

The Pull Hard

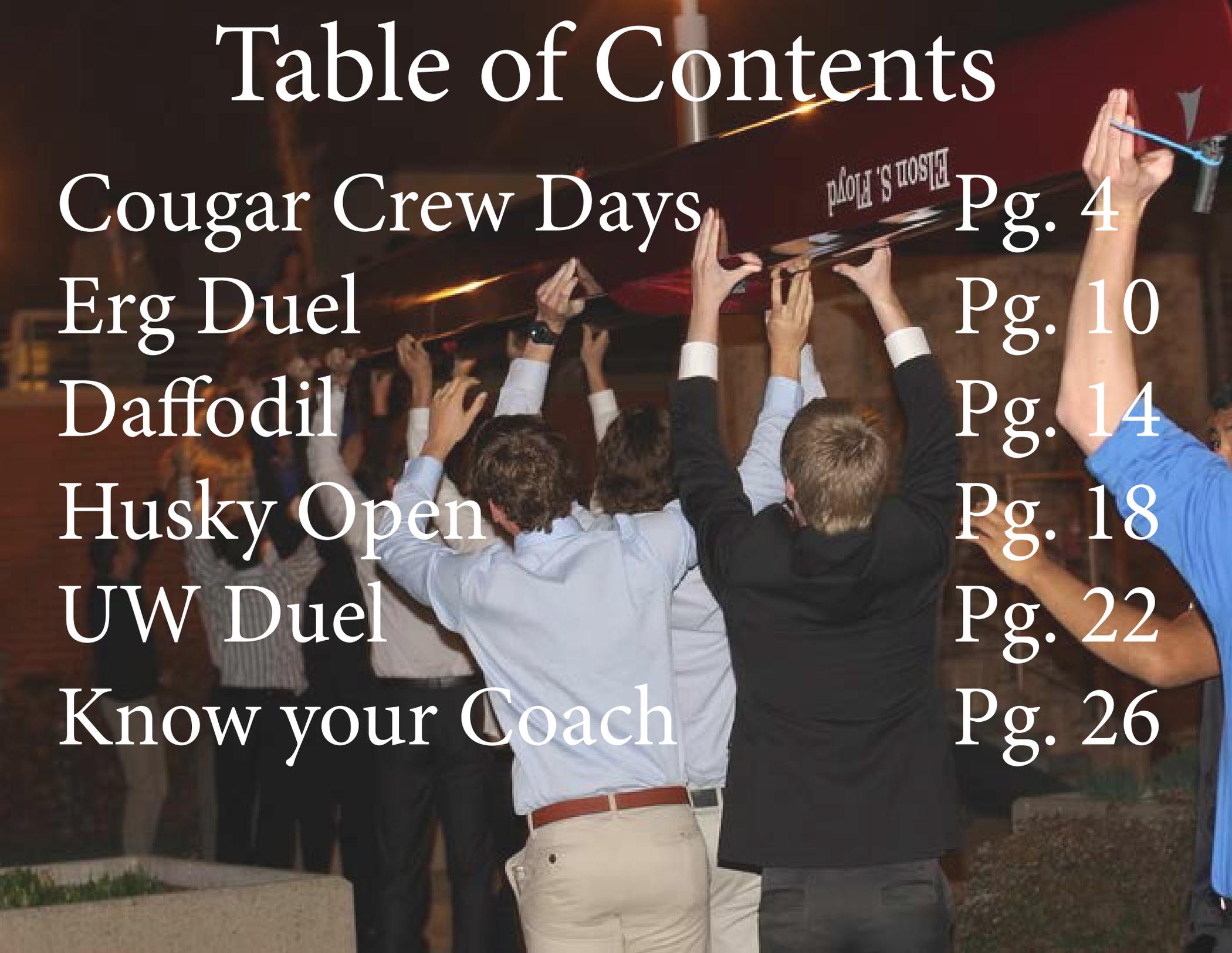
A Cougar Crew Publication



Published and Edited by:
Alyssa Kodama

Spring Part One 2015

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A group of people, mostly men in light blue shirts and dark jackets, are seen from behind, holding up a large red banner. The banner has the text 'ELSON'S TROPHY' written on it in white. The scene is outdoors at night, with some lights visible in the background.

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Cougar Crew Days

This year's auction proved to be incredibly successful. We were able to raise \$84,500 because of our gracious friends, family, and alumni who donated. A huge thank you is in order for our large donors and UREC who helped fund a new convertible 4+/4x, a Lightweight 8+, and a set of oars. Getting a new 4+ was our main goal, but because of how much many of you are willing to give back to the team, we were able to go above and beyond our goal to buy a new 8+ as well. Whether you are a friend, family, or an alumni, you are all very much a part of this team as much as the current members are!



