

McLean Crew Club



General Membership
Meeting
October 13, 2022



Agenda

- Board Introduction/ Molly Hoffman, President
- Coach's Update/ Coaches Jack and Carol
- Treasurer Update/ Dave Kirk, Treasurer
- Equipment Update/ Brent Panek, VP of Operations
- Volunteering/ Bridget Binder, Member at Large for Volunteers
- Fundraising/ Brita Anderson, VP Ways and Means
- Registration/ Neda Hamandi, VP of Administration
- SafeSport
- Important Dates



2022-2023 Board Members

- President- Molly Hoffman
- VP of Administration- Neda Hamandi
- VP Ways and Means- Brita Anderson
- VP for Operations- Brent Panek
- Member-at-large Rower Operations- Lauren Funkhouser
- Secretary- Kasia Jerzak
- Treasurer- David Kirk
- Member-at-large Volunteers- Bridget Binder
- Regatta Chair- Heather Whitney



Tentative Regatta Schedule

- 3/18 Polar Bear @ Occoquan
- 3/25 St Andrew's @ Middletown DE
- 4/1 Lake Lenape @ Lake Lenape NJ (boys) Scrimmage @ TBC (girls)
- 4/3-4/7 *Spring break*
- 4/8 Darrell Winslow @ Occoquan
- 4/15 Ted Phoenix @ Occoquan
- 4/16 Manny Flick @ Philadelphia PA
- 4/22 Scrimmage @ TBC
- 4/29 Charlie Butt @ TBC
- 5/6, 5/13 States Day 1, 2 @ Occoquan
- 5/19-20 Stotesbury @ Philadelphia PA (select crews)
- 5/26-27 SRAAs @ Oak Ridge TN (qualified crews)



Treasurer Update



Equipment Update

- Erg Work Day Saturday October 15, 12-4 PM at the MCC Shed
- New Purchases for Spring Season



Volunteering

- Two types of volunteer jobs: operational positions and one-time signups
- **Operational positions:** 1-5 credits, encompass work over a longer period of time
- Returning families: sign up for Operational positions!
 - Check mcleancrew.org/volunteering to confirm I have you signed up for last year's ops job
- **One-time signups:** ½ -1 credit for 2-4 hours of work at a regatta or other event
- Sign up Genius (SUG) for Operational positions in coming week
- Can also wait for SUGs for fundraising events/regattas
- **RETURNING FAMILIES:** Please sign up for Operational Positions!
- **NEW FAMILIES:** Ops positions or one-time signups



Fundraising: Overview

Primary fundraising events:

- Winter Fundraiser
- Ergathon
- Mulch Madness

Road Runner Sports Shoe (*and gear!*) Week

Restaurant Nights

RaiseRight gift cards

Amazon Smile

Corporate sponsors





Winter Fundraiser

Fresh holiday evergreens: door sprays, centerpieces, & tabletop trees

- Online sales through *giftitforward.com* (linked from MCC website)
- Direct delivery across the country!



Paw Thaw: pet safe, biodegradable ice melt

- Sales through MCC online store
- Rowers deliver to customers!
- Delivery by rowers December 9th



Winter Fundraiser

Begins November 1st, ends midnight November 27th.

- Resources for Rowers on MCC website:
 - Rower scripts (what to say)
 - Product overviews
 - Printable order forms: for customers who are not comfortable using e-commerce or who prefer to write a check
- Rowers are responsible for turning in checks and forms to MCC PO Box or Brita Anderson (take pic for your records)
- Remind customers to tag ROWER NAME on each order
- We'll send out weekly sales reports so you can track your progress and double-check your sales



Mulch Madness


- **March 3-5 (backup dates March 10-12): Friday night, Saturday & Sunday all day**
- **Our biggest fundraiser – 50% of our fundraising income**
- **An adult from each family must work a full day – at least 8 hours – either Saturday or Sunday!**
- **Rowers required to attend both Saturday and Sunday!**





Restaurant Nights

- Approximately once a month
- Support local businesses and support the club!
- 1st restaurant night: Chipotle on Old Dominion, November 2nd 5-9pm



**DO GOOD
WITH CHIPOTLE**

CHIPOTLE FUNDRAISER FOR
MCLEAN CREW CLUB

33% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, NOVEMBER 2 | 5-9PM

6707 OLD DOMINION DR, MCLEAN



Shoe Week: Road Runner Sports

- Save 10% (20% with VIP)
- 10% of sales goes to MCC!
- Start Winter Conditioning with great shoes and gear!

