becomes a fluid habit you will hear from me less - we will adopt the theory that no news is good news. 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 or 703-473-9140 for questions and details.

Coaches Credentials -

We are fortunate to have a fleet of coaches that sacrifice their personal time with their families and employers to instruct our children in the fine art of rowing. Perhaps you are wondering what in their background propels them into the under paid and long hours of professional of coaching? Well - Chris and Bobby play the guitar, Morgan is the proud owner of a foofie puppy dog, Zach does ceramics, Leah's mom rides a motorcycle and Jax drives a 94 Corvette. 🚗

Seriously, our coaching staff bring impressive accomplishments and total dedication to this team. Our team Captains conducted interviews with each of our coaches and compiled biographies detailing their rowing background and their hopes for the team. Check out the Captains findings on our website at <http://www.mcleancrew.org/staff.html>

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.

McLean Crew Suplex Jacket Recall

The Suplex jackets ordered in December were made with black instead of red sleeves. The manufacturer, Boathouse Sports, is redoing the jackets. Beverly Keller will contact those who ordered the Suplex jackets to exchange them with new jackets as soon as they arrive from Boathouse. Any questions, contact Beverly Keller at usna73@gmail.com.

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.

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. Some of the volunteer work involve setting up the Occoquan course in preparation for the competitive season. The remainder of the positions directly supports the regattas.

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

Thanks so much to Shanti de Jongh, Harold Durham, Jeff Given, Melissa Frazee, and Doug Hale for their volunteer work at the Occoquan!

Please contact Lisa Russell (703)536-0153 to sign up for a volunteer position/as an alternate, or for questions/correction.

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 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.

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.

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.

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

The golf tournament that had been scheduled for April 16 to raise funds to cover the cost of the new Occoquan race course has been cancelled for various reasons, including the current economic situation.

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!!!

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.