



Cool Happenings:

- Men's Crew Joins WIRA Conference
- Erg room addition
- Class Day 2005!
- Great fall Results

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An Early Competition, By Charlie Remington, Treasurer

Seldom in the history of the Seattle Center has Washington State University made its presence better known than on this past January 29th. Contrary to earlier plans, an extemporaneous outing was commenced in which the crew members discovered (or rediscovered) the joys of a true, high-caliber indoor rowing competition. At the request of former WSU novice coach and oarsman Mike McQuaid, and through a unanimous decision by the team members, it was decided on short notice that the team would take part in the 2005 Ergomania. The team's entire vehicular fleet was employed and their quiet arrival in downtown Seattle showed little portent of the rising tempest that would soon unleash itself.

The quiet dispositions that prevailed among the athletes prior to the first



The ergs awaiting their competitors, Seattle Center

erg piece of the day made it easy, strangely, to sense the anxiety that most were feeling. Brian Kirk, a third-year rower, was overheard mumbling about the long moments of anticipation prior to the

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WSU Men Join Second Conference, By Arthur Ericsson, Head Coach

I am excited to announce that WSU Men's Rowing is now a member of the WIRA (Western Intercollegiate Rowing Association) Conference. It is the largest conference in the western United States, with membership of virtually every collegiate rowing program in the NW and SW regions, including 29 men's teams alone. It exists for the singular purpose of hosting a championship race for its member schools.

I think the founding members of WIRA felt that they had to play second fiddle to the PAC-10 powerhouses on the PCRC/PAC-10 weekend, so they formed

their own championship. As time passed, a few of the smaller PAC-10 schools sought to participate in the WIRA Championships, but WIRA thought that if they opened the door to one PAC-10 school, that their event could end up being dominated by the likes of Cal and UW, who by definition, had excluded them from their championship. Last year, amongst some controversy, WIRA accepted the Cal Lightweights, which is a club team.

We first needed to be nominated by a majority of the WIRA Board of Stewards before their fall meeting. We

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Editors Comments and Thoughts, By Peter Brevick, Publisher

Salutations to all of the Alumni, Friends and Family of Washington State University Men's Rowing! I trust that you have all been able to enjoy the time since the last *Pull Hard*. For the current oarsmen that time has been filled with some good fall racing, some killer winter workouts, and most of all a desire to get back out on the water and go fast this spring! As you may already know from our website, or from personal contact with current oarsmen, this fall season was a good one. The varsity eight came out with even record in our four races and the



A group of Novice and Varsity oarsmen, and the Coach (far right), clocking some meters in fair weather at the 2004 Ergathon on Glenn Terrell Mall.

other boats also fared well. You can get all of the details of the fall racing on opposite page.

Another thing that has been the talk of the oarsmen is Coach Ericsson's workouts this winter. I'm sure that the alumni will agree that one of the defining aspects of rowers in general, and especially those who must get off the water, is the winter training. No other sport demands such amounts of work and focus throughout the winter months, most when the spring season is nothing but a memory. Coach Ericsson has met the challenge of generating a training schedule that primes the team to perform its best, while at the same time providing enough mental stimulation to not be left with a group of zombies come spring. You can get the details for this on the back page.

As most of you know, all of our winter training is based in the 'Erg room'. For the past 5 years this has been racquetball court #5 in the Fieldhouse annex. This fall we were very happy to have the addition of court #4 to the teams land facilities. This fall we purchased four used ergs from the women's team, which gives us a total of 16 model C machines. Our coaches have been very happy for this as it now enables the varsity team to practice in one shift. The novices still need two shifts, but this is much better than it was just two years ago. Getting

back to the point... With these added ergs, having one room dedicated to the ergometers and another for all of the circuit weight equipment makes for a much more organized and usable workout space. Something we are all pleased to see.

With these added facilities and the extra space that they offer there has been a request from the Coaches for some smaller additional pieces of equipment. Please see page seven for all of the details.

As I'm sure you all remember, fall is season to two things. Head racing and fundraisers. As Charlie reported last issue our fall Rent-A-Rower was a good success. Getting us a bit more money in the accounts and some interaction and good standing in the community. We are also planning on performing a spring edition of Rent-A-Rower to help pay for regatta travel costs. As has been the case for the past few years, we once again set an all time speed record for Tables and Chairs. With the large Varsity and Novice classes we were able to complete two different editions of this fundraiser in only 45 minutes! This was very good for team morale and also gives us a good base for our operating budget. I know that some of you saw us doing the program sale fundraiser at the home football games. This fundraiser, though tiresome, did bring in a good amount. The catalog sale did not go as well as last year, but should still help the team out financially.

