

## McLean Crew Club Weekly News, May 27, 2008

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### *Important Dates*

**June 8** – End-of season family picnic and general membership meeting

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### **Nationals in Oak Ridge, TN**

McLean High School sent a contingent of 7 boats (52 rowers) to the Scholastic Rowing Association of America (SRAA) Championships, “Nationals” in Oak Ridge, Tenn., an unprecedented accomplishment in McLean’s 11 years of rowing. The complete results of the races have been attached in this mailing.

McLean’s **Women’s Senior Quad** came home with medals for their 2<sup>nd</sup> place finish in their Final race. Congratulations, Marla Brendley, Kat Geithman, McKenzie Harper, and Emily Smith on this tremendous accomplishment!

In addition, McLean boats had strong showings throughout the two days of racing. McLean’s races included:

- The **Men’s Senior Eight** advanced to the Third Final and placed 4<sup>th</sup> in a very close race. This placed them in the top 16 Men’s Varsity 8s nationally ( 7 seconds separated 1<sup>st</sup> and 6<sup>th</sup> place)
- The **Women’s Senior Four** advanced to the Petite Final, placing 2<sup>nd</sup> with a time of 5:40.1, and ranking them 8<sup>th</sup> in their category at Nationals.
- The **Women’s Lightweight Eight** and **Women’s Junior Four** both advanced to Semi-Finals, finishing 5<sup>th</sup> and 6<sup>th</sup> in their races.
- The **Men’s Lightweight Eight** finished 5<sup>th</sup> in their race on Friday.
- The **Women’s Junior Double** and the **Men’s Junior Double** placed 6<sup>th</sup> and 5<sup>th</sup> in their heats.

Congratulations, McLean rowers and coaches for an incredible year!

“Nationals” was held at the Melton Hill Rowing Course in Oak Ridge, TN, and it is a beautiful venue. The lake is part of the Tennessee Valley Authority (TVA) waterway system and the course is protected by hills that contribute to limited wind and current problems. In addition, there were multiple docks for easy launching, 7 straight lanes and really nice starting gates. The McLean food tent was located right at the finish line, which made viewing the races particularly fun for the McLean spectators.

Many thanks to Karen Bush who coordinated the endless details of the trip, including transportation, accommodations, and arranging dinner at a lovely restaurant called the Flatwater Grill that overlooked the racecourse. Many thanks to the club’s President, Marilyn Stewart, who generously treated the rowers and coaches to the delightful dinner. In addition, Linda Layman Peterson and a crew of parent “house elves” kept a steady stream of fruits, vegetables, grilled sandwiches, spaghetti and meatballs, salads, pancakes, home fries, hamburgers, and snacks available for the McLean crew. Julia Child would have been proud.

Going to Nationals gave many rowers a great boost of energy and optimism to carry them forward to next year, knowing how much fun and how incredibly challenging rowing at its finest can be. Many rowers left with a resolve to keep working out this summer and fall so next year’s results can be as fabulous as or better than this year’s! Next year Nationals will be at Lake Mercer, NJ.

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### **A Message from Your Regatta Chair**

Thank you! From forms to the trip home thank you to the parents, chaperones, coaches, managers and rowers for making the season travel plans a huge success. I know the logistics, paperwork and monies

test the patience and time management of every parent and team member. Rescheduling tests, doctor's appointments, holiday celebrations and family time is a sacrifice that does not go unnoticed. The team of volunteers who work countless hours to get 50+ rowers from point A to point B - thank you to paper pusher extraordinary - Janice Martin; to the paper collectors and newly defined and trained Managers - Lana Puljic and Zenobia Morrill; to the team of chaperones who sacrificed their time and possibility their sanity at times - A HUGE THANK YOU - without you these events wouldn't be the envy of many of the local schools; to the coaches who instilled dedication to each rower, their boat and the team thank you for spending countless hours both on the water and off; to the rowers who every year rise to the occasion and exceed my expectations as competitors, students but also as people - I am honored to work with all of you. A special thank you to our president this year - Marilyn Stewart, following in your Regatta Chair footsteps was intimidating and you coaxed and encouraged me from beginning to end. As President you rose to the occasion as the program underwent new growing pangs. Your generosity knows no bounds - for those of you who don't know Marilyn was kind enough to treat all 52 rowers to a wonderful dinner at Nationals, demonstrating her love of this sport and her admiration of the rowers and her respect for the competition. Our rowers met this goodbye gift with a standing ovation.

I too meet all of you with applause,  
Karen Bush  
Regatta Chair  
Transportation Coordinator  
Spring Break Coordinator  
Mother Hen  
Stand Up Comic  
Penny Pincher  
Lover of Crew

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## Summer Erg Rentals

You have worked hard all spring and now are in the best of shape. How are you going to stay that way? Erging, of course. Now you can enjoy your erg workout in the privacy of your own home.

The crew team ergs can be rented for the summer for the cost of \$75.00. We will be posting times that you can pick up the erg. For an additional \$20.00 donation we will even deliver the erg to your home and pick them up again in the fall.

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### Erg Rental Form

I wish to rent an erg from the crew team for the summer. I understand that I will be responsible for the erg and will treat it with care and respect.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E mail: \_\_\_\_\_

\_\_\_\_\_ I will be responsible for picking up the erg from the trailers and returning it to the trailers at the designated times. I have enclosed a check for \$75.00.

