

McLean Crew Club Weekly News, April 14, 2008

Important Dates

April 18-19 - ISA Championship Sprints, Lake Mercer, NJ**

April 19 - Darrell Winslow Regatta, Sandy Run Park, Occoquan

April 26 - Charlie Butt Regatta, Georgetown

McLean Performs Well at the Smokey Jacobs and Manny Flicks Regattas

Despite the absence of many rowers due to school field trips and college testing, which required reconfiguration of several boats, the team distinguished itself at not one but two regattas this past weekend. At the Smokey Jacobs Regatta at Occoquan on April 12, the lightweight men, rowing as a 4, took first place, and the 1st Men's Eight placed 2nd. Rowers from the Men's 3rd 8 (rowing as a 1st 4), placed a very respectable 4th in their heat, as did a reconfigured Novice Women's 8, which had rowed together only for a few days.

Smokey Jacobs Regatta – April 12, 2008

Event	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1st Men's Four Heat Two	Christchurch	Hylton	Woodson	Fairfax	McLean	Oakton
	Scratch	(5) 6.20.1	(1) 5.34.4	(2) 5.45.7	(4) 6.13.6	(3) 5.56.5
1st Men's Eight Heat Two	Forest Park	Madison	Robinson	McLean	W.Springfield	Langley
	(6) 5.01.9	(4) 4.58.4	(1) 4.49.5	(2) 4.52.6	(3) 4.58.3	(5) 5.01.9
Light Men's Four Final	Hylton	Jeb Stuart	Woodson	South County	Mathews	McLean
	(5) 5:57.2	(6) 6:08.7	(2) 5:47.8	(3) 5:54.6	(4) 5:55.6	(1) 5:45.5
Women's Novice Eight Final Three	South County	Episcopal	Mt Vernon	W. Springfield	McLean	Robinson (B)
	(2) 6:27.0	(5) 7:12.4	(6) 8:05.2	(3) 6:32.4	(4) 6:44.9	(1) 6:26.7
1st Men's Eight Final	Lake Braddock	S. County	T Jefferson	Robinson	McLean	W. Springfield
	(4) 5:06.5	(5) 5:11.6	(1) 4:50.6	(3) 5:02.3	(2) 5:00.0	(6) 5:12.0

4th Manny Flicks - April 13, 2008

In Philly the following day, the Women's 1st 4 and the Women's Quad had first place finishes in their heats. The Women's Lightweight 8 came in 3rd in their heat. The Women's Junior 4 placed in the middle of the pack in a large event called a "head race" where 20 contenders were separated by less than 7 seconds. Below please find some of the results that were posted on the Manny Flicks website.

Congratulations to all McLean rowers in both regattas for an excellent showing!

Girl's Ltwt Eight

Place	Lane	Name	Team	Time	Split
1	3	Erika McCormick	Mount St. Joseph	5:12.73	
2	4	Cara Thomas	Holy Spirit	5:19.48	6.75
3	1	Caroline Hecht	McLean	5:43.54	30.81
4	5	Kate Muff	Prendergast	5:58.23	45.50
5	2	Sophie Rudolph	Agnes Irwin	6:03.19	50.46

Girl's Varsity Four

Place	Lane	Name	Team	Time	Split
1	3	Kelly Hall	McLean	6:01.01	
2	2	Trieste Baccile	Merion Mercy	6:03.34	2.33
3	1	Rower I	Manhasset	6:15.08	14.07
4	4	Kellie Sheetz	Prendergast	6:18.81	17.80
5	5		Delaware	7:00.85	59.84

Girl's Varsity Quad

Place	Lane	Name	Team	Time	Split
1	2	Marla Brendley	McLean	5:23.28	
2	1	Lauren Tom	Ridgewood C	5:53.24	29.96
3	3	Lila Grilli	Ridgewood B	5:55.13	31.85
4	4	Kelcey Johnson	Friends Select	6:05.70	42.42

The men's and women's teams are both rowing extremely well! It's great to see the team's hard work and dedication pay off.

Regattas Next Weekend – ISA Championship Sprints and Darrell Winslow Regatta

Those going to Lake Mercer (Men Lightweight Eight, Women's Lightweight Eight, Women's Quad, Women's Senior Four, Women's Junior Four) should have received a separate email with the itinerary, cost, and some additional information. **Fees for the Mercer trip must be paid no later than Wednesday, April 16.**

As always, the coaches might make last minute changes due to illness, injury, along with myriad other coaching decisions.

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. For those weekends with more than one regatta listed, your rower will know if he or she is competing in the Saturday or Sunday regatta. Please check with your rower. (As a general rule, lower boats row in the local regattas, as well as varsity boats that face sufficient competition locally).

McLean Crew 2008 Regatta Schedule

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

April

- April 18-19 - ISA Championship Sprints, Lake Mercer, NJ**
- April 19 - Darrell Winslow Regatta, Sandy Run Park, Occoquan

- April 26 - Charlie Butt Regatta, Georgetown

May

- May 3 - Ted Phoenix Regatta (lower boats only), Sandy Run Park, Occoquan
- May 3 - Mathews Regatta, Mathews, VA

- May 10 - VSRC Championship Regatta ("States"), Sandy Run Park, 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.

Regatta Volunteer Assignments

The regatta volunteer signups are complete! Since things have a habit of changing quickly during crew season, the volunteer coordinator will send a Monday email to the volunteers for the coming DC area regattas. Please confirm your assignment by Wednesday.

If your rower is racing out of town, parents are still responsible for the volunteer assignment and must find your own replacement. For more information, contact Mimi Vollstedt, (H) 703 538 6322 or (C) 703 608 9528

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.

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) for more information.

Mulch Sale Update

With expenses and receipts nearly finalized, the mulch sale is extremely close to the budgeted target of \$27,000 net income. Thanks to all the rowers, parents, family members and friends that worked so hard to make our last and biggest fundraiser of the year a great success!

May 1 Deadline Approaching for Fundraising Points

Within the next few days, you will receive a spreadsheet of points earned to date through all fundraising and volunteer work this year. The deadline for earning all points is May 1.

45 families have fulfilled their points commitment – congratulations and thanks to all of you!

For those still short of points, the options that now remain are to buy lots of scrip (5 points given per \$100 of scrip purchased) OR to simply buy back the remaining points at \$1 per point. I.e. if your family still owes 50 points, you could either buy \$1000 worth of scrip or pay \$50 directly to the club.

NOTE: Participation in May regattas may be forfeited if points are in arrears.

Questions? Contact Points Chair Linda Layman-Peterson at theadmsdaughter@earthlink.net or Treasurer Marilyn Pifer at [<treasurer@mcleancrew.org>](mailto:treasurer@mcleancrew.org)

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?

DIRECTIONS: Getting to Sandy Run Park

Here is a link to directions to Sandy Run Park:

<http://www.ncasra.org/Dir2Occ.htm>