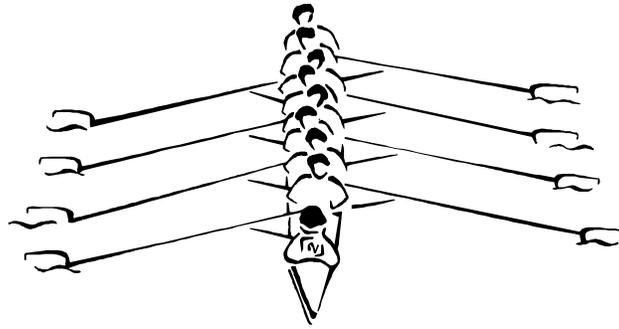


The Pull Hard



The Pull Hard
Washington State University Men's Crew Newsletter

Special points of interest:

- Varsity Eight defeated Gonzaga University's Varsity Eight by two seconds on October 25th.
- 2nd Novice boat is undefeated in Fall racing
- Thanks to all of your support, the 2003-04 Men's Crew ergathon was the most successful in Team history

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The Road to IRA's 2003, by Michelle Arganbright, Head Coach

In a way, Joey Tennison, Chris Kanyer, Peter Brevick, Danny Brevick, and Julia Anderson were special. They were the first 4+ to represent Washington State University Men's Crew at the Intercollegiate Rowing Association championships since the 1997 crew. Yet, in another way, I thought it was unfortunate we had not been able to field a crew at IRAs for so long.

One primary reason was the lack of a quality racing shell. Our inventory included only two old, heavy, stern-coxed "training" fours... not exactly the kind of boats that could measure up to the sleek, light, bow-coxed fours of today! Since by sheer design a bow-coxed four is as much as 10 seconds faster than a stern-coxed four over a 2000 meter course, we set our sights on raising enough money to purchase a bow-coxed four to race at the IRA championships.

This goal proved to be no easy endeavor due to the many other costs associated with running the team, new boat notwithstanding. We quickly learned we would not be able to afford a Pocock or Vespoli shell. We located a distributor in Victoria, B.C. by the name of Drew



Open Four qualifying for IRA's by placing 4th at Pac-10's. Cox; Julia, Stroke; Joey, 3; Chris, 2; Peter, Bow; Danny

Harrison who sold quality shells at an affordable price. While we still could not afford his top-of-the-line shell, we were able to raise enough money (approximately \$8,000) to order a bow-coxed model that was much lighter and faster than the fours we currently owned.

With our accounts drained yet spirits high, we awaited the arrival of our new four. It was finally available May 10th, and I was able to pick it up in Seattle the following day, just 3 days prior to our departure for the Pacific Coast Rowing Championships (PCRCs) and PAC-

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New Novice Coach Hired, by Danny Brevick, Commodore

When I was confronted with the hiring of a new Novice Coach to replace the esteemed Ryan Herrington, I didn't know where to start. Ryan had been someone I felt comfortable trusting the new oarsmen with, and continues to be a good friend to us all. After posting adds on Row2k.com and making some phone calls, I was surprised at the quality of the applicants. There were many candidates who not only had years of rowing and coaching experience behind them, but came from some

of our Nations best programs. After reading through reams of résumés, and conducting several phone interviews, we were able to meet with the most qualified of our applicants. From the very beginning, I was impressed with Coach Bradley's willingness to fly 3000 miles to interview for that is, in reality, a low paying job. She continued to impress Chris Kanyer and I with her down to earth approach and her confidence as we met

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Fall Fundraising Efforts, by Ben Fields, Treasurer



V8 on the Snake during the UW-WSU dual. April 12, 2003 Mom's Weekend

The Washington State Men's Crew team has had a tremendous year with fund raising. We were able to raise in excess of twice the amount that was raised last year in our annual rent-a-rower fundraiser. It went quite well with Chris, Dave and Julia organizing the two weekend affair.

This year's ergathon has been a great success, with the team manning 3 ergs, 12 hours a day for two days in the CUB. We are hoping to place a down payment on a new men's racing 8 this year with our ergathon earnings. We were also granted \$2,000.00 from the Parents Association Board which has enabled the purchase of new oars.