The most talked about and effective fundraiser is still the beloved Ergathon. While some may find the idea of sitting on a rowing machine for an hour at a time an unappealing proposition. I think that I can speak for all of the varsity oarsmen in saying that I looked forward to, and enjoyed, my allotted Ergathon shift. This year we held the event on the Glenn Terrell Mall, we were fortunate to have fair weather on both days. Thanks to the friends, family and alumni who donated to this event. It was once again a great success.

The last thing I wanted to mention is **CLASS DAY 2005!** This year's event should be a very good time for all involved. I personally am hoping to see fifty alumni of the program at the Class Day banquet. I believe, as I'm sure most of you do, that rowing, and this Team, has the biggest of all impacts on my college experience. Everyone on this team has faced the same battles. From being a club sport, to winter workouts, to the at times vengeful Snake River, to being so far away from other rowing teams. This is an experience that none of the current oarsmen, and I'm sure none of you, will ever forget. Please, come share your Cougar Crew experiences with the current oarsmen and other alumni. Please, come to Class Day 2005!

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Fall Racing Recap, By Nick Eaton, Varsity Oarsman

Winter Break marked the end of a successful fall racing season for WSU Men's Crew. In addition to the Gonzaga Dual at the beginning of the season, the Cougars raced in the Head of the Silcox, Head of the Snake, and Head of the Lake regattas.

They turned a lot of Heads.

Coming off a victory at Gonzaga, the team was in high spirits coming into the Head of the Silcox. Racing on the infamously rough waters of American Lake in Tacoma, Wash., the Cougars won five out of six events. The varsity eight came out on top by over 20 seconds, beating Lewis and Clark, Puget Sound, and Pacific Lutheran. The novice crew swept the novice eight event, finishing first, second, and third over PLU and UPS. Also winning their events were the JV eight, the varsity four, and the JV four.

Returning back to familiar waters, the Cougars invited Gonzaga to the Head of the Snake. Feeling perhaps a bit too sure of themselves, both the varsity and novice teams found themselves finishing short of the Bulldogs. The varsity eight lost by 16 seconds, the novice eight by 34 seconds, and the varsity four by 17 seconds.

Using the loss against Gonzaga to their advantage, the Cougars increased their training in anticipation of Head of the Lake. Once again feeling confident, the varsity and JV boats traveled to Seattle to make a state-



The Varsity eight at top speed past the breakwater at the Head of the Snake.

ment not only to Gonzaga, but to the rowing community as a whole. Rowing their best race of the season, the varsity eight placed fifth out of eight, victorious over Gonzaga, Pocock Rowing Center Elites, and UC Davis. The result solidified the Cougars' mounting stronghold on collegiate club rowing not only in the Northwest but throughout the entire West Coast.

The JV eight, suffering breakage of the stroke's rigger only five strokes into the race, managed to hold off PLU's varsity eight with only seven rowers. The mechanical failure was a hard-hitting blow to the JV boat, but they shrugged it off in eagerness of future chances to compete. The oarlock pins have since been replaced with larger one and the Team is hoping to never experience this type of breakage again.

Now feeling ever more confident during winter training, the Cougars are excited for the spring racing season. Equally competitive against teams such as UC Davis and Gonzaga, WSU Men's Crew is striving for a spring to remember.



Class Day banquet with Commodore Danny speaking, 2004 edition.

Fall 2004 Race Results

Head of the Silcox; October 23rd		Head of the Snake; October 29th		Head of the Lake	
Varsity 4	Varsity 8	Varsity 8	Varsity 4	Varsity 8	
WSU-A 1st	WSU 1st	WSU 2nd	WSU-D 2nd	WSU 5th	
WSU-B 3rd			WSU-A 3rd		
	JV 8	Novice 8	WSU-C 5th	JV 8	
Novice 8	WSU 1st	WSU-A 2nd	WSU-B 6th	WSU 11th	
WSU-B 1st		WSU-B 3rd			
WSU-A 2nd	JV 4	WSU-C 5th			
WSU-C 3rd	WSU-Ltw 1st				JV eight experienced breakage in their race.
	WSU-B 4th				

An Early Competition, By Charlie Remington, Treasurer (continued)

(Continued from page 1)

race. Later, when asked how the piece had treated him, he simply said, "It hurt, but I'm happy." Indeed, the fast times posted on the day enlivened everyone's spirits and it would be hard to consider the event anything but a success.

