



McLean High School Crew Club | PO Box 7104 | McLean, VA 22106-7104 | www.mcleancrew.org

Important Dates

- May 3** Ted Phoenix Regatta (Novice Championships – lower boats only), Sandy Run Park, Occoquan
- May 10** Virginia State Championships, Sandy Run Park, Occoquan
- June 8** Save the date – end-of season family picnic and general membership meeting

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Coordinators Needed for the Annual Picnic June 8

We need 2 or 3 parent volunteers to help organize annual picnic and gifts for coaches. Dianne Juba has reserved the picnic site. Keep in mind that our parents of seniors will be busy with graduation activities. Please contact Janice Martin at jkmartin8@verizon.net

Lots of Excitement at the Charlie Butt Regatta on the Potomac

Conditions at the Charlie Butt Regatta were less than perfect, as the rowers contended with heat and humidity, winds, and at times, stray motor boats, and kayakers wandering through the racecourse. It was an exciting day, though, with some races finishing so close, the racers themselves didn't know who won until they could hear the judges' announcement.

The Washington Post on Sunday, April 27, 2008; Page D16 wrote about the Men's Varsity 8 finals saying, "Yorktown and McLean dueled in the Charlie Butt boys' varsity eight final. The Patriots had what looked like a comfortable lead as the course passed under Key Bridge. McLean then sprinted to close the gap, but Yorktown held it off."



Another race with a heart-stopping finish was the Women's 1st 4 Final. McLean was in a comfortable lead until the boats approached the spectator area, and Madison pulled up in with a very strong sprint. McLean held its lead position with a .2 second lead.

Freshman guys bring home their first blue ribbon!

The Men's Freshmen 8 brought home their first blue ribbons by finishing in 1st place in another very close race, this one against Madison and Robinson.

Race Results: Charlie Butt Regatta – April 26, 2008

Event	Lane 1	Lane 2	Lane 3	Lane 4
Women's Light 4 Final	McLean (4) 6:05.4	Oakton (1) 5:35.0	Yorktown (A) (2) 5:39.0	B Ireton (3) 5:53.6
Women's 2nd 4 Heat 1 (two to advance)	McLean (2) 5:58.3	Holton Arms (4) 6:51.6	Madison (1) 5:53.9	Yorktown L (B) (3) 6:04.7
Men's 2nd Eight Heat D (one to advance)		Robinson (2) 5:08.4	McLean (1) 4:58.1	
Women's 1st 4 Heat B (two to advance)	Mt Vernon (2) 6:00.0	Gtown Day (4) 7:24.6	McLean (1) 5:49.9	Holton Arms (3) 6:36.3
Men's 1st 4 Heat 1 (two to advance)		G Day (3) 5:33.1	W. Potomac (1) 5:11.1	McLean (2) 5:28.1
Men's 1st 8 Heat B (one to advance)		Westfield (2) 4:27.6	Mt Vernon (3) 4:47.8	McLean (1) 4:26.6
Women's 4th/Novice 8 Race 1		McLean (1) 5:46.5	Tc Williams (3) 6:13.0	Mt Vernon (2) 6:11.1
Men's 2nd 8 Final	Westfield (4) 4:48.3	Tc Williams (1) 4:39.8	Madison (LT) (2) 4:41.7	McLean (3) 4:44.3
Women's Light 8 Final		W. Potomac (3) 6:36.9	McLean (2) 5:41.8	Tc Williams (1) 5:29.9
Men's Frosh 8 Race 2		Robinson (3) 6:17.0	Madison (2) 5:45.5	McLean (1) 5:43.9
Men's 1st 4 Final		W Potomac (2) 5:51.5	Madison (1) 5:50.9	McLean (3) 6:35.6
Women's 1st 4 Final	Mt Vernon (3) 6:45.3	Madison (2) 6:27.5	McLean (1) 6:27.3	Episcopal (4) 7:01.0
Men's 1st 8 Final	Oakton (3) 5:08.3	Yorktown (1) 4:54.2	McLean (2) 4:56.1	Robinson (4) 5:09.0

We have some great pictures this week. Password: McLean Crew

<http://dac.smugmug.com/2007-2008%20School%20Year%20Crew%20Pictures/505860>

Race Results: Al Urquia Regatta, April 26, 2008

McLean entered 2 boats, the Women's Double and the Women's Quad in the Al Urquia Regatta at the Occoquan, and here are the results of those races.

