

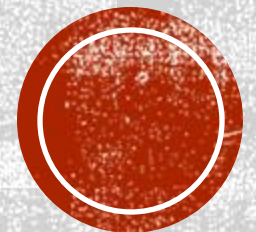
WELCOME!

**MCLEAN CREW CLUB
PARENT INTEREST MEETING
2024**





6 THINGS MCLEAN CREW CLUB CAN DO FOR YOUR CHILD





**Give them grit,
resilience, and
incredible leg
muscles**



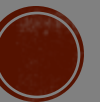


**Make them into the
ultimate team
player**





**Increase their
discipline and
focus**



**UNLOCK THEIR
HIDDEN CHAMPION**





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

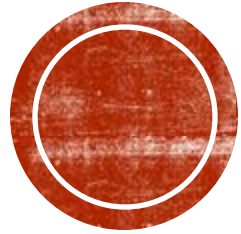
Reached Final (5th) – Men’s Second Eight

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





**Expand and
strengthen their
college options**



US NAVAL
ACADEMY

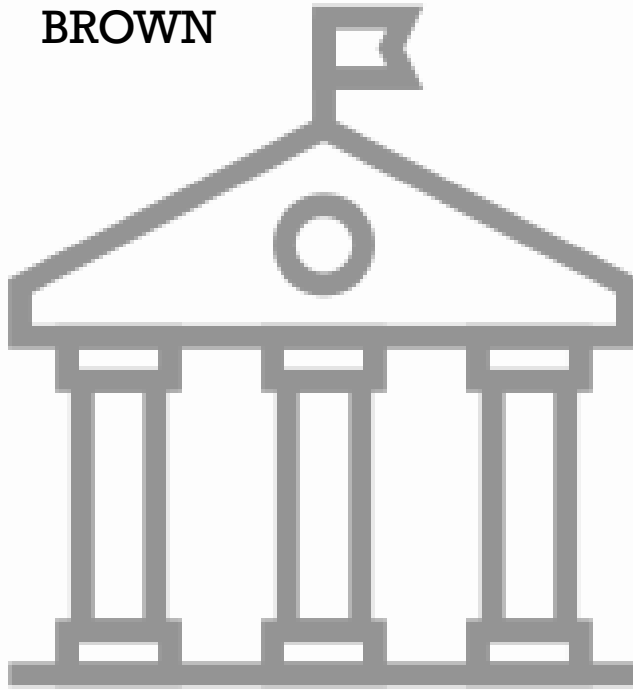
YALE

TUFTS

BOSTON
COLLEGE

CORNELL

BROWN



UVA

WILLIAM &
MARY

GW

UNIVERSITY
OF MICHIGAN

PRINCETON

COLGATE

CLEMSON

**MCC RECENT GRADUATES HAVE GONE ON
TO STUDY AND ALSO ROW OR COX AT
COMPETITIVE COLLEGES**



**Help them
find their tribe**





DOES MY CHILD 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.





**WHAT DOES IT
TAKE?**

**Winter conditioning: mid-
November – mid-February, 5
days/week**

**Spring season: training 6
days/week and Regattas**

**Mandatory local Spring
Break training: April 14-18**

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>**





Racing

Regatta Season: March – May

- Daily practices + Saturdays
- Weekdays: home between 7 and 7:30 PM
- Participate in 3-4 local rowing competitions over the winter
- 5-6 weekend regattas
- Stotesbury – SELECT boats
- Nationals – QUALIFIED boats





**PARENT
COMMITMENTS**

\$500,000 non-profit, with no financial or administrative support from the school

- **Parent volunteers** are the only way our club functions
- **Dues** are equivalent to a travel team

Financial assistance is available. We have never turned an athlete away for being unable to pay.



COSTS

- 2023-2024: most novice rowers paid:
 - About \$1,500 for dues, spring break training and uniforms (with fundraising and parent volunteering)
 - Without fundraising, dues and uniforms would be approximately \$3,000
 - Without fundraising and parent volunteering, cost was about \$5,400
- Plus, rowers in championship boats paid:
 - An additional \$1,100 to travel to and compete in two national competitions
- Note: Rowers with demonstrated financial need (based on FCPS eligibility for free or reduced lunches), dues can be subsidized by MCC or the McLean Rowing Foundation, but volunteering and fundraising cannot be subsidized.



FUNDRAISING KEEPS DUES LOWER



- Top Golf Social: Sept 29
- Holiday Wreaths/Paw Thaw: Oct – Dec
- ***Ergathon: early Feb**
- ***Mulch Madness: Feb 28-Mar 2**
- Raise Right: Ongoing
- Shoe Week (Nov & Feb)
- Business Sponsorship
- Donations

*Denotes Mandatory Participation



McLean Rowing Foundation

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

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

Contact: britaanderson@gmail.com



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.



SCAN ME

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/>

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





**WILL MY CHILD
HAVE TO TRY OUT?**

Tryouts are in late Feb. with all spring sports.

If needed, cuts will happen Feb. 19-21



IMPORTANT DATES



September:

Learn-to-Row Registration is open

Swim Test **Sunday Sept 8 or Sunday Sept 15**

Learn-to-Row Sessions Sept 16 through Oct 23



October 10: First Membership meeting



November (est. 21st): Winter conditioning begins at MHS



March weekend: Mulch Madness (Feb 28, Mar 1-2)



April 14-18: Spring Break Training – attendance expected



**THANK YOU FOR
ATTENDING!**

