

THE

PULL HARD

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**THREE ATHLETE SPOTLIGHTS,
NEWS FROM THE TREASURER,
& MUCH, MUCH MORE!**



TWISTED STEEL

**COUGAR LIGHTWEIGHTS
HUNGRY FOR SPRING RACING**

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An Apology from Cougar Crew

To Alumni, Friends, Family, and Supporters of Cougar Crew,

We, the team, extend an apology to you all on the tardiness in this year's *Pull Hard*. As the fall semester progressed, this year's elected Publisher found they were having difficulties in juggling school, training, and the responsibility to their officer position.

The Crew prides itself on hard work, and our officers volunteer to take on more than their fellow rowers because they want to help make the program more successful. The Crew prides itself on representing itself the best way it can to the public and always strives to do so. We will work hard to produce several more issues throughout the rest of the year to get you not only the information about the team's races, but stories from the Crew that do not tend to make the results page. We thank you again for your support and we hope to see you at some races this spring.



Coach Gamache Named ACRA West Coast Region Coach of the Year!

Just before the Cougars left Pullman for Tennessee to race the ACRA National Championships, ACRA President and Michigan head coach Gregg Hartsuff announced the winners of the 2008-2009 ACRA Regional Coaches of the Year. And to the delight of the Men's Crew, our very own novice coach Julia Gamache was named the West Coast Regional Coach of the Year!

"I was so surprised, it shows very well on the team that they are turning so many heads!" said Coach Jules, "It is a great honor and I am happy I am apart of this team." Although Julia was surprised, it didn't come that way to everyone. In her first year as novice coach for WSU, Gamache's novice 8+ posted strong results throughout the fall season, won the Daffodil Cup in Tacoma on March 28th, took third in the petite final at the San Diego Crew Classic, narrowly came up short in their upset bid over Gonzaga, won bronze at the WIRA Championships on May 3rd, and upset Oregon State at the Pacific-10 Championships, taking fourth in that race and almost winning bronze, finishing just over 1 second behind third place Stanford. The year of hard work was recognized by the ACRA voters and she was named regional coach of the year.



Now while results are important and good results are fantastic, Julia's coaching style and ability goes far beyond the race course. "She took our group of novice with no rowing experience and created a team that not only excelled athletically," said novice team captain Andy King, "but fell in love with the sport." And more evidence of that was shown last spring, as she carried into March 2009 one of the largest novice classes in program history.

Julia's top novice 8+ wasn't the only boat of hers to do well last year. Her second novice 8+ won bronze at the WIRA Championships in their season finale. From that novice team, a retention rate of roughly 95% carried over to this year's varsity, which was evident at the end of the fall of 2009, as 4 of Julia's former novices had a seat in the Varsity 8+ at the Head of the Lake Regatta.

Julia's presence with our program has been truly immediate, and we are thankful to have her and her fantastic coaching ability. With a great group of novices this year, we look forward to the spring racing season and future successes. Perhaps even an ACRA National Coach of the Year award...

*The complete ACRA Regional Coach of the Year press release can be read at www.americancollegiaterowing.com.



The above photo was taken May 24, 2009 of the WSU Novice 8+ at the ACRA National Championships in Oak Ridge, Tennessee. Going into the regatta, the Crew was seeded 2nd overall. After a tough race in their heat, the Cougs won the repechage and would take the silver medal behind national power Michigan. The crew, from left to right, was Caitlin Aldrich, Justin Bodolay, Josh Wadagnolo, James Dorsey, Nick Estvold, Andy King, Jonathan Detzler, Sean Stoops, Andrew Wilcox, and coach Julia Gamache.

Strong Showings Against Gonzaga Highlight Cougar Crew's Fall Season

The Fall of 2009 was one of the most successful fall seasons in Crew history. With one of the highest retention rates ever for the program, Coach Ericsson's varsity had enough bodies to field 3 eights and a four-with coxswain. That alone is a success and shows how far we have come since as recently as 2006, when the varsity roster sat at 11 people total. It is a testament to our coaching staff and the work ethic of our rowers.

Coach Gamache was at it again as well, having a turnout of 101 (yes, that is not a typo) rowers after the informational meetings in August. After rowers eventually weeded themselves out and Julia made cuts, she had herself a roster of 48 men and women, and coming into the spring that number sits well at 39. 10 more rowers now than this time last year.

