



NEW PARENT MEETING
OCTOBER 2024

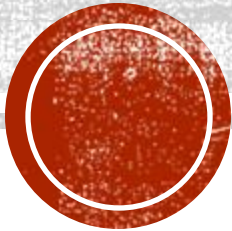




WELCOME!

Cora Murphy

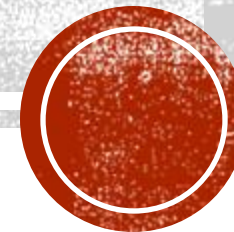
President
president@mcleancrew.org





AGENDA

- MCC Overview
- Main Obligations as a Parent & Rower
- Registration Overview
- Summary of Dues
- Volunteering Opportunities
- Mandatory Volunteering: Mulch Weekend
- Training Schedule
- Regatta Schedule
- Q&A



WHY SHOULD YOUR STUDENT JOIN THE MCC?



Give them grit, resilience and incredible leg muscles



Make them into the ultimate team player



Increase their discipline and focus



Unlock their hidden champion



Expand and strengthen their college options



Help them find their tribe



OVERVIEW OF MCC

Crew is a Club Sport. What does that mean?

We each invest a lot, but we all get out much more than we put in.

The time we spend and community we build with our children and our children's friends' parents is invaluable.





**3 MAIN
OBLIGATIONS
FOR PARENTS**

To remain in good standing:

1. Pay dues
2. Fulfill your volunteer credits
3. Work mulch weekend
March 1-2 (Backup Date:
March 15-16)



Athletes are expected to be at every practice and regatta.



Must communicate with coach if absent.



Rowers compete for boat seats- absences mean they may lose their seat.



Time invested is worth it!

ROWERS' COMMITMENT







REGISTRATION

PAULA CALABIA

VP of Administration

vpadministration@mcleancrew.org

REGISTRATION

Now: Register with McLean Athletics

Register at mcleanathletics.org for Spring Boys' or Girls' Crew and submit the VHSL physical to the Activities Office

October 13-30: Register with McLean Crew

Register at mcleancrew.org/registration. Steps include:

- Registering with US Rowing
- Watching Safety Video
- Reading MCC Handbook, Minor Athlete Abuse & Prevention Policies (MAAPP), and Safety Manual
- Taking required SafeSport Training (both Athletes & Parents)
- Completing DocuSign Forms
- Paying dues

Please don't wait until the last minute as missing documents/payments means your child cannot participate in Winter Conditioning!





DUES, ETC.

DAVID KIRK

Treasurer

treasurer@mcleancrew.org

VOLUNTEERING AND DUES

Parent volunteers
are the only way
we work

\$450,000 non-
profit

No financial or
administrative
support from the
school

Dues in February
and March can be
offset through
fundraising



Option 1: \$2800 &
6 volunteer credits

Option 2: \$4050 &
3 volunteer credits

Option 3: \$5300 &
0 volunteer credits

**DUES: 3
OPTIONS**





October 2024 – before winter conditioning



February 2025 – before spring season, after tryouts



March 2025 – after Mulch Madness

3 PAYMENT DATES



COSTS IN ADDITION TO DUES



Post-season competitions:

Stotesbury, Philadelphia, PA: \$500-650 est.
Nationals, Pennsauken, NJ (or comparable regatta): \$500-950 est.



Cost of uniforms – est. \$150



McLean Rowing Foundation

Provide financial support to rowers who participate in the free and reduced lunch program

- Learn to Row
- Uniforms
- Away regattas (Stotes, Nationals)

Contact: *britaanderson@gmail.com*



McLean Rowing Foundation

funding local youth to further the sport of rowing

The McLean Rowing Foundation is a 501(c)3 nonprofit organization that supports, facilitates and promotes the sport of rowing in the greater McLean Virginia area, with plans to expand to the Washington D.C. community as funding permits. We provide financial support to High School students who participate in the free and reduced-price lunch program. Learn to row, uniforms, and away regattas (e.g. Stotesbury, Nationals) are fully or partially paid by the foundation.



What We Do

We provide scholarships (e.g., paid fees, away Regatta's, uniforms & gear.

We support our scholarship awardees through individual and corporate sponsorship.

We partner with local crew teams to provide support for rowers in need.

