McLean Crew

Weekly News **January 28, 2009**

Dates to Note:

January 31 (Saturday): Mid-Atlantic Erg Sprints (T.C. Williams High School)
February 4 (Wednesday): Board of Directors Meeting, MHS Rm. 196, 7:30 pm
February 7 (Saturday): Ergathon
February 10 (Tuesday): General Membership Meeting, MHS Cafeteria, 7:30 pm
February 21 (Saturday): VASRA Coxswain Clinic (Thomas Edison High School)
February 23 (Monday): On-water practice to begin
April 3 (Friday) ~ April 10 (Friday): Spring training camp (Camp Cooper, South Carolina)
April 11 (Saturday): Smokey Jacobs Regatta (Occoquan)

Membership Fees

Members are 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 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) for how to pay your dues by PayPal.

If you have any questions, please contact Regina O'Hare at regina_ohare@yahoo.com.

Register for Mid-Atlantic Erg Sprints

Registration for the Mid-Atlantic Erg Sprints (January 31 at T.C. Williams High School in Alexandria, Virginia) closes at midnight on January 28. If you have not already registered, please do so online at the following 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.

Waivers

The Ronin Racing waiver found on the Mid-Atlantic Erg Sprints website (http://www.ergsprints.com/) is required for participation in the Erg Sprints. Please remember to sign the waiver and bring a hard copy with you to the event. A copy of the form is attached to the Newsletter for your convenience.

Ergathon

McLean Crew's next major fundraiser, Ergathon, which was initially scheduled for Saturday, January 17, has been rescheduled for Saturday, February 7, due to inclement weather. The time frame and the venue remain the same – 9:00 am to 6:00 pm in front of Books-A-Million.

Parents are asked to contribute the following items to the food tent to be made available to the rowers on the day of Ergathon. The assignments are based on the first letter of the rower's last name.

A ~ F:	1 case (12 packages) of oodles of noodles, cup of noodles, soup in a cup
G ~ L:	2 boxes of hot chocolate (8 or 10 ct)
M:	1 case of water
P ~ R:	a bunch of bananas
S:	3 boxes of granola bars/ breakfast bars
T:	a dozen muffins
V:	1 box of trash bags
W:	Gatorade
Y:	300 ct pack of napkins

If your rower has any food allergies or special diet needs or if you have any questions concerning your food assignment, please contact Janice Johnson at 703-532-2574 or janicecj@verizon.net, or Melissa Tobat at tobatfam1@cox.net.

Also, please remember that your rower cannot sign up for a specific erging time slot until the pledge money is turned in. Please turn in your pledges to Lana Puljic or Zanobia Morrill, the team managers, who will stop at practice on Tuesdays, Wednesdays, and Fridays. Money can also be sent to McLean Crew Club, P.O. Box 7104, McLean, VA 22106-7104, Attn: Ergathon.

Chicken Out Fundraiser

Also on Saturday, February 7, Chicken Out located across the parking lot from Books-A-Million will be having a ***McLean Crew Day*** from 11:00 am to 8:30pm. The Club will receive **20%** of the receipt sales for all customers who identify themselves as supporters of McLean Crew on this day. Please consider visiting Chicken Out during or after the Ergathon and contributing to the Club at no extra cost to you. Remember – customers must mention that they are supporters of the McLean Crew Club in order for the Club to benefit.

VASRA Coxswain Clinic

VASRA is offering the first coxswain clinic for the 2009 season on February 21, 2009 at Thomas Edison HS in Alexandria, from 8:00 am to about 3:00 pm. Coxswains are asked to register for the clinic online at http://www.vasra.org/CoxnClinic09.htm. Please note that VASRA will be taking pictures for Coxswain's ID badge again this year on the occasion of the clinic. Questions concerning the clinic should be directed to contact@vasra.org.

Girls' New Conditioning Schedule

Girls' new conditioning schedule, effective as of the week of January 19, is as follows:

Monday	-	Off
Tuesday	-	2:30 to 5:15
Wednesday	-	3:30 to 6:30

Thursday	-	2:30 to 5:15
Friday	-	Off
Saturday	-	10:00 to 12:30
Sunday	-	Off

Rowers are asked to report to the erg trailer for all sessions.

Boys' Conditioning Schedule

The boys' conditioning schedule remains as follows until further notice:

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

McLean Crew Team Uniforms and Spirit Items

The Club is now taking orders for team uniforms. Please note that a unisuit and a tech shirt are required for participation in regattas. This will be the last opportunity to order your uniforms this year.

The Club is also 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 uniforms and other items should be directed to Beverly Keller at 703-917-9184 or e-mail usna73@gmail.com.

Order forms (separate forms for uniforms and spirit items) are attached for your convenience. To ensure the delivery of uniforms in time for the first regatta, please turn in your order forms and checks (made out to "McLean Crew Club") **by February 10** to Beverly:

- by mail addressed to 1475 Waggaman Circle, McLean, VA 22101, or
- in person at the General Meeting on February 10.

