

McLean Crew Club Weekly News, October 6, 2008

Dates to Note:

September 30 ~ October 18: Learn to Row (Tuesday, Thursday, Friday, 4:30 - 6:00pm
Saturday, 10 – 1:00 pm, Thompson's Boat House)

October 7: General Membership Meeting, MHS Cafeteria, 7:30pm

General Membership Meeting

The club's monthly general meeting will be held on Tuesday, October 7 (not October 14, as previously announced). Please mark your calendars and plan to attend. This will also be a good opportunity for you to submit your first installment of the membership fee and/or your forms, if you haven't already.

Learn to Row Program

The Learn to Program for novice rowers, which began on September 30, will continue through October 18 in accordance with the schedule attached to this newsletter. Due to scholastic rowing regulations, Learn to Row is conducted jointly with three other schools: Yorktown, Washington-Lee, and Wakefield. The sessions are held at Thompson's Boat House, 2900 Virginia Ave., Washington, DC. Directions are available at <http://www.thompsonboatcenter.com/direct.htm>

All forms, including swim test and physicals, must be on submitted for participation.

Swim Tests

Make-up sessions for novice rowers who have not yet taken the swim test (swim 100 meters wearing a sweatshirt and sweatpants; tread water for 5 minutes) will be available at Yorktown High School pool on Saturday mornings at 9:45. Please contact Regina O'Hare at regina_ohare@yahoo.com or cell phone 703-402-4716, if you wish to attend a make-up session. Remember to bring plastic bags for carrying wet clothes home.

Forms

We are still missing forms from some rowers. All rowers must have submitted new forms for the 2008/2009 school year in order to participate in the Learn to Row Program and the Conditioning Club. The forms may be turned in to Regina O'Hare or left at the MHS Student Activities Office.

All forms are available on the Club's website (www.mcleancrew.org).

Rental Ergs

Club members who rented ergs over the summer are asked to return them at their earliest convenience, since they are required for fall and winter conditioning scheduled to begin shortly. If you have paid for delivery, please contact Steve Keller at usna73@gmail.com to arrange for pick-up.

Volunteers Needed

The Club is looking for adult volunteers to assist with:

- Leaf-Raking Fundraiser
- 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. Please contact any of the Board members, if interested.

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

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>

Learn to Row Schedule

OCTOBER 2008						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Learn to Row Water Practice Thompsons 4:30 - 6:00	Learn to Row Water Practice Thompsons 4:30 - 6:00	Learn to Row Water Practice Thompsons 10:00 - 1:00	
		1	2	3	4	5
	Learn to Row Water Practice Thompsons 4:30 - 6:00		Learn to Row Water Practice Thompsons 4:30 - 6:00	Learn to Row Water Practice Thompsons 4:30 - 6:00	Learn to Row Water Practice Thompsons 10:00 - 1:00	
6	7	8	9	10	11	12
	Learn to Row Water Practice Thompsons 4:30 - 6:00		Learn to Row Water Practice Thompsons 4:30 - 6:00	Learn to Row Water Practice Thompsons 4:30 - 6:00	Learn to Row Water Practice Thompsons 10:00 - 1:00	
13	14	15	16	17	18	19