

The Pull Hard

A Cougar Crew Publication



Published and Edited by
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Spring/Post Season 2014

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Erg Duel

Written by: Alyssa Kodama



Spring Season has officially started once the 2000 meter Erg Duel against Gonzaga rolls around, and this year it fell on Saturday March 1, 2014. The Bulldogs are a close rival to the Cougars, and this is the first opportunity to show off what has been accomplished during the intense hours of winter training.

Each erg is connected to several TV monitors depicting each rower as a boat on the monitor. As they pull on the erg, their boat moves across the screen, showing where they are compared with their competition, and how many meters are left. The boats are also shown on each rower's individual erg monitor, but often times they are too focused on the split time, and how their own body is reacting to the pain to notice where they are.

The morning began with the 2000 meter race. As the rowers pushed their bodies past the point of exhaustion, six Cougars came out with personal records. William Miedema, who is no newcomer to the Heavyweight Hall of Fame, improved his time to 6:14.3, moving up to 12th place. First time Heavyweight Hall of Famer, Max Vaughn, finished with a time of 6:19.0 to earn himself 34th place. To earn a spot on this prestigious list, a heavyweight rower must finish in 6:20.0 or less. Other PRs include: John Gehring with a 6:34.3, Michael Sheremet with a 6:44.1, Kenji Thompson with a 6:56.0, and Griffin Berger with a 7:01.0. After about a two hour break, the rowers finished off the day by competing in a 1500 meter race.

Erg Duel continued

Although this event is typically for the rowers, during the break the traditional Coxswain 500 is held. Records are not usually kept for this, but each WSU coxswain personally keeps track, and all improved their times by a couple of seconds from last year. Hayden Wise placed first amongst the male coxswains, while Alyssa Kodama and Ashley Vomund placed second and third, respectively, amongst the female coxswains.

The Erg Duel proved challenging as Gonzaga had many strong contenders. The Cougars look forward to facing them on the water later in the season to prove what they are truly capable of. The erg is an extremely useful training tool, but the water shows what each rower is really made of because after all, ergs do not float.

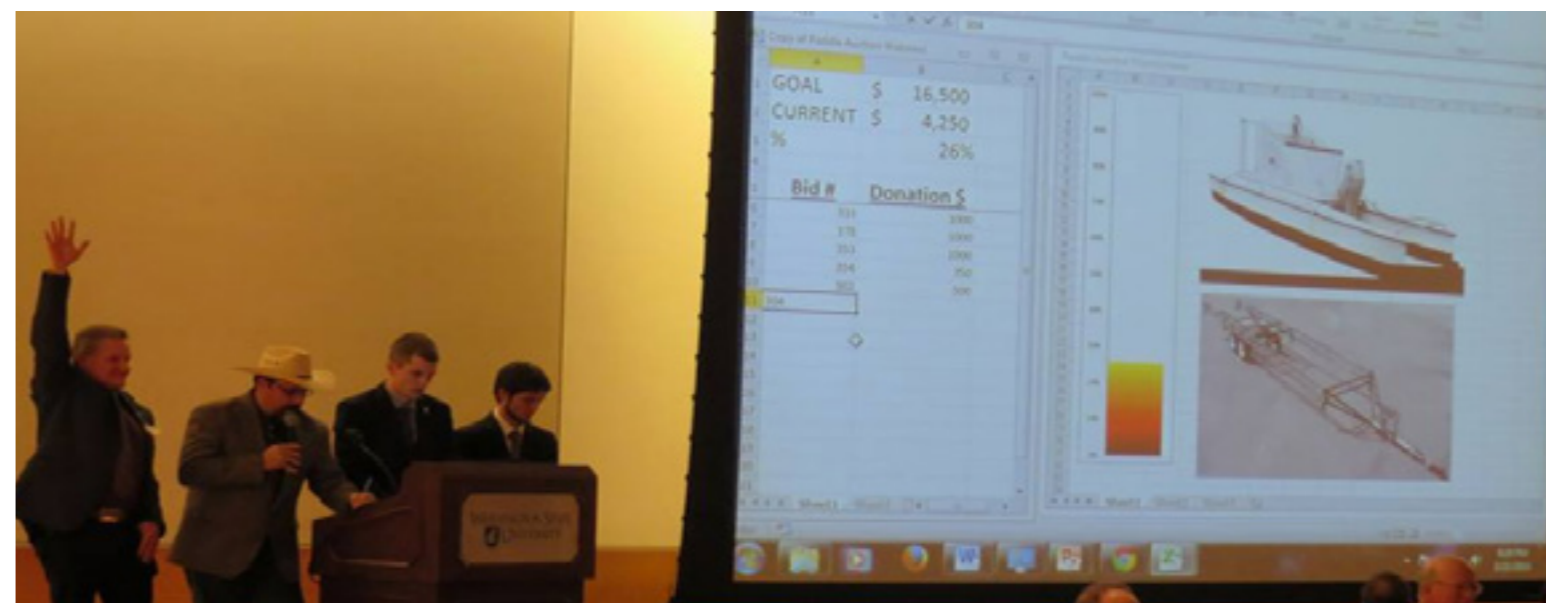


Left: Gonzaga's erg room where the Duel takes place

Cougar Crew Days

March 17th marked the beginning of Spring Break for all WSU students, but for Cougar Crew, it marked the beginning of a hard week of training. After enduring the crazy weather the Snake River bestowed upon the team, and making the important decision of who would have to opportunity to compete in the San Diego Crew Classic, the week ended with some fun. Officer elections for the upcoming season were held, traditional Class Day races occurred, the current lightweights raced the alumni lightweights, and friends, family, and alumni had a chance to go out for a short row.