ROADRUNNERSPORTS®

READY. SET. START

YOUR BEST SEASON

INVITE FAMILY, FRIENDS & EVERYONE AT SCHOOL

**McLean Crew Club
Gear-Up & Fundraiser**

**Gear Up any time during the week!
November 6th - 13th**

Make sure to mention Club Name at checkout

SAVE MOOLAH

Everybody saves up to 20% off shoes, socks & apparel.*

SUPPORT YOUR TEAM

10% of sales are given to your team. Oh yeah!

GET YOUR PERFECT FIT

Your best season starts with our FREE 3D shoe fitting

ROAD RUNNER SPORTS
1120 West Broad St

***VIP Family, save 20% on your entire purchase! Your savings include your VIP 10% Discount plus a gift of an EXTRA 10%. Not a VIP? Save 10% off the bat plus save an EXTRA 10% when you join the VIP Family. Your gift may not be applied to electronics, clearance, lightly loved shoes, previous purchases and gift cards, or combined with other offers. Some exclusions may apply, including select styles of adidas, Altra, ASICS, Brooks, HOKA ONE ONE, Mizuno, New Balance, Nike, Onikai, On, Reebok, Saucony, Apple, Fitbit, Garmin, Hyperice and Polar. Good during your fundraising event only.**



Registration

by: Neda Hamandi, VP Administration

- **Registration begins 10/17/2022 and ends 10/30/2022**
- **Please make sure to submit the required forms to McLean Activities Office:**
 - [McLean High School Required Forms/Registration \(mcleanactivities.org\)](https://mcleanactivities.org)
 - **FCPS Physical Form**
 - **Emergency Care Form**
- **Register on the website for McLean Crew Club by going to the Registration tab**
 - [Registration | McLean Crew Club](#)
- **There are many required forms along with the SafeSport Certification**
- **Don't wait until the last minute as missing documents/payments mean your child cannot participate in Winter Conditioning.**
- **If you need assistance with registration, please call me at: 202-818-0490**



SafeSport

McLean Crew Club



What is SafeSport?

In 2017, the U.S. Congress passed the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act. This legislation designates the U.S. Center for SafeSport to serve as an independent organization with the authority to respond to reports of sexual misconduct within the U.S. Olympic and Paralympic Movement.

The Center focuses on prevention, education and reporting consistent with the law. The training is required by the Center, the United States Olympic and Paralympic Committee, USRowing and McLean Crew Club.

Education is one of the best ways to prevent all kinds of misconduct: bullying, hazing, harassment, and emotional, physical, and sexual misconduct.



McLean Crew Club SafeSport Policy

- All forms of misconduct are intolerable and in direct conflict with the Olympic ideals and those of US Rowing, McLean Crew Club, and Fairfax County Public School (FCPS) policies.
- We have a zero-tolerance policy for the coaches, athletes, crew officers, parents and any outside vendor/contractors hired by McLean Crew Club to assist the team.
- McLean Crew Club expects everyone to conduct themselves with the highest standards and be supportive, positive and inclusive to all involved in and outside McLean Crew Club.



Why is it important?

SafeSport is the best resource to protect our athletes from abuse which has no place in rowing, or any sport.

We recognize and appreciate the time commitment required for both athletes and parents to comply with SafeSport policies and training.

It is a worthy investment to help prevent a child in our club, or in this school or community, from being a victim of abuse.



What do we need to do?

Requirements

1 – Minor Athlete Abuse Prevention Policies (MAAPP)

The MAAPP is a **collection of proactive prevention and training policies** focused on limiting one-on-one interactions between Adult Participants and Athletes.

2 –SafeSport Training

The Center has developed training on awareness and prevention of abuse, how to recognize the red flags of emotional, physical and sexual misconduct, and then what to do if abuse does occur.



What do we need to do?

MAAPP Awareness

Expectation of MCC Members

All McLean Crew Club members are required to read the MAAPP policy each year.

This includes all athletes, coaches, referees, chaperones, board members, staff, etc.

The MAAPP can be found in the resources section at uscenterforsafesport.org

Policy Key Focus

All one-on-one In-Program Contacts between adults & athletes must be:

1 – Observable

The contact must be able to be seen by another individual (adult or minor)

2 – Interruptible

Another individual (adult or minor) must be able to stop the interaction easily



What do we need to do?

SafeSport Training: Rowers

Rowers (18+)

and those who will turn 18 this season



Rowers (under 18)

with parental consent



Rowers will take/connect to SafeSport Training via their USRowing Membership Portal.

