

The Pull Hard

A WSU Men's Crew Publication

Cougar Crew: New Officer Profiles *pg. 5*



**Cougs Perform at Cascade
Sprints**

pg. 9 **San Diego Crew Classic**
pg. 10

Volume XIX, Issue IV

Table of Contents

Cougar Crew Days	p. 3
Spotlight: New Officers	p. 5
Cascade Sprints Recap	p. 9
San Diego Crew Classic Recap	p. 10
Let's Take Cougar Crew to the Next Level	p. 13
<i>A note from Head Coach Arthur Ericsson</i>	
Spring Race Schedule	p. 14
Cover photo courtesy of cougarcrew.com .	

Cougar Crew Days, 2012

By Eric DeMaris



Cougar Crew Days is a time when alumni, family, and friends of Cougar Crew can all meet and share their passion for the team. In the past, Cougar Crew has brought many Cougs together in many different ways, and on the weekend of March 16-17, it was apparent that the team continues to do so.

The weekend was officially kicked off on Friday with Class Day races. The Senior-Junior boat handily defeated the Sophomore boat in the final, while the freshman eight and other mixed eight fell into third and fourth place overall.

The following morning, it was time for the Class Day Champions to take on the Alumni. Unfortunately, due to high winds causing swells reminiscent of the Bosphorus in '88, the races were called. Joe Sudar said of the cancellation, "having the opportunity to square off with my teammates from other classes was the priority to me for my final class day, but I definitely miss having the chance to face the older guys. I saw these guys winning championships when I was just getting into rowing, and losing the chance to face them when I'm at my best is a bummer."

Despite the cancellation, the spirit of Cougar Crew remained among those gathering around the boathouse. Alumni shared stories, parents met their rower's friends, and Cougar pride was thick in the air. It became clear to many that the team extends beyond those who we see every day. Alumni and supporters are just as important as those who give it their all on the water.

The highlight of the weekend was the Cougar Crew Banquet and Auction. With close to two-hundred guests, the night was full of good food and great company. This year, the team was able to secure the services of a cattle auctioneer Jess Goodwin, from sophomore oarsman John Dingman's hometown for nothing

more than a hotel room for the night and dinner. The donation of his time and skill were greatly appreciated. With Mr. Goodwin leading the way, the auction brought in a net total of just over \$28,000, which will all benefit the team greatly. “The success of the auction was due to solid attendance by both parents and alumni,” said sophomore David Herrick of the event. “Having Jess help out probably doubled our profit, I hope we can bring him back next year.”

Next year will mark the 40th Cougar Crew Days weekend. This momentous occasion calls for momentous support and attendance. Let’s show Pullman what Cougar Crew means to us!

On behalf of Cougar Crew, I would like to thank all of those who supported the team through the auction. We could not ask for better alumni, friends, and family!



Photo courtesy of Corrine Wayman



Photo courtesy of Chris Faus



Photo courtesy of Savannah Osbourne

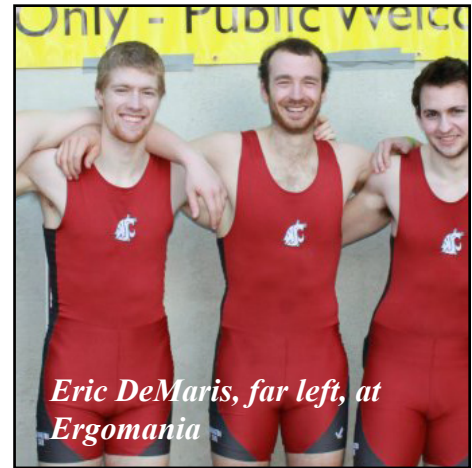
Spotlight: New Officers

by Joe Sudar, Jeff Rhubottom, Caitlin Aldrich, Bre Trimble

This past spring break, officer elections were held for both men and lightweight women's teams. This coming fall season, new officers will be representing Cougar Crew with pride.

