



McLean Crew

Weekly News

March 9, 2009

Dates to Note:

March 10 (Tuesday): General Membership Meeting, MHS Cafeteria, 7:30 pm

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

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

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

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

General Membership Meeting

The general membership meeting for the month of March will take place on Tuesday, March 10, at 7:30 in the MHS cafeteria. Please plan to attend as it will be one of the most important and informative meetings of the year. Subjects to be covered include, in addition to general information:

- On-the-water practice and regatta routine
- Spring camp
- Mulch sales and delivery

It will be a particularly good opportunity for novice parents to get informed and prepared for the upcoming events. If your rower has not turned in his/her mulch orders yet, they may be turned in at the general meeting.

Membership Fees

The third installment of membership fees comes due in March. If you haven't already paid your fees, please plan to pay them at the membership meeting, or by PayPal, or by sending a check to the PO Box. If you have any questions, please contact Regina O'Hare at regina_ohare@yahoo.com.

Mulch Madness 2009 – Sales – Week 4 Update – Last Week of Sales!

Thank you Rowers for your mulch sales' work so far!

All forms/payments are due to McLean Crew Club (p.o. box or Carol Sanders) by next Sunday, March 15. Rowers/parents, please turn in orders as you receive them in one of the following ways:

- (customers/rowers mail to) McLean Crew Club, P.O. Box 7104, 22106-7104
- Rowers can give to Mrs. Carol Sanders weekday afternoons before boarding bus to water practice, or at the crew trailers at school after land practice.
- Rowers can deliver to Mrs. Sanders at her home (2105 Crofton Place, Falls Church VA 22043; phone (703)847-9409)

Current sales are at 4,070. To reach our club goal of 12,000, we need each rower to reach the goal of 200+ bags. In our last week, we need to continue our sales' efforts- looking to anyone within our school district who can use high quality hardwood mulch at a great price!

Without your continued effort, rowers, we won't reach our club goal. **Copy** your flyers today; **Contact** your lead list customers, and anyone else you know in the area. **Ask** your neighbors and friends. **You can do it!** Do your part to help McLean Crew Club meet its goal of 12,000 bags of mulch.

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

Volunteer Information – Delivery

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.

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

Adult Volunteer Positions:

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

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

Positions still needed to be filled:

SHIFT 1 - Saturday AM Shift 7am-1pm

Truck Drivers - 3
Navigators - 5
Forklift Operators - 1 (shift 7.30am-1.30)
Recovery - 2
Truck Loader - 3

SHIFT 2 - Saturday PM Shift 1pm-7pm

Truck Drivers - 6
Navigators - 4
Chase Car Drivers - 6
Forklift Operators - 2 (shift 1.30-7.30pm)
Recovery - 3
Truck Loader - 4

SHIFT 3 - Sunday AM shift 8am - 1pm

Truck Drivers - 5
Navigators - 4
Chase Car Drivers - 2
Forklift Operators - 1 (shift 8.30am - 1.30pm)
Recovery – 3
Truck Loader - 4

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

Truck Drivers - 6
Navigators - 6
Chase Car Drivers - 2
Forklift Operators – 2 (shift 1.30pm - 6.30pm)
Recovery - 4
Truck Loader - 4

Sunday end of day: **Yard Clean-up, also assist in returning trucks - need 6**

Rowers:

Rowers are required to sign up (jeff1261@gmail.com) 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. Please contact Mr. Jeff Leshar today to choose your shifts or for any questions; all rowers will be assigned shifts.

Times of Shifts: (1) Saturday March 21 7am-1pm (2) Saturday March 21 1pm-7pm
(3) Sunday March 22 8am-1pm (4) Sunday March 22 1pm-6pm

Boys' and Girls' Conditioning Schedule

The long-awaited on-the-water practice has begun for both boys and girls. Because the practice schedule will now be subject to frequent changes, due to weather conditions and other factors, please be on the alert for instructions from the coaches and/or Karen Bush.

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/Occoquan Work Day Volunteers Needed to Fill Positions!

As was announced at the general meeting on January 13, 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.

Volunteer are needed for upcoming Occoquan work day, this Saturday, March 14, 9:00 am ~ 12:00 noon. Also the following is the list of families that have already signed up for/fulfilled* their regatta/workday volunteer commitment:

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

Please contact Lisa Russell (703)536-0153 to sign up for a volunteer position, or if you feel there is an error.. **This completed volunteer information is due to VASRA in the next few days so please sign up if you haven't yet.**

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.

- Avid golf players to participate in the golf tournament to be held on April 16 - The purpose of the tournament is to raise funds to cover the cost of the new Occoquan race course.

If interested in either of the above, 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.

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.

MULCH MADNESS 2009 SELLERS' GUIDE

The following is an outline of key information for all rowers regarding the annual Mulch Sale – McLean Crew's #1 fund raiser and absolutely essential to our success. In order for us to be successful, each of you needs to participate and contribute with effort, commitment, and passion.

- **Background –**

- » **Quota** – Each rower is expected to sell at least 200 bags of mulch
- » **Selling Period** – Today through Monday, March 16th with particular emphasis on the weekends of February 14-15 and 21-22 (get out there before the Boy Scouts!)
- » **Selling Area** – Each rower is being provided with a list of previous buyers to help jumpstart your effort. You also should work your neighborhood and any other contacts within our delivery area (see flyer)

- **Mulch Facts –**

- » A price list is included on the flyer (a hard copy of which is attached and a soft copy of which is being emailed to everyone on the Crew lists). ***We sell hardwood mulch in larger-than-average 3 cubic foot bags – a GREAT value!***
- » The ***delivery dates are Saturday, March 21st and Sunday, March 22nd***. We bring the mulch to them and place the bags on their property where they ask us to leave it – convenient, easy, clean (for them)

- **Selling “Do’s” and Tips –**

- » When selling in person,
 1. Wear something that says McLean Crew on it
 2. Take flyers with you (each family is asked to print or copy their own)
 3. SMILE – whether you're knocking on doors or speaking on the phone, a smile is your best selling technique
 4. Try to speak directly to your neighbors (versus leaving the flyer on their door – do not place in mail boxes!). If they are not ready to buy, ask them when you should come back
 5. When people do order, they need to pay by check or in cash at that time
 6. **MAKE SURE YOU TELL EACH PROSPECTIVE BUYER THAT YOUR TEAM RAISES ALL OF THE MONEY IT NEEDS TO OPERATE AND RECEIVES NO OUTSIDE COUNTY OR SCHOOL FUNDING**

- **Questions** – Please feel free to call on us with any questions so we all can get it right the first time:

- » **Sales** – Jeff Leshner (703) 442-4993 jefflesher@mac.com
- » **Pricing** – Regina O'Hare regina_ohare@yahoo.com
- » **Logistics** – Lisa Russell russ4bunch@aol.com