



**MCLEAN CREW CLUB
GENERAL MEMBERSHIP
MEETING**
NOVEMBER 2024



WELCOME!

Cora Murphy

President

president@mcleancrew.org



**PRESIDENT'S
UPDATE**

- New Coaches: Rachel Dickenson and Aaron James
- McLean Rowing Foundation: Brita Anderson and Dave Hilliard

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

AMBER GUNN WESTLAND

VP of Operations

vpoperations@mcleancrew.org



OPERATIONS UPDATE

- **LAUNCHES**

- One old launch was sold - two new launches are being ordered – 5 of 6 launches are now 2022 and newer

- **SHELLS**

- 4+ Hudson SHARK Predator (SP), *Bianca Arrington 2* was delivered last weekend

- **ERGS**

- Ready for Winter Training
 - 8 new ergs were purchased – 4 of them were purchased by the McLean Boosters!
 - All ergs are no more than 6 years old



VOLUNTEERING

Jen Zarnowiecki

Member at Large Volunteers

memberatlarge2@mcleancrew.org



First, a heartfelt thank you to all of you who have stepped up and volunteered for MCC!

There will be many more opportunities to volunteer once the season starts.

Types of volunteer roles

Operational positions: work over a period of time or the entire season

One-time volunteer positions: 2-4 hour shifts during fundraising events, regattas, etc. These sign-ups will come later in the season.

****If you signed up for an operational position and you are a new parent, please find the Board Member who oversees that position and talk to them tonight.****

Open Volunteer Positions:

- Operations VP in training
- Corporate Fundraiser
- Mulch Committee Sales Lead in training
- Chuck Wagon Trailer Manager
- VASRA LOC Referee
- Raise Right Manager
- Cox Box Manager
- Safety Box Manager





ROWER OPERATIONS

Kristen Kucko

Member at Large Rower Ops

memberatlarge@mcleancrew.org

Bus Chaperone Badging

- **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 have an FCPS volunteer badge which entails a background check. MHS requests the volunteer position, FCPS HR sends the application.**
- **Information on serving as a bus chaperone as well as detailed instructions on the badging process can be found under the "for parents" section of the Club website.**
- **Kristen Kucko is this year's badging coordinator – memberatlarge@mcleancrew.org**
- **Interested parents should provide their full legal name, email address, rower's name, and rower's grade to Kristen Kucko before Thanksgiving. This will provide us with the requisite time to submit the request through the McLean Activities Office and get the badging process started.**
- **It IS a process over which the Club has little influence, so we appreciate your patience.**

Bus Chaperone Badging

Lean Crew Club Chaperone
Sign-Up Form

SIGN UP NOW!!!

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.





FUNDRAISING

Laura Broderdorf

VP of Ways & Means

vpwaysandmeans@mcleancrew.org

LANGLEY CREW
MCLEAN CREW
TURKEY TROT 5K
NOVEMBER 30, 2024



Turkey Trot: Nov 30th!

- **HUGE** thank you to families who reached out to businesses!
- Over 20 sponsors and 270 registered!
- Register and sponsor by 11/28 at 8:00 pm
- Will accept "day of" registrations at race but won't receive shirt
- YES, you can walk if you aren't a runner
- Register for virtual trot if you can't be there in person
- Buy a drink from the coffee truck (10% of sales go to Crew!), Coffee truck will be at race 8:00-10:30 am

REGISTER HERE:



SPONSOR HERE:



- 9:00 am race time
- Langley High School
- Arrive early for coffee & packet pickup
- Contact me to volunteer on Race Day!

Buy Gift Cards & Earn



RAISE DAYS

NOV 14-15 & 21-22

COMING THURSDAY!

Prepare your holiday shopping list—the biggest earning event of the year just got bigger. Download the RaiseRight mobile app for a sneak peek of 175+ bonuses this Wednesday, November 13.

Raise Right – 'Tis the Season!

- **Largest Cash Back Event of the Year!**
- Run holiday spending through Raise Right gift cards and use gift cards to purchase gifts
- Lower dues significantly:
 - 50% cash back goes to lower your dues
 - 50% to MCC
- Harry & David, LL Bean, Old Navy, TJMaxx, Macy's, Wildfire, American Eagle, Chipotle, The Home Depot, Delta, Starbucks, Shutterfly, Chewy, Panera, etc.

Join Today & Start Shopping!
Enrollment code: 7C82982B11636



Do you hear what I hear?

- **McLean Crew Club made the nice list!**
- **"Ergathon Pledges" are on our wish list!**
 - ✓ **Planning for early February Ergathon date (athletes row in front of businesses for donations)**
 - ✓ **Begin collecting pledges from friends, family & neighbors in December**
 - ✓ **\$15K fundraising goal (\$10K in pledges prior to Ergathon, \$5K on day of Ergathon)**
 - ✓ **Pre-Ergathon pledges go towards MCC and reducing rower's dues owed**
 - ✓ **Tis the Season – December is the most charitable month of the year, so it's a great time to ask!**



Emma's Pledges

- Grandma, \$50
- Aunt Edna, \$15
- Farmer Joe, \$20
- Cindy Loo Hoo, \$5
- Scrooge \$200

Santa's Helpers: Corporate Match & Volunteer Grant Programs

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 Volunteer Grant for 80 hours of volunteer work
- Graham Holding Co (Washington Post/Kaplan) – Up to \$2,000
- GEICO – Up to \$500
- Deloitte – Up to \$32,500
- Gap - \$1,000-\$15,000

Others:

- General Electric, BP, Carmax, Johnson & Johnson, Choice Hotels, Pfizer, Capital Group, Bristol-Myers Squibb, Coca-Cola, IBM, Avon, American Express



Fresh Baguette Dec 9-15, 20% Cash Back!



