

Bruin Crew Newsletter: May/June 2008

Biggest fundraiser of the year is here!

Sunday, April 27th, from 9 am to 3 pm, the Lake Braddock parking lot will be the site for this year's fabulous Bruin Crew fundraising event. E-mail reminders to family, friends, co-workers and church members should remind them that: Bruin Crew is a club sport (totally self-financed, no state or county funds support us) and that Burke Nursery is great!



Some tips for the Plant Sale...

- Be prepared for the sun! Bring sun screen and/or a hat for protection
- Drink plenty of water
- Be positive! A good attitude and a smile will leave a lasting impression on your customers – we want them to return next year!
- Be on time for your shift
 - 1st shift set up 6:30 – noon
 - 2d shift 1130am – tear down
- Have fun!

Items needed for the Plant Sale:

- Wagons
- Card board flats
- Trucks – for delivering mulch and topsoil to customer's homes

The plant sale committee would like to thank the Bruin Crew team, rowers and parents, for their support leading up to this event. And of course:

A very, very special thank you to Burke Nursery for helping out with our Plant Sale five years running! Please make sure to drop by or write a note to Burke Nursery to show our sincere appreciation for their assistance! Burke Nursery not only carries the finest quality plants, they are loyal, devoted members of the Burke community. Their incredible generosity to Lake Braddock Crew has been integral to the success of our most important fund raiser of the year! Remember Burke Nursery year round and show them the same dedication they have shown to our rowers by making all your plant purchases there. After all, they have the best plants, terrific service, a friendly family-run atmosphere and they guarantee their plants - you can't go wrong!

LB Crew Featured on FCPS Cable Channel

Thanks to Laura Merciez's hard work, Fairfax County's Apple 21 cable channel has completed their segment featuring Lake Braddock Crew. The segment can be easily accessed and downloaded to your computer for your own personal copy by going to the FCPS website "School Scene", clicking on school year 2007-2008, and scrolling down to the Lake Braddock Crew piece. Special thanks to Chris RoDee and Laura for driving the camera men around on a launch for several hours; both Laura and Chris traversed the river providing views and angles to film our rowers. We are so proud of our rowers!

Safety Tip!

Tick season is here – use 30% DEET solution when you are outside and treat clothes with 5% permethrin – an extract of the chrysanthemum flower. When you return home from practice or regatta and change, bag up your clothes until they are washed to prevent ticks from getting into your living space and check yourself thoroughly. Have someone check your scalp under strong light; deer ticks are TINY.

Also, don't **forget the sunscreen**. One shell got stuck on the water for almost an hour Saturday waiting for a heat...

Co-Captains Geoff Lyons and Erin Landy

Geoff loves crew because, "This sport keeps you really fit." He has a GPA somewhere around a 3.4/3.5, but his junior year GPA was a 4.0, and he is currently holding above a 4.0 with a heavy course load and the demands of crew.

Last summer, Geoff was one of only 32 students nationwide chosen to attend the junior national team development camp in Seattle to compete for spots in the men's four that raced in Beijing in August in an Olympic qualifying event.

He plans to major in Political Science in college. He's applied to: Georgetown, Cornell, Dartmouth, GWU, Gonzaga, and St. Josephs. He's been accepted to GWU, Gonzaga, and St. Josephs. He plans on attending George Washington.

Here's his best advice for new team members: Take it one stroke at a time and measure your success through sweat/effort, not your erg scores. Don't be afraid to fail, you'll do it every day in crew. The erg machine doesn't bring pain to rowers, rowers bring pain to rowers. Along the same lines: Don't afraid of an erg, just as you shouldn't be afraid of a running shoe; both are just tools to help you get better.

Motto/creed/philosophy he lives by: "Never look back!"

Erin Landy has been a team member since her freshman year. She is also a competitive cross-country runner. What she likes best about crew is that it is kind of an underground sport, so not that many people know about it let alone participate in it. It always makes her feel a little more special to know that she's doing something different. She rocks with an awesome 3.96 GPA and will be majoring in

Biology. She has applied to/been accepted to: Georgetown, VA Tech, The College of William & Mary, the University of Tulsa and Bucknell. She advises all the young'uns to do Cross Country and Track. If you haven't noticed, the track kids who have been working hard since July 1st are doing quite well for themselves. At the bare minimum, keep active over any break so you don't have to start at square one on the first day of conditioning. Her motto: Hydration is key. You will never see her without some sort of water vessel in hand. She says, "I love water. It's the greatest!"

Alumni Compete!

There was an informal Bruin reunion down on the Occoquan as college alumni competed with their fans in the stands on March 30th. George Mason University participated (Frank Marcinkowski, '05) along with the University of Charleston, WVU (Julie Froehlich, '05), University of Mary Washington (Betsy Bouton, '05), VCU (Chris Shores, '07), Old Dominion (Ben Ayivorh, '07) and no doubt a few more! Rumor has it many of these crews will continue to see each other this spring, especially at the Dad Vail Regatta, the largest collegiate regatta in the country, in Philadelphia on May 9th and 10th.

