



**MCLEAN CREW CLUB  
GENERAL MEMBERSHIP  
MEETING**

**OCTOBER 2024**





# WELCOME!

Cora Murphy

President

[president@mcleancrew.org](mailto:president@mcleancrew.org)





# 2024-2025 BOARD MEMBERS

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President- Cora Murphy

VP of Administration- Paula Calabia

VP Ways and Means- Laura Broderdorf

VP for Operations- Amber Westland

Member-at-Large Rower Operations- Kristen Kucko

Secretary- Susan Thomas

Treasurer- David Kirk

Member-at-Large Volunteers- Jen Zarnowiecki

Regatta Chair- Julie Tran

Member-at-Large Contracts & Club Administration- Emily Terrell



# INTRODUCING THE COACHES



Coach Nate McClafferty



Coach Azim Khodjibaev



Coach Braden Barnett



Coach Jack Connors



Coach Jon Barrett



Coach Ryan Slanina





# BUDGET

DAVID KIRK

Treasurer

[treasurer@mcleancrew.org](mailto:treasurer@mcleancrew.org)

# TREASURER UPDATE

- Discussion of FYE 7/31/2024 (see handout)
- Discussion of FYE 7/31/2025 budgeted amounts (see handout)
- Discussion of equipment purchase plan







# OPERATIONS

AMBER GUNN WESTLAND

VP of Operations

[vpoperations@mcleancrew.org](mailto:vpoperations@mcleancrew.org)

# OPERATIONS UPDATE

- The Ops team keeps all MCC equipment in great shape!
- **Erg Workday**: Sunday October 13, noon at the MCC Shed
  - SignUpGenius link was sent to the Membership on Sept 26th (<https://www.signupgenius.com/go/409084BAFAA23A6F58-51761550-fall>)
  - Contact Don Clemons with questions: [dclemonsjr@gmail.com](mailto:dclemonsjr@gmail.com)
- 2024-25 Season Purchases
  - 8 New Ergs (Concept 2 rowing machines)
    - (4 were funded by the McLean Boosters!)
  - 2 New Launches







# VOLUNTEERING

ELIZABETH RUHL &  
JEN ZARNOWIECKI

Member at Large Volunteers  
[memberatlarge2@mcleancrew.org](mailto: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](http://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





