



McLean Crew

Weekly News

February 16, 2009

Dates to Note:

February 21 (Saturday): VASRA Coxswain Clinic (Thomas Edison High School)

February 23 (Monday): On-water practice to begin

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)

Membership Fees

Members are reminded that the second installment of the 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.

Please note that your rower will not be permitted to participate in on-the-water practice, unless you are up to date on your payments. If you have any questions, please contact Regina O'Hare at regina_ohare@yahoo.com.

Ergathon Update

An interim report on the Ergathon proceeds indicates that the Club was able to collect \$9,057 in pledges and \$693.22 from passers by who were impressed by our rowers. The final figure is not available yet, since nearly 20 rowers still have not turned in their pledge money. If you are one of them, please turn it in at your earliest convenience in one of the following ways:

- Give it to Lana Puljic or Zanolbia Morrill, the team managers, who will stop at practice on Tuesdays, Wednesdays, and Fridays.
 - Send it to McLean Crew Club, P.O. Box 7104, McLean, VA 22106-7104, Attn: Ergathon.
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Special Thanks!

- ☺ To the Schantz's who "donated" their truck for the second consecutive year to transport the ergs, greatly facilitating the logistics of the Ergathon.
 - ☺ To Kent Arnold for re-hosting the photographs from the Mid-Atlantic Erg Sprints at <http://heromoment.zenfolio.com/p965705970>, so they can be downloaded free of charge.
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The Mulch Sale Is On!!

Our last and largest fundraiser of the year, the Mulch Sale, will be held the weekend of March 20 ~ 22. Your rower by now should have received their mulch packet with a ***Mulch Madness Sellers' Guide*** and an updated -(*CORRECT DATES FOR MULCH DELIVERY ARE SATURDAY, MARCH 21 & SUNDAY, MARCH 22 - rather than dates shown on previous flyer) ***Mulch Sale Brochure***. All rowers should also have received a ***lead list of previous mulch customers*** to begin their sales.

Rowers will need to print off/make their own copies of the brochure (from the newsletter, website or email received) and expect to sell a minimum of 200 bags of mulch by March 15. Thank you to rowers, parents and coaches for your cooperation and work in meeting this goal.

Actual delivery of the mulch will be made on the weekend of March 20 ~ 22. Please be sure to keep that weekend open, since rower and parent participation is mandatory. Parents are required to work two half-day shifts and rowers are required to work three half-day shifts over the weekend. Sign-up has already begun for parents, and sign-up instructions for rowers will be provided shortly.

If your rower has not received their information, or for any questions, including volunteer sign-up, please contact Lisa Russell at (703)536-0153 or cell: (703)969-4656.

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

The girls' new conditioning schedule, effective immediately, is as follows:

Monday	-	2:30 to 4:30
Tuesday	-	4:30 to 6:30
Wednesday	-	2:30 to 5:00
Thursday	-	4:30 to 6:30
Friday	-	Off
Saturday	-	10:00
Sunday	-	Off

The schedule will remain in effect until on-the-water practices begin.

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

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 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.

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:

- 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