The annual auction took place on Saturday commemorating 10 years of excellence for Coach Arthur Ericsson. This year's goal was to raise enough money for a new launch, and Cougar Crew would like to give a big thank you to all who participated in the paddle auction and to UREC! Without either contribution, we would not have been able to buy our new launch!



Cougar Crew Days continued

Left: Officers Elect 2014-2015. From left to right:
Griffin Berger (So), Treasurer
John Gehring (Jr), Vice-Commodore
Curtis Treiber (Jr), Travel Coordinator
Alyssa Kodama (So), Publisher
Max Vaughn (Jr), Commodore
Hayden Wise (So), Web Master/Historian
John Dorscher (So), UREC Liaison



Cougar Crew Days continued

Left: Current lightweights battle it out on the water against alumni lightweights.

The current lightweight lineup includes, from bow to stern: Joe Lillis (Sr), Ryan Haaland (So), Michael Sheremet (So), Jaz Gill (Sr), Griffin Berger (So), Brent Wessokes (Jr), Kenji Thompson (Sr), Jake Brisson (So), and coxswain Hayden Wise (So).



Right: Winning boat from Class Day Races (Sophomores)

From left to right: Zach Jensen, Ryan Haaland, Adam Ziegler, Michael Sheremet, Griffin Berger, Jake Brisson, Matt Brady, John Dorscher, and coxswain Hayden Wise



Right: Two boats comprised mostly of alumni out to have a fun row.



Daffodil Sprints

Written by: Alyssa Kodama



Above: Men's JV8+

Weather wise, Daffodil Sprints 2013 seemed like a treat. It was blustery and cool, but after a foggy morning causing a delayed start, the sun was shining. This year, out on American Lake, on March 29, 2014, we were met with an unforgiving rainstorm that soaked rowers, coxswains, friends, and family to the bone. The conditions were anything but ideal, and during the coxswain meeting many questioned whether races would commence at all that morning. It was decided that if started promptly, the races could go on, cancelling events only as needed.

Cougar Crew had several boats racing in this regatta and proved to be successful for most of the Men's boats. The Men's Varsity Pair, consisting of David Herrick and Max Vaughn, started off the day. With a time of 9:00.0, they easily defeated their competition, as the second place crew came in one minute and forty-two seconds later. The Lightweight Women's Varsity 8+ took 5th with a time of 9:37, and their Novice 8+ also took 5th with a time of 9:57. The Men's Varsity 8+ raced next beating four other crews to earn a time of 6:52.45. Due to the inclement weather, Coach Arthur Ericsson decided to combine the Men's Varsity 4+ and the Men's Varsity Lightweight 4+ to create a last minute entry into the JV 8+ event. The JV8+ won their race with a time of 7:12.4. The Men's Novice 8+ also won their event with a time of 7:27.3. The Men's JV4+ came in with a time of 7:54.5 beating four other crews. The Novice 4+ came in 4th with a time of 8:00.6. Racing in the afternoon was canceled, and all heats were treated as the Finals.

As the first 2000 meter race of the year, and despite awful conditions, it was a good starting point to showcase how much more we can improve throughout the season.

San Diego Crew Classic

Written by: Ashley Vomund

The Cougs flew down to San Diego once more to compete in the Crew Classic on April 5th and 6th. Both the Lightweight Women and Men's squads brought some of their strongest boats to open the season. Though most of the other crews competing had been able to be on the water several weeks more than the Cougars because of warmer weather, the Cougars were able to hold their ground and post excellent results!

The Varsity Men's squad had an excellent start to the season with two eights. The Varsity Eight began Saturday's racing early in the morning with smooth conditions. Barely missing Grand Finals, the Varsity Eight fought once more Sunday in Petite Finals. Placing second in Petites with a huge surge to the line, they finished with a time of 6:19.64. The Junior Varsity Eight also did well. Though the start was slow, the JV Eight finished with a powerful surge for sixth place and a time of 6:51.05.

The Novice Men's squad experienced their first sprint-style race against their larger rivals. With only Cascade Sprints under their belts, this race was their chance to start their first season well. Un-



Above: Men's Varsity 8+

San Diego continued



fortunately they were unable to make it into Petite Finals through their first race, but they had another chance to prove themselves in the Third Finals. Though they did not perform as well as they would have liked, the squad was eager for a rematch at WIRAs. Racing at San Diego had given them goals to focus on as they returned to the Snake River.