Each individual pulled a 2,000 meter piece and then members of the varsity squad entered the team challenge; a competitive, but fun, 1,000 meters. In the team event, it was a shoot-out between the three WSU boats (all other clubs and schools, for some reason, having previously declined Commodore Danny Brevick's challenge). In the end, only a few slight seconds separated the leaders from those on the tail-end; proof of the depth and competitiveness of the team. Such an abundance of WSU rowers undoubtedly made an impression on all the onlookers.

The day was rounded out with a personal meeting between the novice and varsity squads and two fine gentlemen from the Pocock Rowing Center; Emil Kossev, a coach for the U.S. Olympic squad, and Conal Groom, a 2000 Olympian. Many important topics were discussed and many questions were answered. In general, it was just good to see two major figures from the world of post-collegiate rowing and to realize the incredible drive one must have to be in such a position. I, like many others, came away with a new sense of motivation that should



Photo By Kurt Hahn

The Collegiate Lightweight Heat about to begin.

carry over favorably to all succeeding races.

Of course, now all eyes are on the next great challenge, coming up at the end of February. Ergomania was a chance to test the strength of the crew (and coxswains as well, who also contributed their time on the erg in the specially designed 500 meter race) while realizing that more specific training in the near future will improve the prospects of the crew for all the major spring races. We'll keep you updated.

WSU Joins Second Conference, By Arthur Ericsson, Head Coach (continued)



Photo By Tamara Wright

The Team that will be vying for the WIRA championship title.

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were foremost encouraged and supported in this step by the two Head Rowing Coaches of Gonzaga University. I then had a chance to speak at the meeting and answer any of the coaches' questions. I explained that we have a rich 34 year history, and are proud members of the PAC-10, but that we have more in common with many of their

schools and that we want to have the opportunity to compete against the best club teams in the western region. The final step was to be accepted by a majority of the membership, which happened with overwhelming support.

This April 30-May 1 will be WSU's first year racing in the WIRA Championships. We will face off against such solid programs as Orange Coast, UC Davis, Gonzaga, UC Santa Barbara, Sac State and Santa Clara, to name a few. Last year's Men's Varsity 8 Grand Final was the stage of an incredible battle in which Orange Coast defeated UC Davis by just one tenth of a second, in a time of 6:01.5. The WIRA Championship offers more diverse events including a variety of lightweight race categories, a 2nd Novice 8, and even a pair's event. The championship will once again be held on Lake Natoma, just east of Sacramento and includes seeded events, three levels of finals, and mandatory racing for shirts in the men's events! We hope that it can also serve as a qualifying opportunity for IRA's and I can guarantee that the competition will test every ounce of our rowing abilities. Not a bad test to have two weeks before our PAC-10 Championships.

The "Fridge Page" Put it on the fridge to keep track of all the important Dates.

T'is the season... for some sprint races!, By Danny Brevick, Commodore

We began our training during the first week of class last fall and have continued through the deep dark depths of winter. Now the days are finally getting longer, soon, we will be back on the water, and spring is just around the corner. Though spring showers do bring May flowers, there are bigger things afoot; we get to RACE!!!

Our spring schedule begins with two indoor erg duels. First, we attended the Ergomania event in Seattle and you can read all about that on the front page. Secondly, we have our annual indoor erg duel with Gonzaga University up at their new high tech training complex in Spokane, WA. Once the ice and snow retreat, we will begin racing on the water with a battle between the University of British Columbia, Orange Coast, and Gonzaga. The following weekend is the highly anticipated Class Day and we are looking forward to getting out on the water with many of our alum. The early spring season closes when we travel over to the Westside of the state for the Daffodil Cup. We plan to avenge last year's loss when we race Western, Puget Sound, and Pacific Lutheran.

Next comes the always exciting San Diego Crew Classic where we will face off against all of our favorite Pac-10 foes and let the novice see what spring racing is all about! Special thanks go out to John Oliver who is once again bringing the Cougar Crew down for this special event. After that we will host our only home race of the year when we face off against the University of Washington on the mighty Snake River. We will be racing Gonzaga University midweek on April 20 for the sought after Fawley Cup and hope to bring it back home after fourteen long years.

