

McLean Crew Club Weekly News, September 22, 2008

Dates to Note:

Tuesday, September 23: First installment of membership fees due

Thursday, September 25: Back to School Night

Friday, September 26: Swim tests for new rowers, Spring Hill Recreation Center, 6:00 – 7:00pm

Wednesday October 1: Board Meeting, Room 196, MHS

Tuesday, October 14: Membership Meeting, MHS Cafeteria, 7:30pm

September 30 ~ October 18: Learn to Row

Learn to Row Program

The Learn to Row Program will start on Tuesday, September 30 and continue through Saturday, October 18. The Program is designed to teach basic rowing skills to novice rowers, while allowing them the opportunity to see if they enjoy rowing.

Additionally, there is a plan to offer Learning to Erg sessions during the week of September 22 at the Crew Trailers. New rowers will be learning to train on ergometers (rowing machines), the equipment most commonly used in land practice.

Rowers will be notified of the exact schedule, including the venue for Learn to Row, via separate e-mail. Please note that all rowers must have completed the swim test and submitted the required forms in order to participate in the Learn to Row Program.

Swim Tests

Swim tests will be administered for new crew team members on Friday, September 26, 2008 at Spring Hill Recreation Center. You don't need to pay an entry fee to get in the facility. Tell the front desk you are here with McLean Crew. The swim test involves swimming 100 meters wearing a sweatshirt and sweatpants and treading water for 5 minutes. Remember to bring plastic bags for carrying wet clothes home. Please contact Regina O'Hare at regina_ohare@yahoo.com or cell phone 703-402-4716 to indicate your intention to take the test.

Forms

All rowers and their families must submit new forms for this year. Forms are available on the Club's website (www.mcleancrew.org). All forms must be turned in to Regina O'Hare before students participate in the Learn to Row Program and the Conditioning Club, so please get them in ASAP.

For your rower to start working out with the club in a few weeks, we need the following administrative items taken care of:

- Current Athletic Physical/Parental Consent/Physical Examination (on file with the MHS Activities Office). (Note: If you need a quick, same day physical, one of our members recommends Dr. Dappen, 360 Maple Ave., Vienna, VA His number is (703) 938-4604. He works 7 days a week and charges a flat fee of \$60 for the physical.) Physicals from last year cannot be used for this year, unless they were obtained after May, 2008.
 - Emergency Contact Information Form
 - All the attachments in the Team Registration Form
 - Field Trip Drivers License and Vehicle Insurance Information form for everyone in the family who will be driving for McLean Crew.
 - First installment of the dues payment
 - Parental Authorization and Acknowledgement of Risk Form
 - Field Trip Luggage Search form (This will be needed later in the year, but please submit it now.)
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Volunteers Needed

The club is looking for adult volunteers to assist with

- Leaf-Raking Fundraiser
- Webmaster
- 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!

ACT and SAT Tests

The crew club provides many opportunities for our rowers to be very busy on the weekends. There will be leaf-raking weekend, ergathon weekend, Erg Sprints weekend, mulch weekend, and then there is crew season. Sign up for those SAT and ACT tests early in the year so you can fully enjoy the crew club! Here are some helpful links:

<http://www.actstudent.org/regist/currentdates.html>

<http://www.collegeboard.com/student/testing/sat/calenefees.html>

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 Giant and Safeway 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

Fill out the forms and link your contributions to any of your credit or retailer cards.

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.

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>