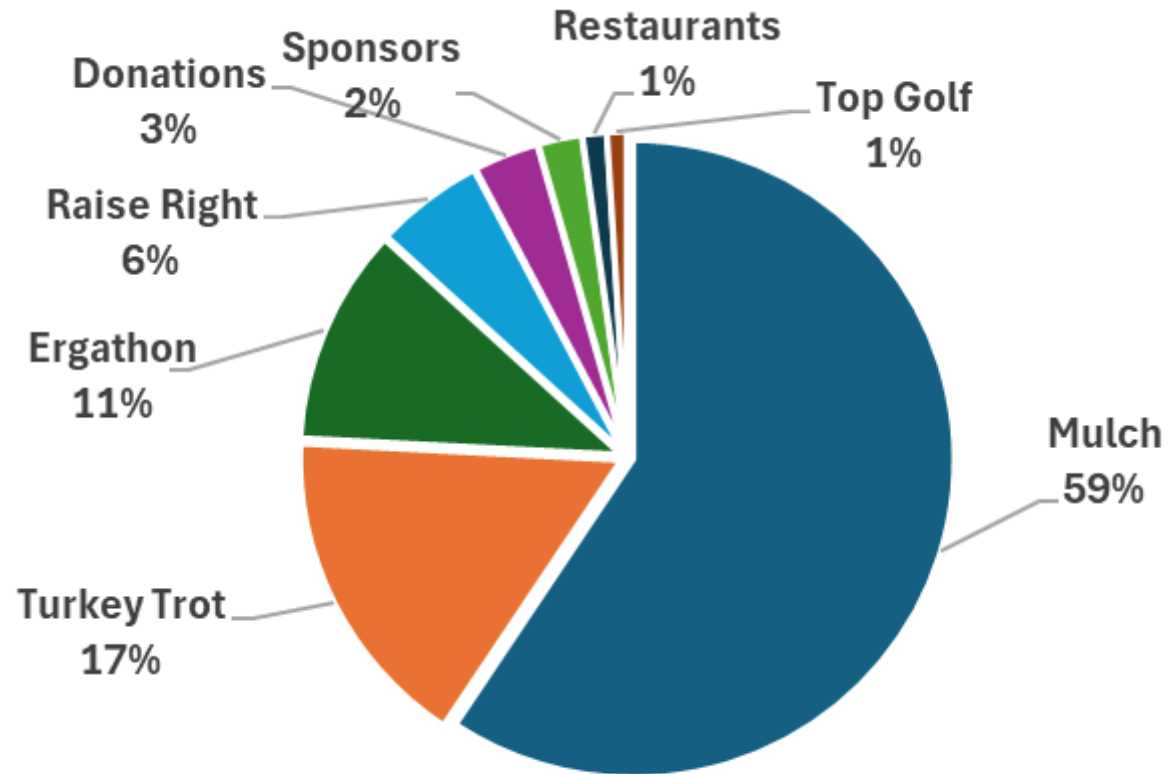
# SIGN UP! OPERATIONAL POSITIONS

## Available now

- Treasurer in Training – 5 credits
- VP of Operations in Training – 5 credits
- Volunteer Coordinator in Training- 5 credits
- Audit Committee – 1 credit
- Nominating Committee – 3 credits
- Mulch Committee Chair in Training – 3 credits
- Mulch Committee Sales Lead in Training – 2 credits
- Wednesday Study Hall Chaperone – 3 credits
- Chuck Wagon Trailer Manager – 5 credits



## 2024/25 Actual/ Budget/Goal

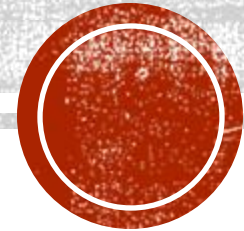


# FUNDRAISING

LAURA BRODERDORF

VP - Ways & Means

[vpwaysandmeans@mcleancrew.org](mailto: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%	
<b>Total</b>	<b>\$91</b>	<b>100%</b>	<b>\$91</b>	<b>100%</b>	



# 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

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November 3-10, 2024

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

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10% of sales goes to MCC!

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Start Winter Conditioning with quality shoes & gear!

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

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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 3<sup>rd</sup> – 10<sup>th</sup>**

*\*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](mailto: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**

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**PBC Full Ham: 12/14/24**

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**Yorktown Relays: 1/11/25**

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**Washington-Liberty Triathlon: 1/25/25**

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**Erg Sprints: 2/1/25**





# REGATTAS

Julie Tran

Regatta Chair

[Regattachair@mcleancrew.org](mailto: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) @ NJ

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)



# ADMINISTRATION

PAULA CALABIA

VP of Administration

[vpadministration@mcleancrew.org](mailto:vpadministration@mcleancrew.org)



# REGISTRATION

- Registration runs 13-30 October
- Register at [mcleancrew.org/registration](https://mcleancrew.org/registration). An email with instructions and link will be sent out on 13 October
- There are 10 steps to include registering with HS Athletics/Physical, US Rowing, Safety Video, Safety Manual, Handbook, MAAPP Policy, SafeSport Training, DocuSign Forms & Dues
- 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, email Paula Calabia at: [VAdmin@mcleancrew.org](mailto:VAdmin@mcleancrew.org)
- For any SafeSport issues, email Partha Som at: [SafeSport@mcleancrew.org](mailto:SafeSport@mcleancrew.org)



