



MCLEAN CREW CLUB GENERAL MEMBERSHIP MEETING

NOVEMBER 2025





WELCOME!

JULIE TRAN and
EMILY TERRELL

Co-Presidents
president@mcleancrew.org
memberatlarge3@mcleancrew.org



PRESIDENTS' UPDATE

- Excited for Winter Conditioning to start, but need everyone to complete REGISTRATION! Athletes must be fully registered to train and compete in winter events!
- Please reach out if you have questions (e.g., financial and volunteer obligations, if your family needs financial assistance)

McLean Rowing Foundation

- **Overview:** 501(c)3 nonprofit organization that supports, facilitates and promotes the sport of rowing in the greater McLean, Virginia area
- **Problem:** Most crew teams receive no funding from the school district so joining a team can be financially out of reach for many kids. At McLean High School, 190 students (nearly 9%) received free or reduced priced meals (FRM*) during the 2018 - 2019 school year
- **What We Do:** Provide financial support to students who participate in the free and reduced-price lunch program. Learn to row, uniforms, and away regattas (e.g., Stotesbury, Nationals) are partially or fully paid by the foundation.
- **What we've done:** Supported 4 rowers over the past 3 years that would otherwise not have been able to row.
- **Asks:** 1) If you need support, contact us, 2) Donate gear for gear swapping, 3) Funding, we're good for now, and please consider the future.
- **Email:** Brita Anderson and Martin Hilliard can be reached at either contact@mcleanrowingfoundation.org or mcleanrowingfoundation@gmail.com

Website & Donations



* **FCPS FRM Criteria:** Families who earn less than 130 percent of the poverty level are eligible for free meals and those with incomes between 130 and 185 percent of poverty level qualify for reduced-price meals.



OPERATIONS

DAVE MCGOWAN

VP Operations

vpoperations@mcleancrew.org



OPERATIONS UPDATE

11/13/25

- **LAUNCHES**
 - NSTR
- **SHELLS**
 - Shells used for LTR were prepped and stored
 - Cox Boxes Tested
- **ERGS**
 - Ready for Winter Training
 - 8 new ERGs were delivered
 - 6 of our oldest ERGs have been sold



VOLUNTEERING

GORDON CHURCH

Member at Large - Volunteers
memberatlarge2@mcleancrew.org



Operational Positions

- 1 to 5 credits, steady work over the season
- Sign up Genius (SUG) Open Now!

As Needed Roles

- 0.5 to 1 credit for work at a regatta or other event
- SUGs will open throughout the season

Operational Positions

Needed Now!

- **Mulch Committee Sales Lead** (3 credits)
- **Mulch Committee Co-Chair in Training** (3 credits)
- **Treasurer in-training** (3 credits)
- **VP Operations in-training** (3 credits)
- **Secretary in-training** (3 credits)
- **Audit Committee** (3 credits)

Sign Up!





ROWER OPERATIONS

Kristen Kucko

Member at Large Rower Ops
memberatlarge@mcleancrew.org

Volunteer to be a Bus Chaperone!

- **Serving as a bus chaperone during the season is a great way to earn volunteer credits, and the kids can't practice at TBC unless we have two chaperones/day, one for the boys bus and one for the girls bus.**
- **To serve as a bus chaperone you must register with VolunteerFCPS, FCPS's new volunteer system as a Level 3 volunteer. Process is MUCH EASIER this year.**
- **Once registered, volunteers are granted a provisional approval to volunteer.**
- **FCPS will contact volunteers that require a background check and fingerprinting once Gatehouse clears through their backlog of applications.**
- **At the moment, no physical badges will be issued by FCPS.**
- **Xavi Slocum is the Badging Coordinator for the 2025-26 season.**

Bus Chaperone Badging

SIGN UP NOW at [VolunteerFCPS!!!](#)

Great opportunity to enjoy the river and Georgetown while supporting the team.

Help the coaches out and when you are done, enjoy Georgetown's Hiking/Running trails, cafes, and historical sites.

WINTER CONDITIONING

Winter conditioning begins on **Monday, November 24th**.

Girls:

- 3:15 PM – 5:15 PM, Monday - Friday (Thursdays- On Your Own Workouts)
- 9:00 AM – 11:00 AM, Saturday (9-10 Weight Room, 10-11 Ergs)

Girls will meet for practice at the crew shed (near door 12 at the back of the school) already dressed for practice.