Cougar Crew Days continued



Officer Elects 2015-2016, from left to right:
Josh Benson (Jr), UREC Liaison
Ashley Vomund (Jr), Webmaster/Historian
Griffin Berger (Jr), Commodore
Alyssa Kodama (Jr), Publisher
Matt Elliott (So), Vice-Commodore
Mike Marelli (So), Travel Coordinator
August Boyle (So), Treasurer
Dave Hammond (Jr), Recruitment

The 2012-2013 Novice class (current Juniors) win Class Day Races for the second year in a row!

From left to right: Jeff Arnevik, Griffin Berger, Dave Hammond, Michael Sheremet, Alyssa Kodama, John Dorscher, Josh Benson, Jake Brisson, and Zach Jensen



Cougar Crew Days continued



Lightweight alumni battled it out with the current lightweights over a series of pieces culminating with a final sprint.

Some of the older alumni were able to get back in a boat to go out for a short row.



The heavyweight alumni boat raced the Junior class boat in a 500 meter sprint. They put up a good fight, but the Juniors were able to edge them out.



Erg Duel vs Gonzaga

Written by: Alyssa Kodama

On February 28th, the Men's Team traveled to Spokane, WA to compete against Gonzaga University for the annual Erg Duel. Here the rowers would compete in a 2000 meter race for best time, and after a two hour break a 1500 meter race would conclude the day. Eight rowers filled out each heat, with seedings for the 2000 meter race based off of previous erg workouts. The top four rowers from Gonzaga and top four rowers from WSU were placed into the first heat, with the next fastest eight in the second heat, and so on. The 1500 meter race seedings would be determined by the results of the 2000 meter race.

Gonzaga is notoriously fast on the ergs, and they proved this to be true this year as well. Gonzaga's First Eight rowers' average time was a 6:23.0, while WSU's First Eight rowers' average time was a 6:31.3. Winning the Second Eight category as well, GU's time was a 6:37.3, while WSU's time was a 6:40.7. WSU was able to take the win in the Third Eight category with a 6:49.5, while GU had a 6:55.2. WSU proved to have more depth as we also had a Fourth, Fifth, and Sixth Eight category.



Erg Duel continued

Despite Gonzaga winning the duel, several WSU rowers finished with personal records, including Max Vaughn, who moves up to the 25th spot on the Heavyweight Hall of Fame list with a time of 6:17.9, Donovan Labriola, who earns himself a spot on the Lightweight Hall of Fame list for the first time with a time of 6:36.2, and Michael Sheremet, who also earns a spot on the Lightweight Hall of fame for the first time with a time of 6:37.3. Labriola and Sheremet placed 5th and 6th, respectively. Erg Duel is a nice way to kick off spring season, and only makes the team more eager to race Gonzaga on the water.



Left to right: Vaughn, Sheremet, & Labriola



Daffodil

Written by: Josh Weaver

On March 27th, the Men's Crew Team made their way across the state for the annual Daffodil Regatta where they would face several different teams from Washington and Oregon. Knowing the weather conditions would be challenging, the Cougs were still prepared to dominate the water. The night before the race we began plotting our strategies. Each boat line-up met to work out the best possible plan of attack and to mentally prepare for a victory on the water. Having no prior experience at 2,000 meter races, most of the novice lay awake late into the night, nervous for the next day, continually repeating the plan of attack in their heads.

In the morning, everyone awoke with high spirits and dressed quickly for their warm ups. Several boats began with a jog and dynamic stretching to loosen up. The weather was extremely disappointing as the wind picked up creating choppy conditions and trouble for the boats. We did not let it stop us, and racing began with the Lightweight Women's V8+ placing 7th. Boats continued to launch, and our Lightweight 8+ and Novice A8+ would face Western in the Men's Varsity 8+ event. Although the Lightweights fought hard, they crossed the finish line after Western, while our Novice A8+ trailed just behind the Lightweights. However, the Novice 8+ event was a success, as the Novice B8+ defeated all other crews, including our Novice C8+ who placed 4th. The Lightweight Women's Varsity 4+ and JV4+ raced next earning 4th and 6th place, respectively.



Above: Novice A8+

Daffodil continued

The Men's 4+s were getting ready to race, but the wind worsened and the water conditions became too severe. Race officials canceled the Varsity and JV 4+ events, and suspended all further races. Everyone waited in anticipation hoping the weather would die down in time for the Grand Finals, but it would not let up. In the end, the Cougs did not get the opportunity to make up for their close second place finish in the Varsity 8+ event, but they left the regatta in high spirits for racing season and proud that they had gotten a taste of racing.



