



MCLEAN HIGH SCHOOL CREW CLUB

Weekly News, January 27, 2010

Dates to Note:

February 9: General Meeting, 7:30, MHS Cafeteria

March 27 – April 2: Camp Cooper

Camp Cooper Spring Break March 27- April 2

Spring Break seems a long way off...10 weeks to be exact, but many may be wondering what's in store for them over Spring Break.

The kids/chaperones will leave early Saturday morning and will travel by coach to sunny (we hope!) Camp Cooper in South Carolina. We will stop and eat lunch (kids will be asked to bring a bag lunch and we'll provide drinks and snacks for the bus ride). Upon arriving, the kids will rig the boats and get in a practice before dinner.

We will be staying at the R.M. Cooper 4-H Leadership Center, which is part of Clemson University's Youth Leadership Institute. The kids and chaperones will sleep in dorms with each dorm containing large rooms that sleep between 14-28 kids in bunk beds. Each dorm (girls and boys) will have its own

bathroom. Kids will need to bring a sleeping bag or bed linens (a detailed packing list will be provided).

Meals will be provided by the camp and will include breakfast, brunch, snack and dinner. Their days will be BUSY but there will be time for evening activities including volleyball, softball, movie night, campfires, etc. We will also plan to go out to dinner on the last night before returning home. The typical daily activity is as follows:

6 AM	Breakfast Snack
6:00 – 9:30 am	ROW!
10 AM	Brunch
12-2 PM	ROW!
2-3 PM	Afternoon Snack
3-5 PM	ROW!
6 PM	Dinner
7 - 9:30 PM	Evening Activity
10 PM	Curfew

We will depart South Carolina early on Friday, April 2. We will stop at Sandy Run Park in Occoquan to rig and row prior to Saturday's Walter Mess Regatta. The food tent will provide a meal for the team prior to returning to MHS early that evening.

We will have plenty of chaperones for the week. They will stay on-site with the team for the entire week and each chaperone will be assigned approximately 10 rowers. As a parent, you will know who your child's chaperone is and you may contact him/her by phone or email.

More details to follow! Although we don't know exactly, the cost for Camp Cooper 2009 was \$450.00. If you have immediate questions, call or email Laura Warren: 703 [448-8364](tel:7034488364)/meadowmac@aol.com.

Thanks to everyone who provided input for this newsletter. Please contact me at ptapscott@mathematica-mpr.com or at (571) 243-2663 if you have information for next Monday's newsletter.

2010 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) \$80

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 suit** 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. \$80

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 9

Rower Name _____

Phone # _____ e-mail address _____

Unisuit -- \$80.00

Following are two options for sizing:

1. For standard sizing, circle the appropriate size for the top and bottom half of the suit. This is a one piece suit and it is not supposed to be lose fitting.

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)

The tech shirt is not supposed to be lose fitting.

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: _____

All orders and checks must be received by February 9, 2010

Item	Color	Price	Size S/M/L/XL	Price
1. Jacket (Gore-Tex) (embroidery instructions below)	N/A	\$215.00		
2. Sweatshirt hooded (black or grey)		\$30.00		
3. Sweatshirt crew neck (black or grey)		\$22.00		
4. Sweatpants (black or grey)		\$27.00		
5. Warm up pants	Black	\$34.00		
6. Dryflex Poly Lycra rowing shorts (black or red)		\$22.00		
7. Dryflex Poly Lycra tights with McLean logo on hip	Black	\$35.00		
8. Short Sleeve T-shirt (red, grey, white)		\$16.00		
9. Long Sleeve T-shirt (red, grey, white)		\$16.00		
10. Parent short sleeve T-shirt (black)	Black	\$16.00/\$21.00		
11. Women's Short Sleeve Polo Shirt (black, red, grey, white)		\$23.00		
12. Men's Short Sleeve Polo Shirt (black, red, grey, white)		\$23.00		
13. Rugby (red and white 4" stripes)		\$52.00		
14. Race Day Bag (embroidery instructions below)	N/A	\$25.00	N/A	
15. Slouch Bag (red or black)		\$10.00	N/A	
16. Visor (red or black)		\$15.00	N/A	
17. Baseball Cap (red or black)		\$15.00	N/A	
<i>Additional Orders:</i>				
Embroidery Instructions: jacket - Name (first or last) / year:				
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

MCLEAN CREW TEAM SPIRIT ITEMS

ORDER FORM



Many thanks to Martha Floyd of McEneaney Associates Real Estate company for copying these forms for us!!!!

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)

Sweatshirt (hooded or crew neck) 50/50 heavyweight fabric – comes in Black or Grey with McLean Crew in large letters with 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)

Lycra Tights in black with McLean logo printed on the hip (minimum 8 pieces to order) and **Lycra Shorts** in black or red (minimum 6 piece order). Both available in sizes S – XXL.

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** (Black, short sleeve) same design as rower except with McLean Crew Parent on front. Rower's last name above M logo 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)

Slouch Bag – Lightweight nylon pack in red or black with embroidered McLean Crew logo. (minimum 8 pieces 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)

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

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