Ergs for Sale

The Concept2 rowing machines that are used at the Mid-Atlantic Erg Sprints can be purchased. These ergs sell quickly, since they are new ergs and available at a reduced price. If you are interested, you must reserve it ahead of time and pick it up after the erg sprints. For more information, see: http://www.ergsprints.com/?q=ergs4sale

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.

Regatta Volunteer Sign-Up

As was announced at the general meeting on January 13, VASRA has assigned McLean Crew Club specific regatta volunteer slots for the spring season. Some of the volunteer work involve setting up the Occoquan course in preparation for the competitive season and will be taking place beginning February 28. The remainder of the positions directly supports the regattas. Detailed descriptions of the positions will be available shortly on the Club website.

Each family is asked to sign up for one volunteer slot, referring to the separate Excel sheet listing the slots that the Club must fill, by contacting Lisa Russell at (703)536-0153 or at russ4bunch@aol.com. You may also indicate your preference on the Excel sheet and e-mail it back to Lisa. Please note that some slots are already filled, since sign-up began during the January 13 general meeting.

Some important notes:

- These VASRA assigned volunteer jobs involve prep work for our local (Occoquan and Georgetown) regattas and are separate from the point-rewarded McLean Crew volunteer jobs.
- Regatta volunteer positions are essential for the smooth and safe running of the regatta. A club is fined $50 for any failure to fill an assigned slot, including no-show.
- Volunteers will be contacted with job confirmation and description.
- Please remember that it is a ***requirement*** that each family sign up for one regatta position during the season.

Thanks so very much to all who have already volunteered!

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**

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

Universal Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any rowing activity, including, but not limited to, scheduled, supervised club activities, and affiliated regattas, until the end of this calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin:

I. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based ("Rowing Activities"), and that I am qualified, in good health, and in proper physical condition to participate in such Rowing Activities.

II. FULLY UNDERSTAND that:
   a. ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks");
   b. These Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Rowing Activity, the condition in which the Rowing Activity takes place, or the negligence of the Releasees named below;
   c. There may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Rowing Activity.
   d. The Releasees list located at http://www.rowingwaivers.com/releasees.aspx ("Releasees") along with this agreement collectively form the complete Universal Release of Liability; and I FULLY ACCEPT AND UNDERSTAND THAT THIS LIST IS PART OF THIS AGREEMENT AND MAY BE UPDATED FROM TIME TO TIME AND FAILURE TO REVIEW THIS LIST OF RELEASEES DOES NOT, IN ANY WAY, LIMIT OR ALTER MY RELEASE OF LIABILITY.

III. AGREE AND WARRANT that:
   a. I will examine and inspect each Rowing Activity in which I take part and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Rowing Activity and will refuse to take part in the Rowing Activity until the condition has been corrected to my satisfaction;
   b. I have reviewed the list of Releasees located at http://www.rowingwaivers.com/releasees.aspx and understand that this agreement and the aforementioned list comprise the complete Universal Release of Liability and by signing and attesting to this agreement, I certify that I understand that the list of Releasees is a part of this agreement.
   c. I, and I alone, am responsible for my personal health and safety and the personal property that I bring with me. I am solely responsible for my medical expenses and decisions with respect to my care. I give my consent in the event of injury to any emergency medical aid, anesthesia or operation deemed necessary by the attending physician.

IV. HEREBY GRANT my specific permission to the Releasees listed at http://www.rowingwaivers.com/releasees.aspx, their employees, volunteers, regatta organizers, sponsors, advertisers, participants, agents, and assigns to make and/or obtain photographic images of me on the day of the Regatta and to publish, copyright, distribute and/or display photographic images taken of me on the day of the Regatta. I further waive the right to inspect and/or examine all photographs and/or written text to which the images may be applied before use. I also waive any and all rights and claims, including future rights

and claims to such photographic images and any interest therein. I hereby release and discharge the Releasees listed at http://www.rowingwaivers.com/releasees.aspx, their employees, volunteers, regatta organizers, sponsors, advertisers, participants, patrons, agents, licensees, affiliates and assigns from any and all liability by virtue of distortion, blurring, alteration, optical illusion, digital scanning and manipulation, and/or use in composite form, whether the same is intentional, or otherwise. I understand that the Releasees listed at http://www.rowingwaivers.com/releasees.aspx, their employees, volunteers, regatta organizers, sponsors, advertisers, participants, agents, and assigns may use any process or procedure resulting in the completion of the finished product for publication, display, copyright or distribution.

V. HEREBY GRANT my specific permission to the Releasees listed at http://www.rowingwaivers.com/releasees.aspx, their employees, volunteers, regatta organizers, sponsors, advertisers, participants, patrons, agents, licensees, affiliates and assigns a fully paid-up, non-exclusive, worldwide right and license to use, display or otherwise exploit my name, nickname, voice, photograph, statements, biographical information, and likeness, as well as images of me in motion picture, videotape, electronic, and similar formats ("My Image"), so long as My Image relates to my participation in the Rowing Activity, whether in original or modified form. I waive any rights of privacy.

