

# *The Pull Hard*

*A Washington State Men's Crew  
Publication*



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# Remembering Jaimeson Jones

By Joe Sudar, Evan Egerstrom, and Brittany Darnell



*Jaimeson (Left) with former teammate Ian Compton (Right)*

When Jaimeson first joined the team some of us may have discounted him. We old novice who had seen people twice his size give up after a few weeks couldn't believe that someone of his stature could make it through our workouts. From the very first practice, however, he began to exhibit endurance and spirit that all of us should be jealous of.

Our Coach's philosophy is that everyone who puts in the effort, regardless of speed, should get a chance to race. As the new novice crumbled away under Julia's onslaught of duck walks, bear crawls, and things too terrible to be given animal names, the people who were willing to make that effort emerged into the 2009 spring season. Jaimeson was among them. Though he found it difficult to put down the same erg scores as some of the heavier men, no one was surprised when he led the pack in pure endurance workouts or questioned whether or not he was pulling with all his heart.



*Cougar Crew Blade made in honor of Jaimeson*

While it's fun to talk about spirit, demonstrating it is another thing entirely. During their first race at the 2009 Daffodil Cup, Jaimeson's four endured the worst weather of the regatta, with wind, torrential rain, snow, and interfering ducks. When a parent asked Coach Jules what would constitute a good race for the four, she responded "if they don't roll it." Despite opposition that would sour the attitudes of most crews, Jaimeson kept a positive outlook and constantly reminded his boat mates that it could be worse.

On May 31st, 2009, Coach Jules sent out an email that shook us all. Jaimeson, who had already beaten cancer once, was again diagnosed and in need of treatment. The truly incredible part of this is how Jaimeson communicated this fact to Julia: he didn't ask for visitors, he didn't want donations, he just wanted her to know why he might "not be in great shape come fall." Julia couldn't have followed this comment better than when she said "he is such a bad-ass."

Though he wasn't able to attend the Fall 2009 academic year at WSU, Jaimeson never left the Men's Crew team for a minute. If he wasn't present in our thoughts and well wishes, he was asking how the races and practices were going, chatting with us on Facebook, and visiting when he was able. One of the dearest moments for many of us was his surprise appearance during an ultimate Frisbee game, which prompt-

ly stopped so that everyone could run over and join his group hug.

At the 2010 Daffodil cup Jaimeson appeared to cheer on his teammates. Looking out over the calm, peaceful day with the sun shining above, he simply shook his head and wondered aloud where this weather had been a year ago. Between rigging boats and getting psychologically prepared for the race, everyone took a moment to share a laugh at his humorous take on the memories of last year's competition.

Jaimeson will never leave the WSU Men's Crew team. He remains as a source of inspiration and proof that you can always give more if you care enough. One of his quotes that many of us grudgingly admit to as we break personal records on the ergs is "you'll pass out before you die." The message is clear: never be afraid of giving your all. 🏻



# Empty Nester

By Coach Julia Gamache




*Coach Julia with her Novice B boat at the Head of the Snake Regatta*

Every year, when the Spring season comes to an end, life gets a little sad for a novice coach, knowing that your athletes, although able to return to the team, will never again row under your direction. The development of

a novice team at a program like WSU is fast and furious, needing to be able to go from 0-60 in just a couple months. Throughout the developing process, I become very connected to my team, my ex-athletes can attest to the fact that I get pretty corny and emotional about their performances in the spring. At the end of the season, loading the trailer for the last time before fall racing, I am filled with a sense that I'm sure can only be compared to empty nest syndrome. Proud that my team has become those people they had the potential to be but also sad that those people have outgrown my team and will move on to bigger and better things. I am left with the daunting reality that in a couple months I have to start all over again, with new athletes, new problems and new attachments.

This year has proven to be an easier transition, the nov-

ice already have a closeness relative to spring bonding as well as fast development on the water. Though I half dread the Fall, this one has been relatively easy. Every novice class I have coached has had their own qualities and themes, of course some things never change with a team majority of 18YO boys, I will spare you the details of the numerous, “that’s what she said jokes” and “your mom” exclamations. But it’s the differences that I love to observe. This winter can be a defining time for the speed of this year, they have as much if not more potential than I have ever seen and though I cannot wait to see how they stack up in the Spring, I dread the idea that I will have to graduate another group of talented, humorous and caring athletes. 