Head of the Spokane - Spokane, WA

The first competition of the fall was the annual Head of the Spokane against rival Gonzaga on October 24th. Feeling confident and anxious to test their speed against the defending WIRA Conference champion Bulldogs, the Cougars came down the 5,000 meter course strong behind GU, finishing only 4 seconds off the Zags. "It was a solid first race," said V8+ coxswain Nichole Martin, "To be only 4 seconds behind them on their home course is a great starting point for the year."



Following the Varsity 8+ race was a 4 boat trial between Gonzaga's JV8+, WSU's JV and 3V8+'s, and WSU's V4+ crews. Gonzaga's JV8+, also last spring's WIRA champions, showed GU's program depth as they took the victory over the Coug jayvees in a time of 16:52.0 to 17:15.0. The Cougar 3V finished with a time of 17:48.0 and the Cougar V4+ finished with a time of 19:52.0.



For the novice eights race, the Cougars fielded FIVE crews! In their first career races, the novice eights squared off against 3 Gonzaga entries. Racing a number of GU men with previous rowing experience, the Cougs faired well, rowed hard, and learned quite a bit about racing. When Coach Gamache was asked for her thoughts on their first race, she jokingly commented, "I was too nervous to watch them cross the finish line, but I heard they did really well!"

The results for the novice race were: GU 'A', GU 'C', WSU 'A', GU 'E', WSU 'B', WSU 'C', WSU 'D', and WSU 'E'. Check out www.cougarcrew.com for complete race results and race times!





The newly formed Lightweight Women's team took to the water for the first time as well. Although there were not other lightweight crews to race against head to head, the women raced the clock and got a chance to show what kind of times they could lay down. There was a novice lightweight 8+ and two lightweight novice 4+'s. The eight finished with a time of 23:37.0 and the fours finished only 7 seconds apart in times of 29:41.0 and 29:48.0, respectively.



Head of the Snake - Pullman, WA

In less than ideal conditions on a Friday afternoon, the WSU Crew successfully defended their home water on October 31st as they claimed victory in the premiere Varsity 8+ event. Due to a stiff wind throughout the day, the Snake was full of whitecaps. But the conditions were the same for everyone, and the Cougs crossed the finish line 13 seconds ahead of the Zags over the 4,000 meter race course. "This was probably the best Fall race performance our crew has had in recent years," said Commodore Mitch Williams. "We will be looking to build off of this performance in the weeks to come and hope to carry the success into our Spring racing season."

Solid performances were turned in by the JV8+ and 3V8+ as well, with the JV boat finishing 20 seconds behind a deep Gonzaga crew. The Novice team continued to show their tremendous potential as the A boat finished just 17 seconds behind Gonzaga's top Novice crew. Only 0.66 seconds separated the WSU C and B boats, with the C boat beating Gonzaga's C boat by 13 seconds with a time of 16:40. Rounding out the flight was the WSU D and E boats, which finished with times of 18:31 and 19:06 respectively. The future is bright for this Novice class as they continue to develop and gel, looking towards exciting Spring racing. The Women's lightweight 8+ competed in the first women's flight, finishing with a solid time of 19:30.

Western Washington Duel - Bellingham, WA

On Saturday, November 9th, Cougar Crew brought home a win with a strong performance in the face of adversity. The weather was less than ideal, with gusting winds and continuous rain from the moments the boats hit the water. Despite the daunting outlook, neither the Cougar Crew nor the Western Washington crew



A Cougar 8+ battles a wave on Lake Whatcom in Bellingham, Washington.
Photo by Andrew King.

hesitated to race. With a shortened course due to the rolling waves on part of the lake, the Cougar Crew sent out four novice 8's and three varsity fours to duel Western's two novice 8's and a varsity 4. Times were not forthcoming due to technical difficulties with multiple boats, but when the boats returned to dock without injury everyone could tell that every boat had enjoyed what was, if

anything, a truly memorable race. Both team's coaches said they looked forward to next year and a continuing friendly rivalry between cross-state club teams. At nearby Lake Samish, the lightweight women's team held a practice scrimmage against the WWU novice women. "We had a great practice with Western's Novice women. We did several 3 minute pieces back in forth in the small cove near their boathouse in order to stay in calm water. The lightweights had a great time meeting the girls from Western at the small breakfast and we are hoping to set up a race with them in the future," said coach Emily Kohl.