VI. HEREBY RELEASE, discharge, and covenant not to sue RONIN, LLC, all Releasees listed at http://www.rowingwaivers.com/releasees.aspx, their administrators, directors, agents, officers, volunteers, contractors and employees, other participating organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Rowing Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

VII. HEREBY ACKNOWLEDGE AND AGREE and by my signature below, or that of my parent or guardian, attest that I have received, read, fully understand and will abide by the any Rowing Activity-specific safety rules for participants.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Participant Information:
Name:
Address:
City: State: Zip:
Phone:
Date:
Signature:

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Parent Information (if participant is under 18 years old):

Name:_____
Address:_____
City:_____ State:____ Zip:_____
Phone:_____ Date:_____
Signature:_____

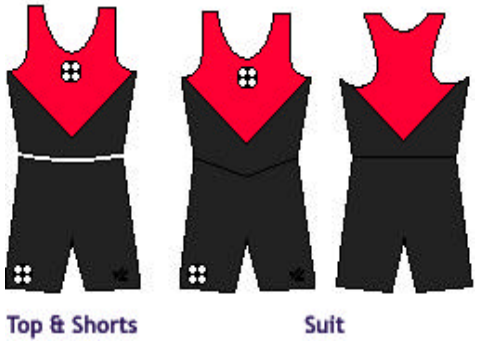
McLean Crew Club
presents the exclusive
McLean Highlanders Shopping Tote
Shop in style while being green!

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 mncsanders@verizon.net.

2009 McLean Crew Uniform Order Form

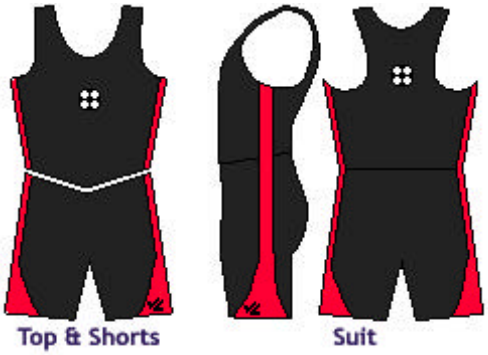
Girls Uniform



Unisuit -- This is a one piece suit with the Mclean logo embroidered on the center of the chest and McLean embroidered on the leg. (There is no white stripe at the waist) $72

Tech shirt --- McLean M logo embroidered on the front. (Can be purchased with or without a half zipper at the neck) $54 or $60 with zipper.

Boys Uniform



Unisuit – This is a one piece suite with the Mclean logo embroidered on the center of the chest and McLean embroidered on the center back. There is no white stripe at the waist. $72

Tech shirt --- McLean M logo embroidered on the front. (Can be purchased with or without a half zipper at the neck) $54 or $60 with zipper.

Order Form due by February 10

Rower Name_____

Phone #_____e-mail address_____

Unisuit -- $72.00

Following are two options for sizing

1. For standard sizing, circle the appropriate size for the top and bottom half of the suit.

Circle Size

Unisuit Top Size	**XS**	**S**	**M**	**L**	**XL**
Unisuit Bottom Size	**XS**	**S**	**M**	**L**	**XL**

2. For custom sizing please provide the following measurements and JL Racing will size the uniform accordingly.

Height	Weight	Waist size	Men's chest size Women's bra size	Pants size or hip measurement

Tech Shirt -- $54.00 (no zipper) or $60.00 (with zipper)

(I have a small quantity of women's tech shirts left over from last year, most have the zipper – they are priced at last year's price of $50. First come first served. Call me if you are interested – Beverly Keller – 703-917-9184)

Circle size & zipper or no zipper

Long Sleeve Tech Shirt	**XS**	**S**	**M**	**L**	**XL**
With zipper					
Without zipper					

Checks made payable to: McLean Crew Club
Mail or give order to: Beverly Keller, 1475 Waggaman Circle, McLean, VA 22101
Questions call: 703-917-9184 or send e-mail to: usna73@gmail.com

MCLEAN CREW TEAM SPIRIT ITEMS

ORDER FORM

Rower's Name:_____ Parent contact:_____

Telephone Number: _____ E-mail address:_____

Orders must be received by February 10, 2009

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)		**$24.00**		
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)		**$24.00**		
11. Men's Short Sleeve Polo Shirt (black, red, grey, white)		**$24.00**		
12. Rugby (red and white 4" stripes)		**$52.00**		
13. Race Day Bag (embroidery instructions below)	N/A	**$25.00**	N/A	
14. Skull Cap (red or black)		**$14.00**	N/A	
15. Visor (red or black)		**$14.00**	N/A	
16. Baseball Cap (red or black)		**$14.00**	N/A	
Additional Orders:				

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 2/10/09

MCLEAN CREW TEAM SPIRIT ITEMS

ORDER FORM

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

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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 leg. 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)

Many Thanks to Martha Floyd at McEnearney Associates real estate company for copying these forms!

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

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