



McLean Crew

Weekly News

November 24, 2008

Dates to Note:

December 6-7 (Saturday/Sunday): Leaf Raking Fundraiser

December 9 (Tuesday): General Membership Meeting, MHS Cafeteria, 7:30 pm

January 17, 2009 (Saturday): Erg-a-thon

Leaf Raking Fundraiser

The first weekend of the Leaf Raking fundraiser was blessed with fairly good weather, though much colder than preferred by our teams of rakers working their shifts. Our teams will be working again on **December 6 and 7**, the second and final weekend of this important fundraiser, which raises money for the Club's necessities and helps keep your dues down.

Please note that rower participation in this event is mandatory. Rowers who have not signed up yet, as well as parents and others who are interested in helping, are asked to contact Chris Wadle at 703 303-7992 /wadle@verizon.net at their earliest convenience.

If you would like to have your yard raked or you have neighbors who would like their yard raked, please call/email Laura Warren at 703 448-8364/meadowmac@aol.com.

Get Ready for Ergathon!

McLean Crew's next major fundraiser, Ergathon, is coming up in January. The objective of this event is for each rower to collect funds from neighbors, extended family, and friends in the form of a pledge (minimum total of \$200) in return for fulfilling the commitment to row at least 10,000 kilometers on the ergometer. The Ergathon will be held this school year on Saturday, January 17, in front of Books-A-Million in McLean.

Although there is still time until January, we would like to remind you that Thanksgiving is a great opportunity for collecting pledges from your relatives. An information flyer is attached to assist you in explaining the event to your contributors. For further information, please contact a Board member.

Letter from the Girls' Coaches

Below is a letter from the Women's Head Coaches to Women's Crew parents summarizing the first trimester and providing the schedule for the second trimester.

McLean Women's Crew Parents:

November 23, 2008

FIRST TRIMESTER SUMMARY:

As we move into our 2nd Trimester Period we thought we would take a moment to share with you all the results of our first tri-mester. First and foremost the performance results of the first period have been

spectacular. Not only have the returning oarsmen met and exceeded most all of their baseline testing from the 2007-2008 campaign but the Novice/Fresh have performed at an outstanding level, far exceeding any previous results from the last 12 years for freshmen and novice rowers.

Of course with all these exceptional results comes a greater expectation for the upcoming spring season both from the rowers and the coaches. We will make every attempt to temper our expectations and manage our goals in an effort to reduce any performance anxiety which is inevitable and always a constant reminder that we are only human.

THANKSGIVING:

As you all know we are giving the rowers the week of thanksgiving off – that is to say there is **no** formal practice this week, there will be some informal Erging at the trailers by some varsity girls who are working to stay sharp for college coaches as well as the rowers that are involved in Basketball and Swimming – these efforts will be coordinated by their coaches and captains.

Please use the time during thanksgiving break to have our rowers rest, feed them good food and have them secure and solicit their pledges for the upcoming ERGATHON, from grandpa and grandma and the rest of the clan.

CHRISTMAS:

You might want to consider getting your child some rowing gear for Christmas. One of the most under used article of clothing is the spandex shorts. The rowers should be wearing these on the ergs and in the boats. I have included some web sights that you might want to look at for some presents, as well as the McLean gear that is offered on the McLean Crew Website.

<http://www.potomacrowing.com/>
<http://www.row2k.com/>

There are many more sites out there; these are just two.

SCHEDULE:

We continue to make every attempt to schedule our practices around the availability of our coach's, rowers and available times in the weight room.

Our schedule for the 2nd Tri-mester will be as follows:

Tuesday and Thursday 4:30 – 6:45 Wednesday and Friday 2:30 – 4:45 – Wednesday Morning Practice 5:30a.m. – 6:45a.m. Saturday 10:00 – 12:30

We are moving our days off to Sunday and Monday and plan on a morning practice every other week for the Varsity on Wednesday mornings. We will be in the weight room on Thursday's and Saturday's to complement our erg trailer work and on Slides every Saturday by select boats. We will always meet at the erg trailer and finish at the erg trailer, though pickup should be coordinated with your child and probably at the "rock", or the front of the school.

This schedule will begin on Monday December 1st with a team meeting at 2:30 at the ERG trailer for **ALL** Women Rowers.

