



NEW PARENT MEETING
OCTOBER 2023

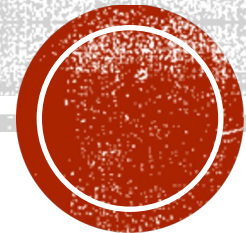


WELCOME!

Molly Hoffman

President

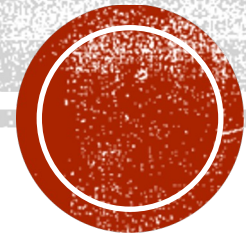
president@mcleancrew.org





AGENDA

- Recap from Parent Interest Meeting
- MCC Overview
- Main Obligations as a Parent & Rower
- Registration Overview
- Summary of Dues
- Volunteering Opportunities
- Mandatory Volunteering: Mulch Weekend
- Training Schedule
- Regatta Schedule
- Q&A



RECAP FROM PARENT INTEREST MEETING



Give them grit, resilience and incredible leg muscles



Make them into the ultimate team player



Increase their discipline and focus



Unlock their hidden champion



Expand and strengthen their college options



Help them find their tribe



OVERVIEW OF MCC

Crew is a Club Sport. What does that mean?

We each invest a lot, but we all get out much more than we put in

The time we spend and community we build with our children and our children's friends' parents is invaluable





**3 MAIN
OBLIGATIONS
FOR PARENTS**

To remain in good standing:

1. Pay dues
2. Fulfill your volunteer credits
3. Work mulch weekend
March 1-3 (Rain Date:
March 8-10)



Athletes are expected to be at every practice and regatta.



Must communicate with coach if absent.



Rowers compete for boat seats- absences mean they may lose their seat.



Time invested is worth it!

ROWERS' COMMITMENT







REGISTRATION

NEDA HAMANDI

VP of Administration

vpadministration@mcleancrew.org

REGISTRATION

- **ASAP: Register through the McLean rSchool site (list Boys or Girl's Crew) and submit the physical to the Activities Office**
- **October 14-31: Register with McLean Crew for Winter Conditioning**
 - There are many required forms and the SafeSport Certification
 - Don't wait until the last minute as missing documents/payments mean your child cannot participate in Winter Conditioning
 - Details will be provided in the General Membership Session right after this





DUES, ETC.

DAVID KIRK

Treasurer

treasurer@mcleancrew.org

VOLUNTEERING AND DUES

Parent volunteers
are the only way
we work

\$450,000 non-
profit

No financial or
administrative
support from the
school

Dues in February
and March can be
offset through
fundraising



Option 1: \$2800 &
6 volunteer credits

Option 2: \$4050 &
3 volunteer credits

Option 3: \$5300 &
0 volunteer credits

**DUES: 3
OPTIONS**





October 2023 – before winter conditioning



February 2024 – before spring season, after tryouts



March 2024 – after Mulch Madness

3 PAYMENT DATES



COSTS IN ADDITION TO DUES



Post-season competitions:

Stotesbury, Philadelphia, PA: \$500-650 est.
Nationals, Pennsauken, NJ: \$500-650 est.



Cost of uniforms – est. \$125





VOLUNTEERING

BRIDGET BINDER

Member at Large Volunteers

memberatlarge2@mcleancrew.org

VOLUNTEERING



Two types of volunteer jobs:

Operational positions: 1-5 credits, generally encompass work over a longer period of time

One-time signups: $\frac{1}{2}$ -1 credit for 2-4 hours of work at a regatta or other event



Sign Up Genius (SUG)s:

For Operational positions, the SUG will be released soon

For specific events/regattas, the SUG will be released later in season





FUNDRAISING

BRITA ANDERSON

VP of Ways & Means

vpwaysandmeans@mcleancrew.org

MULCH MADNESS

MARCH 4 AND 5



Our biggest fundraiser –
Make 50% of our fundraising income



An adult from each family must work a full day – at least 8 hours – either Saturday or Sunday (does not count towards volunteer credits)



All rowers must work all day both Saturday and Sunday





ROWER OPS

LAUREN FUNKHOUSER

Member at Large – Rower
Operations

memberatlarge@mcleancrew.org



November – February

- 4 weekday practices + Saturdays
- Sundays and 1 weekday off per week
- Weekdays: Girls done at 5:30; Boys done at 6:30 (boys study hall from 3-4:30)
- Erg competitions

WINTER ERG COMPETITIONS

PBC Full Ham: 16 Dec

Washington-Liberty Triathlon: 13 Jan

Erg Sprints: 3 Feb

Yorktown Relays: TBD



Regatta Season: February – May

- Daily practices + Saturdays
- Buses to & from MHS to Georgetown M-F
- Weekdays: home around 7:30 PM
- **Mandatory Spring Break training**
- 6 - 8 weekend regattas (March through May)
- Stotesbury (select crews) & Nationals (qualified crews)





REGATTAS

HEATHER WHITNEY

Regatta Chair

Regattachair@mcleancrew.org



**TENTATIVE
REGATTA
SCHEDULE**

3/16 Polar Bear @ Occoquan

3/23 Lake Lenape @ Lake Lenape, NJ

3/25-3/29 *Spring break*

3/30 St. Andrews @ Middleton, DE

4/6 Darrell Winslow @ Occoquan

4/13 TBC Tussle @ TBC

4/14 Manny Flick @ Philadelphia, PA

4/20 Ryz Obuchowitz @ Occoquan

4/27 Charlie Butt @ TBC

5/4, 5/11 States Day 1, 2 @ Occoquan

5/16-18 Stotesbury @ Philadelphia, PA (select crews)

5/23-25 SRAAs @ Pennsauken, NJ (qualified crews)



COMMUNICATIONS

CORA MURPHY

Secretary

secretary@mcleancrew.org



**KEY
UPCOMING
DATES**

October 14 – 31: Winter Conditioning Registration Opens

October 15: Erg Workday

Now – October 31: Fall Wreath Fundraiser

Now – November 26: Paw Thaw Winter Fundraiser

Now – December 8: Holiday Evergreen Fundraiser

November 16: Lebanese Taverna

November 5-11: Roadrunner Shoe Week

November 9: Next Parent Membership Meeting

November 16: First day of Winter Conditioning (Boys)– registration required to participate

November 17: First day of Winter Conditioning (Girls)– registration required to participate

March 1 - 3: Mulch Weekend (rain date March 8-10)



May Happenings McLean Crew Club



COMMS & INFO

- Website: mcleancrew.org
 - A Treasure Trove of Information
- Monthly & Special Newsletters
- Emails, Emails, Emails
- Social Media
- Remind App
- Distribution Lists



REMEMBER



Registration takes time- don't put it off to the last minute



Everyone does Mulch Weekend



Mandatory Spring Break training- check with coaches if existing conflicts





QUESTIONS?

- Visit the website mcleancrew.org website
- If you can't find what you're looking for, feel free to reach out to the appropriate Board Member or send an email to mcleancrewclub@gmail.com



QUESTIONS & ANSWERS



THANK YOU FOR
ATTENDING AND
SUPPORTING MCC!