Then the Championship season begins, when thanks to our acceptance to the WIRA Conference (see the front page), our top Varsity and Novice eights will be able to race against 29 other crews at the Western Intercollegiate Rowing Association Championships from April 30th through May 1st. The PCRC/Pac-10 Championship weekend begins on May 14th and cumulates with the Pac-10 finals on May 15th. We also hope to take a boat back to the IRA National Championships in New Jersey to represent Washington State and show those east coast boys a thing or two

We would love to see you at any of the races and always look forward to the "GO COUGS!" as we close down on the finish line. If you are able to make it out, please stop by and introduce yourself as we are always looking to meet anyone who has pulled an oar for the Cougar Crew.

Regatta	Date	Location
WSU vs. GU Indoor Erg Duel	Feb 26th	Spokane, WA
WSU, Orange Coast, GU, and UBC	Mar 12th	Silver Lake - Spokane, WA
Class Day	Mar 19th	Snake River - Pullman, WA
Daffodil Cup - WSU, WWU, UPS	Mar 26th	American Lake - Tacoma, WA
San Diego Crew Classic (Varsity, Novice)	April 2nd-3rd	Mission Bay - San Diego, CA
Husky Invitational (2nd Varsity, 2nd Novice)	Apr 2nd	Mont Lake Cut - Seattle, WA
WSU vs. UW Duel	Apr 16th	Snake River - Pullman, WA
Fawley Cup Duel vs. GU	April 20th (Wednesday)	Silver Lake - Spokane, WA
WIRA Conference Championships	April 30th-May 1st	Lake Natoma - Sacramento, CA
Opening Day Regatta (2nd Varsity, 2nd Novice)	May 1st	Mont Lake Cut - Seattle, WA
Pacific Coast Rowing Championships	May 14th	Lake Natoma - Sacramento, CA
Pac -10 Rowing Championships	May 15th	Lake Natoma - Sacramento, CA
(IRA) National Championships	June 2nd-4th	Cooper River - Camden, New Jersey

Race dates may change. For up to date information, please refer to our website.

Fast Boats, Friendly Families, and Fun Alumni, By Danny Brevick, Commodore

The racing at the Head of the Lake Regatta in Seattle this fall was intense and very successful for our Varsity 8. We crossed the line with a faster time than our arch rival Gonzaga University and were able to defeat UC Davis as well. Most of you are all too familiar with Gonzaga and the strength of their fully funded program and many would consider UC Davis to be the top club team west of the Mississippi (which would make us the club team that beat the top club team west of the Mississippi!). Bad luck struck our JV8 when they had equipment breakage in the early stages of their race. They showed some real guts and the true Cougar Spirit when they persevered and were happy to finish "not last" with only seven rowers for nearly the entire race.

Though the racing was great, the Cougar Crew gathering was also a highlight. Thanks to the help of Andi Tiedeman (THANK YOU!), the Coaches and Officers were able to rent the Pocock Rowing Center and we invited all of the alumni to come and enjoy some food and drink after the race. Many of the oarsmen had their families in tow, so we crowded in to enjoy some fine conversations and glean some knowledge from our more experienced compatriots. There were fun times for all and everyone loved the year in review slide show presentation. Thanks to all of the families who helped out and thanks so much to alumni who came out to watch us race and joined us at the Pocock Center as well. You folks are awesome.

If events that involve getting together with all of your friends and former teammates for some fine food, drink, and stories sound like a good time to you, mark your calendar for **CLASS DAY** 2005! We will once again be hosting all of our former oarsmen and their families here in Pullman on March 19th. We have been working hard to get the Cougar Crew back on track and we will be holding our annual business meeting Saturday morning from 9-11. We need lots of help and ideas so be there. Come down to the boat-house at 1:30PM and get ready for some class racing at 2:00. We are always looking for alumni to race in the 500 meter sprint races, so make sure and claim a spot. After the day's racing, we will be returning to Pullman for the Class Day Banquet at 6:30. Bring your scrapbooks, pictures, and glorious t-shirts. Join us for great friends, good food, fine drink, and a whole lot of fun!

Come join us for
Class Day 2005!!!

