MCLEAN HIGH SCHOOL CREW CLUB

Weekly News, March 1, 2010

Dates to Note:

March 9: General Meeting, 7:30, MHS Cafeteria
March 14: Mulch Orders Due
March 20-21: Mulch Weekend
March 27 – April 2: Camp Cooper
April 16 – 17: ISA Lake Mercer Sprints
May 14 – 15: 84th Annual Stotesbury Regatta
May 28 – 29: SRAA Championship Regatta

MULCH NEWS

Mulch packets have been given out and we hope that everyone is making phone calls. We have a considerably shorter time this year to get to our goal of 15,000 bags and really need for everyone to jump on their lists! The Boy Scouts were out this weekend selling mulch as well, and we need to get every sale that we can. If you do not have your packet yet, see your coaches at practice - but you can start right away by going to the webpage and printing order forms and distributing them to friends and neighbors.

A few questions have come up -

Q. How should I collect payment for phone orders?
A. You can pick up the check, have the purchaser mail it directly to you, or, perhaps the easiest thing, is to have them go to the website and print off the form, include their payment with it and have them mail it to the post office box. REMIND THEM TO PUT YOUR ROWER'S NAME ON THE ORDER. You will be receiving an email with a listing of all orders received, listed by rower, so you can check to see who has responded and who has to get a reminder call. Even if you reach your 200 bag goal, please try to get to everyone on your list! Remember, you earn 1 point for every bag you sell. And the club gets closer to its goal.

Q. What is the delivery parameter?
A. It is the Mclean High School District, but we will go into North Arlington, as well as Langley. If you have someone farther away, and you wish to deliver it to them, we can load it directly into your vehicle.

Q. Who will sell more - the boys or the girls?
A. Only time will tell!

Attached you will find a spread sheet of the ADULT volunteer jobs and the people that have already signed up. Please look at that and get in touch with Nancy Mulligan at 703 785 5508 or nmulligan1@yahoo.com to sign up. We are asking parents to sign up for 2 slots.

Next week, we will start signing rowers up - they will be asked for 3 slots and will be doing the actual delivering of the mulch.

If anyone has ANY questions, please do not hesitate to get in touch with either of us -
Carol Sanders 703 847 9409 or mncsanders@verizon.net
PR Wheeler 703 847 6979 or ryan.wheeler@verizon.net

CORPORATE FUNDRAISING

We are trying a new fundraiser this year. We are going to solicit local companies to become part of our team sponsors. There will be different levels of support and we will be producing a team brochure to be given to all our mulch customers, a banner that will go on our food tent at regattas, and space on our webpage. We are asking for everyone to help solicit from the companies they frequent in the Mclean area - attached please find an official corporate letter that you can print out and bring to these companies. If you have a business of your own, please think about joining our sponsorship program as well. All of the particulars are included in the attached letter. If you have any questions, please contact Elizabeth Frazee at 703 403 4990 or elizabeth@frazeeassociates.com.

ERGATHON

Yes, we're still not at our goal. Please send in your money if you have not yet done so!!! Remember, this is one of the mandatory fundraisers and you earn 1 point for every dollar you raise.

Spring Season Details from the Regatta Committee!

Yes, the Potomac is partially frozen!
Yes, it's 34 degrees outside!
Yes, there is 5 ft. of snow in my yard!

BUT…our kids will eventually get on the water and we want you to be **ready** for the amazing rowing season they will have as part of the McLean Crew Team! Most of the content of this article was sent to you in the fall but we thought all the information bears repeating so read on, particularly, if you are new this year to McLean Crew!

What can you expect in terms of Camp Cooper, out-of-town regattas and transportation? Once the season gets underway, it proceeds at a furious pace…forms to complete, checks to write, hotels to book, homework to complete, etc. We believe *Knowledge is Power* particularly when it comes to freshman and novice families. So, please take note of the dates and the estimates we have made for the regatta fees. Please keep in mind that the Club does **not** make a profit on any of the regattas. We merely add up all the expenses (hotels, transportation and, sometimes, a dinner for the rowers and chaperones) and divide the total among the participating rowers. We do our best to find the best deals available.

In addition to notices in the weekly newsletters, we are planning to have a "Regatta Roundup" on the website where you can easily access information when you need it. We will update it regularly so everyone gets the same information in a timely manner.