**Book Your Hotel Room For Cougar**

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*We have booked 50 rooms for Friday, March*

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*Saturday, March 19th at the Holiday Inn*

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***part of the Cougar Crew Group!***

# David Herrick Named Novice Captain

By Kramer Wahlberg



*Third from the left, David with his boat at the Head of the Snake Regatta*

At the beginning of each year, dozens of wide-eyed, strapping young-men step up and test their will on the Novice team. After a couple months of grueling workouts and early mornings, Coach Julia presents

an opportunity for individuals to run for the position of Novice team captain.


Every year several rowers step forward, eager to take on the responsibility of leading their team. This fall, the Novice squad of 2010-11 elected David Herrick to be their captain and lead them through their exciting first year of collegiate rowing.

As Novice captain, David serves as the liaison for his squad on the officer core. Although he does not have voting power, David attends every officer meeting to offer a weekly update and contribute his opinion on other team issues.

When asked about his position David said, “I enjoy being captain for a number of reasons. I get to see the inner workings of the team when I attend officer meetings and I



can fully appreciate the work that goes on outside of practice.” Some of his projects to date have included making the Novice team shirts and creating the marketing for the Row-a-Thon.

Both on and off the water, David strives to set an example for his teammates and embody all that is Cougar Crew. “I’m honored that my teammates have elected me as their representative and I’m looking forward to the rest of the year as the Novice captain and as a member of Cougar Crew,” said David. The role of Novice team captain is a year-long commitment that gives David the opportunity to serve above and beyond just pulling on an oar. 

## **Sponsor an Oar!**

Make a donation to the team and get the ultimate souvenir, an authentic Cougar Crew sweep oar. **Minimum donation: \$330**

If the team can get eight sponsors, they’ll be able to afford a much needed new set of oars.

*Delivery not included, but can trailer to race locations.*

*Oars are used, may have structural damage and are meant only as a souvenir.*

*The Cougar Crew oar design is freshly painted on the blade for you.*

*Some hatchets and some spoons may be available.*

*Please contact Nichole Martin at [nichole.martin@email.wsu.edu](mailto:nichole.martin@email.wsu.edu) if interested!*

# Lightweights Welcome New Head Coach

By Michelle Hedeem



*Coach Dan Thayer*

Along with the beginning of the new semester and the start of spring training, a new addition to the Cougar Crew coaching staff stirs up fresh hope for the Lightweight Woman's team. Coach Dan Thayer, a former WSU lightweight men's rower, brings with him experience, ambition, and a true passion for lightweight rowing. Excited to lead a team which opens up possibilities for the more petite and often under-represented athletes at WSU, Thayer views his position as a truly "golden opportunity".

Originally from Seattle, WA Thayer grew up watching the Green Lake crew team practicing and running up his hill throughout the season. Although he was exposed to the sport again in high school with a few close friends on local teams, he did not experience rowing for himself until coming to WSU and being recruited by Tony, a member of the 1997 heavyweight novice squad. "I thought why not, everyone around me is just getting drunk, there has to be more to the college experience than this," said Coach Thayer.

Thayer's love for rowing was instant, "I took my first



*Dan Thayer coaching on the Snake River*

strokes on the water and was hooked,” he explained. He also discovered an immediate respect for the hard work and commitment it took to become successful, “It took me time to master the art of not jabbing people in the back and to understand how I could safely become a lightweight,” said Thayer. Throughout Coach Thayer’s collegiate rowing experience at WSU he collected many great memories including closing a boat length and a half of open water on UC Davis in the last 400 meters of a novice race to finish second, and beating Oregon at the Husky Invite with purple legs at the finish line. Thayer believes that all of his experiences and memories, many of which seemed negative at the time, have helped him to “realize perspective on life and what is and what is not important”.

Since his collegiate rowing days Thayer had remained active in rowing, having volunteered his time and also coached the WSU Novice Men’s team for 2 years, participating in Palouse Rowing during the summers, and has also found a surprising new enjoyment for erg workouts “which as a collegiate rower, I never, ever, ever, thought I would ever want to partake in again,” said Thayer.