Overall this has been an outstandingly successful year for the crew team. This endeavor will allow us to focus on our rowing in the spring without the additional effort required for fund raising. The entire Crew Team would like to thank each and every one of our many supporters. Without your generous contributions this team would be unable to function in the competitive capacity that we are able to achieve this season. We thank you for your gifts to our team and look forward to establishing a relationship for many years to come.

Benjamin Fields
Treasurer

The Novice Progress, by Ginny Bradley, Novice Coach

Every rower remembers what it is like to be a novice. These are the days of trying not to confuse the catch with the finish, and remembering which way was backing. The days of confusing which oar was starboard and which was port, invariably getting it wrong and having to switch oars on the water. You remember, the good ole' days.

This year's incoming novice class is a strong one. There are 24 rowers and 3 coxswains. They are learning about the sport quickly, and we have only had one guy refer to

his oar as a paddle. Our first two weeks were spent mostly on the erg machines, where we learned the basics of the rowing stroke. After they survived this mini-boot camp, we moved on to the boathouse. There we spent several days learning how to carry a boat, and row off the docks. We also worked on all that complex vocabulary like, "coxswain," "starboard," and "check it down before you hit those rocks!!" Our first ventures out of the breakwater were good ones despite some windy days.

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"When I told people I was going to turn out for crew they told me that 'Rowers are crazy'. Now I believe them."

*Chris Seaman,
Novice*

The New 2003-2004 Men's Crew Officers, by Danny Brevick

Last Spring Break the team elected the officers that it wanted to guide and organize the team for the upcoming year. The officers elected were Danny Brevick: Commodore, Chris Kanyer: Vice Commodore, Ben Fields: Treasurer, and Julia Anderson: Historian. Here the commodore has written a few words about the officers and their positions.

Danny claims residence in fabulous Fall City, Washington and thanks to his coursework in both Construction Management and General Business, he will graduate as a double major. He is a third year rower and thoroughly enjoys being a part of our Team.

Chris is a senior in Math Education, and he hails from Woodinville, Washington. His hard work and determination are vital to the Team's continued success. Proud owner of the Team's fastest current 2k erg score, he continues to set the example for the rest of the Team.

Ben comes to us from mighty Castle Rock, Washington. He is a third year Architecture student and English minor. His devotion to details and willingness to do whatever it takes has earned him the position of Treasurer. As a third year rower, he has stepped up to the additional responsibility of being a solid team leader.

Julia is a sophomore majoring in Agricultural Education here at WSU. She resides in Puyallup, Washington where she was involved in numerous 4-H groups. As a second year coxswain, she continues to motivate and encourage the rest of the Team with her quick smile while still setting the example of diligence both on and off the water. She has successfully piloted WSU Men's shells on courses across the Nation and her experience is an invaluable resource to the Team.

Fall Recruiting, by Danny Brevick, Commodore

Recruiting has become an integral part to the success of WSU Men's Crew, and thankfully, this year's novice class looks to be extremely promising. We sent out a recruiting letter to all incoming freshman with lots of information, and our meeting dates and times. In addition, our coaches, with the help of the returning Varsity Squad spent the first week of school focusing on recruitment. We had tables at the numerous involvement fairs and chased after any particularly large men (for oarsmen) or small women (for coxswains). Our first goal is to get people to attend one of our two recruiting meetings on campus. Here we show them a short video and explain the sport. As many of you may know, the vast majority of our potential recruits have never even seen a racing shell in person much less rowed in one. Many elementary explanations are required so that people have some semblance of an idea

what they are getting themselves into. Our Novice Coach, Ginny Bradley, is in charge of the meeting but Head Coach Arganbright and some of the Varsity Oarsmen all attend to help answer any questions after the formal meeting is over.

Once the meeting is over, the potential oarsmen and coxswains are taught the fundamentals of the rowing stroke on the ergs before they are finally able to go down to the Snake River and actually learn to row. The varsity was able to mix in with them this past week and the whole Team enjoyed the mix row. "They're coming along nicely" said third year oarsmen Ben Fields.

This years Novice Class looks to continue to bloom under the guidance of Coach Bradley and we look forward to cheering them on at our fall races!