Dave McCarthy

President

xxx-xxx-xxxx

<https://www.mcleanrowingfoundation.org/>



VOLUNTEERING

ELIZABETH RUHL &
JEN ZARNOWIECKI

Member at Large Volunteers
memberatlarge2@mcleancrew.org

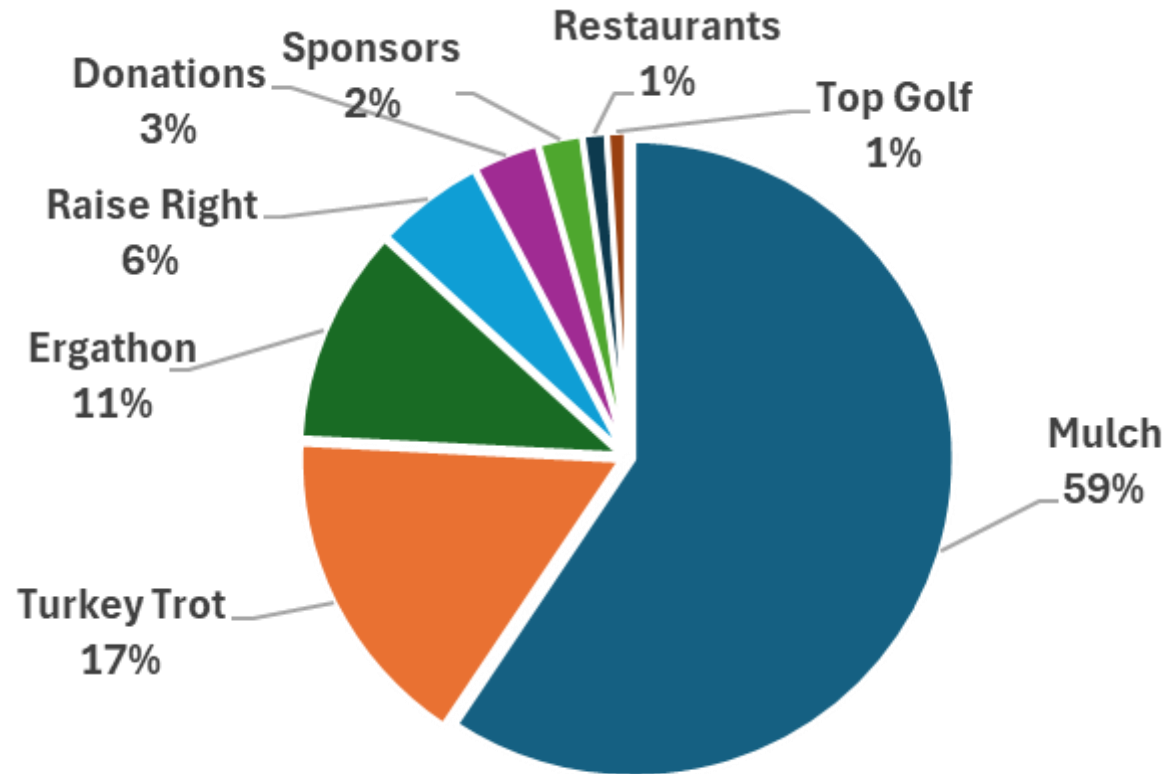
VOLUNTEERING

Two types of volunteer jobs:

- ⑩ Operational positions: 1-5 credits, generally encompass work over a longer period of time. Available now
- ⑩ One-time signups: ½ -1 credit for 2-4 hours of work at a regatta or other event. Released later in season.



2024/25 Actual/ Budget/Goal

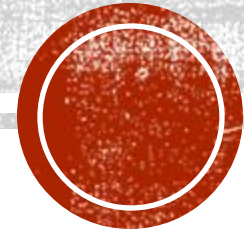


FUNDRAISING

LAURA BRODERDORF

VP - Ways & Means

vpwaysandmeans@mcleancrew.org



Fundraiser	2023/24 Actual (\$000s)	2023/24 %	2024/25 Actual/Budget/Goal (\$000s)	2024/25 %	Comments
Mulch	\$54	60%	\$54	59%	"Big 3" - 87% of Fundraising
Turkey Trot	\$0	0%	\$15	16%	
Ergathon	\$7	8%	\$10	11%	
Raise Right	\$2	2%	\$5	5%	Lower Your Dues!
Donations	\$12	14%	\$3	3%	Utilize Matching Programs
Sponsors & Grants	\$12	13%	\$2	2%	PY Boosters & MCF
Restaurant Nights	\$1	1%	\$1	1%	
Top Golf	\$0	0%	\$1	1%	
Winter Fundraiser	\$2	2%	\$0	0%	
Total	\$91	100%	\$91	100%	



