



McLean Crew

Weekly News

April 20, 2009

Dates to Note:

- April 25 (Saturday):** Charlie Butt Regatta (Potomac)
- May 12 (Tuesday):** General Membership Meeting, MHS Cafeteria, 7:30 pm
- May 2 (Saturday):** Ted Phoenix Lower Board Championship (Occoquan)
- May 9 (Saturday) :** Virginia Scholastic Rowing Championship (Occoquan)

Membership Fees

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

Lake Mercer Sprints/Darrell Winslow Regatta Results

The Club split into two groups this weekend, with the varsity boats competing in the Lake Mercer Sprints and the JV and novice boats competing in the Darrell Winslow Regatta. All boats gave their best and performed well. The entire Club will be competing together at the Charlie Butt Regatta on the Potomac this weekend on April 25th.

Lake Mercer Sprints – April 17 and 18

Event	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Men's 2nd Doubles Final 02	Steel City Rowing Club - A	Hylton High School - A	North Allegheny Rowing Assoc. - A	Malvern Prep. School - B	Friends Academy - B	McLean High School - A	Don Bosco Prep - A
	(5) 6.02.81	(7) 6.21.62	(3) 5.42.68	(1) 5.23.43	(6) 6.04.19	(4) 5.56.87	(2) 5.33.31
Women's 1st Eight Heat 01	Greenwich High School - A	Mercer Jr. Rowing Club - A	Yorktown High School	Saugatuck Rowing Club - A	Pelham Community Rowing Assoc. - A	McLean High School - A	Annapolis Rowing Club - A
3 to final	(2) 4.53.33	(1) 4.51.30	(3) 4.53.62	(4) 4.57.02	(7) 5.18.68	(5) 4.58.36	(6) 5.08.24
Men's 1st Eight Heat 01	McLean High School - A	Robinson High School - A	Norwalk River Rowing Assoc. - A	Holy Spirit High School - A	Rye High School Crew - A	Salisbury School - A	Christian Brothers Academy - A
3 to final	(4) 4.34.79	(5) 4.37.07	(3) 4.33.41	(1) 4.24.85	(7) 5.19.13	(2) 4.28.85	(6) 4.45.91

Women's 2nd Eight Final 01	Robinson High School - A	Lawrenceville School - A	McLean High School - A	Mercer Jr. Rowing Club - A	Mount St. Joseph Academy - B	Nutley High School - A	
LW Eight competed as 2nd 8	(3) 5.08.85	(6) 5.42.92	(2) 4.59.39	(4) 5.10.60	(1) 4.57.60	(5) 5.12.70	

Darrel Winslow Regatta - April 18

Women's Freshman Eight Final		McLean	Langley	Woodson	Madison	W. Springfield	
		(1) 7.54.1	(4) 8.32.5	(2) 7.45.5	No time	(3) 8.26.5	
Men's Doubles Final		Jeb Stuart	McLean	Jeb "B"			
		(1) 6:07.1	(3) 6:45.7	(2) 6:22.7			
Women's 2nd Eight Final	W. Albemarle	Mercyhurst Prep	McLean	Sidwell Friends	Oakton	South County	
	(3) 6:30.4		(4) 6:31.9	(1) 6:16.7	(2) 6:26.2	(5) 6:48.4	
Men's Novice Eight Final		TC Williams	Langley	McLean	Forest Park		
		(3) 6.33.2	(4) 6:53.9	(1) 5:36.3	(2) 5:40.8		

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 Darrell Winslow Regatta – A red foldable chair from Dick's Sporting Goods. Contact Shanti at shantidej@aol.com or 703-356-8212. We will bring it to the Charlie Butt regatta April 25th.

From the Smokey Jacobs Regatta – The owners are asked to contact Mrs. Beverly Keller at 703-917-9184.

- Black ball cap - Callaway Golf
- Red athletic shorts (plain) - Jerseys size M
- Red hooded sweatshirt (plain) - Russell Athletics size L
- Grey sweatshirt - American Eagle size M
- Black sweatpants - McLean Crew size M
- 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.
- Coleman sleeping bag in a royal blue bag with no name on it – Please contact Mrs. Beverly Keller at 703-917-9184.

Mulch Weekend – The owners are asked to contact Mrs. Carol Sanders at 703-847-9409.

- 1 pair black sunglasses with rhinestones on side

- 1 red Mclean hooded sweatshirt, size Large

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. 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.

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 parents who have filled their regatta volunteer positions so far this season, including most recently Eric Fisher, David Salmon, Linda Layman Peterson, Mark Sanders, Randall Cohen, Louis Venter and permanent regatta volunteer Tom Devlin.

For this weekend's upcoming Charlie Butt Regatta, volunteers are as follows:

- Driver-set up 6:00am-done – John Mulligan*
- Driver-Marshall 7:30-11:30 am – Barbara Ryan*
- Driver-Marshall 11:00-end – Jim Bugel
- Driver-Referee 7:30-11:30am – Shanti de Jongh
- Driver-Referee 11:00am-done – *
- Driver-Safety 7:30-11:30am – Steve Keller
- Driver-Safety 11:00-end – -Joe Skinner

*to be confirmed

Please contact Lisa Russell (Russ4bunch@aol or at 703-536-0153) to sign up or with any questions/corrections/changes.

Out of Town Regatta Volunteers

The first out-of-town regatta of the season, ISA Lake Mercer Sprints, will be taking place this weekend, and we are in need of a parent (having a vehicle with a trailer hitch/towing capability) to tow the food trailer out to Lake Mercer. Also needed are a driver(s) to tow the trailer to any/all of the following: Stotesbury Regatta in Philadelphia, Nationals at Lake Mercer, and local (Georgetown and/or Occoquan) regattas. If interested/able to help, please contact Lisa Russell (russ4bunch@aol.com), Janice Johnson (janicecj@verizon.net), or Karen Bush (alaskan.raven@yahoo.com).

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 positions of Transportation Coordinator, Spring Break Training Camp Coordinator, and Regatta Chair will be open next year. All three positions earn points towards your dues commitment. If you are interested please contact Karen Bush 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 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 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.

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.

The University of Michigan Rowing Camp comes recommended by Steve Keller. Since the mass mailing system is indicating that the PDF file introducing the Camp is too large to be sent, please access their site at www.umich.edu/~rowblue/camp for details. If there are other rowing camps that you would like to recommend, please let us know.

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.