



The Pull Hard

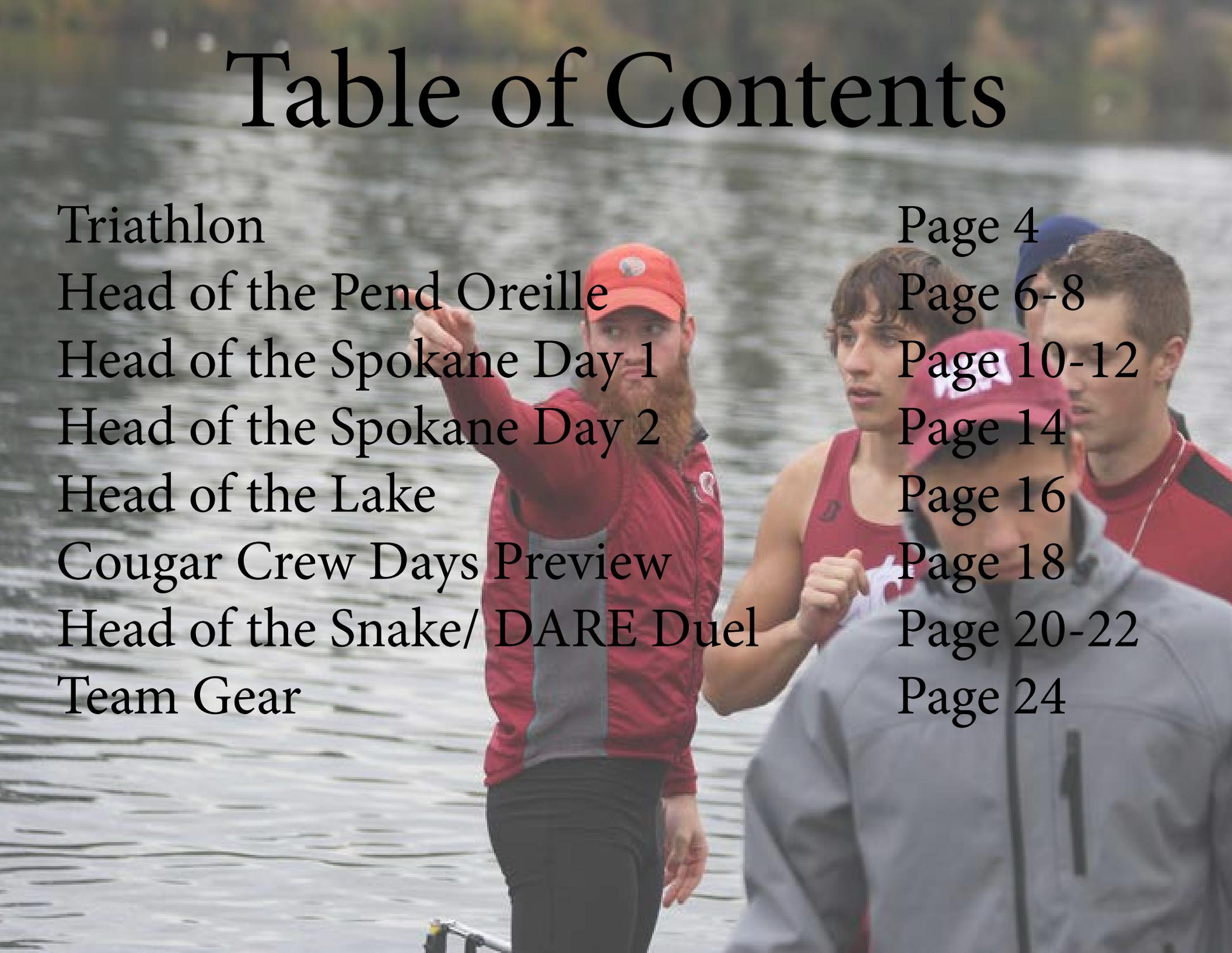
A Cougar Crew Publication

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Fall Season 2014

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A background photograph showing several rowers on a lake. In the foreground, a man with a beard wearing a red jacket and cap points towards the water. Behind him, other rowers in various colored jackets (red, grey) and caps are visible, some looking towards the water. The water is slightly rippled, and the background is a soft-focus view of the lake and distant shore.

