

THE PULL HARD

A Washington State University Men's Crew Publication

Hiring of New Novice Coach, By Peter Brevick, Commodore

Cool Happenings:

- The hiring of a new novice coach! →
- An announcement from the CCAA
- Message about Class Day 2006!

As a team run by its members, WSU Men's Crew is always faced with situations different from what others face. One of those is hiring coaches; it is not often that you have the responsibility of deciding who is going to be your boss. While this is perhaps not so true for the Novice coach, it is still a grave duty. This will be the person who is responsible for grooming and guiding the future of the team.

In the recent past all of our coach searching has begun with classified ads and this occasion was no exception. In addition to placing the ads we also solicited the position through both *The Pull Hard* and the Cougar Crew Alumni Association board members. We had a strong group of applicants with a diverse back-



Photo by Karl Huhta

Novice coach Mike Dostal at Wawawai Landing.

ground of both east and west coast coaches. Near the end of the process we had three very interested applicants. Of those one coach (continued on page 4)

Fall Issue Content:

| | |
|------------------------|---|
| Hiring of New Coach | 1 |
| Editor's Comments | 1 |
| Pictures from the Fall | 3 |
| A Rower's Reflection | 3 |
| Class Day Flier | 4 |
| Varsity Spotlight | 5 |
| Novice Spotlight | 6 |
| CCAA Meeting Recap | 8 |

Editor's Comments, By Karl Huhta, Publisher

Greetings Alumni, family and friends of WSU Men's Crew! With Peter Brevick's election from last year's Publisher position to the team's Commodore this year, the officer duties of Publisher opened, and I was elected to take his place. I'd like to introduce myself to you all now, so you may have a better idea of who I am and know more about me.

My name is Karl Huhta (sounds like saying Utah with an H) and I was born and raised in Tacoma, Washington. I graduated in 2004 from Wilson High School. I am a Sophomore this year and I

am majoring in Sport Management. You may recognize my name from a few articles I wrote last year that appeared in a couple *Pull Hards*.

To say I was surprised when it was announced at the team meeting last Spring that I was elected to be the new team Publisher is an understatement. A HUGE understatement. I'm very excited to have this position with the team and I hope that I can continue to release a quality publication to all of you. I have extremely enjoyed the responsibilities that go along with the

(continued on page 6)



World Class. Face to Face.

Cougar Crew Events Schedule for the 2005-2006 Season*Fall 2005*

October 22, 2005, Saturday - Head Of The Spokane - Spokane, WA

October 29, 2005, Saturday - Falcon 4-Miler - Seattle, WA

November 5, 2005, Saturday - Portland LOOP - Portland, OR

November 13, 2005, Sunday - Head Of The Lake - Seattle, WA

December 3, 2005, Saturday - Fall Sprint Dual vs. Gonzaga - Pullman, WA

Spring 2006

February 25, 2006, Saturday (date tentative) - Indoor Erg Dual vs. Gonzaga - Spokane, WA

March 19, 2006, Saturday - Class Day (Alumni Races and Reunion) - Pullman, WA

March 25, 2006, Saturday - Daffodil Cup at American Lake - Tacoma, WA

April 1-2, 2006, Saturday and Sunday - San Diego Crew Classic - Mission Bay, CA

April 1, 2006, Saturday - Husky Invitational (for those not traveling to SDCC) - Montlake Cut, Seattle, WA

April 7-9, 2006, Friday-Saturday - Mom's Weekend - Pullman, WA

April 8, 2006, Saturday - Dual vs. UW - Seattle, WA

April 15, 2006, Saturday - Fawley Cup - Pullman, WA

April 29-30, 2006, Saturday-Sunday - WIRA Championships - Lake Natoma, Sacramento, CA

May 13-14, 2006, Saturday-Sunday - Pacific Coast Rowing Championships and Pac-10 Championships - Lake Natoma, Sacramento, CA

June 1-3, 2006, Thursday-Saturday - IRA Championships (must qualify) - Camden, New Jersey

Continue to check www.cougarcrew.com for any scheduling info or other happenings with the team.

Cougar Crew pictures from the Fall of 2005



Photo by Karl Huhua

Rowers take to the Mall for Ergathon 2005.



