

## McLean Crew Club Weekly News, March 10, 2008

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### ***Important Dates***

Tuesday, March 11 – Monthly Membership Meeting, 7:30, MHS Cafeteria

Saturday, March 15 – Buses leave for Camp Cooper, 7:00am

Saturday, March 22 – Buses return from Camp Cooper, 7:00pm

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### **Mulch Sale a Tremendous Success**

Thank you very much for all of your efforts in making the mulch sale a success this year!!!!

The McLean Crew family did an excellent job of selling mulch – we had orders for over 12,000 bags of mulch. This is great by any measurement, but particularly good because we have 20 less rowers selling mulch this year than last year!

Rowers, parents and friends alike worked hard throughout the delivery weekend despite the occasionally horrendous weather. There were many great demonstrations of teamwork, enabling the job to be completed earlier than ever before. We hope to have initial financial results for you at Tuesday's General Membership Meeting.

Special thanks to the organizers for an outstanding job. First, thanks to Eric Fisher for being Mulch Chair, a volunteer job of heroic proportions. Among other things, Eric worked for hours to obtain the best routing solutions available and the success of his efforts was recognized by many throughout the weekend. Also, thanks to Elizabeth Lockhart and Jeff Leshner for recruiting and organizing our parent and rower volunteers, respectively. Finally, thanks to those who ran the mulch sale in the last few years because we were able to be so successful this year only by building upon your prior hard work and lessons learned.

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### **Spring Break Training Camp**

The spring break trip is less than a week away! All forms and payment need to be returned. Please fully complete & return the following:

- Parental Authorization and Acknowledgment of Risk for Field Trip Form
- Field Trip Luggage Search Form (top or bottom section)
- Cooper Lunch Stop - new this year - this is included in the cost of the trip
- A copy of your family's medical insurance card
- Full payment of \$425/rower must also be made in order to participate

An itinerary is attached indicating what the rowers will be doing during that week. Plus, the cell phone numbers and email addresses of the chaperones are furnished for your convenience on contacting any of them. Please keep their contact information handy in case of questions, etc.

A huge thank you for those of you have already paid and sent a copy of the medical insurance card. Because of mulch sales, we are helping Marilyn Pifer by collecting both forms and payment.

We are trying to make this process convenient for parents and rowers so there are various ways to send in the forms and checks - mailing forms and checks to Janice Martin, 7505 Allan Avenue, Falls Church, VA 22046; faxing forms to Janice at 202-778-5061 or send by email; or team manager Lana Puljic is collecting forms and checks at practice.

The FCPS forms must be submitted to the School and the activities office will not accept an incomplete form, so please take care in getting them signed by rower and parent.

**FORMS ARE PAST DUE.** For questions please contact Janice Martin, VP Admin., Cell #703-508-9915

**McLean High School Crew Club  
2008 CREW SPRING TRAINING CAMP**

R M Cooper 4-H Leadership Center  
8001 M W Rickenbaker Rd, Summerton SC 29148 803-478-2105  
<http://www.clemson.edu/yli/crew/index.htm>

**March 15 – March 22, 2008**

**Saturday, March 15**

6:30 am – Bus Arrives at McLean High School (FRONT entrance)  
7:00 am - Bus Departs McLean High School (FRONT entrance) (~7 hour trip)  
12:00 pm – Stop for lunch \*PRE-ARRANGE STOP IN ADVANCE – included in cost of trip  
1:00 pm – Resume trip to Summerton, SC  
3:00 pm – Arrive Summerton, SC

**Saturday, March 22**

11:00 am – Depart Summerton, SC  
4:00 pm – Stop for early dinner \*PRE-ARRANGE STOP IN ADVANCE – included in cost of trip  
5:00 pm – Resume trip to McLean, VA  
7:00 pm – Arrive McLean High School (Front entrance)

*All rowers must travel either on the bus or with one of the designated chaperone drivers. No exceptions. Per FCPS regulations, no rowers will be allowed to drive to or from in a car driven by anyone other than their own parents, by another rower's parents (with written permission from their own parents) or by a vehicle driven by a designated chaperone. Anyone wishing to leave with their own parents, or with another rower's parents, must first speak with chaperones Karen Bush or Marilyn Stewart. Parents must sign-out the rower with Karen or Marilyn before departing.*

**DAILY ITINERARY MARCH 16-21**

6:00 am	BREAKFAST SNACK
6:00-930 am	ROW (Lake Marion)
10:00 am	BRUNCH
12:00- 2:00 pm	ROW (Lake Marion)
2:00-3:00 pm	AFTERNOON SNACK
3:00-5:00 pm	ROW (Lake Marion) *study time – on site computer study hall
6:00pm	DINNER
7:00-930 pm	Evening activities *boat meetings, volleyball, tournament, basketball, softball, movie night, dance 8pm, campfire 9pm, BBQ with other schools. *One evening activity is pre-scheduled by the camp for each evening.
10:00 pm	CURFEW

**CHAPERONES**

**Girls Chaperone Team**

Karen Bush – ***Captain***  
 Teri Harper  
 Lisa Russell  
 Karen Vamberi

**Boys Chaperone Team**

Marilyn Stewart - ***Captain***  
 John DaCrema  
 Linda Peterson  
 Robin Russell

