Welcome to McLean Crew Club

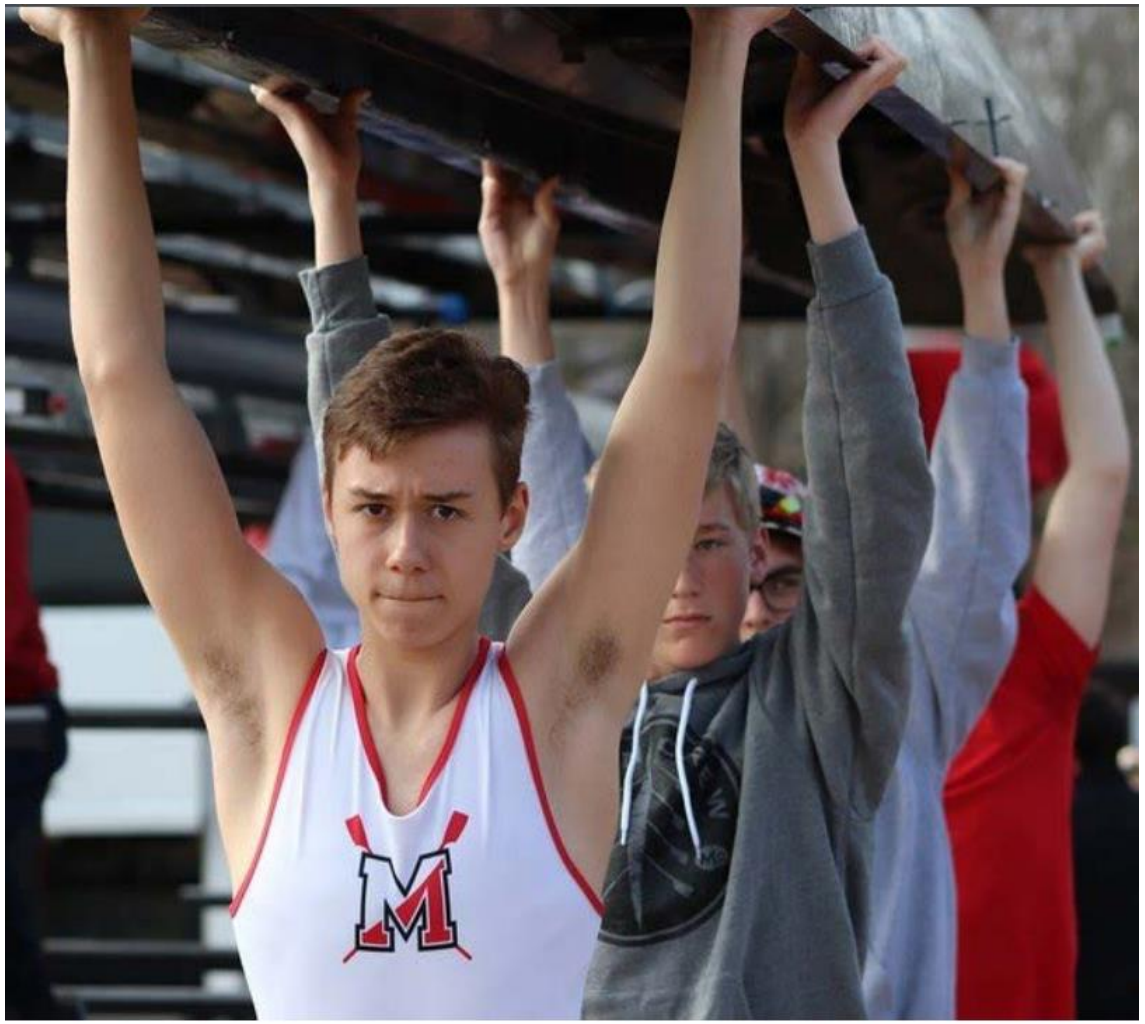
2021–2022 Season

Student Interest Meeting

Three things you should know about McLean Crew Club:

1. You don’t have to know what you are doing…yet.

Most kids who join have never rowed before. Don’t worry – we will teach you and train you!



2. You're going to work really hard and get really fit.

- Winter Training from November thru February
- Spring Season from March thru May.

You will be amazed at what you can accomplish in 7 months!

concept 2

3. You will find your tribe.

Rowers spend a lot of time together, working hard and having fun.

So, what’s it take?

Season Overview

- FALL LEARN TO ROW (LTR): For Novices Only – Not Mandatory
  - Sept. 17-18
  - Sept 21-23
  - Sept 24-25

- WINTER CONDITIONING:
  - At McLean High School
  - November 15 – Mid-February
  - 4 weekdays plus Saturday

- SPRING SEASON:
  - On the water in Georgetown
  - February 21 thru Mid-May
  - Five days a week plus Saturdays
  - Buses to Practice, Back to MHS between 7:00-7:30pm
  - Mandatory Spring Break training

Racing

Regatta Season: March – May

- Races On Saturdays
- Some local, some away in places like Philadelphia and Delaware
- 5-6 weekend regattas
- Stotesbury & Nationals IF QUALIFY

Volunteering & Dues

- Parent volunteers are the only way we work! $350,000 small business, w/ no financial or administrative support from the school
- Dues equivalent to a travel team
- $2,500 / season, can fundraise $1,350
- Free and Reduced Lunch Status, Contact Club President

Important Dates

- **TOMORROW NIGHT!! Parent Info Meeting at 7:30pm in the Lecture Hall**

- LTR Registration Opens at 9pm on 9/9.
- Swim Tests: Sun 9/12 **or** Thurs 9/16
- LTR 9/17-18 **or** 9/21-23 **or** 9/24-25

CREW
ROCKS

Videos:

Men's Winter Training:

Girls at Stotes:

Men's Crew 2017