

### WELCOME!

MCLEAN CREW CLUB
PARENT INTEREST MEETING
2025





### 6 THINGS MCLEAN CREW CLUB CAN DO FOR YOUR CHILD





Give them grit, resilience, and incredible leg muscles





## Make them into the ultimate team player





## Increase their discipline and focus





## UNLOCK THEIR HIDDEN CHAMPION





### STATE CHAMPION ATHLETES IN 2024 AND 2025

VIRGINIA SCHOLASTIC ROWING CHAMPIONSHIPS 2025

Gold Medal – Women's Freshmen Eight

Gold Medal - Men's Novice Four

Silver Medal – Men's First Eight

Bronze Medal – Men's Freshmen Eight

VIRGINIA SCHOLASTIC ROWING CHAMPIONSHIPS 2024

Silver Medal – Men's First Eight

Silver Medal – Men's Second Eight

Silver Medal - Men's Third Eight

STOTESBURY CUP REGATTA 2023

Reached Final (5th) – Men's First Eight

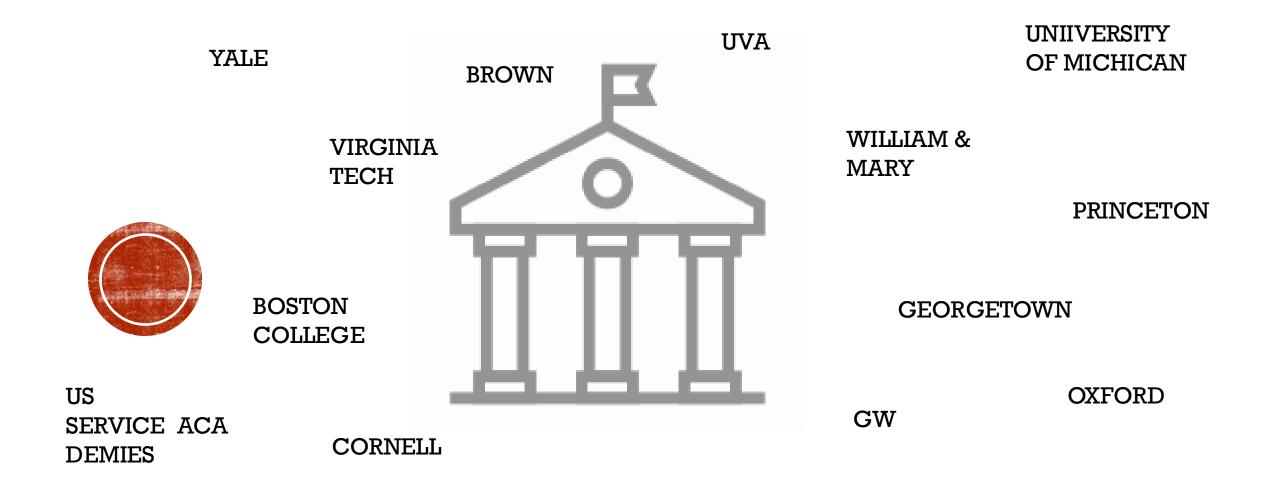
Reached Final (5th) – Men's Second Eight

