



McLean Crew

Weekly News

February 3, 2009

Dates to Note:

- February 4 (Wednesday):** Board of Directors Meeting, MHS Rm. 196, 7:30 pm
- February 7 (Saturday):** Ergathon
- February 10 (Tuesday):** General Membership Meeting, MHS Cafeteria, 7:30 pm
- February 21 (Saturday):** VASRA Coxswain Clinic (Thomas Edison High School)
- February 23 (Monday):** On-water practice to begin
- 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)

Membership Fees

Members are reminded that the second installment of membership fee (\$275, \$375, or \$475 depending on the option you have chosen) was due on January 6. Payment may be made in one of the following ways:
 By Mail: Mail your check, made payable to "McLean Crew," to the Crew mailbox at P.O. Box 7104, McLean, VA 22106

By credit card through PayPal: Check the McLean Crew website (http://www.mcleancrew.org/the_money.html) for how to pay your dues by PayPal.

If you have any questions, please contact Regina O'Hare at regina_ohare@yahoo.com.

Mid-Atlantic Erg Sprints

A message from Coach Gordon:

First - let me congratulate ALL the McLean Rowers for one of the finest performances I have ever seen in my 12 years of coaching at McLean High School.

Your stellar performances were unbelievable in your Never Say Die attitude. I am so proud to be associated with all of you.

Chris, Zach, Bobby, Morgan, Leah, Jax

Below are the names and finishes of the rowers who earned points for the Club (points are awarded to the top eight rowers in each category).

BOYS						
Dan Russell	20 Minute Row	6	Gold	2		21
Samarth Mohan	15 Year Old (1500)	4	Silver	3		27
Zach Johnson (2)	16 Year Old (1500)	Gold	Bronze	0		0
Nick	16 Year Old (1500)	Silver	4	2		16

Tobat						
Joe Smith (2)	17 Year Old (2000)	Silver	5	0		0
Ben Keller	16 Year Old Lightweight (1500)	4	6	1		6
Aaron Leshar	Cox (500)	Gold	7	0		0
Dan Russell /Zach Johnson	Double Slide	Silver	8	0		0
					SUB-TOTAL POINTS	70
Mixed Relay		Hight Mixed Relay				
Colleen Warren		Silver				
Joe Smith		Silver				
Kelly Hall		Silver				
Larry Petersson		Silver	Silver	4		10
					SUB-TOTAL POINTS	10
GIRLS						
Melissa Frazee	14 Year Old (1000)	Bronze				
Mary Beougher	14 Year Old (1000)	8				
Colleen Warren (2)	16 Year Old Lightweight	Bronze				
Amy Taylor	16 Year Old Lightweight	8				
Cammie Meade	16 Year Old (1500)	6				
Liz Gholmasgarha	17 Year Old Lightweight (2000)	6				
Kelly Hall	17 Year Old (2000)	4				
Collleen Devlin	18 Year Old (2000)	Gold				
Kat Wentel	Cox (500)	Silver				
Bridget Smith	500M Sprint	Gold	Gold	3		33
Victoria Geithman	500M Sprint	Silver	Silver	2		17
Meghan Wheeler	500M Sprint	4	Bronze	3		24
Cammie Meade	500M Sprint	6	4	3		25
Colleen Warren / Liz Gholmagarha	Double Slide	Gold	5	1		4
Brooke Bush/ Cammie Meade	Double Slide	Bronze	6	4		20
Meghan Wheeler / Gen Mulligan	Double Slide	4	7	0		0
Mary Beougher/ Hanna Heil	Double Slide	6	8	1		3
					SUB-TOTAL POINTS	126
					TOTAL McLEAN POINTS	206

Photographs from the ERG Sprints may be viewed at:

<http://dac.smugmug.com/McLean%20Crew%202008%20-%202009/707657>

The password is: McLean Crew

Many thanks to John DaCrema for posting the photographs.

Ergathon

McLean Crew's next major fundraiser, Ergathon, which was initially scheduled for Saturday, January 17, has been rescheduled for Saturday, February 7, due to inclement weather. The time frame and the venue remain the same – 9:00 am to 6:00 pm in front of Books-A-Million.

Parents are asked to contribute the following items to the food tent to be made available to the rowers on the day of Ergathon. The assignments are based on the first letter of the rower's last name.

- A ~ F: 1 case (12 packages) of oodles of noodles, cup of noodles, soup in a cup
- G ~ L: 2 boxes of hot chocolate (8 or 10 ct)
- M: 1 case of water
- P ~ R: a bunch of bananas
- S: 3 boxes of granola bars/ breakfast bars
- T: a dozen muffins
- V: 1 box of trash bags
- W: Gatorade
- Y: 300 ct pack of napkins

If your rower has any food allergies or special diet needs or if you have any questions concerning your food assignment, please contact Janice Johnson at 703-532-2574 or janicecj@verizon.net, or Melissa Tobat at tobatfam1@cox.net. Janice or Melissa will be at the crew trailers after practice on Friday, February 6, from about 5:00 to 5:30 pm to collect the contributions. The contributions may also be taken directly to the food tent on the day of the event.