Commodore- Eric DeMaris is currently the most veteran rower on the team, this being his sixth year as an oarsman. He is a junior and will graduate out with seven years of rowing under his belt. During the 2011-2012 year he has served as the team publisher. Eric has found himself in both lightweight and heavyweight boats while part of Cougar Crew, but has really come to shine as the dependable stroke seat of the varsity 8. Any given day his teammates can look to him for an incredible example of focus and dedication. While he may seem on the quiet side, the neuroscience major analyzes and can always lend constructive thoughts to any situation; this is invaluable as a leader and is much appreciated on and off the water. The experience and character Eric already demonstrates leaves no doubt that the team is in capable hands next year.

Vice-Commodore- Hailing from Harstad, Norway, Paul Andreas Soules Lund brings more than ridiculously fast erg scores to the team. Lund joined the Men's team in Fall 2010 as a Junior at Washington State. Throughout his novice year, he consistently held his seat in the 1N8 as the boat's 6-seat. He is currently studying Animal Science. Lund ran for the position of historian and was elected his novice year. One of



Eric DeMaris, far left, at Ergomania



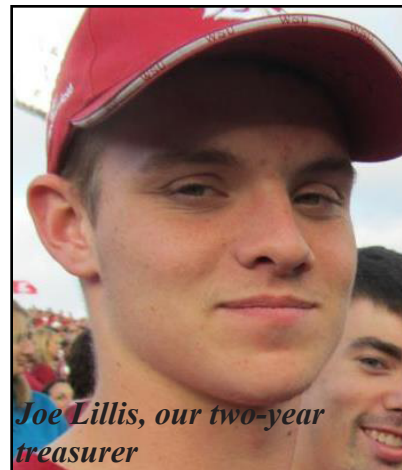
Vice-Commodore Paul Lund, on the Snake River

Lund's greatest accomplishment was being added to the ranks of the few who have accomplished pulling a sub-6:20 2k ergometer test (with a time of 6:19) doing so as a novice oarsman. With his astounding ability to communicate with alumni and supporters of Cougar Crew, he will use those skills to schedule a successful season of Rent-a-Rower

with customers.

Paul is truly an inspiring teammate. If humble words from the Norwegian are not enough, when the team is given difficult erg workouts, you can be sure Paul is giving his all.

Treasurer- Joe Lillis comes from Vancouver, WA. He joined Cougar Crew during Fall of 2010 as a lightweight rower. He is currently a Sophomore and a second-year oarsman. With the nickname "Hammer," Lillis packs quite the punch for his size. Joe



Joe Lillis, our two-year treasurer



Dustin, next year's team historian

display tremendous leadership, he backs it up with headstrong athleticism.

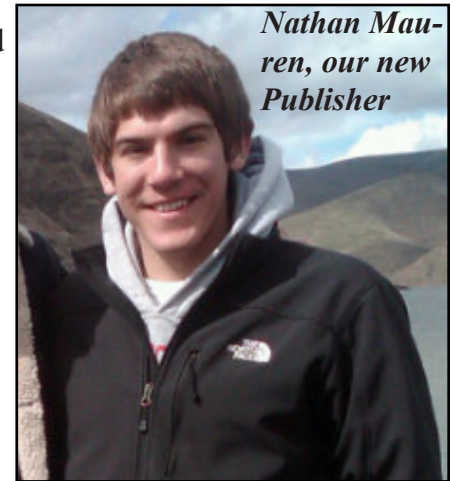
Historian- The team historian is primarily responsible for updating and maintaining the team's records, race recaps, and officer meeting minutes. Dustin Crossman, a current freshman on the varsity squad, will be taking over for Paul Lund in the coming season. Dustin is currently undecided in his major, and is looking forward to helping the team in any way he can. Outside of crew, Dustin played the steel drums for four years.



