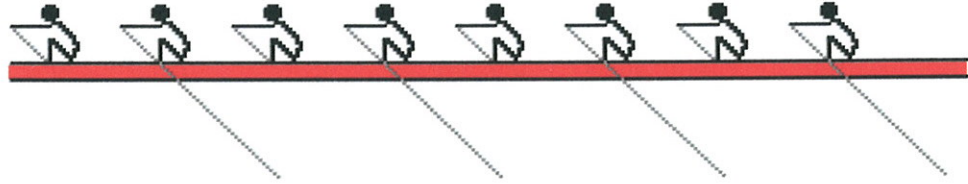


ERG-A-THON INSTRUCTIONS FOR ROWERS, COXSWAINS AND PARENTS

- 1. What is the Erg-a-thon?** The Ergathon is a fundraising event where rowers row a certain amount of meters (in this case 10K or 10,000 meters) on an erg (rowing machine) and are sponsored by members in the community and extended family.
- 2. Why is the team holding an Erg-a-thon?** To raise money and raise awareness about the McLean Crew Club. We are particularly interested this year in obtaining donations from friends and neighbors in the MHS community, extended family and employers.
- 3. When and where is it?** Saturday, December 3, 2011 from 9:00 AM – 5:00 PM, at Books-A-Million, 1451 Chain Bridge Rd., McLean, VA.
- 4. What do I need to do?** Raise at least \$200 in contributions from extended family, friends, neighbors and employers in the MHS community. Hand in your packet with money collected, BEFORE the event to Kristina Glenn.
- 5. When do I row?** Sign up with the coaches for an hour time slot between 9-5.
- 6. What if I don't have time to raise the money?** We need all team members to participate. We depend on Erg-a-thon funds as a part of the team budget.
- 7. What if I won't be in town on December 3rd?** We still want you to raise \$200 and you should plan to row the 10K on another date.
- 8. What should I say to a potential contributor?** The crew team represents MHS well; the team regularly wins awards at the state and national level. But, we are a club sport which means that we do not receive monetary support from the public school system.
- 9. What do I get out of it?** You are part of a great team that has consistently been recognized in the school, community and local media. In addition, we may have prizes for the rowers that have collected the most amount of money above the required \$200. This will be determined by the coaches, but one prize may include a "pass" for clean up duty at Camp Cooper.
- 10. What do parents do?** Ensure sponsors are solicited and encourage their child to participate in the rowing event. Parent volunteers are also needed for supervision, food and drink support on the day of the Erg-a-thon. Families should remember that dollars collected earn points toward total Crew Club fee obligations.
- 11. Any questions?** Please call Kristina Glenn at 571-830-6834 or email her at seifertkg3@aol.com for questions and for scheduling conflicts. All money collected is to be handed in to Kristina, prior to the event.



MCLEAN CREW



Rower: _____

	SPONSOR NAME (IMMEDIATE FAMILY? Y/N)	SPONSOR ADDRESS	DONATION AMOUNT
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			

ERGATHON 2011

Saturday, December 3, 2011

9:00 AM -5:00 PM

Books-A-Million: 1451 Chain Bridge Rd., McLean, VA 22101

We are a club sport and do not receive any money from Fairfax County or McLean High School. Your sponsorship will help to ensure that we can compete at the local and national level.

Thank you for supporting **McLean Crew**

McLean High School Crew

Tax Exempt 501C(3) Organization

Tax ID Number: 541-83-4730

McLean, VA

Sponsor's Name: _____

Sponsor's Address: _____

Sponsor's Email and Phone: _____

Amount of Donation: _____

Rower: _____

ERGATHON 2011

Saturday, December 3, 2011

9:00 AM -5:00 PM

Books-A-Million: 1451 Chain Bridge Rd., McLean, VA 22101

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Rower: _____