

McLean Crew Club Weekly News, May 12, 2008

Important Dates

May 13 – Monthly Meeting, 7:30 MHS Cafeteria

May 16-17 - Stotesbury Regatta (“Stotes”), Philadelphia, PA

May 23-24 - SRAA Championship Regatta (“Nationals”), Oakridge, TN

June 8 – End-of season family picnic and general membership meeting

McLean Crew at States – WOW!!!

“What a fantastic day for the McLean Crew: 14 Gold Medals, 9 Silver Medals and 18 Bronze Medals. Nine out of 10 boats rowed in finals. We had 3 State champion boats and 3 boats medaled. For the first time ever, not just one, but 2 Men's 8s made an appearance on the awards dock.” - Coach Bobby Meeks

Congratulations crew and coaches!

Virginia Scholastic Rowing Championship Regatta - May 10, 2008

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	
W Lt 4 Heat A 3 to final	Hickory	Fairfax	Hylton	McLean	Maury	Bishop Ireton	
	(1) 6:35.3	(4) 6:51.8	(2) 6:41.2	(3) 6:46.0	(6) 7:15.6	(5) 6:54.6	
M 1st 4 Heat B 2 to final/2 to petite	First Colonial	Bishop Ireton	Langley	W. Potomac	Granby	McLean	Jeb Stuart
	(7) 6:55.4	(3) 6:01.6	(2) 5:58.8	(1) 5:55.3	(5) 6:23.6	(6) 6:28.3	(4) 6:03.3
W 1st 4 Heat A 2 to final/2 to petite	Hickory	Mt. Vernon	McLean	Langley	Mathews	Episcopal	
	(6) 7:40.7	(5) 7:30.3	(2) 6:25.8	(4) 7:04.1	(1) 6:25.3	(3) 6:53.3	
M 1st 8 Heat C 2 to final/2 to petite	Forest Park	Wash-Lee	McLean	St. Albans	Woodson	Great Bridge	Bishop O'Connell
	(6) 5:31.0	(4) 5:15.8	(2) 5:07.8	(1) 5:07.6	(3) 5:09.6	(7) 5:37.4	(5) 5:30.8

M 2x FINAL	Mclean	Jeb Stuart	Gloucester	Great Bridge	Hylton	Wakefield	
	(5) 6:46.8	(4) 6:41.2	(2) 6:19.9	(1) 6:11.6	(3) 6:24.9	(6) 7:37.6	
W 2x FINAL	McLean	Hylton	Cox	W. Potomac	Potomac	Wakefield	Mathews Lt.
	(4) 7:32.3	(1) 7:12.8	(3) 7:31.2	(7) 8:02.6	(6) 7:56.8	(2) 7:24.4	(5) 7:34.0
W 2nd 4 FINAL	Cox	Bishop Ireton	Madison	Mclean	Gloucester	Episcopal	Granby
	(6) 7:40.3	(7) 7:56.4	(2) 6:48.9	(1) 6:42.4	(3) 6:51.9	(4) 7:17.8	(5) 7:29.3
W 4x FINAL	Woodbridge	Mathews	Mclean	Forest Park	Hylton	Cox	Potomac
	(6) 6:58.1	(3) 6:39.4	(1) 6:14.5	(2) 6:33.8	(7) 7:09.6	(5) 6:48.2	(4) 6:43.7
W Lt 4 FINAL	Yorktown	Hylton	Oakton	Hickory	Great Bridge	McLean	
	(4) 6:43.8	(5) 6:51.0	(1) 6:28.5	(3) 6:34.0	(2) 6:32.9	(6) 7:04.7	
M Lt 8 FINAL			Mclean	Madison	Woodson	Great Bridge	
			(3) 5:28.1	(1) 5:16.3	(2) 5:21.8	(4) 5:29.2	
W Lt 8 FINAL		Woodbridge	Tc Williams	Mclean	W. Potomac		
		(4) 6:38.7	(1) 5:44.8	(2) 5:5.0	(3) 6:29.0		
W 1st 4 FINAL	Great Bridge	Gloucester	Mathews	Madison	Mclean	Bishop Ireton	
	(6) 6:43.9	(2) 6:15.2	(4) 6:22.5	(4) 6:20.1	(1) 6:08.1	(5) 6:42.9	

Next Weekend: "Stotes" in Philadelphia

Those rowers who will be competing at Stotesbury should have sent their completed forms and payment to Janice Martin.

Team members who are not competing in the Stotesbury Regatta are welcome to drive up to Philadelphia with a parent and watch this amazing regatta! (We don't have extra capacity on the bus, we do have a few extra hotel rooms.) Check out the Stotesbury website at <http://www.boathouserow.org/reg08/scr08.html>

As the schedule now stands, time trails will be on Friday, 5/16. Semi-Finals for the doubles and W Jr4 will be on Friday. Semi-Finals and Final Races for other boats will be on Saturday, 5/17.

We will have a large (20'x20') tent rented in the spectator area – you might want to bring a folding camp chair.

If your rower is going to Stotesbury, remember:

- AP Exams – If your rower will miss an AP exam (see below), he or she needs to schedule and pay for a make up test

- Spending money – Rowers should bring spending money for the food stops on the way to and from Philadelphia; rowers will probably want a Stotesbury tee-shirt (there's also lots of rowing gear on sale at vendors)
- Chaperone opportunities are still available, but are going fast. If you are interested in chaperoning, please contact Karen Bush at raven1866@cox.net ASAP

Stotesbury is always an exciting event. We're looking forward to capping the year with our best rowing yet.