# MEMBERSHIP AGREEMENT

<i><b>FEES</b></i>	<b>OPTION 1</b>	<b>OPTION 2</b>	<b>OPTION 3</b>
Membership Dues	\$2800	\$4050	\$5300
Volunteer Support	6 credits	3 credits	0 credits
Max Fundraising Credit	\$1450	\$1450	\$1450
Uniforms (estimate)	\$150	\$150	\$150
<b>Regular Season Fee Range</b>	<b>\$1500 - \$2950</b>	<b>\$2750 - \$4200</b>	<b>\$4000 - \$5450</b>
Stotesbury	\$500 - \$650	\$500 - \$650	\$500 - \$650
Nationals (or comparable regatta)	\$500 - \$950	\$500 - \$950	\$500 - \$950
<b>Total Fee Range (including Post Season)</b>	<b>\$2500 - \$4550</b>	<b>\$3750 - \$5800</b>	<b>\$5000 - \$7050</b>





# U.S. CENTER FOR 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 is committed to building a sport community where participants can work and learn together free of emotional, physical and sexual abuse, and misconduct.

SafeSport focuses on:

- Prevention
- Education
- Reporting



# PREVENTION

## *MINOR ATHLETE ABUSE & PREVENTION POLICIES (MAAPP)*

- Limits one-on-one adult/minor interaction
- Sets standard for settings that prevent abuse & misconduct
- All McLean Crew Club members are required to read the MAAPP policy each year

### Policy Key Focus

All one-on-one contact 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

**NOTE: Applies to Email & Texts**





# EDUCATION

## *SAFESPORT TRAINING FOR 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



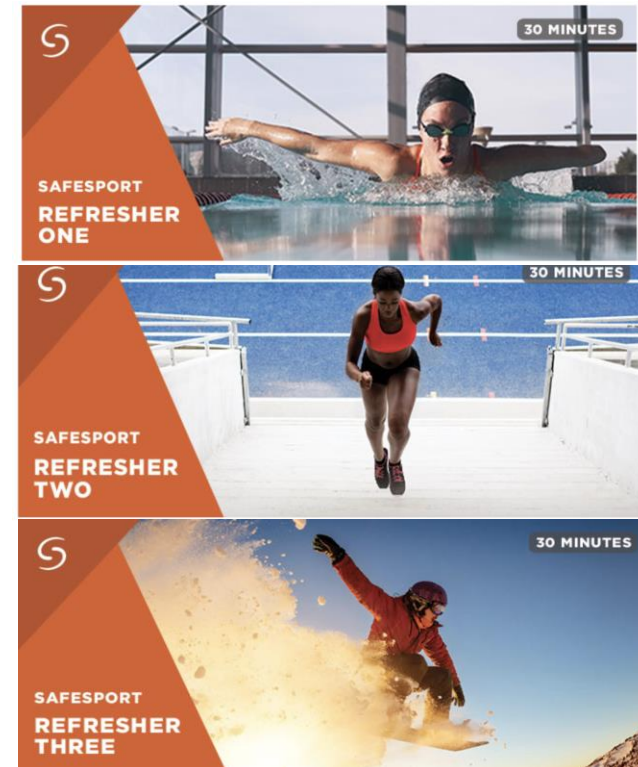
# EDUCATION

## *SAFESPORT TRAINING FOR PARENTS*

New Parents



Returning Parents



Parents will take SafeSport Training directly from their account at [SafeSportTrained.org](https://SafeSportTrained.org)



# REPORTING

## *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





# REPORTING

## *NON-SEXUAL MISCONDUCT*

Non-sexual misconduct includes:

- Physical Misconduct
- Emotional Misconduct
  - Bullying
  - Hazing
  - Harassment

**MCC has a ZERO TOLERANCE  
policy for any form of misconduct**

- While non-sexual misconduct issues may be reported directly to the Center for SafeSport or to USRowing, MCC encourages initial reporting of such matters internally
- To report non-sexual misconduct, members can use the Non-Sexual Incident Report Form found in the MCC Handbook or reach out directly to a MCC Board Member

