



**MCLEAN CREW STUDENT
INTEREST MEETING
2024**



INTRODUCING THE COACHES



Coach Nate McClafferty



Coach Azim Khodjibaev



Coach Braden Barnett



Coach Jack Connors



Coach Jon Barrett



Coach Ryan Slanina





72 STATE CHAMPION ATHLETES IN 2023 AND 2024

- VIRGINIA SCHOLASTIC ROWING CHAMPIONSHIPS 2024

Silver Medal – Men’s First Eight

Silver Medal – Men’s Second Eight

Silver Medal – Men’s Third Eight

- VIRGINIA SCHOLASTIC ROWING CHAMPIONSHIPS 2023

Gold Medal – Men’s First Eight

Gold Medal – Men’s Second Eight

Gold Medal – Men’s Third Eight

Gold Medal – Men’s Fourth Eight

Gold Medal – Women’s Fourth Eight

Silver Medal – Women’s Third Eight

Bronze Medal – Women’s Freshman Eight

- STOTESBURY CUP REGATTA 2023

Reached Final (5th) – Men’s First Eight

Reached Final (5th) – Men’s Second Eight

Reached Final (6th) – Women’s Freshman Eight



- Many MCC members have gone on to experience scholastic and athletic success in college. Graduates of the program have attended, or are now attending:

Cornell University	Michigan State University	William & Mary
Drexel University	Oregon State University	University of Wisconsin
University of Delaware	Rutgers University	US Naval Academy
George Washington University	Temple University	USMA West Point
Georgetown University	UNC-Chapel Hill	Washington State University
James Madison University	University of Tennessee	Yale University
Marietta College	University of Virginia	Many more...
MIT	University of Washington	





DO I NEED TO HAVE ANY ROWING EXPERIENCE?

- No, and most of our athletes don't.
- Alumnus Jake Edelstein began rowing in 2021 and was recruited by a college team in 2022.



LEARN TO ROW

- Open to any MHS students interested in crew
- The MCC Learn to Row (LTR) Camp is designed to teach the fundamentals of scholastic rowing. The camp will run from September 16 to October 23, with breaks on October 2, 3, 4, 11, and 14 to accommodate religious and student holidays.
- Sept 16 – Oct 23, MWF 5-7PM at TBC in DC, and run by Coach Azim & Coach Jack
- MHS participants are required to complete a swim test, SafeSport training, have a valid VHSL physical on file, and have completed the MHS activity registration through school to be eligible for camp.
- Swim test dates: September 8 & 15 from 4-6pm at Spring Hill Rec Center **Signing up for the swim test is part of the registration form**
- **Register on our Website: <https://www.mcleancrew.org/learn-to-row-registration>**



WHAT IS THE SCHEDULE? ARE THERE TRYOUTS?

November to February: practice 5 days a week at MHS, with one day off during the week (Wednesday for boys and Thursday for girls)

Tryouts: 3 days of tryouts begin immediately after the end of winter conditioning and will determine who makes the spring racing team

February to May: practice 5 days (Monday thru Friday) a week at the boathouse in DC, and regattas on Saturdays (various locales)

Spring Break Training: April 14-18, attendance is expected





WHAT DO I GET FROM ROWING AT MCLEAN?



- Great fitness from daily practices, state champion coaches and weight room sessions
- Being part of a tight-knit community where it's easy to make friends
- Connections to an alumni association including former MCC athletes attending Yale, Brown, Cornell, UVA, Virginia Tech, William & Mary, Hobart, and more
- Being part of one of the most successful public school teams in the country







IS IT A BIG COMMITMENT?

Yes. Successful athletes attend every practice, communicate absences with coaches, and get workouts done while on vacation.

That said, we have athletes in various clubs, including marching band, chorus, swim teams, and more. It is possible to row, be involved in multiple activities, and maintain a high GPA.





DOES IT COST MONEY?



Yes, but there is financial assistance available.



We have never turned away an athlete for being unable to pay.







IS IT FUN?

We like to think so.



TOP GOLF SOCIAL FUNDRAISER

- Network, Team-Build, Have Fun & Raise Money!
- Sun, Sept 29th, 4:00 – 6:00 pm
- Top Golf, 20356 Commonwealth Center Dr, Ashburn
- \$25 ticket includes two hours of golf play
- Novices welcome (most are not golfers)
- Sign up and Pay online



QUESTIONS & ANSWERS



THANK YOU FOR
ATTENDING!