



**MCLEAN CREW CLUB
GENERAL MEMBERSHIP
MEETING**

OCTOBER 2023



WELCOME!

Molly Hoffman

President
president@mcleancrew.org

2023-2024 BOARD MEMBERS

President- Molly Hoffman

VP of Administration- Neda Hamandi

VP Ways and Means- Brita Anderson

VP for Operations- Amber Westland

Member-at-Large Rower Operations- Lauren Funkhouser

Secretary- Cora Murphy

Treasurer- David Kirk

Member-at-Large Volunteers- Bridget Binder

Regatta Chair- Heather Whitney



INTRODUCING THE COACHES



Coach Jack Connors



Coach Nate McClafferty



Coach Azim Khodjibaev



Coach Carol Dinion



Coach Pam Robert



Coach Braden Barnett





REGATTAS

HEATHER WHITNEY

Regatta Chair

Regattachair@mcleancrew.org

WINTER ERG COMPETITIONS

PBC Full Ham: 16 Dec

Washington-Liberty Triathlon: 13 Jan

Erg Sprints: 3 Feb

Yorktown Relays: TBD



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 @ Middletown, DE

4/6 Darrell Winslow @ Occoquan

4/13 TBC Tussle @ TBC

4/14 Manny Flick @ Philadelphia, PA

4/20 Roy 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)





BUDGET

DAVID KIRK

Treasurer

treasurer@mcleancrew.org



OPERATIONS

AMBER GUNN WESTLAND

VP of Operations

vpoperations@mcleancrew.org



OPERATIONS UPDATE

- The Ops team keeps all MCC equipment in great shape!
- **Erg Workday:** Saturday October 15, 12-4 PM at the MCC Shed
 - SignUp Genius link was sent to the Membership on October 4th
 - Contact Rick Barnard with questions: rbarnard2002@gmail.com



- New Purchases
 - New Womens' 8+: brand new Fillippi, named *Lola*, with custom black with red stripe paint job, and new oars
 - New Ergs (Concept 2 Rowing Machines)
 - 2 New Launches
 - 2 Fours, set of oars, boat trailer



- JOIN THE OPS TEAM!
 - Email VPOperations@mcleancrew.org with your name and cell phone number to be added to the list of people we contact when we need assistance. This is a great way to have fun earning credits and meeting other parents!





VOLUNTEERING

BRIDGET BINDER

Member at Large Volunteers

memberatlarge2@mcleancrew.org

VOLUNTEERING

2 types of volunteer jobs:

- **Operational positions:** 1-5 credits, encompass work over a longer periods of time
 - Returning families: Please sign up for Operational positions!
 - Check mcleancrew.org/volunteering to confirm I have you signed up for last year's ops job correctly
- **One-time signups:** .5 -1 credit for 2-4 hours of work at a regatta or other event
 - Sign up Genius (SUG) for Operational positions coming soon
 - SUGs for fundraising events/regattas will be released later in season

RETURNING FAMILIES: Please sign up for Operational Positions!

NEW FAMILIES: Ops positions or one-time signups





Spotlight on a few positions:

- **Board Positions!** Almost all of the board will retire next year. We need you to help ensure MCC lives on!
- **Holiday Fundraiser Lead** - much of the work is done! See Brita Anderson for details.
- **Safe Sport Manager in Training** - see Neda or Paula for more details.
- **Badging for Bus Chaperones** - contact Elizabeth Ruhl for details (see the "for parents" drop-down on website).



FUNDRAISING

BRITA ANDERSON

VP of Ways & Means

vpwaysandmeans@mcleancrew.org



FUNDRAISING: OVERVIEW

Primary fundraising events:

- **Holiday Fundraiser: *starting now!***
- Ergathon: TBD
- Mulch Madness: March

Road Runner Sports Shoe Week: *Nov. 5-11*

Restaurant Nights

RaiseRight gift cards

Corporate sponsors



HOLIDAY FUNDRAISER

FALL WREATHS and **FRESH HOLIDAY EVERGREENS!**

Online sales through
giftitforward.com

Direct delivery across the country!



PAW THAW: pet safe, biodegradable ice melt

- Sales through MCC online store
- Rowers deliver to customers!
- Delivery by rowers second week of December





WINTER FUNDRAISER

- **FALL WREATHS!** Beautiful Fall ambiance, delivered to your door, for your door! *Purchase through October 31st.*
- **FRESH EVERGREENS!** Perfect to decorate your home or office, and gift to friends and loved ones! *Purchase through December 8th.*
- Purchase through giftitforward.com
- Fundraising Code **MCLEANVA001** and the **ROWER'S NAME** as the Referring Member
- Shipped directly to you and your customers





WINTER FUNDRAISER

- **PAW THAW:** pet-safe, biodegradable **ice melt** packaged in 12lbs jugs with a convenient shake top
- *Purchase through November 26th*
- Order through www.mcleancrew.org/online-store
- **Rowers will deliver Paw Thaw to their customers.** Make this a perk for your customers! **Local orders only.**
- Please add **ROWER'S NAME** to your order





WINTER FUNDRAISER

Begins **NOW!**

- Resources for Rowers:
 - Rower scripts (what to say)
 - Information guide
 - Seller's guide
- Fall wreath and holiday greenery sales **ONLINE** at giftitforward.com
- 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 1-3 (backup dates March 8-10): 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!**





LEBANESE TAVERNA PUTS THE FUN IN FUNDRAISER



LEBANESE TAVERNA is partnering with
MCLEAN HS CREW, **Nov 16th**

MCLEAN HS crew will receive **20%** OF THE BILL

Tax & gratuity not included. Not valid with other offers.
Offer valid throughout the day with online food, online
gift card purchase, catering and take out orders.
Not applied on Door Dash ordering. See below for
specific instructions.



