



McLean Crew

Weekly News

February 23, 2009

Dates to Note:

February 25 (Wednesday): On-water practice to begin

March 20 (Friday) ~ 22 (Sunday): Mulch Sale Fundraiser

March 28 (Saturday): Polar Bear Regatta (Sandy Run; upper boats only)

April 3 (Friday) ~ April 10 (Friday): Spring training camp (Camp Cooper, South Carolina)

April 11 (Saturday): Smokey Jacobs Regatta (Occoquan)

Membership Fees

Please note that your rower will not be permitted to participate in on-the-water practice unless you are up to date on your payments and forms and physicals have been submitted. If you have any questions, please contact Regina O'Hare at regina_ohare@yahoo.com.

Mulch Madness 2009 - Sales -Week 2 Update!

- All rowers should have received their **Mulch Packet** of **Mulch Madness sales/information sheet**, **Mulch Sales Brochure** (to be copied with rower's name written to receive credit for sales), and **Lead List** of previous customers to contact.

- To reach our **goal of 12,000 bags of mulch sold**, **each rower will need to sell 200 bags of mulch.**

- Current sales are close to 1000 bags - With only three weeks left and other organizations also selling mulch, we need to look to our families, neighbors, friends and local merchants (as well as those previous customers!) and anyone else within our school district who can use high quality hardwood mulch at a very reasonable price!

Without your work, rowers, we can't meet our goal...**Copy** your flyers today (don't forget your name); **Contact** your **Lead List Customers**; **Ask** your **neighbors** and **friends!** **You can do it!**

Do your part to help McLean Crew Club meet its goal of 12,000 bags of Mulch!

For any questions, or if you've not received your mulch information packet, please contact Lisa Russell at (703)536-0152

Mulch Madness 2009 - Volunteer Information - Delivery

The Crew Club's Mulch Sale is the club's largest annual fundraiser. Because of the effort involved in receiving and delivering 12,000 bags of mulch over one weekend, it is **absolutely MANDATORY** that all rowers work three shifts; and, additionally, a family (adult member) work three adult volunteer shifts.

Weekend of Delivery: Saturday, March 21 and Sunday, March 22

Times of Shifts: (1) Saturday 7am-1pm (2) Saturday 1 pm- 7pm
(3) Sunday 8 am- 1pm (4) Sunday 1 pm- 6pm

Adult Volunteer Positions: Mulch Delivery Truck Driver, Navigator, Forklift Operator *, mulch-yard work, Chase Car Driver, yard clean-up, mulch loading

* requires training

Parents, if you have not already signed up for your shifts/jobs, please contact Elizabeth Lockhart at ealockhart10@yahoo.com for adult volunteer assignments.

Rowers - mulch delivery shift sign up: You will soon have the opportunity to sign up for the three shifts you are able to work Mulch Delivery weekend, March 21 and 22. (for any questions until then, contact Jeff Leshner at jeff1261@gmail.com).

On-the-Water Practice Schedule

On-the-water practice, initially scheduled to begin on Monday, February 23, has been re-scheduled to begin on Wednesday, February 25, since the docks at the Thompson Boathouse will not be ready for use until then.

In the meantime, the rowers worked on the boats on Saturday, February 21, to get them ready for the water. Photographs from the rigging session are available, courtesy of John DaCrema, at:

http://dac.smugmug.com/gallery/7419708_g8BpE#478144587_jBfvk Password: McLean Crew

Thank you to John for spending his Saturday morning taking pictures of our rowers.

Girls' New Conditioning Schedule

The girls' new conditioning schedule, effective immediately, is as follows:

Monday	-	2:30 to 4:30
Tuesday	-	4:30 to 6:30
Wednesday	-	2:30 to 5:00
Thursday	-	4:30 to 6:30
Friday	-	Off
Saturday	-	10:00
Sunday	-	Off

The schedule will remain in effect until on-the-water practices begin.

Boys' Conditioning Schedule

The boys' conditioning schedule remains as follows until further notice:

Monday:	3:00 to 5:00
Tuesday:	3:00 to 5:00
Wednesday:	3:00 to 5:00
Thursday:	Off
Friday:	3:00 to 5:00
Saturday:	10:30-11:30

Kudos!

Three of our rowers won first prize in the Science Fair Recognitions. Zeynep Arslan, Albrey DeClerck , and Yuriko Salmon will now be going to the Regional Science Fair to be held at Robinson High School on March 28 ~ 29. Congratulations and good luck to all!

Lost and Found

Lost

McLean Crew Sweatpants, black, size Medium - Left under the bleachers at the Erg Sprints. If anyone has picked them up by mistake, please return to Melissa Frazee.

Found

Long-sleeve tech shirt, no zipper, size Medium – Forgotten at one of the regattas last year. The owner is asked to contact Lizzy Parker.

McLean Crew Suplex Jacket Recall

The Suplex jackets ordered in December were made with black instead of red sleeves. The manufacturer, Boathouse Sports, is redoing the jackets. Beverly Keller will contact those who ordered the Suplex jackets to exchange them with new jackets as soon as they arrive from Boathouse. Any questions, please contact Beverly Keller at usna73@gmail.com.

McLean Crew Club Recyclable Tote Sale

Want to shop in style? Feel the need to go green? Order our exclusive McLean Highlanders tote. The black bag has a red McLean Highlanders logo on it and it is the size of a regular grocery store tote. The price is \$4 each, but with an order of 5 you get 1 free! Order form is found at the end of the newsletter. For questions, please call Carol Sanders at 703 847 9409.