Head of the Lake - Seattle, WA

On November 8th, the V8+ and JV8+ raced from Lake Union to Lake Washington against some of the west coast's finest crews. Competing against several of the University of Washington's crews (last year's National Champions), as well as University of Victoria, Gonzaga, Puget Sound, and Evergreen, the Cougar V8+ finished 5th overall with a time of 16:49 and 8 seconds ahead of Gonzaga. This was the second time this fall the V8+ defeated Gonzaga and for the first time at the Head of the Lake since 2004. The JV8+ also showed nicely with a time of 17:27, barely losing to University of British Columbia by a margin of one second. "The headrace format in which the crew can find themselves isolated down the course revealed that our varsity 8+ had the internal drive to dig deep for 5000 meters," said head coach Arthur Ericsson, "This could be our strongest asset going into the spring sprints where we'll have the added motivation of brushing elbows with our competition."

For the third consecutive year, the Men's Crew sponsored an alumni entry for the Open Masters 8+ event. The boat performed well, finishing second behind a Pocock Rowing Center boat that finished 4th at the Head of the Charles Regatta. Calm conditions made for great racing throughout the day.



Nick Estvold, Andy King, Sean Stoops, and Mitch Williams and the V8+ en route to a 5th place overall finish in Seattle. Photo by S. Wahlberg.

A Special Thanks From Our Team

Cougar Crew has been in desperate need of additional safety equipment for years. As many may have seen in previous issues, our team had quite a time removing boats from high racks, something we needed to do most every practice. Thanks to the generosity of our readership, Cougar Crew is a far safer team now. Last season some key donations came in from notable sources. First, donations came in from Gayle Larse and Tom Anderson '80, family members of Commodore Mitch Williams and alumni coxswain Julia Anderson '06. These donations helped get our rolling ladder project, excuse the pun, off the ground. The rest of the burden was shouldered by Ernie Iseminger '88, former coach and Commodore.

Ernie, aside from being instrumental in helping us improve crew safety, has been a perpetual supporter at the San Diego Crew Classic. Year after year he has invited the Crew out to a buffet dinner in San Diego and gotten to know our team, not to mention picking up the check. It is thanks to donors like these that our program continues to grow and thrive. They protect Crew members as well as helping us produce fast boats. So from all us Cougs to all the Cougar Crew donors, a heartfelt thanks, and the promise that we will use your donations to help make our boats that much faster.



Photo by Kate Sweitzer

Three eights of varsity
Afternoon practice - August 2009
Snake River
Pullman, Washington

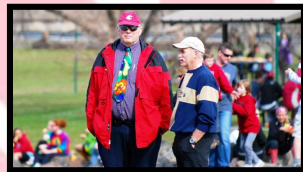
MARK YOUR CALENDARS!!! SAVE THE DATE!!!

COUGAR CREW DAYS will be taking place the weekend of
March 19-21, 2010!

There is an alumni BBQ on Friday, CCAA board meeting Saturday morning, alumni rows and races Sat. afternoon, and the Crew will host a banquet on Saturday night. Don't forget the auctions that will be taking place at the banquet as well! Come meet and mingle with friends old and new and share your stories about Cougar Crew.



We recommend the award-winning Pullman Holiday Inn Express (509-334-4437) for those that will require lodging. Additional information will be forthcoming as the date approaches.



We encourage you to continue checking the www.cougarcrew.com site for information, and any questions regarding the auctions, banquet, lodging, or Cougar Crew Days in general, can be sent to mensrowing@wsu.edu.

We cannot wait to see YOU there!



2010 SPRING RACING/EVENTS SCHEDULE

(print out this page and hang it on the 'fridge)

*February 20th, 2010 - Erg Duel v. Gonzaga

Time: TBD, Location: Spokane, WA

*March 15-19th, 2010 - Spring Break Training

Time: All Day, Location: Pullman, WA

*March 19th-21st, 2010 - Cougar Crew Days

Time: All Day, Location: Pullman, WA

(Includes alumni BBQ, CCAA Board Meeting, Class Day races, Alumni Banquet w/ auctions, and more!)