Event	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Women's Double Final	Wakefield MIX	McLean	Hylton	Mathews	Jeb Stuart	Wakefield
		(3) 6:20.4	(2) 6:18.5	(5) 6:49.8	(1) 6:14.8	(4) 6:26.2
Womens 1st Quad Final	Woodbridge	Forest Park	McLean	Hylton	Hylton (2nd)	
	(5) 6:17.5	(2) 5:31.5	(1) 5:30.3	(3) 6:09.6	(4) 6:16.0	

Congratulations all for another exhilarating day at the races!

Next 2 Weekends –Championship Races at Occoquan

We are entering the championship races timeframe. Next weekend, the lower boats compete in the Ted Phoenix Regatta, the championship races for the lower boats at the Occoquan. The following weeks are the State Championships, the qualifying races to determine which boats compete at Nationals.

Remember, NCASRA is asking people to share rides to minimize environmental impact on the park. There may be higher parking fees for cars with fewer passengers.



Next Year's Key Volunteer Positions Need to be Determined Now

As we build up to the culmination of another exciting and successful crew season, we'd like to thank all those involved with McLean Crew who make this success possible. It is only by the combined efforts of an outstanding coaching staff, hard working rowers, and supportive, involved parents that we're able to keep our program strong. In looking ahead to continue this tradition of family involvement and support, we are seeking those parents interested in assisting the club in the following year to let us know!

Board and Committee positions/descriptions can be found in this year's McLean Crew Handbook, with many listed below. Please contact Lisa Russell (russ4bunch@aol.com), Tom Devlin (tddevlin@cox.net) or any board member (email addresses available at McLeancrew.org) if you are interested in filling, assisting or nominating someone to serve in any of these positions.

- Board Member: (president, vice president(s), secretary, treasurer, regatta chair, member-at-large(2))
- Other Areas of Responsibility including: Mulch Sale, Leaf Raking, Corporate Outreach, Regatta support, Regatta volunteer Coordination, Communications, Handbook, eScrip Card sales, and Food Tent.

McLean Crew 2008 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).

May 3	Ted Phoenix Regatta (lower boats only), Sandy Run Park, Occoquan
May 10	VSRC Championship Regatta ("States"), (upper boats only), Sandy Run Park, Occoquan
May 16–17	Stotesbury Regatta ("Stotes"), (select boats only), Philadelphia, PA
May 23–24	SRAA Championship Regatta ("Nationals"), (qualifying boats only), Oakridge, TN

May 1 Deadline Looming for Fundraising Points

You should by now have seen a spreadsheet of points earned to date through all fundraising and volunteer work this year. The deadline for earning all points is May 1.

Many thanks to all those families that have fulfilled their point commitment either through fundraising or through recent points buyback.

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

Pre-Participation Physicals for Next Year

McLean High School's Athletic Training program is hosting Pre Participation Physical Examinations (PPEs) on May 21st from 5:30 – 7:30pm. The cost is \$40 for pre-registered students and \$50 for walk-ins. All proceeds go to purchasing supplies for the athletic training program that supports all of McLean's sports teams.

Please go to www.fcps.edu/supt/activities/atp/ppeschedule.htm to pre-register. Once you have registered you will receive an email confirmation. You will receive a follow up email with the time of your appointment. Walk-ins are on a first come, first served basis.

The VHSL Physical Form can be found on: <http://www.mcleanactivities.org/index.cfm?action=files> Please fill out parts I, II, IV, and V prior to arriving for your appointment. The physical examination will be a comprehensive screening for athletic participation. Our screening includes a general medical evaluation, an orthopedic evaluation, flexibility check, posture evaluation, concussion base line evaluation, and body composition evaluation.

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Continued from Physicals

Please email David Lee at David.Lee@fcps.edu for more information. Please pre-register online at the following address:

www.fcps.edu/supt/activities/atp/ppeschedule.htm

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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.

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

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?



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.

Summer Rowing Camps

There are a number of summer rowing camps that may be of interest to you. We will mention them in the newsletter as we hear of them, and list them on the LINKS page of the McLean Crew website. The camps fill up quickly, so contact them early if you are interested.

- The Devlin family highly recommends the Navy Rowing Camp: <http://navycamps.com>
- University of Michigan also has a rowing camp: <http://www.umich.edu/~rowblue/camp08/index.html>
- The Pifer family recommends Chesapeake Crew Camp as particularly attentive to coxswains. Formerly for girls only, the camp has added a session for boys this year: <http://www.crew-camps.com>
- University of New Hampshire has a "girl's College Prep Rowing and Coxswain Camp": <http://www.unh.edu/mens-crew/UNH-Girls-Rowing-Camp.htm>

If you have firsthand experience with rowing clubs and would like to put the comments in the newsletter, please send your comments to regina_ohare@yahoo.com.