Kevin Harris (doing headstand) and the JV8 catching the eye of the US National Team (foreground) at Opening Day 2003

Returning Varsity Roster, by Peter Brevick, Editor

There were 15 rowers and 4 coxin's representing WSU at Pac-10's last spring and we are proud to have the majority of them back on the team. We are pleased to have the following varsity oarsmen back this fall:

Alex Van Rijn, senior
Ben Fields, senior
Brian Kirk, junior
Charlie Remington, sophomore
Chris Kanyer, senior
Danny Brevick, senior
David Perkins, junior
Peter Brevick, sophomore
Luke Jones, junior

We are also excited to have two returning coxin's to guide our racing shells during training and racing this fall:

Julia Anderson, sophomore
Patrick Williams, sophomore

We are also quite happy to have our varsity coach Michelle Arganbright, back to coach us again this year. In addition to coaching us she is continuing work on her masters degree in youth development and also raise her 13-month-old daughter Emily (said to be the cutest baby this side of the Mississippi).

Last years Novice coach, Ryan Herrington, is moving on to the real world with a job that is in his major, Agriculture Economics. He did a fine job as our novice coach and leaves behind an enviable legacy as a WSU oarsman. He still holds the third fastest erg 2k in our team history and stroked the varsity eight for two consecutive years, with possibly the best look someone could have, at the start of Pac-10's.

*"They're coming
along nicely"*
*Ben Fields opinion
on the novi progress*

Introducing The Editor, by Peter Brevick, Editor

Hello to all! My name is Peter Brevick, I am a second year rower here at Washington State and I am the editor of the *Pull Hard*. I have never done anything quite like this before so please bear with me. We are trying to send this newsletter out to everyone who deserves and wants an issue. If you know someone who would like to receive an issue, or received this issue in error, please contact me any of the ways listed at the right. If the *Pull Hard* got to

you but had the wrong address please send me a correction so that it doesn't happen again. I hope all of you that can, will please check out our website, the address is listed on the back. All of our current fundraising progress and goals, and the most current news and results are there.
Till next time,
Peter

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The Road to IRAs 2003, by Michelle Arganbright, Head Coach

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10s.

The varsity four rowers found the boat difficult to set up at first because they weren't used to rowing in such a light, narrow boat. Julia had difficulty steering a straight course because she wasn't used to the boat's quick response, nor had she ever set foot in a bow-coxed shell. Frustrations amongst the rowers were high. Admittedly, I got a bit nervous that day about their performance in the Open 4+ event at PCRCs, which would determine our acceptance to IRAs.

Yet, my fears were quickly allayed by the second day, as practice was going much better and Julia perfected her steering. Joey, Chris, Peter, and Danny could *feel* the difference in the boat's speed. The third day, they set the boat up nicely and spirits were high. We knew we then had the complete package: fast rowers and a fast boat.

We placed 4th out of nine crews at PCRCs with a time of 7:04.2, just one second behind 3rd place Sacramento State. UCSD was 2nd, and Cal won the event. Finishing out the pack was San Diego State, Oregon, Humboldt State, Sac State "B," Orange Coast, and St. Mary's. We had hoped to beat Sac State's boat and medal in the event. I believed they just needed more time in the boat to row more cohesively, and we'll certainly have that opportunity next year.

Yet, our performance was enough to get us to IRAs. However, we had to immediately put our boat on UW's trailer since they were leaving for IRAs in Camden, New Jersey immediately after PAC-10s the following day. So upon our return to Pullman, we again found ourselves without a racing shell in which to train. We returned to one of the old stern-coxed boats for the five days prior to our departure.

We arrived in Camden the night of May 25th, and the first thing we noticed about Camden was that left-hand turns were only allowed at select intersections, often forcing you to go a half mile past your destination to the nearest legal U-turn. Navigation frustrations aside, we were excited to be living the goal we had set in the fall.

Our boat did not arrive until the 28th, the day before races began. So, on our first day we took the opportunity to see the sights of Philadelphia, but by the second day the rowers were getting antsy. When the boat trailer finally arrived, we immediately rigged and rowed. The crew went out on the water twice that day, and decided they needed to go out again at 6am the next morning before the Trial Heats in order to work out the rest of the kinks.