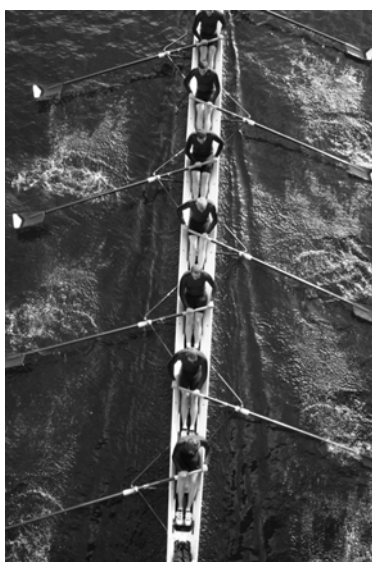
Photo by Julia Anderson

Varsity 8+ racing at the Head of the Spokane



Photo by Julia Anderson

The V8+ carries the shell after the Head of the Spokane.



The Novice-8+ A Boat rows to a 1st place finish at the Falcon Fremont 4-Miler in Seattle.



V8+ down the final stretch at the Head of the Lake 2005.

Photos contributed by www.greenlakecrew.org



The Open4+ rows to a 1st place finish at the Falcon Fremont 4-Miler in Seattle.

My Experiences With WSU Men's Crew, By Sean Martin, Varsity Oarsman, Lightweight

When I first found out about rowing it was from my father who suggested I should try to do it while in college, because when he was in college they tried to recruit swimmers, as I was to be rowers. Then approximately two weeks before my departure for Pullman I got a flyer in the mail about Cougar Crew that intrigued me and figured I should give it a try. Coming to Pullman from Oregon made it difficult, as I knew not a single person and was slightly nervous about this new place and experiences I was about to have.

Crew proved to be a challenging task, especially with my new college experience (classes, professors, and Architecture), but I adjusted and grew to love it. Not only was I getting into the best shape of my life, but rowing on the water was well worth the long land workouts and erg

pieces. Crew also provided me with the opportunity to develop some of my best friends I have here at WSU today. Spending almost 4 hours a day, some days more when we had morning practice, created great camaraderie and a tight knit team. One other reason I continued to do crew was because of our novice coach last year, Ginny Bradley. She provided difficult workouts and always drove us to be the fastest crew we could, but did not lose sight of why we were all rowing, because we enjoyed it. Whether it be the great shape we were getting into, or that unforgettable feeling of a set boat with great run and power rowing was something I looked forward to almost everyday.

As we ended our winter training season and began to merge into the spring sprint (continued on page 7)

Hiring Of New Novice Coach, By Peter Brevick, Commodore

(continued from page 1)

stood out, a fellow called Michael Dostal.

Mike not only had the greatest rowing experience of the applicants, he also came with some very strong recommendations. After reviewing all of the information with Head Coach Ericsson it was decided to recommend to the CCAA board that Mike Dostal be offered the position of Novice coach. Upon their consideration of the application the CCAA board agreed and the position was offered to Mike. I was a *very* relieved person when Mike Dostal accepted the Novice Coach position!

Once both parties were in agreement that Mike should be the coach we had to work on getting him to Pullman. For most coaches this would not be to daunting a task, but Mike was a British citizen. We had gone over his previous VISA arrangements and were confident that a similar agreement would work. Once we started working with the University and Government authorities though, it became clear that we would have to pursue a different VISA opportunity. After many hours of phone calls from Fall City to both Pullman and Washington D.C. things were still not looking very positive. Mike was able to get to Pullman 3 weeks before school started and with both of us making calls, and him talking to nearly every University official on campus, we had a solution. Mike, who received an undergraduate degree in Civil Engineering from Nottingham University, would attend WSU in pursuit of a Teaching Certificate. This was not his, or

our, original plan but it has worked out for Mike and the team. Special thanks go to Tom Caudill for his help with the legal considerations of the process.

Mike has been an awesome asset to the team. When he is out in the launch with his guys you can feel them getting faster and see how there strokes are getting better. He is very good at communicating with his oarsmen what they need to do in order to become better rowers. He also has an excellent blueprint to teach them from with his own rowing experience. His weekly video sessions have been leading to some great rowing by the novice and some good results on the water. He also keeps everyone in good spirits with his British humor. Most of it along the lines of; "What is it with you Americans and Peanut Butter, why do you like that stuff?"

