



McLean Crew

Weekly News

November 17, 2008

Dates to Note:

November 18 (Tuesday): Team photograph, 2:30 at the trailers

November 22-23 (Saturday/Sunday): Leaf Raking Fundraiser

December 6-7 (Saturday/Sunday): Leaf Raking Fundraiser

December 9 (Tuesday): General Membership Meeting, MHS Cafeteria, 7:30 pm

January 17, 2009 (Saturday): Erg-a-thon

Leaf Raking Fundraiser November 22-23, December 6-7

The Leaf Raking fundraiser is just around the corner. This fundraiser is very important, since it raises money for equipment, coaches, boats, spring break training camp, etc., and helps keep your dues payments down.

Participants (including rowers, parents, family members, and friends who volunteer) will earn 10 points for every man-hour worked for the designated rower. If an adult cannot participate in the raking, we still need adult supervision at each location and drivers to transport the rakers.

Teams of 4 rowers and at least one adult will join forces in raking over two weekends, **November 22-23 and December 6-7**. Rowers and parents are not responsible for finding customers but it is MANDATORY that all rowers rake. They must sign up for at least 2 shifts over the 2 weekends. Rowers have been given a Sign-Up Sheet during practice, but a copy is attached for your convenience. Also attached is a flyer that gives detailed information. Rowers are expected to sign-up by next **TUESDAY, NOVEMBER 18**, so the teams can be organized in time for the weekend. The completed Sign-Up sheets can be dropped off in the trailer during practice. You or your rower can also call/email Chris Wadle at 703 303-7992 /wadle@verizon.net.

If you would like to have your yard raked or you have neighbors who would like their yard raked, please call/email Laura Warren at 703 448-8364/meadowmac@aol.com.

Get Ready for Erg-A-Thon!

McLean Crew's next major fundraiser, Erg-a-thon, is coming up in January. The objective of this event is for each rower to collect funds from neighbors, extended family, and friends in the form of a pledge (minimum total of \$200) in return for fulfilling the commitment to row at least 10,000 kilometers on the ergometer. The Erg-a-thon will be held this school year on Saturday, January 17, in front of Books-A-Million in McLean.

Although there is still time until January, we would like to remind you that Thanksgiving is a great opportunity for collecting pledges from your relatives. An information flyer is attached to assist you in explaining the event to your contributors. For further information, please contact a Board member.

Girls' ROGA Payment/Fall Conditioning

The girls' fall conditioning schedule includes ROGA sessions on Tuesdays and Thursdays. ROGA, a wonderful program overseen by the Strength and Conditioning Coach Eileen Kurtz, is outside of the normal

program and has an associated cost of \$5 per session or \$60 for the 12 sessions of the first period. Rowers participating in the program are asked to bring in checks made out to Eileen (note ROGA on check) as soon as possible.

There will be **no conditioning sessions for girls during the Thanksgiving week**. Please note that this applies only to girls. The boys should confirm their Thanksgiving conditioning schedule with Coach Meeks.

McLean Crew Team Spirit Items

The Club is now 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 items should be directed to Beverly Keller at 703-917-9184 or e-mail usna73@gmail.com.

An order form is attached for your convenience. Since team spirit items also make wonderful gifts, we would like to place our order in time for holiday delivery. Please send your order forms and checks (made out to "McLean Crew Club") **by November 24** to Beverly at: 1475 Waggaman Circle, McLean, VA 22101.

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! Delivery is December 13th at the Winter Bazaar. Order form is found at the end of the newsletter. For questions, please call Carol Sanders at 703 847 9409.

Prevent the Spread of Infections!

We have purchased disinfecting cleaning wipes and placed them in the crew trailers. Please remind your rowers to clean the ergs, particularly the handles before and after use. Also, if they have open cuts or blisters, be particularly vigilant about cleaning the handles, covering the sores, and even using weight lifting gloves until the cuts are healed.

Ballet Anyone?

We still have a few tickets available to the Joffrey Ballet's performance of The Nutcracker at the Kennedy Center on Saturday, December 13. For more information, please contact Regina O'Hare (regina_ohare@yahoo.com).

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.

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

Give Scrip Gift Cards!

Don't know what to get for holiday gifts? Go Scrip! You can't go wrong by giving a gift card as a present. Plus, if you purchase a gift card through McLean Crew, the Club gets a small percentage of the proceeds. Access the Great Lakes Scrip Company web page (www.glscrip.com) for the gift cards available, and place your order with Kathy Oram at meadeoram@comcast.net or 703-536-7220. Please place your order by December 9 for delivery before the holidays.