The 6am practice went very well, and we were ready to race. We had entered the Open 4+ event, which required that a crew have at least one freshman and at least one upperclassman. Peter was our freshman, Joey was a senior, and Danny and Chris were juniors (Julia was also a freshman, but coxswains didn't count in the criteria). We drew a tough Trial Heat. We placed 4th, deciding not to challenge Brown or

Princeton for second and third since only the first place crew in each heat (Wisconsin, in our case) would progress directly to the Semis. All other crews went to the Repechage Heats later that day.

Repechage Heats were also determined by random draw. We placed 3rd by three seconds behind Boston College and University of Michigan, beating Navy and Ohio State "B." While the first two finishers progressed to Semifinals 1 and 2, we went to Semifinal 3 and others went to the Semifinal 4. This meant that we would be able to make the 3rd level final, but not the Grand or Petite finals since only the boats in the Semifinals 1 and 2 were eligible for the Grand or Petite Finals. Six crews would not make it to any final at all. While we were disappointed with missing the Petite Final, we were determined to dominate our remaining two races.

In our Semifinal we were up against Ohio State, Dartmouth, Yale, Army, and Lafayette. In this race, the athletes experienced something they had yet to experience in their rowing careers. They got off the line ahead and *stayed* ahead the whole race, keeping an eye on the other crews and simply fending them off down the course. The announcer following the race kept commenting on how long and smooth the WSU four looked and how well they were rowing together, and I have to admit it brought tears to my eyes to think they were rowing the race they always wanted to. They won their Semifinal comfortably, with Ohio State coming in 2nd and Yale 3rd.

Going into their final, the boat had only one thing on their mind—to make this the race of their lives. They would accept nothing less than a victory. WSU went off the line strong and aggressively, but Yale, Navy, and Princeton were giving us a good run for our money. I listened anxiously as the announcer continued calling a 4-way tie for first place, while Ohio State and Boston University fell behind.

At 1000m to go, Navy brought their stroke rate up for a strong flutter as they had done in the Heats. But this time, we were ready for them. We responded by increasing our rate just enough to keep them behind us, knowing they would likely lose steam. As expected, Navy and Princeton gradually fell back, but Yale was still on our tail going into the sprint. It was time for WSU to turn it on with the effective, powerful sprint they had practiced relentlessly.

In the last 500m we inched away from Yale, crossing the line exhausted, satisfied, and first. We had finished 13th out of 24 crews. My boat came off the water tired yet exhilarated. They had given the absolute best performance they could have given. For senior Joey Tennison, it was the final race of his collegiate rowing career. It was a wonderful way to finish.

Now, we approach the fall of 2003 with increased expectations. We experienced a higher level of rowing and are determined to become a regular part of it. We hope to race at IRAs every year from now on, and instead of having people wonder

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The Road to IRAs 2003, by Michelle Arganbright, Head Coach

(Continued from page 4)

who the heck we are when we arrive, they will recognize WSU as a powerful force in collegiate club rowing.

Grand Final

1 Minnesota	7:00.79	1 Harvard	7:03.19
2 Ga Tech	7:03.09	2 Tulane	7:06.31
3 Wisconsin B	7:08.79	3 Cornell A	7:08.24
4 Wisconsin A	7:09.07	4 Penn	7:14.82
5 Brown	7:13.12	5 George Mason	7:19.02
6 Boston College	7:14.89	6 Michigan	7:23.25

Petite Final

Third Final

1 WSU	6:54.92	Purdue
2 Yale	6:56.35	Dartmouth
3 Navy	6:59.39	Cornell B
4 Princeton	6:59.49	Ohio State B
5 Ohio State A	7:03.80	Army
6 Boston Univ	7:06.72	Lafayette

No Final

The Novice Progress, by Ginny Bradley, Novice Coach

(Continued from page 2)

and their skill level improved very quickly. Several practices later, the novices were looking strong, powerful; much more like a rowing team, and less like a splashing team. We currently practice five times a week on the water and up to four times a week in the erg room.