Above Novice B8+ docking after their win

Husky Open

Written by: Tabitha Wheeler

This year the Cougar Crew Lightweight Women decided to add the Husky Open to their annual race schedule. The University of Washington has a good course that attracts experienced local crews for the team to race against. It is a good opportunity to get more races in before WIRA. Open-weight crews challenged the women to go above and beyond their best since they tend to be able to put down more power than lightweights. This edge drove the girls to show everyone what lightweights are truly made of! The Women's Varsity 8+ is no stranger to this course as they attended Head of the Lake, a 5000 meter race course, during the Fall. On Saturday morning, April 4th, the V8+ took lane 3 during the College W V8+ race at 8:40am and the N4+ had lane 4 during the College W V4+ at 9:10am. The weather was mild with a slight wind so both crews were confident in their ability to get the most out of this new race.

Holding with University of Puget Sound up until the sprint, the WSU V8+ finished fourth just behind UPS with a time of 7:33.784. This race was able to provide the team with a clear view of what they needed to work on before heading to WIRA, specifically starting their sprint sooner.



Left:
WLWT8+

Husky Open continued

Similar to the V8+, the N4+ held strong, right with University of Puget Sound until the end. Unfortunately, their cox box went out during the last 500 meters of the race, and the rowers were unable to hear when the coxswain called for the sprint. Despite this, the novice were thrilled to place third with a time of 8:10.303. They were only two seconds behind University of Puget Sound, and were confident that had there not been equipment failure, that gap could have been closed.

The experience gained by both WSU varsity and novice crews makes the Husky Open a valuable addition to the year's work, and the women look forward to racing here again next year.

Right: NLWT4+



UW Duel

Written by: Dave Hammond and Alyssa Kodama

On April 10th, WSU had the opportunity to take on University of Washington, the reigning IRA National Champions. UW is known internationally as a high end program, so due to the difference in speed, UW brought their 4th Varsity 8+ to race against WSU's V8+ and Lightweight 8+, their 2nd Novice 8+ to take on WSU's Novice 8+, and a combination 8+ to face WSU's 2nd and 3rd Novice 8+s. Their 4V8+ would later be split into two 4+s to race WSU's Lightweight 4+ and two Heavyweight 4+s, while their 2nd Novice 8+ would be split into two 4+s to race WSU's Novice Lightweight 4+.



Above: V8+

The Varsity 8+ event kicked off the day, with UW placing first, followed by WSU's V8+ then LWT8+. The Novice 8+ event ended similarly, with UW in first place, and WSU coming in second. After these two races, the 4+s had a chance to battle UW. Despite having a slightly off day,

UW Duel continued

the Lightweight 4+ led both of UW's 4+s as well as the two WSU 4+s through the first 1000 meters. Unfortunately, both of UW's 4+s were able to pull away after the 1000 meter mark, and the Heavyweight 4+, comprised of all seniors, were also able to move through the Lightweights. Leading a high quality crew, such as UW that deep into a race showed the Lightweight 4+ rowers the type of boat they can be. The Senior 4+ earned third place, while the Lightweights and second Heavyweight 4+ earned fourth and fifth, respectively.

The last two events would be the Second Novice 8+ and Novice 4+. Once again, UW would win both events, with WSU's Second and Third 8+s coming in second and third, respectively, while the LWT4+ would earn third as well. While UW may have swept the races, each boat took away key lessons to aid in the remaining season. Mid-season duels are crucial for all boats to shake out any issues that may exist and nail down a high quality racing strategy to prepare for WIRA.

Right: Second
Heavyweight 4+



Know your coach: Giles Dakin-White



Giles is on the left next to Struckmeyer

This 2014-2015 season, Giles stepped into the role of the lightweight women's coach after two years as the novice coach for the men's team. During those two years, WSU crews won an ACRA National title and a WIRA conference title amongst other grand final placings. Giles came to WSU after a two year coaching stint at Walbrook Rowing Club in London, England, a high-performance women's sculling program. In 2012, as Head Women's Coach, he guided the club to its first win at Women's Henley Regatta in the women's doubles event, as well as wins at a number of national level regattas across a variety of boat classes. During this time he worked with a mixture

Coach Giles continued

of former international athletes and aspiring future Olympians. His coaching career began at Selwyn College, Cambridge as the Men's Head Coach. He helped them to their most successful season in a decade.

Giles began rowing at Harrow School before rowing for Cambridge University Lightweight Rowing Club. CULRC won the British National Championships in 2011 and Giles trialed for the GB U23 team.

Giles is working towards his master's degree at WSU in Sport Management. He received his undergraduate degree in Social Anthropology from Cambridge University in England.

Giles states, "Coaching at WSU is a very rewarding experience. Without the luxuries and comforts of other university teams, the athletes put forth an effort that is more than compensatory, and it is fantastic to see that effort rewarded in both results and lifelong bonds of friendship. The growth of the lightweight women's team is important, giving young women both the opportunity to become athletes and the experience of operating such a team. Those who have ever rowed on the Snake know how important it is to take great opportunities when they come because you never know when another windy Palouse day is coming in!"