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:

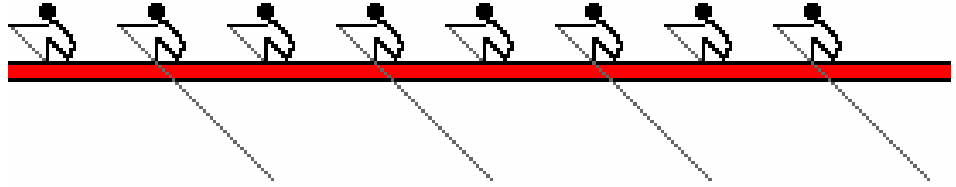
<http://www.discussthis.com/subscribe/rowers-female@mcleancrew.org>

<http://www.discussthis.com/subscribe/rowers-male@mcleancrew.org>

<http://www.discussthis.com/subscribe/rowers-parents@mcleancrew.org>



McLean Crew



ANNUAL ERGATHON FUNDRAISER

Support McLean's Crew Club!
Watch them row on Erg Machines
in the COLD!

Each Crew member will row **Over**
10,000 meters!!!
(that's over SIX MILES!)

SATURDAY, JAN. 17th

OUTSIDE BOOKS-A-MILLION
1451 Chain Bridge Rd, in McLean

Donations may also be sent to McLean Crew Club, P.O. Box 7104, McLean, VA
22106-7104, Attn: Ergathon.



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!!!

Delivery is at the Winter Bazaar on December 13th

Name _____

Address _____

Phone number _____

Quantity _____ x \$4.00 = Total _____

All proceeds go to the McLean Crew Club

Orders should go to the Activities Office market "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.



McLean High School Crew Club

2008 LEAF RAKING FUNDRAISER

November 22-23 & December 6-7

“McLean Crew needs your supportand your yard needs raking!”

This nationally prominent award winning club is totally self-funded and relies on the McLean community to support its fundraising activities. McLean Crew Club members and parents will rake your leaves on November 22-23 and/or December 6-7. A team of four students supervised by one adult will rake and bag your leaves for \$60/hr.

For further information or to schedule a team please contact

Chris Wadle at 703-303-7992 wadle@verizon.net
Laura Warren at 703-448-8364 meadowmac@aol.com

*This service is provided only within the McLean High School boundaries

*One hour minimum charge applies

*Resident supplies leaf bags if necessary

**McLean High School Crew
McLean, VA 22106-7104**



McLEAN CREW

ROWER/ADULT SIGN UP SHEET

2008 LEAF RAKING FUNDRAISER

	<u>NAME</u>	<u>PHONE</u>	<u>E-MAIL</u>
1	(rower/adult)		
2	(rower/adult)		
3	(rower/adult)		
4	(rower/adult)		
5	(rower/adult)		

PLEASE INDICATE AVAILABLE DATES

4 SHIFTS OVER THE 2 WEEKENDS IS REQUIRED

ALL DAY IS 2 SHIFTS

SATURDAY NOVEMBER 22	AM	PM	ALL DAY
SUNDAY NOVEMBER 23	AM	PM	ALL DAY
SATURDAY DECEMBER 6	AM	PM	ALL DAY
SUNDAY DECEMBER 7	AM	PM	ALL DAY

For further information or to sign up contact:
Chris Wadle at 703-303-7992 wadle@verizon.net
Laura Warren at 703-448-8364
meadowmac@aol.com
[e-mail subject line: **leaf sign up**]

MCLEAN CREW TEAM SPIRIT ITEMS

ORDER FORM



Rower's Name: _____ Parent contact: _____

Telephone Number: _____ E-mail address: _____

For Christmas delivery, all orders and checks must be received by November 24, 2008

Item	Color	Price	Size XS/S/M/L/XL	Price
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)		\$22.00		
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)		\$23.00		
11. Men's Short Sleeve Polo Shirt (black, red, grey, white)		\$23.00		
12. Rugby (red and white 4" stripes)		\$50.00		
13. Race Day Bag (embroidery instructions below)	N/A	\$25.00	N/A	
14. Skull Cap (red or black)		\$13.00	N/A	
15. Visor (red or black)		\$13.00	N/A	
16. Baseball Cap (red or black)		\$13.00	N/A	
<i>Additional Orders:</i>				
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

Return checks (made out to "McLean Crew Club") and forms to: 1475 Waggaman Circle, McLean, VA 22101 by 11/24/08

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 hip. 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)

Note: I will contact you if I have not received enough orders of one specific item to meet the minimum order requirements of the vendors.

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 11/24/08