



McLean Crew

Weekly News

December 8, 2008

Dates to Note:

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

December 13 (Saturday): Nutcracker Ballet, Kennedy Center, 7:30 pm

January 17, 2009 (Saturday): Ergathon

General Membership Meeting/Forms and Fees

The Club's monthly general meeting will be held on Tuesday, December 9. Please plan to attend.

If you still have not made your first installment of the membership fee (\$275, \$375, or \$475 depending on the option you have chosen) and/or turned in your forms, please do so at the meeting. (If you have questions, please contact Regina O'Hare at regina_ohare@yahoo.com.)

Holiday scrip card orders and tote back orders will also be accepted at the meeting.

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.

An information flyer is attached to assist you in explaining the event to your contributors. For further information, please contact a Board member.

Girls' Practice Schedule for the Second Trimester

The girls' practice schedule has changed as follows for the second trimester:

Monday	-	Off
Tuesday	-	4:30 to 6:45
Wednesday	-	2:30 to 4:45 (morning practice from 5:30 to 6:45 every other week for varsity)
Thursday	-	4:30 to 6:45
Friday	-	2:30 to 4:45
Saturday	-	10:00 to 12:30
Sunday	-	Off

Rowers are asked to report to the erg trailer for all sessions. Please note that this schedule applies to girls only.

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.

Curtain Call

We have 4 tickets left for the Nutcracker Ballet at the Kennedy Center on Saturday at 7:30 pm. If you know someone who would be interested in the tickets, please contact Regina O'Hare (regina_ohare@yahoo.com).

Volunteers Needed

The Club is looking for adult volunteers to assist with:

- 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:

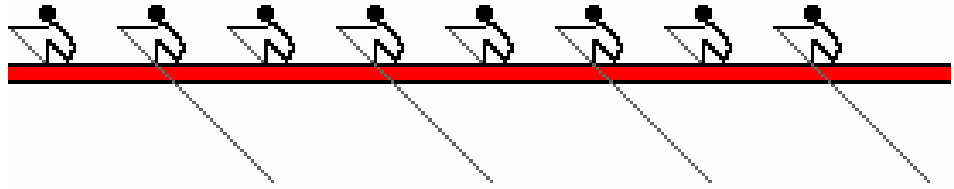
<http://www.discussthis.com/subscribe/rowers-female@mcleancrew.org>

<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.