Boys:

- 4:30 PM - 6:30 PM, Monday - Friday at MHS, Wednesday- Varsity Boys Zoom Learning session- Time: TBD by Coach Azim
- 8:00 AM – 11:00 AM, Saturday (8-10 Ergs, 10-11 Weights)

Boys will meet in study hall and have the opportunity to change before practice.

Study Hall Days/Times for Boys:

- 3:15-4:30 Weekdays except Wednesday in **room S125**. Study hall is chaperoned by MHS Staff. Students will not be allowed to leave study hall and walk around the school. Study hall will not be held on non-school days.



WINTER CONDITIONING

- **Thanksgiving Break**

- There will be no practice scheduled for Thursday, November 27: Thanksgiving day.
- Boys Team will practice on Wednesday, November 26 from 4:30-6:30pm, Friday, November 28 from 8am-10am and Saturday will be advised by the Coaches.
- Girls Team will practice on Wednesday, November 26 from 3:15 – 5:15pm, Friday is an On Your Own Workout.
- Saturday, November 29: Both teams are encouraged to participate in the Turkey Trot.

- **Winter Break and School Holidays**

- Practices will be held during winter break and times will be provided when school availability is confirmed.
- Practices will be held on January school holidays (1/19, 1/29 & 1/30). Time: TBD

- **What to Bring:**

- All athletes should bring athletic wear, running shoes, a water bottle, and a snack for before practice.

- **Picking up your Athlete:**

- Parents, please pick up your athlete at the Crew Shed (near Door 12 at the back of the school) following practice.

- **Team Tryouts:**

- Monday, February 23rd – Wednesday, February 25th

- **Spring Season:**

- First day of Spring Practice: February 26 at MHS
- First day at the BoatHouse: Monday, March 2nd at TBC



LANGLEY CREW
MCLEAN CREW
TURKEY TROT 5K - SAT, NOV 29



SIGN UP NOW

**It's GO time! Let's
make some money!**

FUNDRAISING

Laura Broderdorf

VP of Ways & Means

vpwaysandmeans@mcleancrew.org



SPONSOR HERE:



Turkey Trot: Nov 29th!

HUGE thank you to families who reached out to businesses!

- \$14.5K from 31 sponsors (60% higher than prior year)!
- Over 250 registered to run/walk and expecting >300 on race day
- Will accept "day of" registrations at race but can't promise shirt
- YES, you can walk if you aren't a runner!

DAY OF:

- Meet at Langley High School
- Plan to be at race 8:00-10:30 am (early for bib pickup and food)
- 9:00 am race start!
- Food/Drink for Purchase & Music from Bach to Rock DJ!
 - Tom's Travelin' Coffee Truck & TNT Mexican Grill (profit-sharing if minimum sales levels hit)
 - **Bake Sale - Please bake items to be priced at \$1, \$3, \$5. All proceeds split 50/50 between Langley & McLean teams.**

READY TO SLEIGH YOUR HOLIDAY SHOPPING?

RAISE RIGHT

- Earn cash back on gift cards
 - **50% cash back reduces your athlete's dues**
 - 50% cash back funds MCC
- Download Raise Right App Today
- Use gift cards to fund your regular purchases
- **Run planned holiday spend through gift cards first, and use those cards to purchase gifts**
- **Target "Raise Days" Nov 13, 14, 20 & 21 for best cash back rates of the year**



Join Today & Start Shopping!
Enrollment code:
7C82982B11636



Other Fundraising Notes

IMPORTANT FUNDRAISING DATES:

- Fri, Dec 12 - Mulch Sales & Pre-Ergathon Pledge Collection Begin
 - Mulch Sales Leads emailed
 - Ergathon Pledge sheets emailed
- Sat, Dec 13 - MCC at Holiday Bazaar
- Sat, Jan 24 – Ergathon, 9 am – 1 pm
 - **MANDATORY:** Athlete
- Sat, Feb 28 & Sun, Mar 1 - Mulch Delivery
 - **MANDATORY:** Athlete both days
 - **MANDATORY:** 1 parent at least 1 day
 - Mar 7-8 Blizzard backup weekend

PROVEN STRATEGIES FOR SUCCESS:

- Email sales leads on Dec 12. Follow up every 2-3 weeks.
- Those who sell early, sell more.
- If you wait too long, you will lose leads.
- **If customer doesn't want mulch, ask for a Pre-Ergathon cash donation!**
- **Canvas neighborhoods in small teams before Ergathon to cash donations.**
- Both Pre-Ergathon cash donations and Mulch Sales can significantly lower an athlete's dues (50% cash donation and \$2 per mulch bag goes to own athlete's dues reduction)!