Overall I am very pleased to have Mike coaching here at WSU. His sound technical and physiological background is a great asset to the team. He and Coach Arthur, both former lightweights, have been having a good time coming up with all team workouts. They are sure to get even more interesting as we transition to land practices. As one of his rowers said, "He's a really knowledgeable coach and knows what he is doing on the water". Thankfully our boats row on the water and that is also where the Novice Cougar Crew will be winning this year. ▲

CLASS DAY 2006!!!

Saturday March 18th

Mark your calendars now for Class Day 2006! We will be racing our traditional Class Day races and we are looking for alumni to race 500-meter sprints as well. Saturday night, Cougar Crew will be holding a banquet dinner for all Cougar oarsmen and coxswains of past and present. Come meet, mingle and share stories and good times with WSU Men's Crew. We recommend the award winning Holiday Inn Express (509-334-4437) for those who will require lodging. Additional details will be forthcoming as the date approaches. We will see YOU there!



Varsity Spotlight; Julia Anderson, By Arthur Ericsson, Head Coach

Let's remind ourselves that there are nine seats in an eight. The symbol for an eight event is 8+. In the rowing world, that plus sign represents the coxswain. They don't even count as a whole number. But there's another way to look at it, and that's what a plus a good cox can be. I've heard plenty of sarcastic comments about how a cox is just dead weight and I've never found them to be too funny. Let's look at just the most basic coxswain duty, steering. If our team had a new boat for every shell-destroying submerged log that our veteran coxswain Julia Anderson alertly avoided in virtually complete darkness, our racks would be the envy of the PAC-10. Here's more about who's been sitting in the #9 seat of our top boats for the past year+.

Julia started showing sheep in 6th grade. She has been intrigued since then by the agricultural industry and has applied that interest towards the challenge of improving the breeding characteristics in her own sheep, four of which she currently owns. She took this interest to WSU, and is now a senior majoring in Agriculture Education. Julia enjoys the hands-on labs the most, such as those offering her exposure to the beef and dairy centers. She has just begun training a heifer calf and, not surprisingly, is looking forward to the competition at the end of the semester.

She seems to have found much inspiration from her parents. Julia wants to be a high school animal and plant science teacher. Her mother is a science teacher in her home town of Puyallup, WA. Sports have been a constant part of Julia's life, with competitive swimming and ice-



Julia reading the paper before flying down to Pac-10s in Sacramento.

skating being two of her favorites. It's not surprising to find that Julia's mother is a water polo coach for the boys' high school team back home. Julia's father is Tom Anderson, who rowed as a Cougar lightweight for Coach Struckmeyer. Now Julia is a team leader on the WSU

Men's Crew. Originally having tried out for the women's rowing team, she recalls "I was too short to row and a little bit too heavy to be a cox for them. My father has told me many stories of his days with crew. I remember when I first realized how important it was to him when one day my younger brother told him over the phone of an old rowing shirt he'd had discovered. He became very protective of it. My father told me that the rowers weren't always too nice to their coxswains." Those days seem to be over. Julia always stands her ground if the rowers overstep their bounds.

Is coxing as mentally demanding as rowing is physical? "Yes. The other day we were doing a piece, and when we went to a paddle I started getting cold. But during the piece I'm so into it that it keeps me warm. It is our role to magnify what motivates the crew. What motivates one person may serve to do the opposite for someone else. After practice I often feel exhausted."

Julia is fulfilling a pledge she made to herself, to keep her commitment to the team through all four years. She thinks of her former teammates as a family that she plans on reuniting with at future Class Day events. She maintains a principle instilled by her novice coach of never wearing gloves no matter how cold. "My coach said, 'Rowers don't wear gloves.' If they have to stick it out, I will too." A common phrase that Julia uses to describe her commanding position as coxswain is "Good or bad, *it's all nine*. And if a race goes badly, there's something I could have done better." She is very proud of how much we've closed the gap with rival teams in recent years, and expects that the one second losses of last year will prompt us to step it up again this year. ▲



Julia about to launch her Open 4+ at the Pac-10 Championships on Lake Natoma.

Photo by Tamee Wight

Photo by Tamee Wight

Novice Spotlight; Tony Bertel, By Mike Dostal, Novice Coach

As everyone who has ever been part of WSU men's crew knows, the formation of a good novice team is not only challenging but is also vital to the future of Cougar Crew. The rowers who make up the novice team, the guys who are there without fail, training hard day in day out, they will be the ones taking over and continuing from the varsity in years to come. They will eventually lead the club to hopefully even more success and prosperity on and off land.

