

McLean Crew Club Weekly News, May 5, 2008

Important Dates

May 10 – Virginia State Championships “States”, Sandy Run Park, Occoquan

May 13 – Monthly Meeting, 7:30 MHS Cafeteria

May 16-17 - Stotesbury Regatta (“Stotes”), Philadelphia, PA

May 23-24 - SRAA Championship Regatta (“Nationals”), Oakridge, TN

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

A Successful Day at Ted Phoenix Regatta

The high point of the Ted Phoenix Regatta for McLean was the Novice Women’s Eight taking home gold medals for their first place finish in this novice championship.



Other highlights of the day were the Novice Women’s Four taking 2nd place in Heat 2, and the Men’s Freshman Eight taking 3rd place in the Petite Final. Congratulations, McLean Novices!

Event	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Freshman Men's Eight Heat Two	Oakton	McLean	Thomas Jefferson	Langley	St. Albans	Woodbridge
(3 to final/3 to Petite)	(5) 5:30.8	(4) 5:28.2	(3) 5:11.2	(6) 5:43.2	(2) 5:10.6	(1) 5:10.5
Novice Women's Four Heat Two	Madison	McLean	Potomac	Fairfax	Yorktown	
(3 to final)	(1) 6:24.0	(2) 6:38.4	(5) 7:12.1	(4) 7:03.3	(3) 6:51.0	
Freshman Men's Eight Petite Final	Langley	West Potomac	Madison	McLean	Oakton	Robinson
	(4) 5:19.0	(1) 5:06.8	(2) 5:07.2	(3) 5:15.5	(5) 5:22.9	(6) 5:24.4
Novice Women's Four Final	Yorktown	W. Springfield	Madison	Potomac	McLean	Fairfax
	(6) 6:18.8	(2) 5:56.9	(1) 5:50.6	(3) 6:04.6	(4) 6:08.2	(5) 6:16.0
Novice Women's Eight Final	Langley	McLean	Woodbridge	Robinson	T Jefferson	TC Williams
	(5) 5:57.8	(1) 5:37.0	(3) 5:42.4	(2) 5:40.8	(4) 5:43.5	(6) 6:01.6

Next Weekend: “States” at Occoquan

Next weekend is “States”, the qualifying races to determine which boats compete at Nationals.

PARKING WILL BE A BIG PROBLEM AT STATES. This will be the most heavily attended race of the season. SHARE A RIDE and arrive early!

Next Year’s Key Volunteer Positions Need to be Determined Now

Parents – if your child will be rowing next year, consider this daunting thought. Many of our wonderful fearless leaders will be gone as their children leave McLean High. That means we have to figure out how to do this on our own. Some of the key people who will not be with the club next year are:

- Marilyn Stewart - Board President
- Janice Martin – VP of Administration
- Sherry Gray – VP for Ways & Means
- Dianne Juba – Food Tent Manager.

We are also looking for someone to write this newsletter next year.

Please consider how you will be best able to help the club next year and contact any current board members (including Lisa Russell at russ4bunch@aol.com) to learn more about a position that interests you.

May 1 Deadline Has Passed for Fundraising Points

The deadline for earning or paying off all points was May 1. Many thanks to all the families that have fulfilled their points commitment in support of our team!

However, 16 families still are in arrears to the club. These obligations must be cleared before State championships this Saturday. You may:

--Purchase scrip - see the Scrip notice elsewhere in this newsletter - 5 points given per \$100 of scrip purchased.

--Buy back the remaining points at \$1 per point. Make check payable to McLean Crew and mail to PO Box 7104, McLean, VA 22106. Amounts over \$150 may be paid by credit card through the PayPal link on the crew website.

NOTE: Participation in championship regattas may be forfeited if points are in arrears.

A PLEA FROM THE TREASURER: Please don't make me chase you down for this payment.

Questions? Contact Points Chair Linda Layman-Peterson at theadmsdaughter@earthlink.net or Treasurer Marilyn Pifer at treasurer@mcleancrew.org / 571-241-4793

Pre-Participation Physicals for Next Year

McLean High School's Athletic Training program is hosting Pre Participation Physical Examinations (PPEs) on May 21st from 5:30 - 7:30pm. The cost is \$40 for pre-registered students and \$50 for walk-ins. All proceeds go to purchasing supplies for the athletic training program that supports all of McLean's sports teams.

Please go to www.fcps.edu/supt/activities/atp/ppeschedule.htm to pre-register. Once you have registered you will receive an email confirmation. You will receive a follow up email with the time of your appointment. Walk-ins are on a first come, first served basis. The VHSL Physical Form can be found on: <http://www.mcleanactivities.org/index.cfm?action=files>

Please fill out parts I, II, IV, and V prior to arriving for your appointment. The physical examination will be a comprehensive screening for athletic participation. Our screening includes a general medical evaluation, an orthopedic evaluation, flexibility check, posture evaluation, concussion base line evaluation, and body composition evaluation. Please email David Lee at David.Lee@fcps.edu for more information. Please pre-register online at the following address:
www.fcps.edu/supt/activities/atp/ppeschedule.htm

What Do You Want Discussed at the Monthly Meeting?

If you have a topic you would like discussed at the monthly membership meeting, please contact the McLean Crew President, Marilyn Stewart - marilyn.stewart@ngc.com

Scrip - Give Gift Cards!

The club has the following gift cards in stock and available for purchase (new list): AMC Theatres, Barnes and Noble, Bath and Body Works, Boston Market, Chipotle, Cold Stone Creamery, Eddie Bauer, Gap/Old Navy, iTunes, Lands' End, LLBean, Macy's, Quiznos, Sports Authority, Papa Johns, and Starbucks. We also have Giant and Safeway for your grocery shopping.

Please contact Kathy Oram at meadeoram@comcast.net or 703-536-7220 to purchase cards. She will have grocery cards and Starbucks at the regattas the Girls' Junior Four attend. Feel free to seek her out.

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 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?

Earn Points Through Fundraising! Ask Your Employer To Match Your Gift Or Find A Local Business That Wants To Support Mclean Crew!

Support our team's fundraising and equipment needs by obtaining employer and other corporate donations. Encourage friends and family to write us into their United Way fundraising campaign forms. If you (or your family members and friends) have not yet received employer matches for Erg-a-thon donations made in early 2007 or in 2008, follow up on obtaining these matches now. Provided we can connect you with donations received, you will earn points!

Some important facts:

McLean Crew Club, Inc. is a 501(c)(3) organization

Our Federal Tax ID # is 54-1834730

Our address is McLean Crew Club, P.O. Box 7104, McLean, VA 22106-7104

The contact for most donations should be listed as Marilyn Pifer, treasurer@mcleancrew.org. The contact for corporate donations is Sherry Gray, sherry.gray@ppsv.com or 202-872-6778. Please write or call Sherry if you have any questions or would like to help with corporate fundraising.

Summer Rowing Camps

There are a number of summer rowing camps that may be of interest to you. We will mention them in the newsletter as we hear of them, and list them on the LINKS page of the McLean Crew website. The camps fill up quickly, so contact them early if you are interested.

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.