Reached Final (6th) – Women's Freshman Eight





## Expand and strengthen their college options



## MCC RECENT GRADUATES HAVE GONE ON TO STUDY AND ALSO ROW OR COX AT COMPETITIVE COLLEGES



### Help them find their tribe















Winter conditioning: November 17 – February 20, 5 days/week

Spring season: training 6 days/week and Regattas

Mandatory local Spring Break training: March 31-April 4

#### LEARN TO ROW

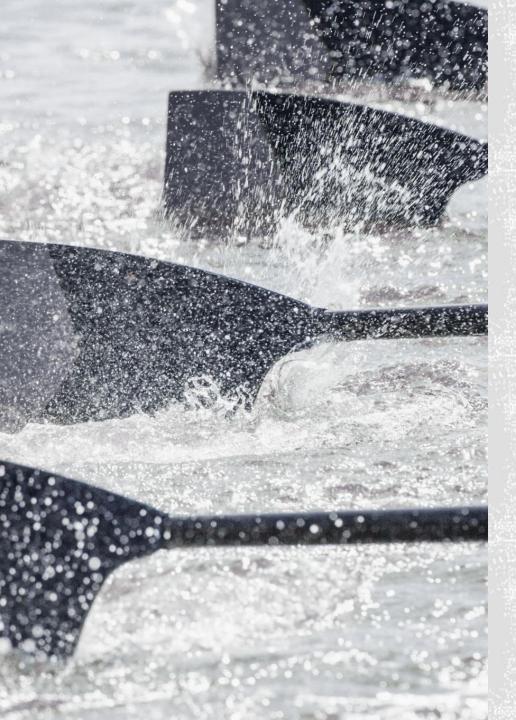
- Open to any MHS students interested in crew
- MCC High School Learn to Row (LTR): Teaches the fundamentals of scholastic rowing. The camp will run from September 3 to October 16, M/W/F from 5-7pm
- Middle School LTR Sept 16 Oct 16, T/th 5-6:30 PM at TBC in DC
- MHS participants are required to complete a swim test, SafeSport training, have a
  valid VHSL physical on file, and have completed the MHS activity registration
  through school to be eligible for camp.
- Swim test dates: September 2 at 7:30 pm at Spring Hill Rec Center Signing up for the swim test is part of the registration form
- Register on our Website: <a href="https://www.mcleancrew.org/learn-to-row-registration">https://www.mcleancrew.org/learn-to-row-registration</a>





\$500,000 non-profit, with no financial or administrative support from the school or county

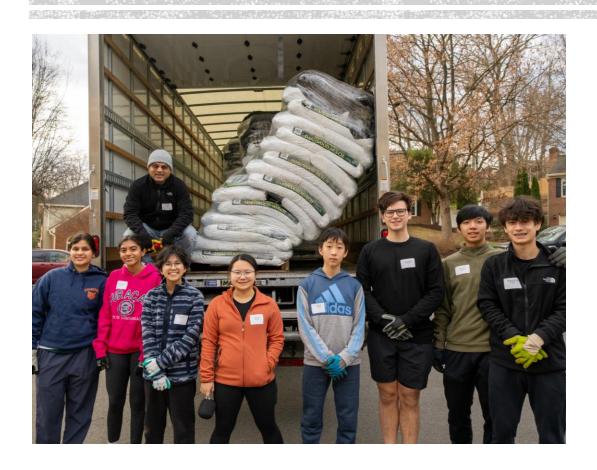
- •Parent volunteers are the only way our club functions
- **Dues** are equivalent to a travel team



#### COSTS

- Dues depend on the number of participating athletes
  - Covers Regular Season activities:
     -daily practice, spring break training, and regattas
  - Daily Practice Bus Transportation is an additional cost
- Athletes that advance to the post-season:
  - Additional \$1,350 for two-three national competitions
- Note: Rowers with demonstrated financial need (based on FCPS eligibility for free or reduced lunches), dues can be subsidized by MCC or the McLean Rowing Foundation, but volunteering and fundraising cannot be subsidized.

### FUNDRAISING



- Fund Drive: Saturday, September 27
- Turkey Trot: Saturday, November 29
- Holiday Wreaths/Paw Thaw: Oct Dec
- \*Ergathon: SuperBowl Weekend
- \*Mulch Madness
- Raise Right: Ongoing
- Shoe Week (Nov & Feb)
- Business Sponsorship
- Donations