Corporate Match & Volunteer Grant Programs

- **McLean Crew Club** accepts donations all year round!
- **Make your donation go further. Does your employer offer a corporate match or volunteer grant program?**
 - Fannie Mae – Up to \$2,500 matching, \$500 Volunteer Grants available
 - Verizon – Up to \$5,000 education-related matching, \$1,000 all other matching, \$750 Volunteer Grants
 - Booz Allen Hamilton – Up to \$1,000 Grant for 80 hours of volunteering
 - Graham Holding Co (Washington Post/Kaplan) – Up to \$2,000
 - GEICO – Up to \$500
 - Deloitte – Up to \$32,500
 - **Others:** Gap, General Electric, BP, Carmax, Johnson & Johnson, Choice Hotels, Pfizer, Capital Group, Bristol-Myers Squibb, Coca-Cola, IBM, Avon, American Express





REGISTRATION

Partha Som

VP of Administration

vpadmin@mcleancrew.org

REGISTRATION

Status as of 11/13/2025:

- Total of 70 registrations
- A big THANK YOU to all the parents and athletes who have completed the MCC Registration
- There are 43 families who still need to complete the registration process. Failure to complete all registration steps means that the athlete will not be able to participate in winter conditioning
- If you need assistance with registration, please send an email to Partha Som at vpadmin@mcleancrew.org
- If you have any questions related to SafeSport, please contact Partha Som at safesport@mcleancrew.org





COMMUNICATIONS

Saara Salim

Secretary

secretary@mcleancrew.org

BOATHOUSE JACKET



For all those rowers who waited to order a boathouse jacket until you knew you were committed to crew - your time to order is now. We will be placing a boathouse order in the next few weeks, so they will arrive prior to the holidays. We do need a minimum order of 6.

- **What is a boathouse jacket?** A pullover style, mid weight Gore-Tex waterproof jacket with MCLEAN CREW on the back and your name monogrammed on the front. AKA – a really cool crew jacket that keeps you dry on rainy days and just looking awesome on non-rainy days.
- **How much does it cost?** \$285 – please note due to personalization, all orders are final and cannot be returned. This is an optional uniform purchase.
- **How do I order?** Purchase through the McLean Crew Store.
- **When will I receive my jacket?** The estimation is 6-8 weeks from order placement.

Pulling Together for 30 Years!

- This season marks **30 incredible years** of our crew team — three decades of unbeatable teamwork.
- To celebrate, we're launching a **special 30th Anniversary Team T-Shirt!**
- Order yours and wear it proudly at winter training, competitions and spring regattas — let's show our spirit on and off the water.
- Men's and Women's Performance, Y-Adult Cotton
- Place your order by 11/25.



[Custom Ink Group Orders -
McLean Crew Club](#)



Distribution Lists

- When registration is complete, we will use the roster of student athletes and parents to inform the distribution lists
- If you have not been receiveing any emails from McLean Crew Club, please reach out to me and we'll update your information
- Please email me at secretary@mcleancrew.org or mcleancrew@gmail.com

Join us on Slack

- We ask that all parents download the Slack App. We will be using this to communicate any last minute updates to practice schedules.





KEY UPCOMING DATES

November 24: First day of Winter Conditioning – Registration Required

November 29: Turkey Trot

December 11: Membership Meeting

December 13: PBC Full Ham Triathlon

December 13: MHS Holiday Bazaar

January 10: Yorktown Relays

January 13: Erg Sprints

January 24: Ergathon

February 7: WL Triathlon

February 17-19 – Spring Tryouts (President's Day weekend)

February 28-March 1: Mulch Weekend (blizzard backup date March 7-8)

**TENTATIVE
REGATTA
SCHEDULE**

3/21 Polar Bear Regatta @ Occoquan

3/28 St. Andrews @ Middleton, DE

3/30 - 4/3 Spring Break Camp (incl. 4/1 Langley scrimmage @ TBC)

4/4 Darrell Winslow @ Occoquan

4/11 TBC Hustle @ TBC

4/12 Manny Flicks @ Philadelphia, PA

4/18 Ryz Obuchowitz @ Occoquan

4/25 Charlie Butt @ TBC

5/2, 5/9 VA States Day 1, 2 @ Occoquan

5/15 - 5/16 Stotesbury @ Philadelphia, PA (select crews)

5/22 - 5/23 SRAA Nationals @ Oak Ridge, TN (qualifying crews)



Questions?

- Visit the [website](http://www.mcleancrew.org) (www.mcleancrew.org).
- 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!**