Sean Foster, the team's new Webmaster

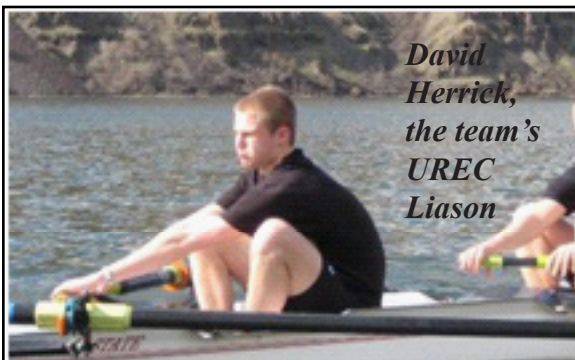
Webmaster- The webmaster is in charge of updating and maintaining cougarcrew.com and row.wsu.edu, which provide the team with a public face that anyone can access. The webmaster frequently communicates with the coaches, rowers, and alumni to provide accurate information and high quality correspondence. Sean Foster has stepped up to the position, and was the only novice elected to the officer corps. Sean is currently considering majoring in history, and is looking forward to improving the aesthetics of the website. At one point in his life, Sean lived in an orphanage in Jamaica, adding a bit of irony to his last name.

Publisher- The team publisher assumes the responsibilities of managing the Pull Hard newsletter, as well as the annual team clothing catalogue. The publisher and webmaster often work closely together in order to produce and distribute the content. Nathan Mauren is assuming publisher duties from the current commodore elect, Eric DeMaris. Nathan is entering his third year as a neuroscience major, and is looking forward to establishing and improving connections between the rowers and alumni. Rowing is not Nathan's first nautical interest, as he has logged over 48 hours of underwater scuba diving.



Nathan Mauren, our new Publisher

UREC Liason- David Herrick is currently a sophomore English major and has been a solid component of the varsity 8 this year. He comes from a family with a proud tradition of rowing and Cougar Crew was a large part



David Herrick, the team's UREC Liason

of the reason he chose Washington State. During this March, although not an official officer, David put in an incredible amount of time to make the Cougar Crew Days Banquet as successful as it was. Rarely without a joke or smile ready, anyone that spends even a minute around this oarsman cannot help but also notice his passion, sincerity, and energy. He brings young, hungry enthusiasm to the team and will undoubtedly continue to improve and build our relations with the University.

University.

Lightweight Women Officers:

Commodore: Kammi Moniz, a second year rower and biology major, will be taking on the role of commodore for the lightweight women's team next year. Currently a freshman from Modesto, California, Kammi has already brought a loving personality and great organization to the team. She thrives with a positive attitude that fuels and motivates those she surrounds. Kammi approaches all situations with reason and poise while seeking determination in all to see things through. As next year's commodore, Kammi looks to take this team to new levels. With her ever-growing love for rowing, Kammi Moniz will be a strong leader for the lightweight team. With her mind-set and internal drive, she will bring new strength and management to the lightweight program and Cougar Crew.



Ltwt. Commodore Kammi Moniz, in the shellhouse



Vice-Commodore Bre Trimble

Vice-Commodore: Breanna Trimble will be serving her second year as vice-commodore for the lightweight women's team next year. From Kent, Washington, Bre is studying international business here at WSU. As a third-year rower, Bre is capable of demonstrating leadership abilities both on and off the water. With a strong internal determination, she is looking to see this team to its utmost potential. Through her fun-loving and outgoing personality, Bre is able to connect with individuals in any situation; her attitude and humorous comments can always put a smile on the faces

of anyone in her presence. Bre's commitment to this team will shine as she wholeheartedly embraces the roles of vice-commodore. As a powerhouse out on the water, Bre will take these officer duties and apply the same drive to see them through.

Treasurer-Approaching her third year as a varsity lightweight rower, and second consecutive year as the team treasurer, Shayla Boyle has been more than an asset to the lightweight program. Stroking the N8+ and the Lightweight V8+ last year, Shayla led the program to a 3rd place podium finish at WIRA behind Stanford's Lightweight A and B boats, respectively. As an Elementary Education major with a minor in Spanish, Shayla takes her same passion and love for rowing into a classroom setting as she believes in her philosophy that every child deserves the right to an education. With her down to earth personality and immeasurable ability to connect with members on any level, Shayla has successfully contributed to creating an enjoyable yet hard-working atmosphere that can be acknowledged on the race course on any given day. Proceeding into next year, Shayla continues to further establish the team's budget, camaraderie, and the overall program itself with her dedication and contagious charisma.