Camp Cooper Spring Break Training: The entire team will be heading to Summerton, SC to attend training camp during Spring Break (March 27-April 2). They will be staying at the R.M. Cooper 4-H Leadership Center (http://www.clemson.edu/yli). The kids/chaperones will travel via a coach bus. The cost per rower last year was $450, which covered transportation, meals, lodging, and instruction. We realize this can mess up plans for family vacations but, based on feedback from our rowers, it is one of the HIGHLIGHTS of the season.

The kids/chaperones will leave early Saturday morning and will travel by coach to sunny (we hope!) Camp Cooper in South Carolina. We will stop and eat lunch (kids will be asked to bring a bag lunch and we'll provide drinks and snacks for the bus ride itself). Upon arriving, the kids will rig the boats and get in a practice before dinner.

The R.M. Cooper 4-H Leadership Center is part of Clemson University's Youth Leadership Institute. The kids and chaperones will sleep in dorms with each dorm containing large rooms that sleep between 14-28 kids in bunk beds. Each dorm (girls and boys) will have its own bathroom. Kids will need to bring a sleeping bag or bed linens (a detailed packing list will be provided).

Meals will be provided by the camp and will include breakfast, brunch, snack and dinner. Their days will be BUSY but there will be time for evening activities including volleyball, softball, movie night, campfires, etc. We will also plan to go out to dinner on the last night before returning home. The typical daily activity is as follows:

6 AM	Breakfast Snack
6:00 – 9:30 am	ROW!
10 AM	Brunch
12-2 PM	ROW!
2-3 PM	Afternoon Snack
3-5 PM	ROW!
6 PM	Dinner
7 - 9:30 PM	Evening Activity
10 PM	Curfew

We will depart South Carolina early on Friday, April 2. We will plan to stop off at Sandy Run Park in Occoquan to rig and row prior to Saturday's Walter Mess Regatta. The food tent will provide a meal for the team prior to returning to MHS early that evening.

We will have plenty of chaperones for the week. They will stay on-site with the team for the entire week and each chaperone will be assigned approximately 10 rowers. As a parent, you will know who your rower's chaperone is and you may contact him/her by phone or email.

Out of Town Regattas: We will participate in part or as the entire team (depending on practice attendance and boat performance during the regular season) in 3 out-of-town regattas. Blocks of hotel rooms have already been booked. Since the season is a long way off and we are all in the dark in terms of which boats will be participating, we have no idea whether or not we have too many or too few rooms. If you want to be very proactive, feel free to book a room on your own in case we do not have enough for parents other than for our designated chaperones. **The exception to this is the SRAA Nationals in Saratoga Springs where we know for CERTAIN that you need to book your own room now (see further explanation below)!**

- ISA Lake Mercer Sprints - West Windsor, NH – April 16, 17
  http://www.rowpnra.org/mercersuper.html
  Rowers will leave on a Friday morning and return Saturday evening. A small block of rooms for rowers/chaperones has been tentatively booked at the Hyatt Regency in Princeton, NJ. (www.princeton.hyatt.com). Cost per rower in 2009 was $250.
- 84th Annual Stotesbury Regatta – Philadelphia – May 14-15
  www.boathouserow.org
  This is an incredibly exciting Regatta…the most prestigious high school regatta in the United States. Rowers will leave Thursday morning and return Saturday evening. A large block of rooms has been booked at the Crowne Plaza – Philadelphia Downtown (www.cpphiladelphia.com) that will cover rowers, coaches, chaperones and some parents. Cost per rower in 2009 was $355. Also, keep in mind that we will probably run into conflicts with AP Testing but we factor that into the itinerary.
- SRAA Championship Regatta – Saratoga Springs, NY – May 28-29
  http://www.sraa.net http://www.saratogarowing.com
  Participation in this regatta will depend on how each boat performs at States (VSRC Championship Regatta in Occoquan on May 8).
  Rowers will leave Thursday morning and return Saturday late. A block of rooms has been booked at the Courtyard Marriott (www.courtyardsaratoga.com). Rooms are already very scarce in Saratoga Springs and it is doubtful we will have additional rooms available for parents (other than chaperones). ***NOTE: To be safe, you may want to consider reserving a room NOW at this hotel or at one nearby.*** Cost per rower in 2009 was $300. Again, keep in mind that we will probably run into conflicts with SOL testing.