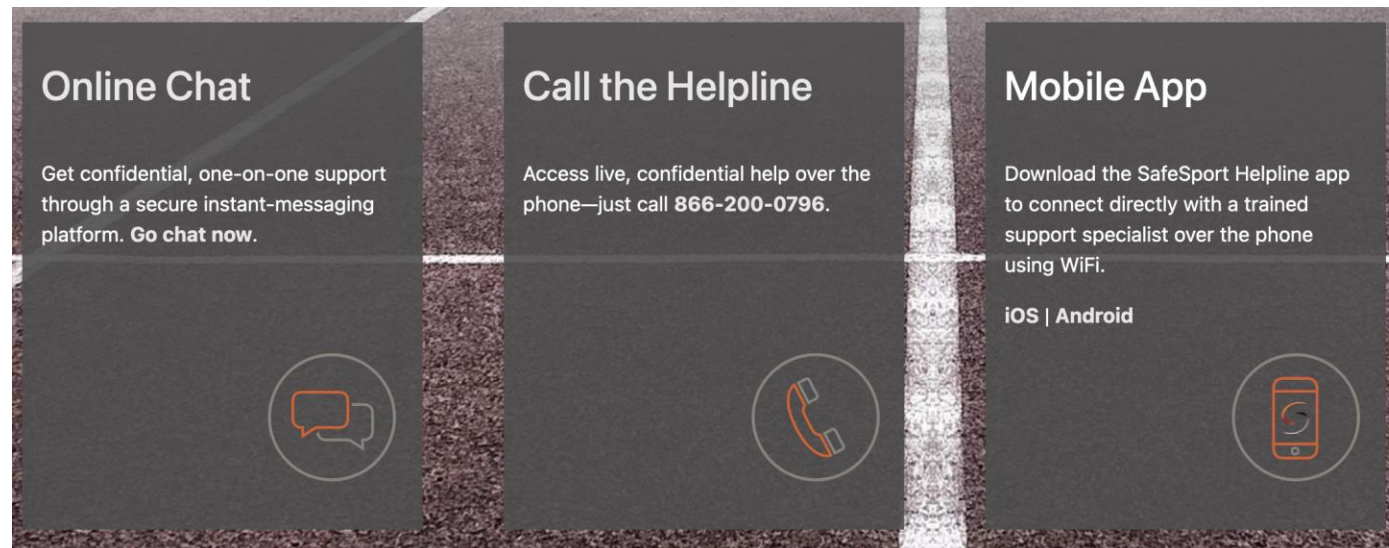


# HOW TO GET HELP

## *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](https://safesporthehelpline.org)



The image displays three panels, each representing a different method of contacting the SafeSport Helpline. The panels are set against a dark background with a light-colored base, possibly representing a track or field. Each panel includes a title, a brief description of the service, and an icon.

- Online Chat:** Get confidential, one-on-one support through a secure instant-messaging platform. Go chat now. (Icon: Two speech bubbles)
- Call the Helpline:** Access live, confidential help over the phone—just call 866-200-0796. (Icon: A telephone handset)
- Mobile App:** Download the SafeSport Helpline app to connect directly with a trained support specialist over the phone using WiFi. iOS | Android. (Icon: A smartphone)





# COMMUNICATIONS

SUSAN THOMAS

Secretary

[secretary@mcleancrew.org](mailto:secretary@mcleancrew.org)





## COMMUNICATIONS

- **Website: [mcleancrew.org](http://mcleancrew.org)**
- **A Treasure Trove of Information**
- **Monthly & Special Newsletters**
- **Emails, Emails, Emails**
- **Social Media: follow us X and Instagram @mcleancrewclub**
- **Slack App**



**KEY  
UPCOMING  
DATES**

**October 13 – 30: Registration Opens**

**October 13: Erg Workday**

**November 3-9: Roadrunner Shoe Wee**

**November 14: Membership Meeting**

**November 25: First day of Winter Conditioning – registration required to participate**

**November 30 – Turkey Trot**

**February 19-21 – Spring Tryouts (President's Day weekend)**

**March 1 - 2: Mulch Weekend (rain date March 8-10)**





# QUESTIONS?

- Visit the website [mcleancrew.org](http://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](mailto:mcleancrewclub@gmail.com)





**THANK YOU FOR  
ATTENDING!**

