



McLean Crew

Weekly News

April 13, 2009

Dates to Note:

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

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

April 18 (Saturday): Darrel Winslow Regatta (Occoquan)

April 25 (Saturday): Charlie Butt Regatta (Potomac)

General Membership Meeting/Membership Fees

The general membership meeting for the month of April will take place on Tuesday, April 14, at 7:30 in the MHS cafeteria. Please plan to attend.

Also, 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.

Smokey Jacobs Regatta Results

Thanks to the week-long training at Camp Cooper, all of our rowers performed strongly at our first all-out regatta of the season in spite of the wind, rain and cold. Unfortunately, men's lightweight four scheduled for later in the afternoon was cancelled due to adverse conditions. McLean did very well overall, and it looks like we have another great season ahead of us. The results for the boats that were able to compete are as follows.

Smokey Jacobs Regatta – April 11

Event	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
1st Men's Eight Heat A		Forest Park	Oakton	Thomas Jefferson	McLean	South Country	
3 to final		(5) 5:43.2	(3) 5:17.8	(1) 5:13.7	(2) 5:14.1	(4) 5:19.9	
1st Women's Eight Heat A		Forest Park	Woodbridge	Thomas Jefferson	South Country	McLean	
3 to final		(4) 6:24.3	(3) 6:13.1	(2) 5:58.2	(5) 6:36.7	(1) 5:49.7	
1st Men's Eight Final	Oakton	Woodson	Thomas Jefferson	W. Potomac	McLean	Mt. Vernon	
	(1) 5:16.4	(4) 5:31.0	(3) 5:23.1	(6) 5:41.5	(2) 5:19.4	(5) 5:31.6	

Women's 1st Eight Final	Woodbridge	W. Springfield	McLean	Oakton	Thomas Jefferson	Lake Braddock	
	(5) 6:22.8	(4) 6:08.3	(1) 5:50.4	(2) 5:55.8	(3) 6:00.0	(6) 6:34.3	
1st Men's Eight Final	Lake Braddock	S. County	T Jefferson	Robinson	McLean	W. Springfield	
	(4) 5:06.5	(5) 5:11.6	(1) 4:50.6	(3) 5:02.3	(2) 5:00.0	(6) 5:12.0	
Men's Freshman Eight Final	Woodson	Oakton	Woodbridge	Thomas Jefferson	McLean	W. Springfield	
	(3) 5:37.7		(4) 5:41.0	(2) 5:32.7	(1) 5:28.0	(5) 5:57.8	
Women's Freshman Eight Final	Woodson	Gloucester	McLean	Lake Braddock	W. Springfield	W. Potomac	
	(4) 6:38.2	(1) 6:11.3	(6) 7:05.8	(3) 6:27.5	(4) 6:38.2	(2) 6:27.2	
Women's 2nd Eight Final	Oakton	Woodbridge	Thomas Jefferson	McLean	Lake Braddock	W. Springfield	
	(3) 5:17.1	DNS	(1) 4:59.3	(4) 5:18.9	(5) 5:30.5	(2) 5:06.7	
Women's Light Eight Final			Woodson	Woodbridge	McLean		
			(3) 6:11.4	(2) 6:03.6	(1) 5:24.8		

Regatta Schedule for the Week of April 13

ISA Lake Mercer Sprints (April 17 and 18): Women's 1st Eight, Lightweight Eight
Men's 1st Eight, 2nd Double

Please see the e-mail from Karen Bush for details on the Lake Mercer Sprints.

Darrel Winslow Regatta (April 18): Women's 2nd Eight, Freshman Eight
Men's 1st Double, Freshman Eight

Details on the Darrel Winslow will be communicated to the rowers by the coaches.

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

From Camp Cooper

- A black and gray circular electronic device (speakers for an iPod?); found in Mr. DaCrema's van. Will the owner please send an email to Mr. DaCrema: john_dacrema@hotmail.com
- 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.

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.

REMINDER: Parking it 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.)

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 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.