Shayla Boyle, Treasurer



Photo courtesy of cougarcrew.com

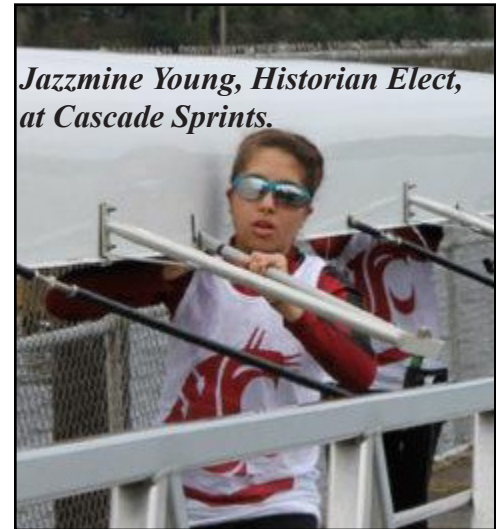


*Secretary Elect, Chelsey
Openshaw*

Secretary- Chelsey Anne Openshaw, from Kirkland, Washington will come in next year as the lightweight women's secretary. As an accounting major, Chelsey strives to put forth her best efforts in anything she sets her mind to. Serving as a coxswain her Novice year, Chelsey is not afraid to take on leadership roles and requirements. She is quick to act and extremely proficient with her time, bringing to the officer corps both efficiency and structure. Chelsey shows and offers irreplaceable purpose and determination to the lightweight team. With a smile on her face on a daily basis, she brings an easy-going personality that feeds to all indi-

viduals. Despite joining the team late in the spring season, Chelsey has already made a profound impact on the operational logistics of the team.

Historian- Jazzmine Young, from Selma, California, will take on the position of historian as a sophomore next year for the lightweight team. Joining the team in the spring semester, Jazz has already shown great enthusiasm for rowing both on the water and off; she is a quick learner who is always eager to lend a helping hand in any way possible. Displaying a knack for organization and the ability to keep important information in perspective, Jazzmine is always an optimistic and dependable individual. She is an active problem solver and has shown to be essential in the operational aspects of the team. As a communications major, she is ready to take on any of the duties that encompass her position as historian.



*Jazzmine Young, Historian Elect,
at Cascade Sprints.*

Cougars Bring Home Multiple Wins from Cascade Sprints

by Paul Lund

In the first event of the year, Cougar Crew brought home three wins from the Cascade Sprints on American Lake, Tacoma Saturday March 24. The men's varsity four and novice A and B 8's won their respective events over the 2,000 meter race course.

The men's varsity eight finished in 6:18.97, and took third in their event to Western Washington University and Pacific Lutheran University, respectively. In the V4+ event, WSU won by open water on Seattle Pacific University. In the 2V4+, the Cougars took second with 7:16.34. WWU won in 6:56.60.

Racing in their first spring regatta, the novice A and B boat made the most out of it by winning both their respective events. The A boat had a close race with Western Washington University, and came out ahead, while the B boat won their event by almost twenty seconds over University of Puget Sound. In addition, the novice entered two fours that finished third and fifth in the N4+ event. The 1N4+ came across in 7:25.92, while the 2N4+ finished in 8:51.02. Western Washington won with a time of 7:05.72.

The women's lightweight fielded a novice four and posted a time of 9:16.29, ahead of Seattle University in 9:19.82. PLU won in 7:52.02. This was also their first encounter with spring racing, and the experience will add boat speed going into the remainder of the season.