**Coaches**

Chris Gordon  
 Morgan Ferguson  
 Leah Silverstein

**Coaches**

Bobby Meeks  
 Austin Middleton  
 Michelle St. George  
 Zach Steinmart

<b>Girls Chaperone</b>	<b>Cell</b>	<b>Email</b>
Karen Bush	703.473.9140	raven1866@cox.net
Teri Harper	703.919.1499	sunnysideupgirl@aol.com
Lisa Russell	703.969.4656	russ4bunch@aol.com
Karen Vamberi	703.863.6007	kvamberi@aol.com

<b>Boys Chaperone</b>	<b>Cell</b>	<b>Email</b>
John DaCrema	202-532-3833.	johndacrema@yahoo.com
Linda Peterson	703.863.7347	theadmsdaughter@earthlink.net
Robin Russell	202.577.8313	robin.russell@navy.mil
Marilyn Stewart	571.214.8656	marilyn.stewart@ngc.com

This trip will be one of the most fun and rewarding events of the rowing season. The rowers will develop their rowing skills, have fun, and bond as a team. For parents of the freshmen/novices who have not been to Spring Break Camp with us before, they are going to love it!

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### **Wanted: Certified Lifeguard with CPR Training**

If your rower is a current certified lifeguard including the CPR certification please contact Karen Bush, [raven1866@cox.net](mailto:raven1866@cox.net) or 703.473.9140.

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### **McLean Crew 2008 Rowing & Regatta Schedule**

Note: This schedule was updated the week of 3/5/08. Please note that this is the current, projected schedule. The schedule is subject to change.

## McLean Crew 2008 Regatta Schedule

Note: Regatta schedule subject to change; not all boats will participate in all regattas

### March

- March 15-22 - Camp Cooper Spring Break Training Camp (all rowers), Summerton, SC
- March 29 - Polar Bear Regatta (upper boats only), Occoquan

### April

- April 5 - Walter Mess Regatta, Occoquan
- April 6 - 3<sup>rd</sup> Manny Flicks, Philadelphia, PA\*\*
  
- April 12 - Smokey Jacobs Regatta, Occoquan
- April 13 - 4th Manny Flicks, Philadelphia, PA\*\*
  
- April 18-19 - ISA Championship Sprints, Lake Mercer, NJ\*\*
- April 19 - Darrell Winslow Regatta, Occoquan
  
- April 26 - Charlie Butt Regatta, Georgetown

### May

- May 3 - Ted Phoenix Regatta (lower boats only), Occoquan
- May 3 - Mathews Regatta, Mathews, VA
  
- May 10 - VSRC Championship Regatta ("States"), Occoquan
  
- May 16-17 - Stotesbury Regatta ("Stotes"), Philadelphia, PA
  
- May 23-24 - SRAA Championship Regatta ("Nationals"), Oakridge, TN

\*\* These regattas are primarily oriented towards sculling boats (e.g., quads, doubles), but other boats may be selected to compete in these regattas.

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## Sign Up for Your 'Perfect' Regatta Job at the Next Monthly Meeting!

Pick an early Regatta and get it over with or wait 'til the weather is warm and sunny. Either way, McLean Crew requires parents to volunteer at one Regatta. The jobs are fun. Look for the sign up sheets and complete job descriptions at the next Monthly Meeting.

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## 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](mailto:treasurer@mcleancrew.org). The contact for corporate donations is Sherry Gray, [sherry.gray@ppsv.com](mailto: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.

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## Erg Class for Parents

For the next few weeks we will offer rowing lessons and training for Parents at 11:30 on Sundays at the erg trailers. We request a \$15 donation to the crew club from participants. The first visit is free.

Thompson's does rent boats, so this may be an opportunity to learn the basics so you can proceed to on-the-water instruction. Ultimately you may be able to row with, or even potentially compete with, your rower in the fall Head of the Potomac regatta.

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## Physicals and Forms

All rowers and their families must submit new physicals and forms for the 2007/2008 school year. All forms are available on the Club's website ([www.mcleancrew.org](http://www.mcleancrew.org)), and a hard copy is in the back of the Crew Handbook. All forms must be turned in to Janice Martin before students may participate. Don't be left at school because you can't ride the bus or be left out of a boat (this includes a launch), so please return them ASAP! These are requirements set forth by FCPS, VHSL and NCASRA. Thanks to all those who have turned in their physicals and forms. Any questions contact Janice at [jk martin8@verizon.net](mailto:jk martin8@verizon.net)

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## Volunteers Needed

The club is looking for adult volunteers to assist with

- Food Tent
- Maintenance of crew trailers and equipment

Please contact Lisa Russell ([russ4bunch@aol.com](mailto:russ4bunch@aol.com)) for more information.

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## Erg-A-Thon Donations Still Being Accepted

So far, the team has raised \$13,883.50 from this year's ergathon, a 10% improvement over last year's ergathon record total of \$12,528.73. Congratulations to the team for this great fundraising performance!

If your rower still has pledges outstanding, please mail them to McLean Crew at PO Box 7104, McLean, VA 22106

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## 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](mailto:marilyn.stewart@ngc.com)

Please join us for March's meeting as we ready ourselves for the spring season!

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## Scrip - Give Gift Cards!

The club has the following gift cards in stock and available for purchase: Amazon, American Eagle, AMC Theatres, Barnes and Noble, Bath and Body Works, Boston Market, Dick's Sporting Goods, Eddie Bauer, Gap/Old Navy, i-Tunes, Lands' End, 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](mailto:meadeoram@comcast.net) or 703-536-7220 to purchase cards.

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## 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](http://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 2007-08?