In the mean time however we have many more immediate issues to be concerned with, mainly involving balancing the boat, not catching crabs and trying not to fall in again. Despite the difficulties all new rowers face in their first couple of months at the sport we are making good progress and have really started developing a strong, hardworking team that is exciting to be apart of. A large part of developing such a team is wholly dependant on the people that the team compromises of, a successful team needs every different type of person. We need the leaders, the hard workers, the guys who never miss a session, the team motivators, the team joker, the perfectionists and even the "prima donnas". This I guess is what they mean when they say the total is greater than the sum of its parts.

Many people on the team stand out even this early in the season but the particular person I would like to highlight is Tony Bertel. Tony is one of those guys who gets on with whatever is at hand. No matter what the session he will be there and without the slightest hint of complaint, will see it out to the end. At first he might not be the guy you immediately notice in the erg room or working out on the track but look at little more closely and time after time he is working hard and giving it his all.

Tony hails from Rochester, Montana originally, although his family now resides in Spokane. Previous to joining the crew team Tony was a pole vaulter, competing for his high school. He points out that rowing and the pole vault are about as far apart as you can get, the only similarity being in both sports you get to hold onto some type of long fiberglass/carbon pole. Another of his interests is canoeing and backpacking. He reminisces of going up to the Canadian border on long canoeing trips where you

wouldn't see anyone for days on end. It was on such trips that he began to develop his interest in wildlife which eventually led him to WSU to study Wildlife Ecology.

As a sophomore this year he decided he wanted to become more involved with WSU and determined crew was way he would go about it. On asking him about his favorite sessions he says 'it's got to be down at the river' and although he admits it's only happened a couple of times he says

'the best is the feeling of gliding across the water as everyone is in time and the boat is balanced'. Reflecting on some of the determination he has shown during training, Tony reveals he does find the sessions hard and goes as far as to say he finds some of the track workouts intimidating to begin

with. Once he has finished though that's when he enjoys it, knowing he completed something he had doubts about, and it is usually well before 8:00 AM!

Tony is already looking forward to the spring and some of the big championship races against teams from all over the West Coast. He ends with a message to the novice team: "I think the novice team has been doing a really great job so far, and I am proud of myself and my team mates for working so hard and putting in so much time. Keep up the good work." I can only say I agree with that. ▲



Photo by Kari Huhna

Tony smiles for the camera during Tables and Chairs.

Decade Flashback!

1975

The freshman 8+ wins the Royal Brougham at Lake Washington in Seattle.

1985

69 men turn out for crew in the fall, the second highest number ever up to that point. On Nov. 9th, Cougar Crew competed in the Frostbite Regatta in Seattle, taking victories in the heavy, light and light novice eights, light and heavy fours.

1995

More Fall racing information needed!

(If you have Cougar Crew Information, please send it the way of the Publisher!)

My Experiences With WSU Men's Crew, By Sean Martin, Varsity Oarsman, Lightweight

(continued from page 3)

season things began to fly by. It seemed as if we had a race almost every weekend and the ability to row on the water every afternoon practices and some mornings as it seemed to warm up slowly. School was concluding and the pinnacle of our racing season was upon us. I had the honor to stroke the Novice eight that went to the WIRA championships, a race which I still consider one of my favorites thus far in my rowing career.

The PCRC and Pac-10 Rowing competitions that concluded our season was also a lot of fun and made me realize how far our Novice team had come from the very first day on the water and how thankful I was that I had joined crew with so many great men and women.



Photo by Green Lake Crew

Sean sitting 3-seat in the Lightweight 4+ at the Fremont 4-Miler.

After my Novice year finishing on such an amaz-

ing note I could not picture another school year without crew, not to mention the close friends I had developed. So my decision to come back for another year of rowing was an easy one and although I was slightly apprehensive about being a "varsity" rower, it has not taken long for me to realize the many reasons once again of why I'm a member of Cougar Crew. People ask, "Why do you row?" and it is a very hard question to answer, one that can not simply be summed up into a single word or statement. One thing I have come to realize while being a rower on a campus in which Men's Crew is a club sport is that I am not rowing for the glory or recognition, but more for my teammates and all the hard hours we have put in.

