



# McLean Crew

Weekly News

January 12, 2009

## ***Dates to Note:***

**January 13 (Tuesday):** General Membership Meeting, MHS Cafeteria, 7:30 pm

**January 17 (Saturday):** Ergathon

**January 31 (Saturday):** Mid-Atlantic Erg Sprints

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## ***General Membership Meeting and Fees***

The Club's first general meeting of the year will be held on Tuesday, January 13. Please plan to attend. The meeting will be a good opportunity, especially for the newcomers, to find out more about the Club's two upcoming events, Ergathon and the Mid-Atlantic Erg Sprints.

Members are also reminded that the second installment of membership fee (\$275, \$375, or \$475 depending on the option you have chosen) was due on January 6. Payment may be made in one of the following ways:

**By check at the General Meeting on January 12:** Your check should be made payable to "McLean Crew."

**By Mail:** Mail your check, made payable to "McLean Crew," to the Crew mailbox at P.O. Box 7104, McLean, VA 22106

**By credit card through Paypal:** Check the McLean Crew website ([http://www.mcleancrew.org/the\\_money.html](http://www.mcleancrew.org/the_money.html)) for how to pay your dues by PayPal.

If you have any questions, please contact Regina O'Hare at [regina\\_ohare@yahoo.com](mailto:regina_ohare@yahoo.com).

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## ***Get Ready for Ergathon ...***

McLean Crew's next major fundraiser, Ergathon, will be held this Saturday, January 17, in front of Books-A-Million in McLean. 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 meters on the ergometer.

Please remember that your rower cannot sign up for a specific erging time slot until the pledges he or she has collected are turned in. Pledges may be turned in to Patti Freeman (Ergathon Coordinator), sent to McLean Crew Club, P.O. Box 7104, McLean, VA 22106-7104, Attn: Ergathon, or handed to any Board member at the membership meeting on Tuesday, January 13.

## ***Followed by the Mid-Atlantic Erg Sprints!***

Registration is now open for the MidAtlantic Erg Sprints on January 31, 2009 at T.C. Williams High School in Alexandria, Virginia. See the website:

<http://www.ergsprints.com/>

Team members should talk to their coaches about what event(s) they should sign up for.

The Mid-Atlantic Erg Sprints is the largest indoor rowing event in the Washington, DC area and is an official qualifying event for the World Indoor Rowing Championship (CRASH-B Sprints) in Boston, MA. Awards will be given for the top finishers in their respective events. All individual event competitors will receive a free T-shirt for their entry.

### **Regatta Central Annual Waiver Needed for the Erg Sprints**

The Virginia Scholastic Rowing Association (VASRA) has decided that all rowers who will be participating in the Mid-Atlantic Erg Sprints will need to fill out the online waiver through Regatta Central. This is a little confusing because the registration for the Erg Sprints is done through the RoninRacing website, and they list a different online waiver. VASRA wants us to fill in RegattaCentral Waivers because they will also be recognized for the regattas during rowing season.

Waivers must be submitted by the athlete or their legal guardian. (Coaches are not permitted to submit a waiver on a rower's behalf)

Here is how to sign up:

1. Go to <https://www.regattacentral.com/athletes/>
2. Enter VJ-529102 when asked for the Roster Code.
3. Enter the rower's last name where prompted. The system will attempt to locate the record in your roster. If it is located, you'll be prompted to submit the waiver and receive a free, non-privileged USRowing Membership ID.
4. New rowers will be added to the system.
5. Please bring a printout of your waiver to the Mid-Atlantic Erg Sprints in case there is a question about it.
6. Support is available by email and telephone (614) 360-2922, weekdays 9am to 5pm EST

### **Forms!**

Please remember that students may not represent McLean Crew in the upcoming offsite events without being a member of McLean Crew.....and that means having turned in all the forms that are needed for team registration. Please hand in any remaining forms to Regina O'Hare at the membership meeting. Required forms are:

[TEAM REGISTRATION FORM 2008-2009](#)  
[2009 VHSL Physical Exam](#)  
[2009 Emergency Contact](#)

The VHSL Physical must be current as of May, 2008.

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### **Girls' Conditioning Program**

Girls' conditioning schedule for the second trimester is as follows:

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.

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### ***Boys' Conditioning Program***

The boys' conditioning schedule has been modified as shown in red:

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

Boys who have Wednesday commitments that cannot be changed are asked to notify Coach Meeks.

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### ***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.

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### ***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.

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### ***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](http://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.

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### **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>

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### **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](mailto:mncsanderson@verizon.net).

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