Regatta/Occoquan Work Day Volunteer Positions Still Available

Each family is required to fill one spring regatta or work day position at the Occoquan. Positions that need to be filled are still open, and will be filled with families who have not yet volunteered. Please sign up using the attached spreadsheet or by contacting Lisa Russell at (703)536-0153 or russ4bunch@aol.com. Most pressing need is an additional worker for this Saturday's Occoquan Work Day 9:00 am-noon.

Volunteers Needed

The Club is looking for adult volunteers to assist with:

- Grants, proposals, and donation soliciting
- Maintenance of crew trailers and equipment

Many of these jobs can be shared by two or more individuals, if desired, and all will earn your family valuable points.

The Club is also seeking additional launch drivers. Although the next on-the-water training session will not be offered until spring, those interested are encouraged to take the required on-line test during winter and get it out of the way.

Please contact a Board member, if interested in any of the positions.

VASRA Volunteers

VASRA is seeking:

- Parents who are interested in becoming referees - Necessary training will provided by VASRA.
- Avid golf players to participate in the golf tournament to be held on April 16 - The purpose of the tournament is to raise funds to cover the cost of the new Occoquan race course.

If interested in either of the above, please contact a Board member.

Sign up for eScrip to Support McLean Crew

Remember to register with eScrip, so that McLean Crew gets a percentage of the purchases you make with credit cards, debit cards, and retailer cards. 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**

What Is Scrip?

You can support McLean Crew and earn a few points (4 points per \$100 of scrip purchased) by purchasing scrip from the Club. When you purchase scrip, you purchase gift cards for participating vendors (such as Giant, Safeway, and Starbucks) and the club receives a small donation from the vendor. You can help the Club while spending money you were going to spend anyway. For more information and purchasing scrip, please contact Kathy Oram at meadeoram@comcast.net or 703-536-7220.

Alumni Mailing List

If you keep in touch with McLean Crew alumni, please encourage them to subscribe to the McLean Crew Alumni List. This is an email distribution list that will be used to keep the alumni apprised of how we are doing on competitions and about special events – perhaps an alumni row or an invitation to the annual picnic.

To subscribe, they should go to this link:

<http://www.discussthis.com/subscribe/alumni@mcleancrew.org>

Subscribe or Unsubscribe to the Newsletter

Note: If you want to remove yourself from this list (or add yourself to it), go to the following links to unsubscribe or subscribe:

<http://www.discussthis.com/subscribe/rowers-female@mcleancrew.org>

<http://www.discussthis.com/subscribe/rowers-male@mcleancrew.org>

<http://www.discussthis.com/subscribe/rowers-parents@mcleancrew.org>



McLean Crew Club
presents the exclusive
McLean Highlanders Shopping Tote
Shop in style while being green!

McLean Highlanders Tote is being offered for \$4.00 each
Buy 5 and get 1 free!!!

Name _____

Address _____

Phone number _____

Quantity _____ x \$4.00 = Total _____

All proceeds go to the McLean Crew Club

Orders should go to the Activities Office marked "McLean Crew" or sent to Carol Sanders, 2105 Crofton Place, Falls Church, VA 22043. Questions, call Carol at 703 847 9409 or email at mncsanderson@verizon.net.

MULCH MADNESS 2009 SELLERS' GUIDE

The following is an outline of key information for all rowers regarding the annual Mulch Sale – McLean Crew's #1 fund raiser and absolutely essential to our success. In order for us to be successful, each of you needs to participate and contribute with effort, commitment, and passion.

- **Background –**

- » **Quota** – Each rower is expected to sell at least 200 bags of mulch
- » **Selling Period** – Today through Monday, March 16th with particular emphasis on the weekends of February 14-15 and 21-22 (get out there before the Boy Scouts!)
- » **Selling Area** – Each rower is being provided with a list of previous buyers to help jumpstart your effort. You also should work your neighborhood and any other contacts within our delivery area (see flyer)

- **Mulch Facts –**

- » A price list is included on the flyer (a hard copy of which is attached and a soft copy of which is being emailed to everyone on the Crew lists). ***We sell hardwood mulch in larger-than-average 3 cubic foot bags – a GREAT value!***
- » The ***delivery dates are Saturday, March 21st and Sunday, March 22nd***. We bring the mulch to them and place the bags on their property where they ask us to leave it – convenient, easy, clean (for them)

- **Selling “Do’s” and Tips –**

- » When selling in person,
 1. Wear something that says McLean Crew on it
 2. Take flyers with you (each family is asked to print or copy their own)
 3. SMILE – whether you're knocking on doors or speaking on the phone, a smile is your best selling technique
 4. Try to speak directly to your neighbors (versus leaving the flyer on their door – do not place in mail boxes!). If they are not ready to buy, ask them when you should come back
 5. When people do order, they need to pay by check or in cash at that time
 6. **MAKE SURE YOU TELL EACH PROSPECTIVE BUYER THAT YOUR TEAM RAISES ALL OF THE MONEY IT NEEDS TO OPERATE AND RECEIVES NO OUTSIDE COUNTY OR SCHOOL FUNDING**

- **Questions** – Please feel free to call on us with any questions so we all can get it right the first time:

- » **Sales** – Jeff Leshner (703) 442-4993 jefflesher@mac.com
- » **Pricing** – Regina O'Hare regina_ohare@yahoo.com
- » **Logistics** – Lisa Russell russ4bunch@aol.com