Rowing is a sport that demands attention to detail, hard work ethic and a large time commitment, but is also very rewarding. Every grade run, meter done on the erg and practice in which rowing on the square is all we seem to do I try to remind myself of the pay off in the end, that great feeling that eight have come together as one to make a sixty foot long boat move faster than they had thought possible. I am looking forward to my next three years of rowing and can not wait to see how Cougar Crew will continue to grow and become one of the elite clubs on the West Coast. ▲

Editor's Comments, By Karl Huhta, Publisher

(continued from page 1)

Publisher position so far and I look forward the responsibilities that will come up in the future.

Because this issue is my first *Pull Hard*, it is an adjustment period. I'm trying to follow in the large footsteps that Peter made last year as Publisher, with adding my flavor to things. The main goal that I want to achieve this year as Publisher is to help communicate the news of what is happening with the team to the outside support for the program. I have been working closely with the Cougar Crew Alumni Association (CCAA) and fellow officers to help make *The Pull Hard* an outlet of information to what is current with the Crew as well as any needs or wishes the Crew may have.

I am highly urging Alumni to visit the Crew website (www.cougarcrew.com) and register under the Alumni Contact link into the database. This is very important in that the current team may connect with alumni

that have not been able to be reached. It will ensure you a copy of *The Pull Hard* and you will receive periodic e-mails from Cougar Crew and the CCAA.

Have anything you would like to share? Let me know. I aim to accommodate and if anyone has any information or something they would like to communicate to the Cougar Crew community, I may be of assistance, just contact me and I will do my best to help.

As the Crew makes its way into winter training, I look forward to the challenges and workouts brought to us by Coach Ericsson, as well as looking forward to further Publisher duties, being in touch with you all and a great year of Crew! Go Cougs!▲

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The Pull Hard

Washington State University Men's Crew Newsletter

*Check out our web site at:
<http://www.cougarcrew.com>*

Recap of the Fall CCAA Board Meeting, minutes recorded by Josh Proctor, Alumni

On November 12th, 2005, the Cougar Crew Alumni Association (CCAA) met at the Pocock Rowing Center in Seattle, WA for its fall meeting. In attendance were alumni, past and current oarsmen, coxswains and friends of Cougar Crew. The meeting was very productive in discussing the happenings of the team since the Class Day meeting last Spring and what is being planned for the near future of the team.

There were over a dozen topics that were discussed in the meeting, ranging from recapping things addressed from last spring and new business. The meeting started with a signoff by CCAA Chairman Tim "Haole" Richards of the Cougar Crew by-laws. This was followed by an update from Head Coach Arthur Ericsson and Commodore Peter Brevick about recent issues with the team. They discussed the hiring of Novice Coach Mike Dostal and the team racing at two new regattas this fall, the Falcon 4-Miler and the Portland LOOP.

Next on the agenda was thanks to Kevin Harris, the webmaster for the Crew website, who has developed a page for alumni contact information. He (and the board) had this message, Alumni: If you have not registered on the alumni contact page, do so today! (simply go to cougarcrew.com, click on [Alumni](#), then click [Submit Contact Info.](#)) Alumni Andi Tiedeman took on the task of validating the alumni contact information that is filed right now to see which ad-

resses are out of date. There are currently 1675 contacts and we want this number to grow!

This was followed by a report on the team's operating budget for the fiscal year by Treasurer Charlie Remington. This was then followed by a report on the WSU Foundation by Doug Engle, Charlie Remington and Kevin Harris. Doug has led an effort to consolidate the number of accounts that are open for the crew, both endowments and others. The objective of this was to reduce some of the duplication of accounts for simplicity, while keeping the accounts open that have special meaning to the team and those who support the team. Donations placed into each of these accounts are tax deductible. This is a point the board decided should be emphasized whenever requests for donations are advertised. Endowed funds are guaranteed to return an interest rate of 4% through the WSU foundation. 4% is the minimum, and last year the account did quite well above this minimum.

There was much talk of connecting with alumni. To read everything that was discussed, the entirety of the meeting minutes can be found on the team webpage. Other topics were the team vans, equipment, planning for **Class Day 2006**, and fundraising plans. It is encouraged that everyone visits the webpage and read over the minutes. Everyone that was able to make it to this meeting is very appreciated for their attendance and the input and suggestions offered. This is just another step in the strengthening of Cougar Crew. ▲