*March 27th, 2010 - Daffodil Cup Regatta

Time: TBD, Location: American Lake, Tacoma, WA

*March 27-28th, 2010 - San Diego Crew Classic

Time: TBD, Location: Mission Bay, San Diego, CA

*April 10th, 2010 - University of Washington Duel

Time: TBD, Location: Montlake Cut, Seattle, WA

*April 11-12th, 2010 - Regatta v. Stanford, Wisconsin, & Princeton Lwts.

Time: All Day, Location: Redwood Shores, CA

(This event is strictly for the WSU Lightweight Women)

*April 17th, 2010 - Fawley Cup Regatta v. Gonzaga

Time: TBD, Location: Pullman, WA

*May 1st-2nd, 2010 - WIRA Conference Championships

Time: All Day, Location: Lake Natoma, Sacramento, CA

*May 15-16th, 2010 - PCRC and Pacific-10 Conference Championships

Time: All Day, Location: Lake Natoma, Sacramento, CA

*May 22nd-23rd, 2010 - ACRA National Championships

Time: All Day, Location: Oklahoma City, OK



Launch Point of View

by Arthur Ericsson, Head Coach

I think rowing is a sport that favors a big roster. With numbers comes competition for seats, the excitement and motivation of boats racing side by side on a daily basis, and depth, so that seats in the lower boats are being equally contested with expectations to be just as competitive in their respective events. This is the sixth fall season I have coached here at WSU. Finally I have some numbers to work with, 28 oarsmen and 5 coxswains! The varsity wasn't hit too hard with graduating seniors, just two. So it was good to return 13 varsity rowers and one cox from last year. In addition, we have outstanding retention from last year's novice, 14 rowers and three coxswains. All 8 guys from the successful top novice 8 are back. How often does that wish come true?

Add to this a talented high school rower freshman and a cox with previous collegiate experience and we have a varsity with a lot of depth. But we had a lot of guys who rowed in the top varsity 8 last year, plus all of those from the talented top novice 8, and I could tell that

the reality was more obvious to me than to them. 8 seats per boat: 4 ports and 4 starboards. So one morning before weights I decided to conduct a survey.

I asked the varsity to face forward in a line with their eyes closed and think about what boat they felt they deserved to be in. Those that felt they deserved a spot in the top 8 (A boat) would step to their right; those that thought they were B boat material should stay where they are, and those that thought they were in the C boat would step left. Those that thought they should fill the D boat (a four) should take two steps left. Steps were then taken, and as we opened our eyes the reality was that there were 12 guys in the A boat. 12 guys in the B boat. And 4 guys in the C boat.

What followed over the next several weeks was a battery of long interval seat races to sort out the boat movers. This fall's top 8 is a mix of about ½ old and new varsity rowers, plus that new guy who rowed in high school. With a



boat average of less than 180 lbs., these guys are made for the longer fall headraces. The margins between A & B and B & C are not too big, so it shows that it is a team with depth. Some of these lightweight antelopes might have a hard time keeping their seats when we transition into the 2000 meter spring season, but for now they are where they deserve to be.

We don't always have perfect set. Class conflicts still take out about 25% of the roster on any given weekday. And we had to work through several difficult social issues. But it seems we have come to realize that you can't separate our goals and our teammates. Without one there cannot be the other. And this is why the season looks so promising. Coach Struckmeyer told me several years ago that, concerning the depth of our team, "it's all cyclical." The only thing he didn't explain was how long these cycles last!



From the Desk of the Treasurer

by Nick Estvold, Treasurer

With our variable costs beginning to move away from our variable income as the roster gains depth, creative fundraising and broader support will become paramount. A key step in the team's financial success will be employing new and interesting methods to increase demand for Rent-A-Rower in the local regions. There is a bright spot in the fundraising line item, Row-A-Thon.

As of November 1st we are already breaking the record books in funds raised. For that I would like to thank our readership that has sent in donations of any amount, it has a dramatic influence on the teams ability to operate effectively. In an internal analysis of fundraising income Cougar Crew sets the bar at a cost per dollar fundraised of \$0.03, compared to the national Average of \$0.20 for non-profits. This is primarily due to the almost zero overhead fundraisers that athletes participate in and build value in the community through. I urge anyone that is interested in reviewing the team's 2010 budgeted Income Statement to please contact me via email at nickestvold@gmail.com to receive a copy with explanations.