THE BIG THREE FUNDRAISERS

Mulch Madness, Mar 1-2: Adult from each family must work one full day (does not count towards volunteer credits), Rowers work both Sat & Sun

Turkey Trot 5K, Nov 30: New partnership with Langley, Business sponsorship & registration income, All strongly encouraged to recruit sponsors & register to run/walk

Ergathon, Sat in Jan or Feb: All rowers work a shift of erging in front of McLean businesses for donations



SHOE WEEK: ROAD RUNNER SPORTS

November 3-10, 2024

10% Discount (20% if sign up for VIP program)

10% of sales goes to MCC!

Start Winter Conditioning with quality shoes & gear!

Address: 1120 W Broad St., Falls Church, VA 22046

Mention "McLean Crew Club" at checkout so we get credit!



YOUR SEASON KICKOFF

**McLean Crew Club
Gear Up & Fundraiser**

*Come on by and grab some great gear
Any time during the week!*
NOVEMBER 3rd – 10th

**Be sure to mention the Crew Club at check out.*



SAVE MONEY
Enjoy a 10% team discount! *

SUPPORT YOUR TEAM
10% of sales are donated to your team so invite people!

FIND YOUR PERFECT FIT
Your best season starts with a FREE Perfect Fit Zone fitting.



*Some exclusions may apply, see store for details.





ROWER OPERATIONS

KRISTEN KUCKO

Member at Large – Rower
Operations

memberatlarge@mcleancrew.org



September - October

Green Days: For Rowers who have completed one season with MCC at Thompson Boat Center

HS Learn To Row (LTR): M/W/F
Sept 16 – Oct 23
5:00 – 7:00pm
Thompson Boat Center

For Freshman and Novice Rowers

MS Learn To Row (LTR): T/Th
Oct 15 – Oct 31
5:00 – 7:00pm
Thompson Boat Center



November – February

- 4 weekday practices + Saturdays
- Sundays and 1 weekday off per week
- Weekdays: Girls done at 5:30; Boys done at 6:30 (boys study hall from 3-4:30)
- Erg competitions

WINTER ERG COMPETITIONS

PBC Full Ham: 12/14/24

Yorktown Relays: 1/11/25

Washington-Liberty Triathlon: 1/25/25

Erg Sprints: 2/1/25





SPRING SEASON

Regatta Season: February – May

Daily practices + Saturdays

Buses to & from MHS to
Georgetown M-F

Weekdays: home around 7:15
PM

**Mandatory Spring Break
training**





REGATTAS

JULIE TRAN

Regatta Chair

Regattachair@mcleancrew.org



**TENTATIVE
REGATTA
SCHEDULE**

3/22 TBC Tussle @ TBC

3/29 St. Andrews @ Middleton, DE

4/5 Darrell Winslow @ Occoquan

4/6 Manny Flick @ Philly, PA

4/12 Ted Phoenix @ Occoquan

4/12 GW Invite

4/14 - 4/18 Spring Break Camp

4/19 Ryz Obuchowitz @ Occoquan (lower boats)

4/19 Mercer Lake (top 2)

4/25 Charlie Butt @ TBC

5/3, 5/10 States Day 1, 2 @ Occoquan

5/15 - 5/17 Stotesbury @ Philadelphia, PA (select crews)

5/24 SRAAs @ Pennsauken, NJ (qualified crews) or

5/31 Canadian Nationals (select crews)



COMMUNICATIONS

SUSAN THOMAS

Secretary

secretary@mcleancrew.org



COMMUNICATION & INFORMATION

- Website: mcleancrew.org
A Treasure Trove of Information
- Monthly & Special Newsletters
- Emails, Emails, Emails
- Social Media: follow us X and Instagram @mcleancrewclub
- Slack App
- Distribution Lists



REMEMBER



Registration takes time- don't put it off to the last minute



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



Everyone does Mulch Weekend (Mar 1-2)



Mandatory Spring Break training- check with coaches if existing conflicts





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



QUESTIONS & ANSWERS



THANK YOU FOR
ATTENDING AND
SUPPORTING MCC!