



MCLEAN HIGH SCHOOL CREW CLUB

Weekly News, February 26, 2010

Dates to Note:

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

March 14: Mulch Orders Due

March 20-21: Mulch Weekend

March 27 – April 2: Camp Cooper

April 16 – 17: ISA Lake Mercer Sprints

May 14 – 15: 84th Annual Stotesbury Regatta

May 28 – 29: SRAA Championship Regatta

Spring Season Details from the Regatta Committee!

Yes, the Potomac is partially frozen!

Yes, it's 34 degrees outside!

Yes, there is 5 ft. of snow in my yard!

BUT...our kids will eventually get on the water and we want you to be **ready** for the amazing rowing season they will have as part of the McLean Crew Team! Most of the content of this article was sent to you in the fall but we thought all the information bears repeating so read on, particularly, if you are new this year to McLean Crew!

What can you expect in terms of Camp Cooper, out-of-town regattas and transportation? Once the season gets underway, it proceeds at a furious pace...forms to complete, checks to write, hotels to book, homework to complete, etc. We believe *Knowledge is Power* particularly when it comes to freshman and novice families. So, please take note of the dates and the estimates we have made for the regatta fees. Please keep in mind that the Club does **not** make a profit on any of the regattas. We merely add up all the expenses (hotels, transportation and, sometimes, a dinner for the rowers and chaperones) and divide the total among the participating rowers. We do our best to find the best deals available.

In addition to notices in the weekly newsletters, we are planning to have a "Regatta Roundup" on the website where you can easily access information when you need it. We will update it regularly so everyone gets the same information in a timely manner.

Camp Cooper Spring Break Training: The entire team will be heading to Summerton, SC to attend training camp during Spring Break (March 27-April 2). They will be staying at the R.M. Cooper 4-H Leadership Center (<http://www.clemson.edu/yli>). The kids/chaperones will travel via a coach bus. The cost per rower last year was \$450, which covered transportation, meals, lodging, and instruction. We realize this can mess up plans for family vacations but, based on feedback from our rowers, it is one of the HIGHLIGHTS of the season.

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 itself). Upon arriving, the kids will rig the boats and get in a practice before dinner.

The R.M. Cooper 4-H Leadership Center 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 plan to stop off 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 rower's chaperone is and you may contact him/her by phone or email.

Out of Town Regattas: We will participate in part or as the entire team (depending on practice attendance and boat performance during the regular season) in 3 out-of-town regattas. Blocks of hotel rooms have already been booked. Since the season is a long way off and we are all in the dark in terms of which boats will be participating, we have no idea whether or not we have too many or too few rooms. If you want to be very proactive, feel free to book a room on your own

in case we do not have enough for parents other than for our designated chaperones. **The exception to this is the SRAA Nationals in Saratoga Springs where we know for CERTAIN that you need to book your own room now (see further explanation below)!**

- ISA Lake Mercer Sprints - West Windsor, NH - April 16, 17
<http://www.rowpnra.org/mercersuper.html>
Rowers will leave on a Friday morning and return Saturday evening. A small block of rooms for rowers/chaperones has been tentatively booked at the Hyatt Regency in Princeton, NJ. (www.princeton.hyatt.com). Cost per rower in 2009 was \$250.
- 84th Annual Stotesbury Regatta – Philadelphia – May 14-15
www.boathouserow.org
This is an incredibly exciting Regatta...the most prestigious high school regatta in the United States. Rowers will leave Thursday morning and return Saturday evening. A large block of rooms has been booked at the Crowne Plaza – Philadelphia Downtown (www.cpphiladelphia.com) that will cover rowers, coaches, chaperones and some parents. Cost per rower in 2009 was \$355. Also, keep in mind that we will probably run into conflicts with AP Testing but we factor that into the itinerary.
- SRAA Championship Regatta – Saratoga Springs, NY – May 28-29
<http://www.sraa.net> <http://www.saratogarowing.com>
Participation in this regatta will depend on how each boat performs at States (VSRC Championship Regatta in Occoquan on May 8).
Rowers will leave Thursday morning and return Saturday late. A block of rooms has been booked at the Courtyard Marriott (www.courtyardsaratoga.com). Rooms are already very scarce in Saratoga Springs and it is doubtful we will have additional rooms available for parents (other than chaperones). ***NOTE: To be safe, you may want to consider reserving a room NOW at this hotel or at one nearby.*** Cost per rower in 2009 was \$300. Again, keep in mind that we will probably run into conflicts with SOL testing.