Varsity Spotlight: Jaron Lindbom

by Paul Ehlers, Varsity Oarsman

As all former and current rowers know, crew takes up an inordinate amount of time. Waking up to get to practice by 6 am, getting home from the (at times) vicious Snake River by 7 pm, countless hours spent away from home on the weekends – Crew is a full time job. The fact that here at WSU we are a club team makes the commitment all the more intense, as rowers and officers must balance the running of the team with rigorous training, grueling races, and, of course, school. One rower, however, may have a work load that outpaces the rest of his fellow teammates. Jaron Lindbom, a 4th year oarsman and senior Political Science/History major, juggles crew, upper division coursework, and the addition of Mock Trial, a second club he has joined on campus.

In high school, Jaron was, as he puts it, “not big on athletics.” He was a swimmer and a water polo player at Sammamish High School, but at 6’3” and a scant 160 lbs., he was not scaring anyone. Hard to believe considering he has since bulked out to almost 200 lbs! Despite his lanky build, he was approached by rowers Karl Huhta ’08 and Andy Winters ’09 in his freshman year at Washington State. “I was just looking for something to do!” Jaron said of his decision to try out rowing. Jaron was spending his time in the B boat until, come the first race of the fall season, someone in the top novice 8+ slept through their alarm. Dan Thayer, the novice coach at the time, took that opportunity to move Jaron up into the A boat, a position he held for the rest of the year.



Jaron at the 2009 Head of the Lake. *Photo by Steve Wahlberg.*

Jaron’s novice class was one of the more successful ones in recent years. They won the petite final at the San Diego Crew Classic, the best placing for a WSU Novice 8+ since the early ‘90s. They were also the first WSU novice 8+ to beat Gonzaga at the Fawley Cup in many years, and, finally, they took home a silver in the Novice 4+ event at PCRCs to round out the season. However,

Jaron's success didn't end with his novice season. He also was part of the Varsity 4+ that won WIRAs last spring. He says that the main reason he is still with rowing is because he loves how it is the ultimate team sport. "In swimming, and even in water polo, the top two guys – the ones that are the club swimmers – can run the team. In rowing, one fast guy can't make a shell." Rowing also appeals to him because of its balance of intensity and finesse. There is little, he says, that can match the beauty of a fast, well-moving 8+.

Unlike many other rowers, Jaron found that between a full course load and crew that he had too much free time. Last year, he decided to join the Mock Trial club, an organization which seeks to simulate courtroom conditions and procedure for a judge or judges. Jaron initially heard about Mock Trial through some classmates, and, at the time, was Pre-Law, so Mock Trial seemed like a natural addition to his résumé. Jaron says it is a "fun departure from rowing", even when it takes 12 hours a week of case prepping and extra practice!

Right now, Jaron is the opener, one of the two top "positions" on the team. He is responsible for opening arguments and, therefore, has a fair bit more leeway in what he can say as compared to the more rigorously structured middle portions of the trial. His best memory with Mock Trial came when, last year, he and his team were able to present their case in front Judge Robar, in the Federal Courthouse in downtown Seattle. He felt, "very official! Dressed up as lawyers on the steps of a federal courthouse, briefcase in hand – it was excellent." So, coming into his 4th year here at WSU, Jaron hopes to make the most of his extremely limited free time with great successes in mock trial as well as rowing. Good luck Jaron!



Novice Spotlight: Jade Patterson

by Julia Gamache, Novice Coach

This year has been a challenge for any one member of the Novice team to stand out. This is not because there aren't very many outstanding characters or fast learners; the reason is that we have had a very large turnout this year. After our first informational meeting, we had a roster of 101 people (99 rowers and 2 coxswains!) You can imagine my stress over the ratio. We had to have practice in three different shifts of about 35 rowers; this number is still larger than ergs in our possession that meant splitting the practices themselves into

two groups and rotating activities.

As time went on, I had to make cuts to find a more manageable number, this along with expected quitters, our number came down to what it is today, 44 people (5 coxswains and 39 rowers) much better. Even with this seemingly smaller number, people can get lost in the crowd, not this group however! Several weeks ago I really saw the individuals on this team, between wearing neon blue spandex and Viking hats, it is hard not to notice some real characters. It was hard to write a novice highlight because they all stand out!