Alumni Liz McCannell ('05) from Michigan and Meg McMullin ('06) from UNC will be competing in Oak Ridge, TN on May 17th and 18th at the South-Central Sprints (NCAA combined regional).

Hey, alumni! The last edition of the newsletter for the 2008 season will be a senior/alumni tribute. Let everyone know what's up by contacting debbie.davidson@cox.net and she can share it here in our Bruin News.

5 Years Out, The View is Still The Same

**Cameron Bouton
Lake Braddock, Class of 2003**

It's been five years since I donned the Purple and Gold and raced for the Bruins. I have spent the past four years of my life racing for the Scarlet and Gray of Ohio State. I was in no way recruited out of high school rowing, which is not that common for rowing. We are not a headline sport; our sport does not draw ticket purchasing crowds; we do not support the athletic department, they support us.

Rowing in college was an experience I would not trade for anything. At Ohio State, we were a club sport just like Lake Braddock. We were student run and self-supported. We received little from the school, yet week in and week out we worked hard to represent them. I came into that program knowing pretty much what I was getting myself into because of my experiences at Lake Braddock Crew. Just like Ohio State, the Bruins were self-supporting and receiving little from the school yet for some reason there was a passion, a desire to work hard and do our best to represent our school.

Rowing has this effect on people. People love to devote more than they really have to this sport, and because the person next to you is giving it 110%, you work to give 111%. Rowers are different people. We are involved in the sport that epitomizes teamwork yet as soon as we are off the water we are striving to get that extra inch over everyone else. That extra inch may come into play at the next seat race, next erg test, next time the coach is putting together line-ups. As soon as the boats dock, we go from being members of the most tightly knit team to every man for himself. And in the end, it's all to make our boat go the fastest.

Enjoy rowing while you can. It's now been almost a full year since I last strapped in and raced down the course at a 38 clip. When I was at Lake Braddock, rowing seemed to have no end in sight, practices went on forever and the spring season seemed to drag on. Next thing I knew, I was getting yelled at by a fat man in a little boat on the Olentangy River in the cold Ohio winter. Then it was over. Just as quickly as my first race began, it was all over. Now I look back longingly on medals, ribbons and pictures and just try to relive what were the best days of my life with Bruin Crew.

The great thing about crew is...

by Bob Linn (Alumni Parent)

You fill in the blank: _____.

As an alumni parent and past board member for a number of years, I can tell you how I would complete that statement... "the people involved in crew". And I mean at all levels of the sport but most importantly in our local area. It is the reason that I stayed involved after my daughter finished her four years on the Lake Braddock crew team. Aside from all of the hard-working, committed volunteers who dedicate so much of their time at the regional (e.g. the National Capital Area Scholastic Rowing Association), or higher organizational levels (e.g., US Rowing), I would like to focus more closely on our individual team members.

Much of what it has taken to get our club and team where it is today over the past eight-plus years has provided us "old-timers" with a unique perspective. The very nature of this

sport requires the commitment from so many... obviously, the athletes, the coaches, the parents, and even the alumni on occasion. The athletes know what they need to do and, with rare exception, they do it. Theirs is the toughest job but it should be the most rewarding especially if they have interest in taking the sport to the next level in college. I am always amazed at their ability to juggle all their requirements and to still be competitive at rowing.

The coaches come next. They work hard at trying to find ways to positively motivate the young athletes into performing at a level higher than they ever imagined and should, if they are good, find a way to do this that is both compelling and fun for the students by being fair, consistent and communicating the team goals throughout the season. It is important to remember that they are giving much of themselves to make this happen.

Now, let's consider the parents and all that they are responsible for. The vast majority of parents, along with their children, rarely have any idea what crew is all about. The club works hard at trying to remedy this situation but what I constantly see are the new parents who want to know more and are helpful in keeping the program running at peak efficiency. Without this new blood, the team could not survive and I watch it evolve each and every year with an emphasis on trying to move the club to another level of excellence. Without question, this is a difficult job but it's that attitude of helpfulness and cooperation that I consistently appreciate from our parents. For any of you who have not taken the plunge yet, I encourage you to do so. It's the best way to help the team and you will find a willing group of people with a great attitude who are appreciative of your efforts.

So, it is the combination of all these great people who make crew so special for me and I feel honored, as one of the old

crew dogs, to still see it all in action especially now that we are on the water and competing. Keep up the great work!!!

Final Pasta Dinner Friday, May 9th

As with prior events, the pasta dinner will be held at White Oaks Elementary following practice, starting around 7. This is the evening prior to the Virginia State Championship Regatta so let's all turn out to show our support for the upper boat rowers and all members of Bruin Crew!

Lake Braddock Crew would like to take this opportunity to recognize Mr. George Cross, Custodial Support Manager at White Oaks Elementary for his ongoing support of our Pasta Dinners. Please make a special effort to find him and thank him when you are at White Oaks next.

Upcoming dates:

April 26: Al Urquia Regatta

April 27: Plant sale; invite your family, friends and neighbors

May 3: Ted Phoenix Regatta (lower boat championships)

May 9: Final pasta dinner, White Oaks

May 10: VA State Championship Regatta

May 18-19: Stotesbury Regatta, Philadelphia