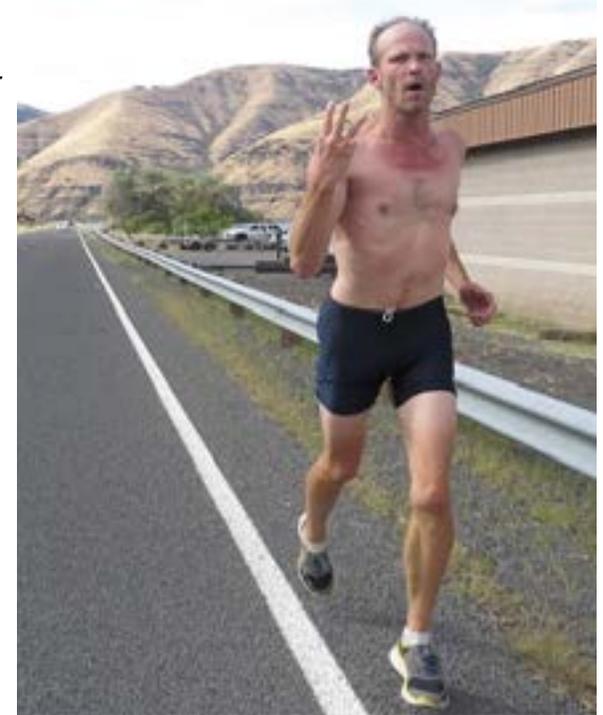
Triathlon

Written by: Alyssa Kodama

Starting promptly at 7:30 in the morning on August 30, 2014, the athletes sat ready on the erg, or submerged in the Snake. Today marked the annual Olympic-distance triathlon, meaning every rower, head coach, and coxswain if they so desired, had to swim 1.5k, bike 40k, and run 10k, with erging substituted for swimming if the athlete could not pass the swim test. Passing the swim test meant completing at least 24 laps of a pool in 30 minutes. The meters for the erg were determined based on how many lengths of the pool had been completed before time was up. This event would display just how much effort each athlete put towards training over the summer.

Many precautions were taken to ensure the safety of each competitor. During the swim portion, we had lifeguards in kayaks supervising, as well as our Assistant Coach in the launch. Water stations were set up at two intervals for the bikers and runners, and every now and then, a car would be sent out to monitor the progress and status of those still running.

It was a grueling battle, and hard-fought, but Coach Arthur Ericsson bested his rowers yet again for his third win in a row. Junior Griffin Berger came in second, and stated this was, “The year of the Veggies!” as both Ericsson and Berger are vegetarians. Out of 20 rowers, coxswains, and a coach, the top 10 with final times are as follows, Arthur Ericsson (2:40:14), Griffin Berger (2:43.15), Michael Sheremet (2:51:18), Max Vaughn (2:58:46), Alex Westbrook (3:00:09), John Gehring (3:05:50), John Dorscher (3:07:17), August Boyle (3:10:38), Curtis Treiber (3:11:48), and Dave Hammond (3:20:57). Congratulations to the team for finishing, and perhaps next year someone will be able to knock Coach Ericsson off the leaderboard.



Above: Coach Arthur Ericsson

Head of the Pend Oreille

Written by: Alyssa Kodama

Every year, the Men's and Lightweight Women's Teams take a weekend off from training to work on something equally as important as learning to row – forming bonds with one another to create a high level of team comradery. The team-bonding weekend usually consists of a 3-day, 2-night camping trip, but this year we decided to give the Novice a taste of what fall racing season would look like. Our itinerary for the weekend included a 5k race at Head of the Pend Oreille in Priest River, Idaho. We had nine boats racing on September 27, 2014, with mixed lineups consisting of both varsity men and women, as well as novice men and women. This was a great opportunity for the Novice to get more experience rowing all eight, feathering, and maybe even learning some pointers from the varsity members.

Cougar Crew raced in two flights, with boats A-E starting at 10:00am, and boats F-I starting at 11:40. These races were strictly against each other, and it was a chance to see who had the fastest lineup. Final results are as follows: Boat A, 21:45; Boat B, 22:16; Boat C 23:01; Boat D, 20:44; Boat E, 22:22; Boat F, 19:03; Boat G, 20:14; Boat H, 19:37, and Boat I, 20:18. Winning crews from each race were awarded medals, while all other crews were awarded participation certificates.

Although this weekend included a race, it still integrated typical camping trip activities, as seen in the past. This year we decided to create Novice-Varsity buddies again, or as some prefer to



Above: Boat B

Head of the Pend Oreille continued

call “Bigs” and “Littles”, so that each Novice could get to know one of the Varsity members better, and so that they could have a resource to go to for any of their rowing/team related questions. We kept the tradition of team introductions around a campfire alive, as the first night Varsity said a few words about themselves and the second night with Novice introducing themselves. The weekend ended with teeth-gritting and planted feet, as Coach Arthur Ericsson called out various combinations to battle it out in tug-of-war. Overall, the weekend seemed to put people in high spirits, and most saw it as something to look forward to for next year.