Also, if you have not already turned in your pledge money, please remember to do so. Pledges may be given to Lana Puljic or Zanobia Morrill, the team managers, who will stop at practice on Tuesdays, Wednesdays, and Fridays. Money can also be sent to McLean Crew Club, P.O. Box 7104, McLean, VA 22106-7104, Attn: Ergathon.

Chicken Out Fundraiser

Also on Saturday, February 7, Chicken Out located across the parking lot from Books-A-Million will be having a **McLean Crew Day** from 11:00 am to 8:30pm. The Club will receive **20%** of the receipt sales for all customers who identify themselves as supporters of McLean Crew on this day. Please consider visiting Chicken Out during or after the Ergathon and contributing to the Club at no extra cost to you. Remember – customers must mention that they are supporters of the McLean Crew Club in order for the Club to benefit.

VASRA Coxswain Clinic

VASRA is offering the first coxswain clinic for the 2009 season on February 21, 2009 at Thomas Edison HS in Alexandria, from 8:00 am to about 3:00 pm. Coxswains are asked to register for the clinic online at <http://www.vasra.org/CoxnClinic09.htm>. Please note that VASRA will be taking pictures for Coxswain's ID badge again this year on the occasion of the clinic. Questions concerning the clinic should be directed to contact@vasra.org.

Girls' New Conditioning Schedule

Girls' new conditioning schedule, effective as of the week of January 19, is as follows:

Monday - Off

Tuesday	-	2:30 to 5:15
Wednesday	-	3:30 to 6:30
Thursday	-	2:30 to 5:15
Friday	-	Off
Saturday	-	10:00 to 12:30
Sunday	-	Off

Boys' Conditioning Schedule

The boys' conditioning schedule remains as follows until further notice:

Monday:	3:00 to 5:00
Tuesday:	3:00 to 5:00
Wednesday:	3:00 to 5:00
Thursday:	Off
Friday:	3:00 to 5:00
Saturday:	10:30-11:30

McLean Crew Team Uniforms and Spirit Items

The Club is now taking orders for team uniforms. Please note that a unisuit and a tech shirt are required for participation in regattas. This will be the last opportunity to order your uniforms this year.

The Club is also taking orders for team spirit items. In addition to the standard offerings, new this year are warm-up pants (unisex) and parent T-shirts. The warm-up pants are slim fitting, but not skin tight, and can be worn when rowing. The parent T-shirts are gray and will not only help you demonstrate your team spirit, but also help others identify you as a fellow McLean parent at the regattas.

Questions concerning the uniforms and other items should be directed to Beverly Keller at 703-917-9184 or e-mail usna73@gmail.com.

Order forms (separate forms for uniforms and spirit items) are attached for your convenience. To ensure the delivery of uniforms in time for the first regatta, please turn in your order forms and checks (made out to "McLean Crew Club") **by February 10** to Beverly:

- by mail addressed to 1475 Waggaman Circle, McLean, VA 22101, or
 - in person at the General Meeting on February 10.
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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 Volunteer Sign-Up

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 and will be taking place beginning February 28. The remainder of the positions directly supports the regattas. Detailed descriptions of the positions will be available shortly on the Club website.

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 during the January 13 general meeting.

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.

Thanks so very much to all who have already volunteered!

Volunteers Needed

The Club is looking for adult volunteers to assist with:

- Mulch Sale Fundraiser
- 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.

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.

2009 McLean Crew Uniform Order Form

Girls Uniform



Unisuit -- This is a one piece suit with the Mclean logo embroidered on the center of the chest and McLean embroidered on the leg. (There is no white stripe at the waist) \$72

Tech shirt --- McLean M logo embroidered on the front. (Can be purchased with or without a half zipper at the neck) \$54 or \$60 with zipper.

Boys Uniform



Unisuit – This is a one piece suite with the Mclean logo embroidered on the center of the chest and McLean embroidered on the center back. There is no white stripe at the waist. \$72

Tech shirt --- McLean M logo embroidered on the front. (Can be purchased with or without a half zipper at the neck) \$54 or \$60 with zipper.

Order Form due by February 10

Rower Name _____

Phone # _____ e-mail address _____

Unisuit -- \$72.00

Following are two options for sizing

1. For standard sizing, circle the appropriate size for the top and bottom half of the suit.

Circle Size

Unisuit Top Size	XS	S	M	L	XL
Unisuit Bottom Size	XS	S	M	L	XL

2. For custom sizing please provide the following measurements and JL Racing will size the uniform accordingly.

Height	Weight	Waist size	Men's chest size Women's bra size	Pants size or hip measurement

Tech Shirt -- \$54.00 (no zipper) or \$60.00 (with zipper)

(I have a small quantity of women's tech shirts left over from last year, most have the zipper – they are priced at last year's price of \$50. First come first served. Call me if you are interested – Beverly Keller – 703-917-9184)