Saturday March 19th

We have reserved a wing at the award winning Holiday Inn Express in Pullman (509-334-4437). Tell them that you are with Men's Rowing and you will get the group rate and a room next to your teammates! I would appreciate people letting me know if they are going to make it, but do not let that stop you! Keep an eye on our website for an ongoing list of people who are planning to attend. Mark your calendars and tell your boss you want Friday afternoon off. I will send you a formal invitation with all the details in a few weeks. See you there!

RSVP Danny Brevick at dbrevick@juno.com or (509) 334 - 4126

Girl on a Men's Crew Team?, By Ginny Bradley, Novice Coach

Usually when I talk about one of my novices, I ask about the trials of rowing from a rower's perspective. This edition, I thought we should look at men's rowing from a different perspective... a coxswain's.

Jenny Besagno is a Sophomore, hoping to major in Education or Psychology and become a teacher. She is currently one of our novice coxswains, and just starting coxing this fall. Now while coxswains are usually seen as the brains behind the brawn, Jenny has had her share of athletic trials. In high school she played fast-pitch softball and was also a member of the swimming and diving team. It shames me to say, but Jenny is a better swimmer than the vast majority of my rowers. (But that is why they stick to the boats, right?) She loves diving so much, in

fact, that she coaches a myriad of divers, ages 6-17, at a swim club near her home in Burien, WA.

Jenny compares coxing to coaching her summer divers. She loves being a positive influence and enjoys seeing improvements in her athletes. Her leadership skills show, not only in her coaching and coxing, but also in her school life. As President of her sorority, Alpha Delta Pi, Jenny is responsible for running her house and maintaining inter-house relationships. She said that her sorority's house is like a "home away from home," and that it provides a support base for her at school.

Jenny, like so many others, was actually talked into trying her hand as a coxswain by one of our varsity athletes. She's glad she joined, as she sees practice as a "big stress

release" during her day. Surprisingly, she doesn't find it difficult to be a woman on a men's team. When I asked her why, she said, "Guys are more laid back and don't hold grudges." The most challenging part about coxing for Jenny is gaining the trust of her rowers. She hopes to improve this spring by learning more, expanding her rowing-vocabulary and getting into that adrenaline rush that only 2k's can give. She's also hoping to win the Coxswain's 500m Sprint at the GU Erg dual, and is training hard for it.

We are lucky to count Jenny among our coxing ranks. She brings a lot of composure, a no-nonsense attitude and athleticism to our team. She will continue to impact the team and will help to foster a higher level of competition at practice every day.



Photo By Steven Webster

Jenny Besagno soliciting for donations for Ergathon on the Glenn Terrell Mall.

Has the Wife been telling you to clean out the garage?, By Peter Brevick, Publisher

Now is your chance to kill three birds with one stone. Clean out the house, improve marital relations, and help WSU Men's Crew! Our coaches have requested the following items for the improvement of our practice facilities, and thus the Team's boat speed. None of the items requested need to be new and most will be used during workouts and will get a little beat up. We are not asking for you to buy the items! If you do have any of the items listed and would like to donate them to the Team we would appreciate it. Please e-mail Coach Ericsson (arthurericsson@sbcglobal.net).

Help your self, help your family, and help the team.

- TV with audio-video hook-ups
- DVD Player to watch Olympic Rowing and training media
- 10' X 10' Event tent for regattas
- Carpet for our erg and workout rooms
Both are 20' X 40', this would be ideal size but larger pieces that could cover this are would be appreciated
- Exercise Balls
- Dumbbells, 5 lbs and up
- Carpet Vacuum
- 24 2' X 3' carpet samples for stretching at the boathouse
- Video camera for technique analysis
- Small bookshelf for rowing literature

The Occurrences of The Varsity/Novice Intersquad Race Day, By Karl Huhta, Novice Oarsman

On the morning of November 6th, 2004, in the height of the Fall Race Season and just a few days before Erg-a-thon, the varsity squad and novice squad gathered down at the Snake that Saturday morning in preparation for the much anticipated varsity/novice intersquad race. The week leading to this moment was one of nervousness and excitement. The novice team, hoping that they may match up to the varsity and "row with the big boys", and the varsity, being optimistic to how the novice will fair at their speed.

I found myself being somewhat nervous that morning standing in front of the boat house in a big circle with all the other rowers. I was wondering who I would be sitting with in my boat, ready to proclaim to the other boats to be prepared to get beat, and beat badly. After the names of varsity rower, novice rower, varsity rower, novice rower were called to their shells, I joined my fellow oarsmen in the last group of eight names called, and we prepared to launch in the fine boat, Struckmeyer II. A worthy vessel is the Struckmeyer II, and my confidence continued to grow.