If you are available to chaperone at any of these events, please contact Laura Warren and she will forward the information to the appropriate committee member. We will need one chaperone for every nine rowers.

Spring Daily Practice Transportation: Obviously the kids will not be on the water beginning February 22! We are hoping it will happen during the first 2 weeks of March but we will have to wait and see. Once that magic date arrives, your child will be transported by a Crew chartered bus (or they can drive their own car) every day leaving from MHS and returning to MHS. The bus departs at 2:30 pm and arrives back at approximately 6:30-6:45 pm. Weather conditions dictate if we will have on the water practice (a funky equation based on the water and air temperatures...the combined temperature must be 75 degrees or higher). The coaches make the decision by 10am the day of - if water practice has to be canceled. Why 10am? If we cancel bus service by 10am, the bus company credits us for the day. This does not mean that practice is canceled - it just means that the water is unsafe and that practice will probably be held at the trailers. To find out if we have on the water practice, check your morning emails for practice alerts, our website for a posting, the bulletin board at the activities office for a posting, Bobby's

website for a posting, and announcements regarding after-school activities. Kids will be notified if they are not going on the water by a PA announcement at school. Finally, if the bus is in front of the school after dismissal – your child should get on it because it means we have practice!

NOTE: YOUR CHILD WILL NOT BE ABLE TO GET ON THE WATER UNLESS ALL OF THEIR FORMS HAVE BEEN TURNED INTO KENT ARNOLD! IF THERE IS ANY DOUBT AS TO WHETHER THIS HAS BEEN DONE, PLEASE CONTACT HIM ASAP AT VPAdmin@mcleancrew.org. NO EXCEPTIONS WILL BE MADE! PLEASE MAKE SURE THIS IS DONE!

We realize this is a lot of information and we hope you find it helpful! If you have any questions, please ask us now or at any point in the year. We are more than happy to do our best in answering them! We are looking forward to a great rowing season!

Laura Warren	Regatta Chair	meadowmac@aol.com
Chris Parker	Nationals/Volunteers	Christine.parker@fcps.edu
Gretchen Ginnerty	Stotesbury	ginntrio@msn.com
Sherri Heile	Transportation	elieh1722@msn.com

ERGATHON

There are still rowers who have not turned in their ergathon money and some who have not rowed yet. Please remember that this is a mandatory fundraiser and everyone - rowers and coxes alike - is responsible for their \$200. If you have your money and have not handed it in, you can give it to either Drew Sanders or any of the girls captains. You can also mail it to the crew mailbox at Mclean Crew Club, Box 7104, Mclean, VA 22101. The coaches will be planning a mini erg for those who have not rowed. There are still 15-20 crew members that have not handed money in. If everyone does so, we will make our budgeted goal of \$14,500!

MULCH

Mark March 20-21st on your calendar for mulch weekend!

* The mulch folders will be going out shortly. They will be distributed by the coaches to each rower (they will have names on them) and the parents will be emailed the day they are distributed, so you will know that your rowers should have them. If they are not at practice that day, they should stop by the following day and pick them up. In each folder will be a sales tip sheet, a copy of the order form with all pertinent information on it, and a customer lead sheet. This lead sheet will give you a listing of last year's customers and how much they bought. The easiest way to start would be to make those phone calls to people who have already bought

from us!!! They are expecting your call! Please make sure that you call everyone on your list even if you hit your 200 bag minimum. Each year we have missed some former clients and often they call us and are disappointed that they were not included. We'd like to try and stay as professional as we can with our loyal customers! Realizing that there will still be snow on the ground when you first start calling, be prepared to call back!