Circle size & zipper or no zipper

Long Sleeve Tech Shirt	XS	S	M	L	XL
With zipper					
Without zipper					

Checks made payable to: McLean Crew Club

Mail or give order to: Beverly Keller, 1475 Waggaman Circle, McLean, VA 22101

Questions call: 703-917-9184 or send e-mail to: usna73@gmail.com

MCLEAN CREW TEAM SPIRIT ITEMS

ORDER FORM



Rower's Name: _____ Parent contact: _____

Telephone Number: _____ E-mail address: _____

Orders must be received by February 10, 2009

Item	Color	Price	Size	Price
			XS/S/M/L/XL	
1. Jacket (Gore-Tex) (embroidery instructions below)	N/A	\$210.00		
2. Jacket (Supplex) (embroidery instructions below)	N/A	\$125.00		
3. Sweatshirt hooded (black or grey)		\$25.00		
4. Sweatshirt crew neck (black or grey)		\$20.00		
5. Sweatpants (black or grey)		\$24.00		
6. Warm up pants	Black	\$34.00		
7. Short Sleeve T-shirt (red, black, white)		\$13.00		
8. Long Sleeve T-shirt (red, black, white)		\$15.00		
9. Parent short sleeve T-shirt (with or without rower's name on back)	Grey	\$13.00/\$18.00		
10. Women's Short Sleeve Polo Shirt (black, red, grey, white)		\$24.00		
11. Men's Short Sleeve Polo Shirt (black, red, grey, white)		\$24.00		
12. Rugby (red and white 4" stripes)		\$52.00		
13. Race Day Bag (embroidery instructions below)	N/A	\$25.00	N/A	
14. Skull Cap (red or black)		\$14.00	N/A	
15. Visor (red or black)		\$14.00	N/A	
16. Baseball Cap (red or black)		\$14.00	N/A	
<i>Additional Orders:</i>				

Questions??? call Beverly Keller at 703-917-9184 or e-mail usna73@gmail.com

Return checks (made out to "McLean Crew Club") and forms to: 1475 Waggaman Circle, McLean, VA 22101 by 2/10/09

MCLEAN CREW TEAM SPIRIT ITEMS

ORDER FORM



Embroidery Instructions : jacket - Name (first or last) / year				
Embroidery - Race day bag – Full name				
			Total Due	

Questions??? call Beverly Keller at 703-917-9184 or e-mail usna73@gmail.com
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MCLEAN CREW TEAM SPIRIT ITEMS

ORDER FORM



GORE-TEX Jacket is red and black. Comes with team logo embroidery on the left and rowers name and year on the right. McLEAN CREW is printed on the back. GORE-TEX brand jacket is waterproof with a breathable GORE-TEX membrane. Please indicate name (first and/or last) and year for embroidery. Sizes XS, S, M, L, XL, XXL. (minimum 6 pieces to place order)

Supplex Jacket is exactly the same style and color as the GOR-TEX jacket, the only difference is that it does not include the GORE-TEX lining. It has a Teflon HT 80/20 finish for maximum water repellency and a mesh lining. Please indicate name and year for embroidery. Sizes XS, S, M, L, XL, XXL. (minimum 6 pieces to place order)

Sweatshirt (hooded or crew neck) **NEW DESIGN THIS YEAR!** 50/50 heavyweight fabric – comes in Black or Grey with McLean Crew in large letters w/horizontal oars above and below. Sizes S, M, L, XL, XXL (minimum 8 sweatshirts to place an order)

Sweatpants (50/50 medium weight) straight leg no pockets – come in Black or Grey. McLean Crew printed down the side. Sizes S, M, L, XL, XXL (minimum 8 sweatshirts to place an order)

Warm Up Pants – Black straight leg 100% polyester warm up pants with elastic waistband, two front pockets and one back pocket, extended leg zippers includes logo embroidery on left leg. Sizes XS, S, M, L, XL (minimum 6 pieces to place order)

T-shirts (short or long sleeve) –100% cotton – Red, Grey or White with double oar and McLean Crew on the chest and large M with crossed oars on the back (team logo). **Parent T-shirt** (Grey, short sleeve) same design as rower except with McLean Crew Parent on front. Rower's last name above M logo (optional) on back for an additional \$5.00. Sizes S, M, L, XL (minimum 8 pieces to place order)

Polo shirts – Black, Red, Grey and White – embroidered with McLean Crew and horizontal oars on chest. Sizes S, M, L, XL (minimum 8 pieces to place order)

Race Day Bag – Red with black straps. Team logo and Crew team member name embroidered on bag. (minimum 8 bags to place order)

Rugby – Heavy duty cotton with Red and White 4” stripes with McLean logo (M with crossed oars) embroidered on the chest. Sizes S, M, L, XL (minimum 5 pieces to place order)

Knit skull cap, baseball cap and visor – Black or Red with horizontal oars and McLean Crew embroidery. One size fits all. (Minimum of 8 pieces of each color to place order)

Many Thanks to Martha Floyd at McEneaney Associates real estate company for copying these forms!

Questions??? call Beverly Keller at 703-917-9184 or e-mail usna73@gmail.com

Return checks (made out to “McLean Crew Club”) and forms to: 1475 Waggaman Circle, McLean, VA 22101 by 2/10/09