



McLean Crew

Weekly News

April 27, 2009

Dates to Note:

May 2 (Saturday): Ted Phoenix Lower Boat Championship (Occoquan)

May 9 (Saturday) : Virginia Scholastic Rowing Championship (Occoquan)

May 12 (Tuesday): General Membership Meeting, MHS Cafeteria, 7:30 pm

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.

Charlie Butt Regatta Results

The Club competed as one this weekend on the Potomac in gorgeous weather. Although the temperature was a little too high for the comfort of our rowers/coxswains, and the Women's 2nd Eight suffered the misfortune of rower injury in the midst of a race, all boats performed beautifully. Well done!

Photographs from the Charlie Butt Regatta

(http://gat.smugmug.com/gallery/8021435_v7Ecb/1/521799477_ZbxPc)

as well as the Darrel Winslow and Smokey Jacobs Regattas

(http://gat.smugmug.com/gallery/7953891_rkGBd/1/517230173_Mx6gc)

are now available online, courtesy of Greg Thies. The password is: go_mhs_crew

Charlie Butt Regatta Results – April 25

Event	Lane 1	Lane 2	Lane 3	Lane 4
Men's 1st Eight – Heat A	West Potomac	McLean	Wilson	Yorktown
McLean to final	(4) 04:27.2	(2) 04:12.2	(3) 04:19.4	(1) 04:04.7
Women's 1st Eight – Heat B	Sidwell Friends	McLean	W. Potomac	
McLean to final	(2) 04:58.7	(1) 04:43.9	(3) 05:07.4	
Women's 2nd Eight – Heat B	O'Connell	Yorktown	McLean	
McLean to final	(3) 05:18.2	(1) 04:47.2	(2) 04:59.7	
Women's 1st Eight – Grand Final	Washington Lee	TC Williams	McLean	Yorktown
	(4) 04:47.3	(1) 04:40.4	(2) 04:42.5	(3) 04:44.6

Men's 1st Eight – Final	TC Williams	Yorktown	Washington Lee	McLean
	(4) 04:25.2	(1) 04:13.0	(3) 04:18.5	(2) 04:17.5
Men's Freshman Eight – Final A	Yorktown	TC Williams	Wilson	McLean
	(3) 04:45.4	(2) 04:44.2	(4) 05:22.5	(1) 04:42.8
Women's Freshman Eight – Final D	McLean	Wash-Lee	Yorktown	
	(2) 05:22.7	(1) 05:11.9	(3) 05:34.4	
Women's Light Eight – Final	Yorktown	TC Williams	McLean	
		(2) 05:12.9	(1) 05:11.9	
Women's 2nd Eight – Final	McLean	TC Williams	Yorktown	W-L
	(4) 05:49.1	(1) 05:04.8	(3) 05:09.9	(2) 05:08.0

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 the **Charlie Butt Regatta**

- 13mm Craftsman wrench (Please contact Beverly Keller at 703-917-9184.)

From the **Smokey Jacobs Regatta**

- One red *Dick's Sporting Goods* canvas folding chair (Please contact Shanti de Jongh at 703-356-8212 or 571-225-1205)

Please contact Mrs. Beverly Keller at 703-917-9184 for the following items.

- 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)

From the **mulch weekend** (Please 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

Since there still are some positions remaining to be filled, please sign up if you haven't already. If the available positions do not work for you, please sign up as alternates for positions that do.

Thanks to the many parents who helped out with this past weekend's Charlie Butt Regatta as regatta volunteers: John Mulligan, Christine Bader, Barbara Ryan, Jim Bugel, Shanti de Jongh, Johan de Clerck, Steve Keller, Joe Skinner, Regina O'Hare, and permanent staff member, Tom Devlin. We couldn't have done it without you! Also, ALWAYS appreciated are Janice Johnson and Melissa Tobat, and the many additional parents who stepped up to help with the food tent, as well as photography and general support. Thanks to Coaches, Rowers, Coxswains – Great Team Effort!

FOR THE UPCOMING TED PHOENIX REGATTA, we still have one unfilled position for a freshman/novice parent (or two parents to share).

Regatta Volunteer Positions for this weekend -Ted Phoenix Regatta, on the Occoquan, are as follows:

Money Collector – Van Finish, 7:30am ~ done	(POSITION NEEDS TO BE FILLED by parent/2 parents sharing job)
Concession – Finish, 6:30 ~ 10:30	Linda Boegher
Helper Set Up, 5:30am ~ done	David Heile

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.)

Interested in Being Involved in Next Year's Club?

Thanks to many of you who have expressed interest in becoming more involved in McLean Crew Club for the coming year. Many positions will be opening up on the Board and various committees as our seniors graduate, taking their parents along with them.

Positions that will be available next year include Transportation Coordinator, Spring Break Training Camp Coordinator, and Regatta Chair. All three positions earn points towards your dues commitment. If you are in any of these positions, please contact Karen Bush alaskan.raven@yahoo.com or 703-473-9140 for questions and details.

Please feel free to contact Lisa Russell (703-536-0153/russ4bunch@aol.com) or any current board/committee member or volunteer about other available opportunities, what they entail, and how you can be involved. Thanks so much!

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>

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 mncsanders@verizon.net.