GOT OTHER PLANS THAT NIGHT?
buy a gift card online and use anytime at any location.

DINE AT THESE LOCATION:

TYSONS GALLERIA: 1840 INTERNATIONAL DR MCLEAN

When Dining In, present this flier to your server

Online Food Ordering, type your school name, **MCLEAN** in the notes section

Online Gift Card Purchasing, type **MCLEAN** in the promo code section

Credit is received on all catering, dine-in, take out and gift cards at the above locations.

NOT APPLIED ON DOORDASH WEBSITE



Good Food Enjoyed in Good Company
WWW.LEBANESETAVERNA.COM



RESTAURANT NIGHTS

- Approximately once a month
- Support local businesses and support the club!
- 1st restaurant night:
 - **Lebanese Taverna**
1840 Tysons location
November 16th



SHOE WEEK: ROAD RUNNER SPORTS

November 5th-11th

Save 10% (20% with VIP)

10% of sales goes to MCC!

Start Winter Conditioning
with great shoes and gear!

ROADRUNNERSPORTS™

READY. SET. START
YOUR XC SEASON
INVITE FAMILY, FRIENDS & EVERYONE AT SCHOOL

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

Gear Up any time during the week!
November 5th - 11th

 *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





*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 list plus an EXTRA 10% when you give 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, Asics, Brooks, HOKA ONE ONE, Mizuno, New Balance, Nike, Onika, On, Reebok, Seacory, Apple, Fitbit, Garmin, Hyperice and Polar. Good during your fundraising event only.





REGISTRATION

NEDA HAMANDI

VP of Administration

vpadministration@mcleancrew.org

REGISTRATION

- Registration begins 10/14/2023 and ends 10/31/2023.
- Please make sure to submit the required health forms to McLean Activities Office.
- Register on the McLean Crew Club website by going to the Registration tab. An email with instructions and link will be sent out on 10/14/2023.
- There are many required forms along with the SafeSport Certifications.
- Please 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 Neda at: 202-818-0490 or email at: VAdmin@mcleancrew.org. For any SafeSport issues, email Paula at: SafeSport@mcleancrew.org.





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 Polices (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



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.

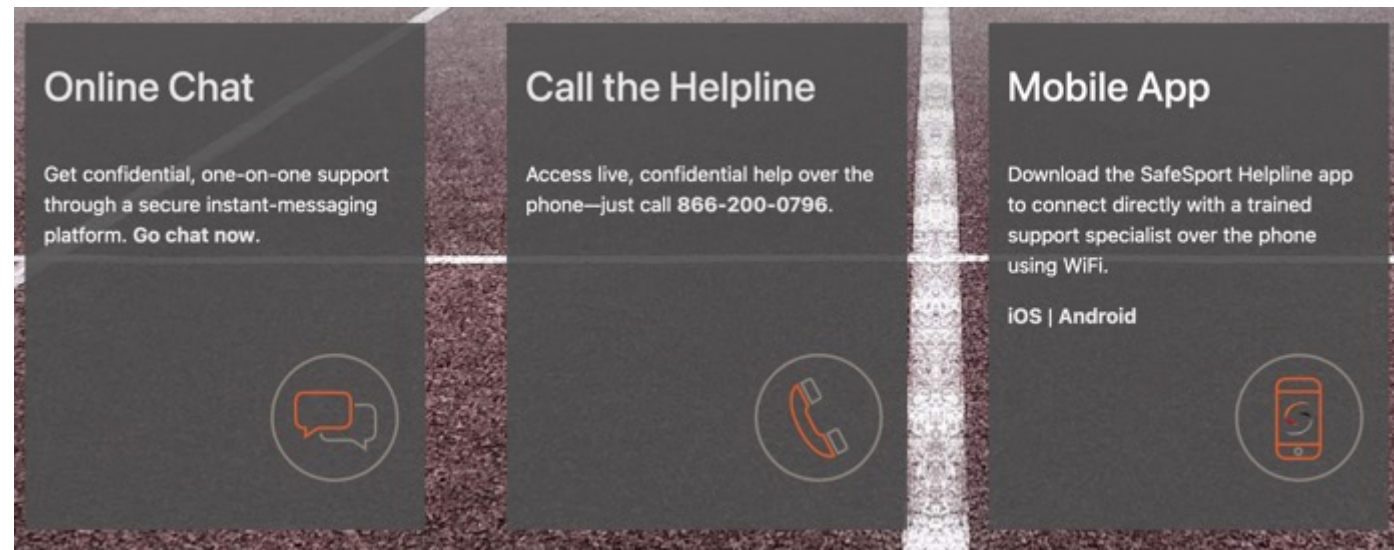


HOW TO GET HELP

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





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)



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



**THANK YOU FOR
ATTENDING!**

