



# McLean Crew

Weekly News

May 18, 2009

## ***Dates to Note:***

**May 21 ~ 23 (Thursday ~ Saturday):** Scholastic Rowing Association Championships (Mercer, NJ; qualifying boats only)

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## ***Stotesbury Regatta Results/National Championships***

The entire McLean Crew, with the exception of women's second eight, competed this past weekend in the Stotesbury Regatta. While all boats did well, women's lightweight eight showed particularly strong performance in winning the silver. The results for the boats are as follows:

|                           |   |
|---------------------------|---|
| Men's Freshman Eight      | 25 <sup>th</sup> in Head Race                     |
| Women's Freshman Eight    | 4 <sup>th</sup> in their group in the Semi-Finals |
| Men's Senior Double       | 17 <sup>th</sup> in Head Race                     |
| Women's Lightweight Eight | 2 <sup>nd</sup>                                   |
| Men's Senior Eight        | 21 <sup>st</sup> in Head Race                     |
| Women's Senior Eight      | 3 <sup>rd</sup> in their group in the Semi-Finals |

The competitive season for the Club ends with the National Championships to be held this weekend (May 21 ~ 23) in Mercer, NJ. Men's First Eight and Freshmen Eight and Women's First Eight and Lightweight Eight will be competing. Good luck to the rowers and coxswains!

## ***Virginia Scholastic Rowing Championship Regatta Photographs***

Photographs from the States competition are now available on line, courtesy of John DaCrema. The link to the overall gallery is: <http://dac.smugmug.com/McLean%20Crew%202008%20-%202009/784397>

One gallery, "Off the Water," is password protected. The password is: **McLean Crew**

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## ***Lost and Found***

### **Lost**

McLean Crew Sweatpants, black, size Medium - Left under the bleachers at the Erg Sprints. If anyone has picked them up by mistake, please return to Melissa Frazee.

### **Found**

From the **Charlie Butt Regatta**

- 13mm Craftsman wrench (Please contact Beverly Keller at 703-917-9184.)

From the **Smokey Jacobs Regatta**

- One red *Dick's Sporting Goods* canvas folding chair (Please contact Shanti de Jongh at 703-356-8212 or 571-225-1205)

Please contact Mrs. Beverly Keller at 703-917-9184 for the following items.

- Black ball cap - Callaway Golf
- Red athletic shorts (plain) - Jerseys size M

- Red hooded sweatshirt (plain) - Russell Athletics size L
- Grey sweatshirt - American Eagle size M
- Black sweatpants - McLean Crew size M
- Two pairs of short socks - one Top Flite and one black

From **Camp Cooper**

Two large coolers; a red and white one and a charcoal gray one. These were lent to the Club, but it is not clear who the owners are. They are currently outside the crew trailers.

From the **mulch weekend** (Please contact Mrs. Carol Sanders at 703-847-9409)

- 1 pair black sunglasses with rhinestones on side
- 1 red Mclean hooded sweatshirt, size Large

### ***Interested in Being Involved in Next Year's Club?***

Thanks to many of you who have expressed interest in becoming more involved in McLean Crew Club for the coming year. Many positions will be opening up on the Board and various committees as our seniors graduate, taking their parents along with them.

Positions that will be available next year include Transportation Coordinator, Spring Break Training Camp Coordinator, and Regatta Chair. All three positions earn points towards your dues commitment. If you are in any of these positions, please contact Karen Bush [alaskan.raven@yahoo.com](mailto:alaskan.raven@yahoo.com) or 703-473-9140 for questions and details.

Please feel free to contact Lisa Russell (703-536-0153/[russ4bunch@aol.com](mailto:russ4bunch@aol.com)) or any current board/committee member or volunteer about other available opportunities, what they entail, and how you can be involved. Thanks so much!

### **VASRA Volunteers**

VASRA is seeking parents who are interested in becoming referees. Necessary training will be provided by VASRA. If interested, please contact a Board member.

### ***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.

### ***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](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**

### **What Is eScrip?**

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.

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

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 Steve Keller  
1475 Waggaman Circle  
McLean, Virginia 22101

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## **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>

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## ***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>



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 [mncsanderson@verizon.net](mailto:mncsanderson@verizon.net).