Above: The entire Cougar Crew Team

Head of the Spokane Day 1

Written by: Frieda Chan

October 18, 2014 was a beautiful fall morning where the water of the Spokane River was calm, and as smooth as glass. Both the Washington State Cougars and the Gonzaga Bulldogs crew teams were gathered for Day 1 of the Head of the Spokane race. The competitive rivalry between both schools has been on going for years. For the past weeks, the WSU Men's Crew have been preparing intensely for this race. Two Varsity 8+, one Varsity 4+, and four Novice 8+ boats represented the WSU team.

The first race of the day was between the two Varsity 8+ and first Novice 8+ of both schools. The WSU Varsity 8+ delivered a very competitive 5000 meters race at 15:40.29 against Gonzaga's Varsity 8+ at 15:38.34, only 1.95 seconds behind Gonzaga. WSU's second Varsity finished at 16:40.16 behind GU second Varsity at 16:13.44. The WSU first Novice 8+ delivered a respectable at 17:25.02, an improvement from the 2013 Novice 8+ at 17.28 and faster than GU second Novice 8+ at 17:50.66, but it was not enough to overtake GU's first Novice who finished at 16:46.90.

The second race of the day was between WSU's and GU's Varsity 4+, WSU's and GU's second Novice 8+, and WSU's third and fourth Novice 8+. The WSU Varsity 4+ finished at 19:10.58, behind the GU Varsity 4+ at 18:08.16. The WSU second 8+ finished at 18:33.86, behind the GU second Novice 8+ at 17:50.66. The WSU third and fourth Novice 8+ finished 19:13.53 and 19:33.43, respectively.



Above: 2V8+ launching

Head of the Spokane Day 1 continued

Head of the Spokane was the first chance where the WSU Novice crew raced together. One of the most memorable moments during the first Novice 8+ race was, “Hitting a duck that wandered into the path of the boat,” said Nathan Sparks and Wilson Tramel. All members of the boat concurred that during this distracting moment there was a decrease in focus, but it was quickly recovered. Jayson Beech expressed that he learned “what it meant to be exhausted” at the end of a race, how to push his limits, and that he would “pull even harder” in the next race. Nicholas Jaeger, and Cody Crawford, two Novice with previous rowing experience from high school, both expressed feelings that the race went very well for having so many new rowers in one boat, and that the power was definitely there. The Novice look forward to continuing to improve throughout the season, and finish with an even better time for the next race.



Above: First Novice 8+

Head of the Spokane Day 2

Written by: John Gehring

The Cougars traveled north for the second time this fall to take on the Gonzaga Bulldogs in the annual Head of the Spokane. The Spokane River hosted a myriad of boats on the morning of October 25th, 2014; among them were the Men's Varsity 8+, Women's Lightweight Varsity 8+ and 2V8+, Women's Lightweight pair, Men's V4+A, and Men's V4+B. Each crew enjoyed glass-like conditions as they slung puddles down the winding banks of the river. The Men's V8+ fought hard against the Zags, but fell 12 seconds short over the 5,000-meter course with a time of 15:58. Although the V8+ suffered a disappointing loss during the first event of the day, the rowers would have a second chance to beat Gonzaga in the 4+s event. The V4+A, comprised of the four seniors of the Men's squad, found themselves walking though GU V4+A in the final thousand meters of the course. Rowing an identical path just hours before, the rowers of the V4+A stamped out a strong race pace at 28 strokes per minute, and began moving on the other crews. Once the seniors earned overlap with the leading crew, a final push was made to bury the Bulldogs in an epic sprint to the finish line. Freshman Kyla Cobbs enjoyed the opportunity to cox the V4+B lineup, saying, "It was a fantastic experience working with the varsity guys. I learned a lot about high intensity racing that I plan on integrating into novice boats". Washington State's Lightweight Women debuted their fall racing season on the Spokane, proving lightweights pack a powerful punch even when facing open weight crews, as displayed by their Novice boat beating all three of the WSU Women's Team Novice boats. A strong showing by Cougar Crew in Spokane helps launch the team into a successful finish to Fall racing.



Above: Men's V4+A

Head of the Lake

Written by: Katie Fowler

When Cougar Crew headed across the state to race at Head of the Lake at Montlake Cut in Seattle, each boat that raced, the Men's Varsity 8+, Lightweight Women's Varsity 8+ and Varsity 4+, and the Alumni boat had different goals and expectations. All races took place on Sunday morning with cloudy skies and a mild temperature, but thankfully no rain.

The first boat to race that morning was the Men's Varsity 8+, which was looking to get redemption against Gonzaga after falling short two weeks consecutively in the V8+ event at Head of the Spokane. The Cougars placed fourth with a time of 17:39:87, with Gonzaga edging them out yet again, by a margin of a little over three seconds.