\_\_\_\_\_ I would like to have the erg delivered and picked up from my home. I have enclosed a check for \$95.00.

Send to:  
McLean Crew Club  
c/o John Smith  
9343 Sibelius Drive  
Vienna, VA 22182

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## Coaches Gifts

Please help the McLean Crew Club say "Thank You" to our 7 coaches for a great crew season!

We are asking each family to donate \$10 (or an amount of your choosing) for coaches' gifts to be presented at the end-of-year picnic.

Send donations to:  
Mimi Vollstedt, 6704 Moly Dr., Falls Church, VA 22046

Or, make your donations in person to: Mimi Vollstedt, Regina O'Hare, or Janice Martin.

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## Next Year's Volunteer Positions

As we build up to the culmination of another exciting and successful crew season, we'd like to thank all those involved with McLean Crew for making this success possible. It is only by the combined efforts of an outstanding coaching staff, hard working rowers, and supportive, involved parents that we're able to keep our program strong. In looking ahead to continue this tradition of family involvement and support, we are seeking those parents interested in assisting the club in the following year to let us know!

Board and Committee positions/descriptions can be found in this year's McLean Crew Handbook, with many listed below. Please contact Lisa Russell (russ4bunch@aol.com), Tom Devlin (tddevlin@cox.net) or any board member (email addresses available at McLeancrew.org) if you are interested in filling, assisting or nominating someone to serve in any of these positions.

- Board Member: (president, vice president(s), secretary, treasurer, regatta chair, member-at-large(2))
  - Other Areas of Responsibility including: Mulch Sale, Leaf Raking, Corporate Outreach, Regatta support, Regatta volunteer Coordination, Communications, Handbook, eScrip Card sales, and Food Tent.
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## Lost and Found

All lost and found for this year should be brought to the picnic so owner and lost item can find each other. All lost and found not taken at the beginning of the picnic will be added to Coach Bobby's lost and found for auction at the picnic. Coach Bobby's auction is a not to miss event.

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## Varsity Sports Banquet

ALL VARSITY ATHLETES: The Varsity Sports Banquet will be held at MHS on June 2nd. Students should pick up their tickets in the activities office during all lunch breaks on Friday, May 30<sup>th</sup>. If you have not received an invitation, please see Mrs. Banbury in the activities office. Please join us that evening to hear our wonderful guest speaker, former Washington Redskin and Head Hog, George Starke and to share in the presentation of many athlete awards!

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## Do You Want to Unsubscribe to the Newsletter?

Do you receive McLean Crew mailings even if you are no longer involved or interested in the club? If so, you need to unsubscribe yourself from the discussion group. To unsubscribe, go to [www.mcleancrew.org](http://www.mcleancrew.org), and look for the blurb about Crew email groups. Select the link to the email groups from which you receive mailings. This will bring you to a page that will allow you to enter your email address in the Unsubscribe section.

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## Scrip - Give Gift Cards!

The club has the following remaining gift cards in stock and available for purchase --let's buy out the inventory now!! AMC Theatres, Bath and Body Works, Boston Market, Cold Stone Creamery, Eddie Bauer, Gap/Old Navy, Great Harvest, i-Tunes, Lands' End, Macy's, Quiznos, Sports Authority, Papa Johns, and Starbucks. We also have Safeway for your grocery shopping.

Please contact Kathy Oram at [meadeoram@comcast.net](mailto:meadeoram@comcast.net) or 703-536-7220 to purchase cards. Kathy will be at the picnic with the remaining inventory.

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## Sign up for eScrip to Support McLean Crew

Remember to register your credit cards and grocery store club cards with eScrip so that McLean Crew gets a percentage of the purchases you make. This is a no-cost way for the club to earn money from purchases you are making anyway.

Please go to the eScrip site at [www.escrip.com](http://www.escrip.com) and register -

**McLean Crew's Group ID is: 154010281 - or you can use the Group Name: McLean High School Crew Club.**

Fill out the forms and link your contributions to all of your **credit or retailer cards**.

Please also remember that if you are signed up through Harris Teeter or Safeway you need to renew your link to McLean Crew each fall! Have you renewed your link for 2008?

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## Summer Rowing Camps

There are a number of summer rowing camps that may be of interest to you. Rowers can talk with their coaches for recommendations.

Thompson's Boat Center, Old Dominion Boat Club, Potomac Boat Club, and the Prince William Rowing Club all offer summer programs. Check their websites for more information.

<http://www.thompsonboatcenter.com/>

[www.olddominionboatclub.com](http://www.olddominionboatclub.com)

<http://www.potomacboatclub.org/>

<http://www.pwrc.org/>

The Devlin family highly recommends the Navy Rowing Camp: <http://navycamps.com>

University of Michigan also has a rowing camp: <http://www.umich.edu/~rowblue/camp08/index.html>

The Pifer family recommends Chesapeake Crew Camp as particularly attentive to coxswains. Formerly for girls only, the camp has added a session for boys this year: <http://www.crew-camps.com>

University of New Hampshire has a "girl's College Prep Rowing and Coxswain Camp": <http://www.unh.edu.unhrowing/UNH-Girls-Rowing-Camp.htm>

If you have firsthand experience with rowing clubs and would like to put the comments in the newsletter, please send your comments to [regina\\_ohare@yahoo.com](mailto:regina_ohare@yahoo.com).