**MCLEAN CREW
FUNDRAISER**

DECEMBER 9 TO 15

Treat yourself, friends, teachers or school staff at Fresh Baguette for the holidays!

20% OF SALES WILL BE DONATED TO:



MCLEAN CREW CLUB



How to order

Mention “McLean Crew”
In-store at 6707 Old Dominion Drive, McLean, VA

Enter code “MCLEANCREW”
Online at freshbaguette.net

Subtotal	\$14.80
Service Fee	\$0.00
Taxes	\$0.89
Tip	\$3.14

15% 18% **20%** NO TIP CUSTOM

Enter coupon code **APPLY**

TOTAL \$16.83

INSTRUCTIONS

Restaurant Night: Chipotle, Wed, Dec 4th!

- 25% revenue goes to McLean Crew when you mention McLean Crew at checkout (Code JZMZXXY or show flyer)
- Buy a Raise Right Chipotle e-gift card to pay for meal and earn even more for MCC!



CHIPOTLE FUNDRAISER FOR
**MCLEAN HIGH SCHOOL
CREW CLUB**

25% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, DECEMBER 4TH | 5-9PM
6707 OLD DOMINION DR, MCLEAN, VA, 22101

ORDER ONLINE FOR PICKUP USING CODE **JZMZXXY**
OR SHOW THIS FLYER IN RESTAURANT



REGISTRATION

Partha Som

SafeSport Manager & VP of
Administration-in-Training

safesport@mcleancrew.org

REGISTRATION

- A big THANK YOU to all the parents and athletes who have completed the MCC Registration
- There are 17 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 Paula Calabria at vpadmin@mcleancrew.org
- If you have any questions related to SafeSport, please contact Partha Som at safesport@mcleancrew.org



PENDING REGISTRATIONS

as of 19 November

Boys' Team	Girls' Team
Ebrahim Ali Khan	Afet Aliyeva
Evan Ladislaw	Elise-Sabel Amde-Delattre
Zaid Limparis	Sora Avralt-Od
Jorge Peale	Melissa Freson
Alden Strubhar	Alexandra Glass
Alexander Szara	Roseliana Liu
Daniel Zamsky	Aanya Malaviya
	Riddhima Singh
	Fiorella Thornburg
	Emily Zarnowiecki

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?** \$265 – 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.



COMMUNICATIONS

Susan Thomas

Secretary

secretary@mcleancrew.org

Volunteers for Communications

- **Webmaster:** Chris Szara and Jeanne Mellish
- **System Administrator:** Aki Jain
- **Photographers:** Tim Steeg (returning) and Noah Egorin
- **Social Media:** Kevin Wu
- **Historian:** Noah Egorin
- *Later in the Year we will open new opportunities like Senior Spotlights and we will be looking to fill a secretary-in-training position after tryouts.*

Distribution Lists

- Now that registration is complete, we will use the roster of student athletes and parents to inform the distribution lists
- If you did not receive the reminder email for this Membership Meeting on Tuesday evening, please reach 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 members (athletes and parents) download the Slack App. We will be using this to communicate any last minute updates to practice schedules.

https://join.slack.com/t/mcleancrewclub/shared_invite/zt-2u9jncqn7-4gofhpsk6nXKhrbtBPWBgg

WINTER CONDITIONING

Winter conditioning begins on **Monday, November 25th**.

Girls:

- 3:15 PM – 5:00 PM Monday - Friday (Thursdays off)
- 9:00 AM – 11:00 AM Saturday (9-10 Weight Room, 10-11 Erging)

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 (Wednesdays off)
- 8:00 AM – 10:00 AM Saturday

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

Study Hall Days/Times for Boys:

- 3:00-4:30 Weekdays except Wednesday in **room S125**. Study hall is chaperoned by an FCPS badged parent. 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

- **School Holidays**

- There will be no practice scheduled for Thanksgiving day, but **practice will be held on Wed, Fri., and Saturday.**
 - The girls' team and novice/freshman boys are encouraged to participate in the Turkey Trot on Saturday 11/30. Boys Varsity will have normal practice.
- 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 (1/20 & 1/29).

- **What to Bring:**

- All athletes should bring athletic wear, running shoes, a water bottle, and maybe 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 17th – Wednesday, February 19th (President's Day is that Monday). Further details to follow.





KEY UPCOMING DATES

November 24th, 5-7 pm: Parent Social at The Union, McLean

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

November 30: Turkey Trot

December 4: Chipotle Restaurant Night

December 9-15th: Fresh Baguette Week

December 12: Membership Meeting

December 14: PBC Full Ham Triathlon

December 14: MHS Holiday Bazaar

January 11: Yorktown Relays

January 25: WL Triathlon

February 1: Erg Sprints – **Early Registration is now open**

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

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

McLean High School

HIGHLANDER

HOLIDAY BAZAAR

MCC volunteered to help distribute yard signs. We need volunteers to set up (21/1) and remove (12/15) approximately 60 signs. The locations are already predetermined and mapped out for us. Please consider volunteering to help support the MHS Booster Club.



**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 (all or lower) @ Occoquan

4/12 GW Invite (all) or

4/12 Mercer Lake, NJ (only top 2)

4/14 - 4/18 Spring Break Camp

4/19 Ryz Obuchowitz @ Occoquan (lower boats)

4/26 Charlie Butt @ TBC

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

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

5/22-5/24 SRAAs @ Pennsauken, NJ (qualified crews) or

5/29-5/31 Canadian Nationals (select crews)



Questions?

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