* PLEASE PLEASE PLEASE put your rowers name on the order form provided and THEN make copies of the form to distribute. This way you know that any forms you hand out will give your rower credit. If an order comes in with no rower name, it will go into email and hopefully be claimed.

* Orders are due by March 14th - we need to give a count to the company providing the mulch by that Tuesday and need a day or two to go through the orders. We are capping the total at 15,000 bags (the most we feel we can deliver) so it will be first come, first served.

* Once orders start coming in, the newsletter will have a weekly attachment of your child's name, each customer's name, and their bags sold. This will enable you to keep track of the orders that are mailed in through the crew mailbox. There will be prizes for each guy and each girl who sells the most, as well as a friendly competition between the boys and girls teams.

* Carol Sanders will meet the bus every day or stop by the crew trailers to collect any orders that your rowers may want to hand deliver.

* Remember, you are required to sell at least 200 bags for us all to meet the goal. You will get 1 point for every bag sold, but even if you are at your points goal, we still need to sell this mulch to reach the budget for the mulch sale.

* Parents are required to work 2 shifts. There are a multitude of jobs available, from driving trucks to driving forklifts, driving kids after the trucks, navigating with the truck drivers, feeding everyone, checking them in and out, and various other duties. The kids are there to haul the mulch, so no backs of parents are involved. The signup sheets for the parents have been available at the parent's meetings and you can get in touch with Nancy Mulligan at 703 785 5508 or nmulligan1@yahoo.com to sign up.

* Rowers will be signed up closer to the actual week of the delivery and they will be required to work 3 shifts.

* Please call Carol Sanders at 703 847 9409 or mncsanderson@verizon.net or PR Wheeler at 703 847 6979 or ryan.wheeler@verizon.net if you have questions.

POINTS

If you need to know how many points have been accumulated for your rower, there is a master list available at the meetings and we will post them in the newsletter next week. The ergathon and scrip sales need to be updated first.

Remember, the mulch sale is the last opportunity to earn points. If a rower has not earned all his pledged points, they must pay the difference.

TOTE BAGS

The 40th Anniversary of Earth Day is April 25, 2010. What better way to celebrate than with our lovely Mclean Highlander grocery tote! The cost of each is \$4.00, but buy 5 and you get one free! Call Carol Sanders at 703 847-9409 to reserve yours today!

PRESENT PERFECT BOOK...

Is a book written by a former high school boat mate of our own coach Bobby. This book is packed with ideas for presents for just about everyone. It is broken down into categories and not only gives gift ideas but provides links to stores to find them. The book is very helpful even for the most creative gift giver. It sells for \$15 and Mclean Crew gets \$10 for each book sold! It's Larry's way of giving back to crew, so call Carol Sanders at 703 847 9409 and she will reserve your copy.

HOW DO I SIGN A WAIVER?

Are you a parent or guardian of a VASRA school rower and need to sign the online waiver? You can sign online at any time by going to <http://www.rowingwaiver.com>. Once you arrive at [rowingwaiver.com](http://www.rowingwaiver.com) please click on the "Signyourwaiver" link and follow the steps to complete your waiver.

Here are a few important things to know about signing your waiver online:

- Please provide accurate information including your current team affiliation and unique email address for each athlete (you cannot reuse email addresses, a valid and unique email address is required for every athlete that submits a waiver). We will be careful how we use this information. One intended use is to have contact information in the unlikely (and I hope never encountered) event of an emergency. Thus accuracy of this information is important.
- When asked during the application process, we recommend you provide the email contact for your current team representative or coaching contact. This is NOT required but is helpful in that we will automatically add your name to that team rep/coaches online roster. This simplifies tracking of the rosters of our member teams.
- Once you complete the process, you can ALSO print out a completed waiver for your records. You can also use this print waiver for events that require you to provide them with a paper waiver copy.

Once you have completed a waiver, many athletes and parents want to check to see if the waiver has been signed correctly. You can check your waiver status at any time by going to CHECK Waiver Status. Important, if you have incorrectly signed your waiver you can make any corrections by going to your MYRONIN account and edit your waiver registration. If you have questions, please contact:

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