Taking this training via the USRowing Membership Portal makes it accessible to USRowing Officials who ensure compliance on race days. Rowers who are not compliant will not be allowed to race.



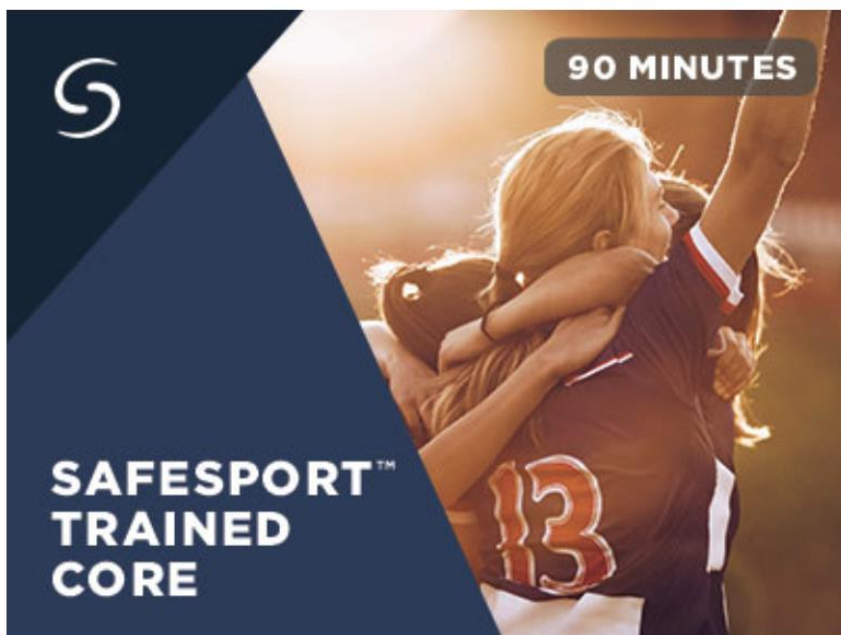
SafeSport



What do we need to do?

SafeSport Training: Parents

New Parents



Returning Parents

(those who completed SafeSport Trained last year)



Parents will take SafeSport Training directly from their SafeSport account.

Rowers can take training free of charge as part of their USRowing Membership. Parents will be charged a small fee.



How to Report

Sexual Misconduct & Child Abuse

Pursuant to the SafeSport Act as implemented by the Code, and McLean Crew Club, the Center for Safe Sport has exclusive jurisdiction over all issues involving Sexual Misconduct and Child Abuse. Such issues are to be reported directly to the Center *and* appropriate local authorities.

REPORT ONLINE

🖱️ **REPORT ABUSE OR MISCONDUCT**

<https://uscenterforsafesport.org/report-a-concern/>

CALL TO REPORT

☎️ **CALL 833-5US-SAFE (587-7233)**

24 HOURS
with an operator available Mon-Fri 8-4



How to Report

Non-sexual Misconduct

While non-sexual misconduct issues may be reported directly to the Center for SafeSport, McLean Crew Club encourages initial reporting of such matters internally or to USRowing.

To report non-sexual misconduct, members can use the Non-Sexual Incident Report Form found in the MCC Handbook.






How to Get Help

SafeSport Helpline

The SafeSport Helpline provides crisis intervention, referrals, and emotional support specifically designed for athletes, staff, and other SafeSport participants affected by sexual violence. Through this service, support specialists provide live, confidential one-on-one support. All services are anonymous, secure and available 24/7.

safesporthehelpline.org

Online Chat	Call the Helpline	Mobile App
Get confidential, one-on-one support through a secure instant-messaging platform. Go chat now.	Access live, confidential help over the phone—just call 866-200-0796 .	Download the SafeSport Helpline app to connect directly with a trained support specialist over the phone using WiFi.
		



Key Upcoming Dates

- October 15, 12-4: Erg Work Day
- October 17-30: Winter Conditioning Registration open
- November 2: Chipotle Restaurant Night, 5-9 PM
- November 6-12: Roadrunner Shoe Week
- November 10: Next Parent Membership Meeting
- November 17: First Day of Winter Conditioning- registration required to participate
- Mulch Weekend March 3-5 (rain date March 10-12)



Questions?

Go to the website mcleancrew.org

Email Parent Liaison Michelle DeCarlo at
michelle.decarlo@gmail.com

Send email to mcleancrewclub@gmail.com