If you are available to chaperone at any of these events, please contact Laura Warren and she will forward the information to the appropriate committee member. We will need one chaperone for every nine rowers.

Spring Daily Practice Transportation: Obviously the kids will not be on the water beginning February 22! We are hoping it will happen during the first 2 weeks of March but we will have to wait and see. Once that magic date arrives, your child will be transported by a Crew chartered bus (or they can drive their own car) every day leaving from MHS and returning to MHS. The bus departs at 2:30 pm and arrives back at approximately 6:30-6:45 pm. Weather conditions dictate if we will have on the water practice (a funky equation based on the water and air temperatures…the combined temperature must be 75 degrees or higher). The coaches make the decision by 10am the day of - if water practice has to be canceled. Why 10am? If we cancel bus service by 10am, the bus company credits us for the day. This does not mean that practice is canceled - it just means that the water is unsafe and that practice will probably be held at the trailers. To find out if we have on the water practice, check your morning emails for practice alerts, our website for a posting, the bulletin board at the activities office for a posting, Bobby's website for a posting, and announcements regarding after-school activities. Kids will be notified if they are not going on the water by a PA announcement at school. Finally, if the bus is in front of the school after dismissal – your child should get on it because it means we have practice!

NOTE: YOUR CHILD WILL NOT BE ABLE TO GET ON THE WATER UNLESS ALL OF THEIR FORMS HAVE BEEN TURNED INTO KENT ARNOLD! IF THERE IS ANY DOUBT AS TO WHETHER THIS HAS BEEN DONE, PLEASE CONTACT HIM ASAP AT VPAdmin@mcleancrew.org. NO EXCEPTIONS WILL BE MADE! PLEASE MAKE SURE THIS IS DONE!

We realize this is a lot of information and we hope you find it helpful! If you have any questions, please ask us now or at any point in the year. We are more than happy to do our best in answering them! We are looking forward to a great rowing season!

Laura Warren	Regatta Chair	meadowmac@aol.com
Chris Parker	Nationals/Volunteers	Christine.parker@fcps.edu
Gretchen Ginnerty	Stotesbury	ginntrio@msn.com
Sherri Heile	Transportation	elieh1722@msn.com

POINTS

If you need to know how many points have been accumulated for your rower, there is a master list available at the meetings and attached to this newsletter.

Remember, the mulch sale is the last opportunity to earn points. If a rower has not earned all his pledged points, they must pay the difference.

TOTE BAGS

The 40th Anniversary of Earth Day is April 25, 2010. What better way to celebrate than with our lovely Mclean Highlander grocery tote! The cost of each is $4.00, but buy 5 and you get one free! Call Carol Sanders at 703 847-9409 to reserve yours today!

PRESENT PERFECT BOOK…

Is a book written by a former high school boat mate of our own coach Bobby. This book is packed with ideas for presents for just about everyone. It is broken down into categories and not only gives gift ideas but provides links to stores to find them. The book is very helpful even for the most creative gift giver. It sells for $15 and Mclean Crew gets $10 for each book sold! It's Larry's way of giving back to crew, so call Carol Sanders at 703 847 9409 and she will reserve your copy.

HOW DO I SIGN A WAIVER?

Are you a parent or guardian of a VASRA school rower and need to sign the online waiver? You can sign online at any time by going to http://www.rowingwaiver.com. Once you arrive at rowingwaiver.com please click on the "Signyourwaiver" link and follow the steps to complete your waiver.

Here are a few important things to know about signing your waiver online:

- Please provide accurate information including your current team affiliation and unique email address for each athlete (you cannot reuse email addresses, a valid and unique email address is required for every athlete that submits a waiver). We will be careful how we use this information. One intended use is to have contact information in the unlikely (and I hope never encountered) event of an emergency. Thus accuracy of this information is important.

- When asked during the application process, we recommend you provide the email contact for your current team representative or coaching contact. This is NOT required but is helpful in that we will automatically add your name to that team rep/coaches online roster. This simplifies tracking of the rosters of our member teams.

•Once you complete the process, you can ALSO print out a completed waiver for your records. You can also use this print waiver for events that require you to provide them with a paper waiver copy.