Next, the Lightweight Women's Varsity 8+ raced with hopes of staying competitive, and improving the quality rowing displayed at Head of the Spokane. The boat produced a time of 21:36:73 where they finished 6th, only 0.07 hundredths of a second behind Gonzaga's Varsity B Crew, and less than three seconds ahead of University of British Columbia.

The Lightweight Women's Varsity 4+ was looking to set a good time, given it was the first race for that lineup. The crew placed 7th out of 9 in their division with a time of 25.18.33, less than a minute behind University of Oregon's Crew.

The final boat that raced was the Men's Alumni boat, which was able to go out and represent not only the current team, but all past rowers, coaches and coxswains as well. This is a good opportunity to get back into a boat and reunite former teammates.

This will conclude fall racing for the Lightweight Women while next week, the Men will be hosting Western Washington and Gonzaga at home on the Snake to finish off the fall racing season.

Cougar Crew Days

Mark your calendars for the upcoming Cougar Crew Days! It will fall on March 20-21, 2015. Come watch Class Day/Alumni races, attend the auction/banquet, and of course, reconnect with past teammates, and see what the current team is up to! There will be a casual BBQ on Friday, March 20, and we encourage everyone, especially parents to attend! We would love to see as many of you during this weekend as possible, so start planning early! Cougar Crew Days is a fun way to end a hard week of Spring Break training, and as always, we appreciate all the support we receive from family, friends, and alumni!



Pictured above: Throwback to Cougar Crew Days 2010 and 2012! The first is an alumni "slow row" and the second group is the 2012 Sophomore boat.

Head of the Snake/DARE Duel

Written by: David Herrick

For the first time ever the Head of the Snake and the DARE Duel were held simultaneously. Conditions were good for November, clear skies and a firm tailwind greeted the arriving crews, with just enough bite as a reminder that the fall racing season is drawing to a close and winter training lies around the corner. The competition was divided into two events, the 5k and a series of 1k's.

The 5k was raced as a single flight with 14 boats entered between the three teams beginning approximately 1500 meters up river from The Cliffs and Granite Point, and ending next to the break water at Wawawai Landing. The Varsity 8+ was able to defend their home course throwing down the fastest time of the day, crossing the line in 16:00 and edging out Gonzaga by 7 seconds. The second victory of the day arrived in the Cougars first Novice 8+, who lead their event and continued to increase their margin, crossing the line in 17:33 with



Above: V8+ after defeating Gonzaga

Gonzaga finishing in 18:20 and Western in 20:24. The 2nd and 3rd Novice boats both raced well, each able to beat out Westerns' 2nd Novice 8+ who had a slight run in with the Cliffs.

After each boat had a chance to recover and change into some fresh clothes, the Cougars and Vikings re-launched, this time heading down river towards the start of the spring 2k course. Each boat would race 1000 meters upriver back towards the boathouse. The 3rd Novice 8+'s opened the event to give everyone an opportunity to compete and have time to hot-seat. The Varsity 8+'s followed quickly after with the Cougars gaining a lead during their start, and after holding off a push by Western they continued to walk away at an aggressive rate 36 despite the strong headwind and

Head of the Snake/DARE Duel continued

chop, finishing with half a length of open water over the Vikings. The Cougars 1N raced with the Second Varsity 8+'s, with the 2V taking the event in a time of 3:16 just ahead of the Novice and Western, with times of 3:19 and 3:21 respectively. Finishing off the day were the 2nd and 3rd Novice boats, with the Cougars winning the event outright.

Now that Cougar Crew has completed a successful fall season, they are beginning to gear up for winter training to gain some muscle and speed. The Varsity roster has a near 100% retention rate from last year and the addition of some new members to add to the mix. The Novice are developing quickly with the aid (and patience) of Cody Crawford, Cole Borseth, Peter North, and Nick Jaeger, who each bring high school rowing experience to the team. With spring racing in sight both teams are hungry for some hardware.



Above: The Second Novice 8+ launching

Team Gear

As many of you may know, every year Cougar Crew sets up an online team clothing catalogue via Kotis Design. It is now live and by clicking [THIS LINK](#) it will take you directly there. The store will be open until November 30, 2014 at midnight, and your clothing should arrive around December 16, just in time for Christmas! This year, the hats are going through a separate distributor and will unfortunately not have the option of shipping to separate addresses. They will all be shipped to Alyssa Kodama (publisher). Email me at cougarcrewpublisher@gmail.com with your name and complete shipping address, and I will forward that onto you at no additional cost! This will make arrival dates for the hats about a week later. The link to buy the hats can be found [HERE](#).

We have also designed a long sleeve JL top, which is available for purchase! This is a newer version of the loose-fit vertex shirt we designed a few years ago. It will be \$50, and the link to buy them can be found in the email. The deadline to order is this Sunday, November 16, 2014 so place your order quickly! This is what it will look like.