The weather on the River that morning was sunny, but the air had a chill to it. I had anticipated the weather to have a fairly cool temperature, so I dressed accordingly in shorts with sweatpants upon my legs and Under Armour, a t-shirt and a hooded sweatshirt warming my upper half and tucked neatly into my pants. Odd looking, yes, but I later was happy I was the only one dressed in a full sweat suit. The water was relatively calm when we launched, but as we started our warm-ups down the river and made our way around the bend, the once calm Snake River turned into a furiously choppy body of water. Rowing conditions we Novi were not fully accustomed to.

The shells made their way down the river, while the oarsmen adjusted themselves to the roughness of the mighty Snake. The wind had picked up to a solid bluster and smooth rowing conditions were nowhere in sight. I know that the other Novi and I in our boat were trying desperately to practice good form, slow legs, level hands in an attempt to avoid catching crab and the ensuing em-

barrassment of such an act in front of the varsity oarsmen. Plus we were all trying to look good and intimidate the other boats, reaffirming our inevitable triumph in the race and their inescapable beating.

Once our fleet of shells had turned themselves around and were ready to head back up River, the white-caps made themselves at home in our boats. The wind-chill and water temperature combined to form an ice-cold grasp on our bodies. I turned around to fellow novice Steve Smith to see how he was holding up, the bitter cold had gotten to him as he sat in his t-shirt and shorts. We began doing drills and working on starts, something we novice rowers were new to. With every stroke, the wind caught the stirred up water and blew it over our backs. An uncomfortably refreshing experience. Soon after, it was time to race.

After we were "warmed" up, this was the moment the last week had been building up to. Coldness aside, with all the talking that had been said, it was time to back that talking. Rowing short sprint races one after another with a short paddle in between to catch our breath, when it was all over, the Struckmeyer II had prevailed more often than not, and we were satisfied with our performance. It was time to head in.

The water poured down upon us as we went up overheads on the dock, a fitting end to a wet day of rowing. We brought the Struckmeyer II down to waist as we waited our turn to put it back in the boathouse. This is when I noticed that seemingly everyone had underdressed and had been completely soaked by the swells of the Snake River. The wind that whipped around us wasn't helping the situation. As everyone shook in the cold, I stood there, completely soaking wet, yet due to my insulation, completely warm. My odd looking sweatsuit was paying dividends.

After loading the boats onto the their shelves, we grabbed our bags and headed to the vans. I sat myself next to my good friend and fellow novice oarsman Tak Niino. Tak had dressed in just a JL and trou. I asked him if he was all right, and he didn't answer. He just sat there shaking with his head between his knees. I asked him a few days later how he was feeling on the van. "It was very, very cold." he said. "I felt that I was about to die. I was not used to the weather here in Washington."

Yes, we were cold. Yes, we were wet. But was it fun? Unbelievably. This being My first year rowing, this so far has been one of the more memorable times for me. I enjoyed it immensely and I know that I will have more memories to make in the next few years. This was an experience you really appreciate when you have forty other guys to share it with.

I look forward to getting back out on the water, and I look forward to the next day the Snake River decides to get rough with us.



Photo By Karl Huhta

Karl with fellow novice Andrew and Aaron at the Head of the Silcox (L to R)

Varsity spotlight; A Fine Teammate, By Arthur Ericsson, Head Coach

Bryan Anderson is one of only two 4th year oarsmen on the team. When asked to explain why he has persevered, he said half jokingly "I figured I already did three years, what's one more!" Bryan is the primary jokester on the team, but prides himself on completing what he starts, and says that all of his friends on the team keep him going strong.

He believes that the team and training has come a long way since he was a freshman. "Practices became mandatory. They became longer and there were more of them. I think the guys knew it was a good thing, but many couldn't handle the change." He remembers losing to Gonzaga by a full minute in a 2k, but last year they only lost by 3.8 seconds. "Having Ken Struckmeyer attending that race was a big inspiration. That race was for him." He remembers how during his sophomore year, the team could not fill a novice 8. He is envious of the size of this year's freshmen squad and the racing opportunities that will provide them. "In rowing, experience is what counts. Keeping the numbers into the varsity is the key to success."