Have a wonderful and safe Thanksgiving from all your coaches –

Chris Gordon

Head Coach, McLean Women's Crew

Morgan Ferguson

Varsity Coach

Leah Silverstein

Junior Varsity & Strength Coach

Elizabeth Jackson (Jax)

Novice, Frosh & Coxswain Coach

Eileen Kurtz

ROGA & Conditioning Coach

McLean Crew Team Spirit Items

The Club is now taking orders for team spirit items. In addition to the standard offerings, new this year are warm-up pants (unisex) and parent T-shirts. The warm-up pants are slim fitting, but not skin tight, and can be worn when rowing. The parent T-shirts are gray and will not only help you demonstrate your team spirit, but also help others identify you as a fellow McLean parent at the regattas. Questions concerning the items should be directed to Beverly Keller at 703-917-9184 or e-mail usna73@gmail.com.

An order form is attached for your convenience. Since team spirit items also make wonderful gifts, we would like to place our order in time for holiday delivery. Please send your order forms and checks (made out to "McLean Crew Club") **by November 24** to Beverly at: 1475 Waggaman Circle, McLean, VA 22101.

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! Delivery is December 13th at the Winter Bazaar. Order form is found at the end of the newsletter. For questions, please call Carol Sanders at 703 847 9409.

Prevent the Spread of Infections!

We have purchased disinfecting cleaning wipes and placed them in the crew trailers. Please remind your rowers to clean the ergs, particularly the handles before and after use. Also, if they have open cuts or blisters, be particularly vigilant about cleaning the handles, covering the sores, and even using weight lifting gloves until the cuts are healed.

Volunteers Needed

The Club is looking for adult volunteers to assist with:

- Leaf-Raking Fundraiser
- Mulch Sale Fundraiser
- 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.

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

Give Scrip Gift Cards!

Don't know what to get for holiday gifts? Go Scrip! You can't go wrong by giving a gift card as a present. Plus, if you purchase a gift card through McLean Crew, the Club gets a small percentage of the proceeds. Access the Great Lakes Scrip Company web page (www.glscrip.com) for the gift cards available, and place your order with Kathy Oram at meadeoram@comcast.net or 703-536-7220. Please place your order by December 9 for delivery before the holidays.

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:

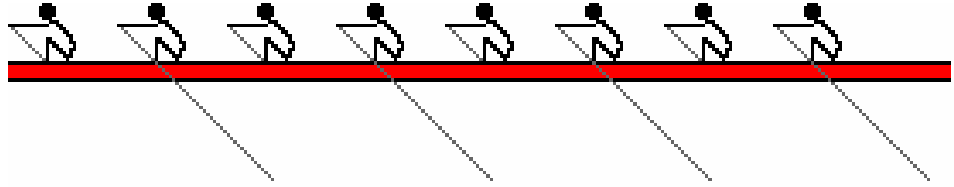
<http://www.discussthis.com/subscribe/rowers-female@mcleancrew.org>

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

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



McLean Crew



ANNUAL ERGATHON FUNDRAISER

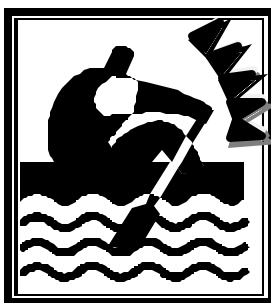
Support McLean's Crew Club!
Watch them row on Erg Machines
in the COLD!

Each Crew member will row **Over**
10,000 meters!!!
(that's over SIX MILES!)

SATURDAY, JAN. 17th

OUTSIDE BOOKS-A-MILLION
1451 Chain Bridge Rd, in McLean

Donations may also be sent to McLean Crew Club, P.O. Box 7104, McLean, VA
22106-7104, Attn: Ergathon.



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!!!

Delivery is at the Winter Bazaar on December 13th

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.



McLean High School Crew Club

2008 LEAF RAKING FUNDRAISER

November 22-23 & December 6-7

"McLean Crew needs your supportand your yard needs raking!"

This nationally prominent award winning club is totally self-funded and relies on the McLean community to support its fundraising activities. McLean Crew Club members and parents will rake your leaves on November 22-23 and/or December 6-7. A team of four students supervised by one adult will rake and bag your leaves for \$60/hr.