Once you have completed a waiver, many athletes and parents want to check to see if the waiver has been signed correctly. You can check your waiver status at any time by going to CHECK Waiver Status. Important, if you have incorrectly signed your waiver you can make any corrections by going to your MYRONIN account and edit your waiver registration. If you have questions, please contact:

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McLean Crew

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John Smith
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Kent Arnold
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Carol Sanders
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Stephen Keller
VP Operations

Tamara Thies
Secretary

Laura Warren
Regatta Chair

Rex Taylor
Treasurer

PR Wheeler
Member at Large

Curtis Frazee
Member at Large

Member:

Dear McLean Business Leader,

In just over a decade the McLean High School Crew Club has gone from a fledgling organization to a nationally recognized program which last year brought home a state championship. **Because rowing is not recognized as an "official" sport in Virginia the Club must raise all of its own funds to exist and compete.**

For an athletic activity to be deemed a sport, at least one-half of the schools in the state must be able to compete. With limited waterway access in much of Virginia, there just aren't enough schools offering rowing to meet that requirement. That means that in addition to the grueling rigors of crew with daily practices, including early morning rows on the Potomac during the spring season, **MHS Crew Club members must fund the entirety of their sport on their own. No other athletic organization at MHS faces this burden.**

Rowing is an expensive sport but one that turns young men and women into leaders. The graduates of our program have attended some of the most prestigious universities in the country – schools like Princeton, UVA, MIT and the University of Pennsylvania. Two of our graduates competed on the U.S. crew team at the Olympic Games.

The program has had many successes since we began just twelve years ago. McLean Crew has won 28 State and Regional Championships, claims 2 prestigious Stotesbury Championship Boats and 3 National Championship Boats. Six of our rowers have been US Rowing Scholastic Honor Roll inductees. **That's a fantastic record for such a young program.**

Our parents pay high annual dues to keep the program running. We also hold three main fundraisers each year; leaf raking in the fall, an ergathon in mid January and our largest fundraiser of the year, our annual Mulch Sale, in March. Even with all of this, we can't keep up with the growing costs of the sport as the MHS crew program has gained in popularity and needs more boats, equipment and coaching.

To help meet our funding requirements, this year we are instituting a **McLean High School Crew Club Community Sponsorship Program** – offering the business leaders of McLean an opportunity to sponsor our club in return for recognition and exposure in the community.

There are four levels of sponsorship - bronze, silver, gold and platinum. **All contributions are tax-deductible as MHS Crew Club is a 501(c)3 organization.**

Sponsorship Levels

Bronze –	¼ page advertisement in our annual sponsorship program	**$ 125**
Silver -	½ page advertisement in our annual sponsorship program	**$ 250**
Gold –	full page ad in our annual sponsorship program, placement on the MHS regatta banner that adorns our Club's tent at all of our regattas	**$ 500**
Platinum -	full page ad in our annual sponsorship program, prominent placement on the Club's regatta banner *and* recognition on the MHS Crew Club's website	**$1,000**

Your support will be widely recognized by the community. Our sponsorship program brochure will be distributed to upwards of 500 households throughout McLean as we deliver mulch during our March fundraiser. The banner will travel with us up and down the east coast to regattas during our spring season, displayed on our Club tent. We will be promoting your organization proudly!

Your generosity will help pay for the boats, oars and other equipment, transportation to and from the boathouse and regattas, regatta fees and coaches. **With your help we hope to capture a championship this coming May at Nationals in Saratoga Springs, NY.**

We won't forget the generosity of our sponsors and you can be sure that we'll sing your praises in the community and frequent your establishment. Won't you please help us go to the next level this year by contributing what you can?

For more information please contact Elizabeth Frazee at (703)790-8579 or elizabeth@tlstrategies.com by Friday, March 12. If you decide to sponsor our club we'll need the wording of your choice for your ad and a camera-ready copy or electronic file of your company logo sent to Elizabeth's email address.

You can give your sponsorship check to the rower/s visiting you today or mail it to:

McLean High School Crew Club
PO Box 7104
McLean, VA 22106-7104

McLean Crew Club, Inc. is a 501(c)(3) organization
Our Federal Tax ID # is 54-1834730

Thanks again for your generosity and support,

The Young Men and Women Rowers of the McLean High School Crew Club