Photo courtesy of cougarcrew.com

San Diego Crew Classic

by Dustin Crossman



Photo courtesy of Ernie Iseminger

San Diego warmth was a departure from the daily chill of the Palouse, however it cannot compare with the warm spirit of Washington State University that can still be found everywhere. Cougar Crew Alum Ernie Iseminger (middle, right) and his wife Alice treated the team to dinner Friday night in San Diego. The team was honored by the presence of Washington State College Alum John Oliver (middle, left). Mr. Oliver, a resident of San Diego, is a long time supporter of Cougar Crew. He served in World War II, where he fought in the Battle of the Bulge, and graduated from WSC's College of Pharmacy in 1951. Mr. Oliver fell in love with the sport of rowing after watching his son race for San Diego State University as a lightweight. He met 19 year old Ernie in 1986, at the San Diego Crew Classic, and they have remained in contact ever since. Mr. Oliver has helped fund Cougar Crew's trips to San Diego on many occasions in the past. He joined the team at the race course to cheer on the Cougs.

Overcast weather and choppy water did not discourage Washington State Men's Crew this weekend at the San Diego Crew Classic on Mission Bay. They came out fighting over the 2000 meter course against some of the toughest competition they will face this year. The first varsity 8 pulled to a second place finish in the 3rd final and the second varsity pushed through a slow start that left them in the rear of the pack to place 4th in their petite final. The novice 8 secured a fifth place finish in their heat.

Sitting in the Varsity 8, from bow, were Joe Sudar, David Herrick, Jeff Rhubottom, Orion McCabe-Gould, Chris Kimball, Andrew King, Josh Wadagnolo, Eric DeMaris, with Caitlin Aldrich coxing. The 8 rowed in the very first heat of the weekend, and fought hard for 4th place against MIT. Unfortunately, they were unable to pull ahead. They finished in fifth place with a 6:15.05 time, sending them to the 3rd final of

their event. MIT finished in 6:11.96. The top finisher of the event was Grand Valley in 6:03.23. In the 3rd finals on Saturday afternoon the first varsity crew took 2nd place with a 6:19.79 time behind Rollins who had a time of 6:17.63.

The first novice 8 consisted of Nick Castagna, Steven Andrews, Trevor Wolff, Brandon Graham, Tyler Larson, Alex Weatbrook, Max Vaughn, Jared Milne, and was coxed by Danielle Mertens. They stayed with a strong pack and finished fifth in their heat on Saturday with a time of 6:39.72. The top boat in their heat, Orange Coast Col-

lege B, had a time of 6:21.45. Unfortunately they did not move on to the finals.

The second varsity 8, consisting of Joe Lillis, Dustin Crossman, John Dingman, Lee Peha, William Miedema, Loren Bates, Matt Elkins, Nathan Mauren, and coxswain Kimberly Westcott, narrowly made the petite finals on Saturday, finishing ahead of Santa Clara by only 2 seconds. They pulled a time of 6:39.93 and



The JV8 after their petite final on Sunday

took 6th place. Gonzaga took 5th place with a time of 6:28.03. Cal's A boat took 1st with a time of 6:00.26. In the petite finals Sunday morning the wind picked up and aligning the crews at the start line was tough. As a result the second varsity 8 started off course and quickly found themselves behind. Fighting hard, they pulled through rough conditions and finished in 4th place, ahead of USD and UCLA, with a time of 7:07.38.

Coach Arthur Ericsson said of the weekend, "All of our crews found themselves locked in ferocious side by side battles which helped push us to the next level, and we come home a faster team but well aware that it's going to require a lot more to compete with the top teams."



Do You Have What It Takes to Pull a *Power 10*?