Bryan was born and raised in Mt. Vernon, WA; the oldest of two sons. Bryan's parents have been big supporters of his rowing. "They come to races, and they give me the financial means to row. There's school and rowing. Rowing is like having a part time job. Besides, no one would want to hire you since we could never work weekends in the spring." There was no rowing in his community when Bryan was in high school, but when he got to WSU, he remembered how it had once caught his fancy when he was younger, and that it was something that he had wanted to do. Bryan enjoys boating, fishing and hanging out with friends. He likes animals, but recalls a hiking trip in which he was stalked by a cougar at close range. He is a senior majoring in Business Economics. When asked what prompted him to live in a farmhouse 10 miles from campus, he said "cheap rent." After he graduates, Bryan hopes to take his experience working at Roche Harbor Marina, and work on a private yacht.

Bryan is a lightweight oarsman and his biggest

rowing goal is to get a medal in a lightweight 4 before he graduates. His freshman year he missed a medal by 0.2 seconds; his sophomore year he missed a medal by 1 second. But he has always felt that a medal by anyone on the team has always been a shared victory for all.

Bryan likes to loosen everybody up in the vans. "By acting insane, I can keep everybody else feeling sane." "I am a hard worker. I could be a Brevick. Physically, I'm in good shape, mentally I can be weak, but I've gotten stronger every year and there have been times when I have produced 110% results." His favorite memory was at the conclusion of the 2003 PAC-10's. "Ryan, who weighed over 230#, tried to throw little 149# me in the lake, but I held onto a tree, and wiggled out and ran lightning fast so that none of the rowers could catch me." There are a lot of guys who say they rowed in college, but many of them didn't carry it through their senior year. Bryan will complete this endeavor, and will do so having given competitiveness and a lighthearted spirit all along the way.



Bryan Anderson (top left) atop a human pyramid made of the boat he stroked, taken after the 2004 Pac-10's

Class Day 2005!!!, By Peter Brevick, Publisher

If you are anything like myself you are sometimes hesitant to attend certain events. This can be caused by a concern for the number of people who are attending, who is attending, and a plethora of other reasons. This is my last call, please come to Class Day! I, the Team, and all of those planning to attend would love to have your company.

A list of those who have already confirmed is on the right, I hope this eases your worries about who and how many are attending.

If you have any questions about the event please contact either me or Commodore Danny.

Alex van Rijn, Benjamin Fields, Carl Cronk, Chris Kanyer, Darrin Meiners, Herbert 'Tim' Richards, Jess O'Dell, Josh Proctor, Michelle Arganbright, Mike Pabisz, Mike Buckley, Mike Noble, Patrick Williams, Ryan Hui, Sandy Buckley, Tim Zeiler, Thomas Caudill, Vicky O'Dell, All Varsity and Novice

The Pull Hard

Washington State University Men's Crew Newsletter

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

I ♥ Winter Training, By Jason Lackie, Varsity Oarsman

The end of the fall season marks the beginning of winter training; a time of the year most rowers dread to within an inch of their lives. The days are short and cold, there's no water practice, and erg (rowing machines) workouts take a violent and vicious turn. It's easy to understand why most rowers dislike this time; most of us just find it hard to be away from what we love to do, row boats.

As hard as it may be for the rowers to get through the winter, the most challenged is the coach. It is they who have to take this melancholy time and not only keep their team's spirits high and minds challenged but advance them technically as well. The delicate balance of erging and cross training is a precarious tight rope. Push too hard and you may break your rowers, too light and they'll perform like a loose string on a guitar. Winter planning is an art and training its subject.

If winter training is a work of art then Coach Arthur Ericsson is its artist. Countless hour long pieces, swimming workouts, twenty-one thousand meter time test, a 6k; 60min; and 2k test and practices entitled Dante's Ergferno, C'Erguit, and Erg Lottery & Roulette pushed physical and mental limits. During Christmas break each rower was given a complete work out sched-

ule, Christmas off, totaling 200,000 meter over 3 weeks. Coach Ericsson, always calm and understanding about life's difficulties, lightened or intensified practice schedules depending the condition of his athletes, carefully guiding us along a path to spring racing and molding our hunger to return to the water. He has strengthened our wills to succeed and our thirst for competition. At first difficult to see, these results were nothing less than staring us in the eye last weekend at Ergomania. Before we raced there was no air of dread, just one of quiet anticipation for our race, for the spring.



The first signs of a successful winter training program. WSU Men's Crew taking the top three spots in the team competition at Ergomania