Coach Thayer has high hopes for the spring season



*Lightweight Women racing  
Willamette University*

and the future of the Lightweight Women's team, referring to it as the beginning of a "really exciting chapter in WSU Cougar Rowing". He speaks highly of the ladies that make up his current team as a group of athletes who show a genuine commitment and dedication to rowing and to each other. Coach Thayer's main goal for this season is to create a stable foundation of "committed, talented, goal-driven oars-women capable of showing exemplary rowing at WIRA's". For the future of the team, Thayer hopes to be the best, looking towards the "gold medal standards" set by the Stanford and Wisconsin lightweight teams. "With lots of hard work, grace, and some luck, we will be aiming at the upper echelon of the sport in a short time," said Thayer. His commitment to the future and current success of this team is contagious and he makes it obvious to his team each day that he is honored to have this chance to coach them, "Life sometimes presents you a golden opportunity," said Coach Thayer, "I want to seize this one with both hands and do my best to see it through".



# Fall Race Recap

By Paul Ehlers



*Varsity 8+ at the Head of the Lake Regatta*

After losing 5 members from the WIRA-winning V8+, the Cougs knew they had some rebuilding to do in the fall. Testing themselves against Gonzaga University three times over the course of the fall, WSU, despite falling to the Bulldogs each time, closed the margin

with each successive race. Importing several members from last year's historic JV8+ and bringing up some of last year's impressive Novice class, the V8+ took on a slightly different identity than the one it had held last spring. Instead of relying on a core of large, powerful heavyweights, the V8+ in the fall was much lighter and more precise, bolstered by the fitness of its lightweight constituents. Looking forward to the spring, the WSU has really been hitting winter training with an intensity born of their disappointing fall season. There are quite a few rowers competing for the 8 spots available in the top boat, and the Cougs look to repeat their outstanding successes from last spring.

The JV8+ also had to reload over the course of the season. With only 2 members returning from last spring's 8+,



*The Novice A boat launching for their race*


the fall was as much of a journey for the crew to define themselves as it was a battle against the 'Zags. Stroke seat Kramer Wahlberg, who has stroked the JV8+, Ltwt 8+, or Ltwt 4+ for

3 straight years, brought his cool-headed experience, leadership and metronomic rowing stroke to a crew of largely rookies, and was a large reason for their continued successes at practice and during the fall head race season.

The Cougar Novice team had their first tastes of racing, culminating in satisfying victories in the annual WWU-WSU dual. The 1N8+ proved resilient in rebounding from their first race, the Head of the Spokane, where equipment breakage



*The JV 8+ at Head of the Lake*

mid-race ended their hopes at upsetting the GU N8+. Like the rest of the Cougar Crews, each Novice 8+ closed the gap between WSU and GU in each following race. The upward trend into winter training looks to continue into the spring, with the novice team throwing down some extremely impressive erg stats over the course of the season. 

# Team Rows 3.5 Million Meters to Raise Money

By Jimmy Johnson



*Corrine Wayman, Rebecca Gibson, and Kaaren Harvey asking for donations*

WSU Men's Crew hosted the annual Row-a-thon on October 18th-19<sup>th</sup> on the Glenn Terrell Mall. Varsity, Novice and Ltwt Women rowers all participated in the two day event, where each athlete erged towards the team goal of 3.5 million me-

ters. While the rowers were putting in the meters, team Coxswains advertised the event and collected donations for the Whitman County Human Society. The Officer Corps chose to give half of this year's in-person donations to the Humane Society as a way to support the community and advertise for a good cause. Past beneficiaries of these donations include the March of Dimes and fellow Cougar Oarsman Jaimeson Jones.


On top of the in-person donations, the event served as a way to reach out to the friends and families of the rowers for contributions to the team. Each rower sent letters to 25 acquaintances explaining their passion for the sport and out team's need for financial support. So far, donations from



*Rowers working to achieve the team goal of 3.5 million meters*

ment and travel.

the Row-a-thon letters have exceeded \$26 thousand. The team considers Row-a-thon to be one of the most important fundraisers of the year, and all donations, big and small, go a long way towards paying for salaries, equip-

This year's Row-a-thon proved to be a huge success, with a generous donation to the Humane Society, considerable funds raised for the team, and the completion of the 3.5 million meter goal. 

# Cougar Crew Day Auction Donations Needed!

*We are looking for items to be donated for the Cougar Crew Day Auction. Some ideas that have been done in the past, quilted blankets, pillows, tickets to different sporting event, theme baskets, etc. Please contact Lisa Curtis at [lisacurtis78@gmail.com](mailto:lisacurtis78@gmail.com). Thank you for your support and help!*



# Cougar Crew Gear Still Available!

It's not too late to order your Men and Women's Lightweight clothing! Please look on our website for the clothing catalog! **The deadline for the orders is February 20th.** The clothes can be shipped for an additional \$5. Feel free to order today and help represent **Cougar Crew!**