For just \$10, \$20, or \$30 a month, your small donation can help keep Cougar Crew rowing strong! Check out the *Power 10 Campaign* under the alumni tab on cougarcrew.com

Let's Take Cougar Crew to the Next Level

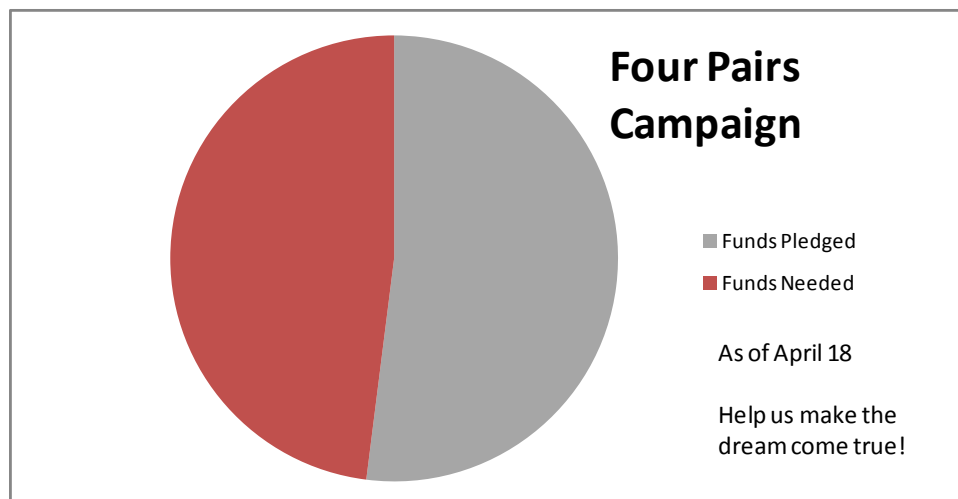
by Head Coach Arthur Ericsson

Dear Alumni, Parents and Friends of Cougar Crew,

It is my goal for the Men's Crew to acquire four pairs. A pair is a two person shell with one port and one starboard rower, sweep rowing. These boats can also be rigged as a double, which is sculled by the two rowers, each with two smaller oars. This is our top equipment priority because they would allow our team to become more competitive for several reasons:

- Rowing small boats develops better boat moving skills. Pairs are the most challenging boat to row as there is only one port and one starboard, so any flaws are immediately apparent, not getting lost amongst the rest of the crew. If one can row a small boat well, then rowing a bigger boat well will be relatively easy. But not the other way around.
- Rowing pairs is fun. The guys will really look forward to the variety of rowing in pairs as an exciting alternative to the coxed 8's and 4's. They are in charge of coxing themselves, steering themselves and if the boat isn't set, lacks ratio or is swerving all over the river, they have only themselves to blame.
- The pairs will provide a very competitive experience. Once they get comfortable in the pairs, we will be able to take an 8 lineup and break them into four pairs and let them go at each other. They will take great pride in being the fastest of the bunch.
- Pairs are the best way for the coach to be able to make boat selections for the 4's and 8's. By doing pieces over a set distance, in which each port races with each starboard, the coach can see which rowers are producing the best times and can have a very sound system to decide who gets to race in the Varsity 8, Varsity 4 or JV 8 lineups.
- Pairs will allow WSU Men's Crew, for the first time, to train and compete in the pairs event at WIRA's, PCRC's and the ACRA National Championships.

The cost of each pair is \$12,000. Our total goal is to raise \$48,000. Full donors have the honor of naming the boat. Perhaps you can form a team to pool your resources. If you can help, please contact Head Coach Arthur Ericsson at wsucrowcoach@gmail.com or (509) 863-5913.



Spring Race Schedule

March 16-17	Cougar Crew Days	Pullman, WA
March 24	Daffodil Cup	American Lake, Tacoma, WA
Mar 31-April 1	San Diego Crew Classic	Mission Bay, San Diego, CA
March 31	Husky Open (Lt. Wt. Women)	Montlake Cut, Seattle, WA
April 7	Apple Cup Dual vs UW	Montlake Cut, Seattle, WA
April 14	Fawley Cup vs Gonzaga	Wawawai Landing, Pullman, WA
April 28-29	WIRA Championships	Lake Natoma, Sacramento, CA
May 5	Opening Day Windermere Cup Regatta	Montlake Cut, Seattle, WA
May 12-13	PCRC/Pac-12 Championships	Lake Natoma, Sacramento, CA
May 26-27	ACRA National Championships	Lake Lanier, Gainesville, GA

Come Support Your Cougs!