Next Year's Key Volunteer Positions Need to be Determined Now

Parents – if your child will be rowing next year, consider this daunting thought. Many of our wonderful fearless leaders will be gone as their children leave McLean High. That means we have to figure out how to do this on our own. Some of the key people who will not be with the club next year are:

- Marilyn Stewart - Board President
- Janice Martin – VP of Administration
- Sherry Gray – VP for Ways & Means
- Dianne Juba – Food Tent Manager

We are also looking for someone to write this newsletter next year.

Please consider how you will be best able to help the club next year and contact any current board members (including Lisa Russell at russ4bunch@aol.com) to learn more about a position that interests you.

Varsity Sports Banquet

ALL VARSITY ATHLETES: The Varsity Sports Banquet will be held at MHS on June 2nd. Invitations have been mailed to your home and we need responses by May 16th. If you have not received an invitation, please see Mrs. Banbury in the activities office. Please join us that evening to hear our wonderful guest speaker, former Washington Redskin and Head Hog, George Starke and to share in the presentation of many athlete awards!

Pre-Participation Physicals for Next Year

McLean High School's Athletic Training program is hosting Pre Participation Physical Examinations (PPEs) on May 21st from 5:30 - 7:30pm. The cost is \$40 for pre-registered students and \$50 for walk-ins. All proceeds go to purchasing supplies for the athletic training program that supports all of McLean's sports teams.

Please go to www.fcps.edu/supt/activities/atp/ppeschedule.htm to pre-register. Once you have registered, you will receive an email confirmation. You will receive a follow up email with the time of your appointment. Walk-ins are on a first come, first served basis. The VHSL Physical Form can be found on: <http://www.mcleanactivities.org/index.cfm?action=files>

Please fill out parts I, II, IV, and V prior to arriving for your appointment. The physical examination will be a comprehensive screening for athletic participation. Our screening includes a general medical evaluation, an orthopedic evaluation, flexibility check, posture evaluation, concussion base line evaluation, and body composition evaluation. Please email David Lee at David.Lee@fcps.edu for more

information. Please pre-register online at the following address:
www.fcps.edu/supt/activities/atp/ppeschedule.htm

What Do You Want Discussed at the Monthly Meeting?

If you have a topic you would like discussed at the monthly membership meeting, please contact the McLean Crew President, Marilyn Stewart - marilyn.stewart@ngc.com

Scrip - Give Gift Cards!

The club has the following gift cards in stock and available for purchase (new list): AMC Theatres, Barnes and Noble, Bath and Body Works, Boston Market, Chipotle, Cold Stone Creamery, Eddie Bauer, Gap/Old Navy, i-Tunes, Lands' End, LLBean, Macy's, Quiznos, Sports Authority, Papa Johns, and Starbucks. We also have Giant and Safeway for your grocery shopping.

Please contact Kathy Oram at meadeoram@comcast.net or 703-536-7220 to purchase cards. She will have grocery cards and Starbucks at the regattas the Girls' Junior Four attend. Feel free to seek her out.

Sign up for eScrip to Support McLean Crew

Remember to register your credit cards and grocery store club cards with eScrip so that McLean Crew gets a percentage of the purchases you make. This is a no-cost way for the club to earn money from purchases you are making anyway.

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.

Fill out the forms and link your contributions to all of your **credit or retailer cards**.

Please also remember that if you are signed up through Harris Teeter or Safeway you need to renew your link to McLean Crew each fall! Have you renewed your link for 2008?

Earn Points Through Fundraising! Ask Your Employer To Match Your Gift Or Find A Local Business That Wants To Support Mclean Crew!

Support our team's fundraising and equipment needs by obtaining employer and other corporate donations. Encourage friends and family to write us into their United Way fundraising campaign forms. If you (or your family members and friends) have not yet received employer matches for Erg-a-thon donations made in early 2007 or in 2008, follow up on obtaining these matches now. Provided we can connect you with donations received, you will earn points!

Some important facts:

McLean Crew Club, Inc. is a 501(c)(3) organization

Our Federal Tax ID # is 54-1834730

Our address is McLean Crew Club, P.O. Box 7104, McLean, VA 22106-7104

The contact for most donations should be listed as Marilyn Pifer, treasurer@mcleancrew.org. The contact for corporate donations is Sherry Gray, sherry.gray@ppsv.com or 202-872-6778. Please write or call Sherry if you have any questions or would like to help with corporate fundraising.

Summer Rowing Camps

There are a number of summer rowing camps that may be of interest to you. We will mention them in the newsletter as we hear of them, and list them on the LINKS page of the McLean Crew website. The camps fill up quickly, so contact them early if you are interested.

The Devlin family highly recommends the Navy Rowing Camp: <http://navycamps.com>

University of Michigan also has a rowing camp: <http://www.umich.edu/~rowblue/camp08/index.html>

The Pifer family recommends Chesapeake Crew Camp as particularly attentive to coxswains. Formerly for girls only, the camp has added a session for boys this year: <http://www.crew-camps.com>

University of New Hampshire has a "girl's College Prep Rowing and Coxswain Camp":
<http://www.unh.edu.unhrowing/UNH-Girls-Rowing-Camp.htm>

If you have firsthand experience with rowing clubs and would like to put the comments in the newsletter, please send your comments to regina_ohare@yahoo.com.