One workout made one name stand out in my mind however. On the ergs, they were asked to hit splits according to their weight; the splits became more difficult over ten stroke increments. Mind you, this workout was not intended for anyone to be able to finish. If a rower could not hold that split, they had to stop rowing. Only one athlete was still rowing at the end of the workout, defying even my perception of what they were capable of at the time. That athlete was Jade Patterson. Jade, a freshman from Zillah High School, majoring in Chemical Engineering, came on this team seeming like a quiet, borderline lightweight who had a hard time getting the blade in the water. As time progressed Jade opened my eyes to who he really is, a day doesn't go by when Jade isn't smiling, also a day doesn't go by when Jade is not moving the boat faster and faster.



After diligently working on his technique, Jade made it into our "A" boat for the Head of the Spokane. This may not seem like a triumph for some but keep in mind we entered five Novice boats in that regatta. Competition to make the "C" boat is fierce; you can image what it is like for the "A" boat. Jade said he started rowing because "I didn't want to become overweight, and I wanted to meet a lot of cool people." This seems to be the reason for many people to join crew, you never hear true walk-ons say they joined "to make the top boat", or "place at Pac-10's". Their goals change as they fall in love with this sport.

When asked his goal for the team was this year, Jade said "To become able to row at our full potential, and never be satisfied with where we are at." This goal encompasses the attitude of the novice team so far. They are hard workers and want to live up to everyone's expectations. The thing I like the most about Jade is that I see all the good aspects of this team in him. I think of

the whole team the way I see Jade: positive, hard working and great teammates. People are expecting this team to do well and sometimes the spring can seem overwhelming. Jade he reminds me that Novice rowing is fun, exciting, and scary all at once; the only way you are going to make it through is have a good time. Be the best you can be and that's all you can do. I'll finish in saying this year is going to be wonderful, the athletes are rowing very well and they seem to love the water. It is a successful year if the athletes fall in love with the sport, looks like we are well on our way to becoming successful! Thank you Jade and the rest of the Novice, we've come a long way, let's go the distance!



Lwt. Women's Spotlight: Rachel Argo

by Emily Kohl, Lwt. Women's Coach

The Lightweight Women's Rowing Club is a brand new program this year. The LWT women's idea came from a vision Coach Arthur had and now a couple years later consists of 20 dedicated women. The girls had two races so far this fall: Head of the Spokane and Head of the Snake. They had a great showing at both races and are gearing up to race some short pieces with Western Washington to end their fall racing season. They will be training hard this winter to get ready for their race against Stanford, Princeton and Wisconsin as well as the WIRA regatta this spring. One of our brand new athletes this year is Rachel Scarlett Argo.

Rachel is a Freshman on the Women's Lightweight Rowing team, studying Horticulture. She is originally from Zillah, Washington and rowing has been a part of her family for many years. Rachel's mother, Karin, was a lightweight for the Washington State University Women's club rowing team under Coach Gene Dowers. Karin's brother was also a rower and convinced her try it out and she never turned back. Karin's lightweight 8 won first place at the Western Women's Rowing Invitational in 1981, first place at Western Washington Uni-



versity in 1982 and first place at the Daffodil Regatta in 1984 where they tied daffodils to their bow for good luck. Rachel often recalls her mother speaking to her about rowing being “the highlight of her college career”.

Rachel has always been very active in sports. In high school she played on the softball team and dedicated most of her time to improving her skills. She often recalls spending extra hours in the batting cages or taking fly balls in the outfield. Rachel was a 4 year Varsity member playing two years as a center-fielder and two as a catcher. Weight training was also a large part of Rachel’s high school career. One of her best sports memories was beating half the guys in her class while warming up for her maxes. She also spent a lot of time with her high school wrestling team as team manager.

It is easy to see how that dedication she learned now pays off here at WSU. Upon asking Rachel what her first thoughts of rowing was that she is really enjoying the physical challenges of being on a team again. She didn’t realize how fun team competition could be and upon getting involved with team bonding activities such as team dinners she is very excited for the year. She is hoping to follow her mother’s footsteps in enjoying rowing as well as having the success she did in college. Beyond rowing, Rachel is very focused on her academics as well as being involved with her church. She has also earned a spot as one of the co-captains on the rowing team and spends time arranging team events. Her goals for this year are to become united as a team and being in the boat that will be racing at Stanford. She would also like to see both boats place at WIRAs. With 20 dedicated athletes we are looking to have a great first season and to continue to build the team for future success in the years to come.