I have been so impressed by the current novices' ability to work hard. They come to practice with open minds, a willingness to learn, and be pushed to the limit. I think this will take them far by the end of the year. Our first erg tests have been great and the guys really motivate and encourage each other. I would give you an example of some of the choice phrases I have heard, but, well, this is a family publication...

All of this work on technique and power certainly paid off at our first race. The second novice 8+ got their first

win of their careers at the dual with Gonzaga last weekend, while the other boats finished very competitively.

In preparation for our next race, we are working on technique, and as always, working on our endurance and power. As people so often say, "rowing is the ultimate team sport." The novices are learning what it takes to be a successful team, and I am excited for the rest of our fall races.

One of my novice summed up well what, I hope, a majority of them has felt about rowing so far:

"This years rowing has opened my eyes to a world of different ways to compete. The hard work and dedication that it requires is almost unmatched by any other sports. We have become a family and continue to improve our skills. Those attributes alone are something we will carry with us long after we leave WSU."

WSU Rower, Olan Carlson

New Novice Coach Hired, by Danny Brevick, Commodore

(Continued from page 1)

with her, and thankfully, she seemed able to withstand the two of us.

I am glad to report that she has turned out one of our most competitive Novice Teams in recent Team history. These guys have been busting their hump doing fundraising and training up to eleven times per week while still completing their school work and adjusting to a new college lifestyle. I think this quote sums up what she has been able to do very well,

"Ginny rocks my world. Not so much in the way your girlfriend would, but in that she can actually motivate 30 something college students to get out of bed at 4:30 in the sub-freezing morning and go get soaking wet while rowing. If loving how Ginny rocks all our worlds is wrong, then I don't wanna be right."

--Taylor Mason, novice oarsman

Coach Bradley, you are doing an excellent job, and we appreciate all of your hard work.

Thank you.



Ginny in the launch, 'Guiding' the novice

Addresses will go HERE!



The Pull Hard
Washington State University Men's Crew Newsletter

Check out our web site at:
<http://cub.wsu.edu/wsumensrow>

Washington State Men's Crew

Fall 2003 Schedule and Results, By Peter Brevick, Editor

We cordially invite you to cheer on Cougar Crew at any, or all, of the races listed below. The regatta information is as follows. Please check the website for any details unavailable at this time.

November 9, Head of the Lake Regatta, at UW – Seattle, WA
December 6, Sprints with Gonzaga, location to be determined
January 31, Ergomania, at Pockock Center – Seattle, WA
February 28, Erg dual vs. Gonzaga, at GU – Spokane, WA

Fall racing has gone quite well. Our Varsity 8 posted its first victory over Gonzaga's eight in at least four years. All of the varsity are all quite pleased with how the team is developing under Coach Arganbright and the officers leadership. Our novice squad has also been doing some pretty impressive things this fall under the guidance of Coach Bradley. The first novice boat has been on the verge of emerging victorious in all of their regattas thus far. The second novice boat has gone a step further than that by posting victories in all of their races

this fall, my hat is off to them. Our third novice boat has been improving well also, but has been unable to face another 3rd novice boat yet.

WSU - GU Dual (All at 3,500 meters)

<u>Men's Varsity 8</u>	<u>Time</u>
1. GU	10:29
2. WSU	10:55

<u>Men's Novice 8</u>	
1. GU (A)	11:22
2. WSU (A)	11:27
3. WSU (B)	12:20
4. GU (B)	12:23
5. WSU (C)	12:56

<u>Men's Varsity 4</u>	
1. GU (A)	11:36
2. WSU (A)	11:43
3. GU (B)	12:25
4. WSU (B)	12:49

Head of the Spokane (All at 3,500 meters)

<u>Men's Varsity 8</u>	<u>Time</u>
1. WSU	10:35
2. GU	10:37

<u>Men's Novice 8</u>	
1. GU (A)	11:10
2. WSU (A)	11:11
3. WSU (B)	11:26
4. GU (B)	11:50
5. WSU (C)	12:50

<u>Men's Varsity 4</u>	
1. GU (A)	11:21
2. WSU (A)	11:32
3. GU (B)	12:03
4. WSU (B)	12:19