\*Denotes Mandatory Participation





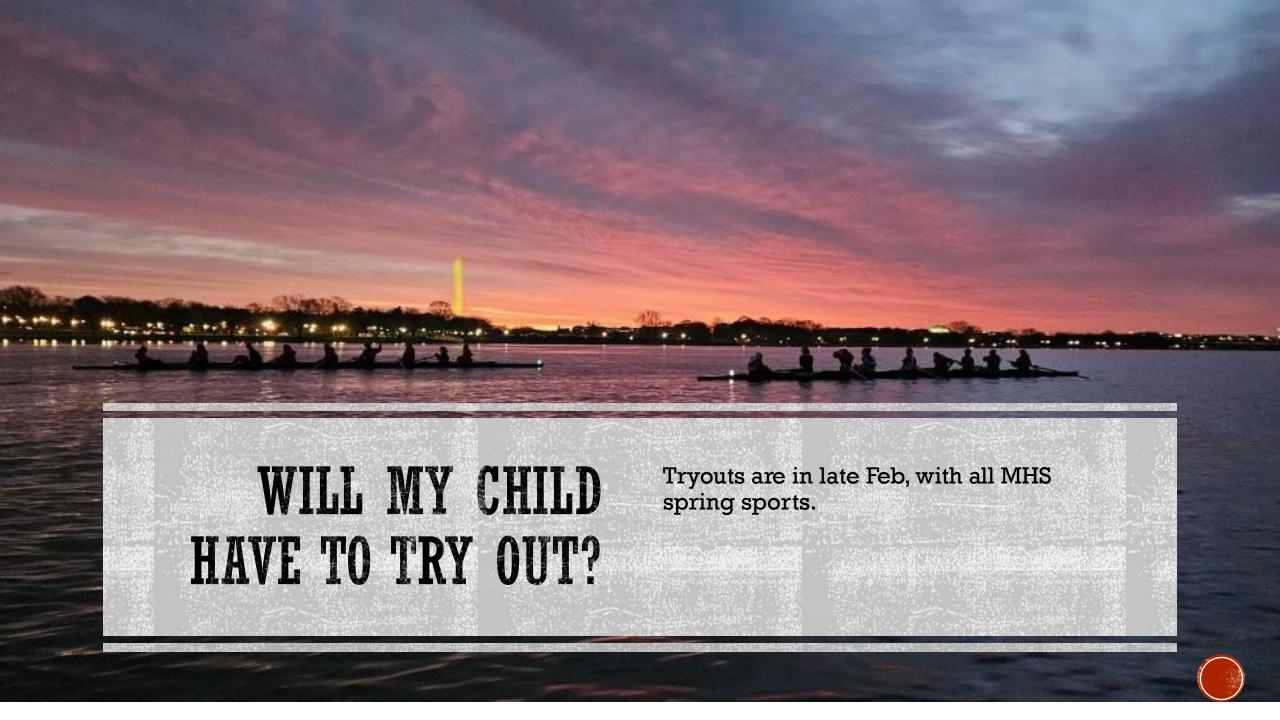












#### **McLean Rowing Foundation**

Provide financial support to rowers who Participate in free and reduced lunch program

- Learn to Row
- Uniforms
- Away Regattas (Stotes, Nationals)

Contact: britaanderson@gmail.com



funding local youth to further the sport of rowing

The McLean Rowing Foundation is a 501(c)3 nonprofit organization that supports, facilitates and promotes the sport of rowing in the greater McLean Virginia area, with plans to expand to the Washington D.C. community as funding permits. We provide financial support to High School students who participate in the free and reduced-price lunch program. Learn to row, uniforms, and away regattas (e.g. Stotesbury, Nationals) are fully or partially paid by the foundation.



What We Do

We provide scholarships (e.g., paid fees, away Regatta's, uniforms & gear.

We support our scholarship awardees through individual and corporate sponsorship.

We partner with local crew teams to provide support for rowers in need.

Dave McCarthy

President

XXX-XXX-XXXX

https://www.mcleanrowingfoundation.org/

#### KEY DATES BY MONTH



September:

Learn-to-Row Registration is open
Swim Test Tuesday, Sept 2
Learn-to-Row Sessions Sept 3 through Oct 16
Sept 27 Fund Drive



October: First Membership meeting



November: Nov 17 Winter conditioning begins at MHS; Nov 29 Turkey Trot



February- Ergathon: Saturday before the SuperBowl



Mulch weekend: Feb 27-Mar



March 30- April 4: Spring Break Training — attendance expected



# THANK YOU FOR ATTENDING!