For further information or to schedule a team please contact

Chris Wadle at 703-303-7992 wadle@verizon.net
Laura Warren at 703-448-8364 meadowmac@aol.com

*This service is provided only within the McLean High School boundaries

*One hour minimum charge applies

*Resident supplies leaf bags if necessary

**McLean High School Crew
McLean, VA 22106-7104**



MCLEAN CREW TEAM SPIRIT ITEMS

ORDER FORM



Rower's Name: _____ Parent contact: _____

Telephone Number: _____ E-mail address: _____

For Christmas delivery, all orders and checks must be received by November 24, 2008

Item	Color	Price	Size XS/S/M/L/XL	Price
1. Jacket (Gore-Tex) (embroidery instructions below)	N/A	\$210.00		
2. Jacket (Supplex) (embroidery instructions below)	N/A	\$125.00		
3. Sweatshirt hooded (black or grey)		\$25.00		
4. Sweatshirt crew neck (black or grey)		\$20.00		
5. Sweatpants (black or grey)		\$22.00		
6. Warm up pants	Black	\$34.00		
7. Short Sleeve T-shirt (red, black, white)		\$13.00		
8. Long Sleeve T-shirt (red, black, white)		\$15.00		
9. Parent short sleeve T-shirt (with or without rower's name on back)	Grey	\$13.00/\$18.00		
10. Women's Short Sleeve Polo Shirt (black, red, grey, white)		\$23.00		
11. Men's Short Sleeve Polo Shirt (black, red, grey, white)		\$23.00		
12. Rugby (red and white 4" stripes)		\$50.00		
13. Race Day Bag (embroidery instructions below)	N/A	\$25.00	N/A	
14. Skull Cap (red or black)		\$13.00	N/A	
15. Visor (red or black)		\$13.00	N/A	
16. Baseball Cap (red or black)		\$13.00	N/A	
<i>Additional Orders:</i>				
Embroidery Instructions : jacket - Name (first or last) / year				
Embroidery - Race day bag – Full name				
			Total Due	

Questions??? Call Beverly Keller at 703-917-9184 or e-mail usna73@gmail.com

Return checks (made out to "McLean Crew Club") and forms to: 1475 Waggaman Circle, McLean, VA 22101 by 11/24/08

MCLEAN CREW TEAM SPIRIT ITEMS

ORDER FORM



GORE-TEX Jacket is red and black. Comes with team logo embroidery on the left and rowers name and year on the right. McLEAN CREW is printed on the back. GORE-TEX brand jacket is waterproof with a breathable GORE-TEX membrane. Please indicate name (first and/or last) and year for embroidery. Sizes XS, S, M, L, XL, XXL. (minimum 6 pieces to place order)

Supplex Jacket is exactly the same style and color as the GOR-TEX jacket, the only difference is that it does not include the GORE-TEX lining. It has a Teflon HT 80/20 finish for maximum water repellency and a mesh lining. Please indicate name and year for embroidery. Sizes XS, S, M, L, XL, XXL. (minimum 6 pieces to place order)

Sweatshirt (hooded or crew neck) **NEW DESIGN THIS YEAR!** 50/50 heavyweight fabric – comes in Black or Grey with McLean Crew in large letters w/horizontal oars above and below. Sizes S, M, L, XL, XXL (minimum 8 sweatshirts to place an order)

Sweatpants (50/50 medium weight) straight leg no pockets – come in Black or Grey. McLean Crew printed down the side. Sizes S, M, L, XL, XXL (minimum 8 sweatshirts to place an order)

Warm Up Pants – Black straight leg 100% polyester warm up pants with elastic waistband, two front pockets and one back pocket, extended leg zippers includes logo embroidery on left hip. Sizes XS, S, M, L, XL (minimum 6 pieces to place order)

T-shirts (short or long sleeve) –100% cotton – Red, Grey or White with double oar and McLean Crew on the chest and large M with crossed oars on the back (team logo). **Parent T-shirt** (Grey, short sleeve) same design as rower except with McLean Crew Parent on front. Rower's last name above M logo (optional) on back for an additional \$5.00. Sizes S, M, L, XL (minimum 8 pieces to place order)

Polo shirts – Black, Red, Grey and White – embroidered with McLean Crew and horizontal oars on chest. Sizes S, M, L, XL (minimum 8 pieces to place order)

Race Day Bag – Red with black straps. Team logo and Crew team member name embroidered on bag. (minimum 8 bags to place order)

Rugby – Heavy duty cotton with Red and White 4” stripes with McLean logo (M with crossed oars) embroidered on the chest. Sizes S, M, L, XL (minimum 5 pieces to place order)

Knit skull cap, baseball cap and visor – Black or Red with horizontal oars and McLean Crew embroidery. One size fits all. (Minimum of 8 pieces of each color to place order)

Note: I will contact you if I have not received enough orders of one specific item to meet the minimum order requirements of the vendors.

Questions??? Call Beverly Keller at 703-917-9184 or e-mail usna73@gmail.com

Return checks (made out to “McLean Crew Club”) and forms to: 1475 Waggaman Circle, McLean, VA 22101 by 11/24/08