The Lightweight Women also brought their top Eight to compete. The conditions were almost perfect Saturday, allowing them to fight with University of California, Irvine. Sunday's finals came with a strong crosswind, but they fought through the conditions and finished with a time of 8:34.60. Though this was the last time they would race the Eight, it provided valuable experience that they could take through to WIRAs.

San Diego Crew Classic is always an excellent first test for Cougar Crew. Being so early in the season, it allows the Cougars to focus on the next large races and improve their technique.

UW Duel

Written by: Jake Brisson

As is tradition, Cougar Crew traveled to the west side of Washington in early April to face the collegiate rowing powerhouse that is the University of Washington. The Varsity 8 fought a tough battle against the very fast UW 3V losing by only a short distance of about 7 seconds, finishing with a time of 6:10.83. This being one of the most competitive years Cougar Crew has seen against UW. The V4+ event was filled out with three WSU V4+'s, the A, B, and C boats respectively, all rowing against UW's 3V4+. UW again took the win in this event, with the WSU A, B, and C boats finishing in this order. The WSU V4+ A boat that came in second to UW, was filled with all lightweights and led by coxswain Alyssa Kodama, they finished with a time of 7:08.48. The B and C boats pulled a time of 7:26.18 and 7:40.17 respectively. The boys in the Novice were able to pull a time of 6:47, but sadly, it just was not enough to keep up with the Huskies' 6:17 pace. Although there were no boats that could edge out the Huskies this year, Cougar Crew has made it that much closer to rivaling UW in speed.



Above: Men's Novice 8+

WIRA

Written by: Alyssa Kodama, with contributions from Katie Shadler

On the 24th of April, the Cougars flew down to Sacramento, California to compete in the annual Western Intercollegiate Rowing Association (WIRA) regatta. This regatta comes towards the culmination of the season, and all wait in anticipation. It is a chance for each boat to show how far they have progressed throughout the season battling against rivals like University of California, Los Angeles, Orange Coast College, and University of California, Santa Barbara. Cougar Crew had eight boats competing throughout the weekend, Men's Varsity 8+, Men's Varsity Lightweight 4+, Men's Varsity Heavyweight 4+, Men's Novice 8+, Women's Varsity Pair, two Women's Varsity 4+s, and finally a Women's Novice 4+.

The Women's Novice 4+ kicked off the weekend for the Lightweights pulling a 9:03.1 in their heat, finishing their final with an improved time of 8:59. The Women's Varsity Pair event would follow. Shayla Boyle and Breanna Trimble were easily able to win their heat with a time of 9:11.70. Their final would decide if the two seniors could defend last year's title as WIRA Pair Champions. With a time of 8:32.99, they were unfortunately unable to succeed. After placing third, they were awarded second place alongside Arizona State University due to geese interfering with both boats' courses in the last 50 yards of the race.



Below: Lightweight Women's Varsity 4+

WIRA continued

The last race of the weekend for the Lightweight Women would be the Varsity 4+ event. In a Grand Final only event, the WSUA boat was able to win third place with a time of 8:22.74, only 5 seconds behind second place Stanford. The WSUB boat finished fifth with a time of 9:08.82, defeating the University of California, Irvine B boat by 32 seconds.

First year coxswain Kiera Daigel could not have been happier about her boat's bronze place finish stating, "There is no way to describe the pay off you get from rowing, and to have something to show for all the hard work and dedication makes it even sweeter. The entire team definitely deserved this amazing season ending."

On the Men's side, the Varsity Heavyweight 4+ began the weekend placing sixth in their heat with a time of 7:19.00. They would race again that same day in Petite Finals to place sixth with a time of 7:49.90. The Varsity Lightweight 4+ heat followed the Heavyweight 4+, and they were able to secure first with a time of 6:59:90. The Grand Final was held the next day, and senior Kenji Thompson said, "It was a tough race in which we put a lot of pressure on ourselves, but we stayed focused, remained confident, and took the gold medal." The Lightweights defeated University of California, Santa Barbara with a time of 6:53.30. This would



Above: Men's Varsity Lightweight 4+

WIRA continued

be a repeat win for Jake Brisson and Michael Sheremet, as they won the Lightweight 4+ event in 2013 as Novice, and the first time WSU has won the Varsity event since 2007. The Men's Varsity 8+ placed third in their heat with a time of 6:16.40, securing them a spot in Grand Finals. After battling it out with University of California, Los Angeles, and University of California, Irvine, WSU placed 4th with a time of 6:07.17, just 2.55 seconds behind UCI. The Men's Novice 8+ placed third in their heat with a time of 6:33.00, also sending them to Grand Finals. There they would place fifth with a season's best time of 6:29.42, 8.51 seconds ahead of University of California, Los Angeles.

Overall, it was an incredibly successful weekend for Cougar Crew. WIRA is just a stepping-stone, and all boats will continue to train hard into post season to prepare for PAC-12s and ACRAAs.



Above: Men's Varsity 8+

Fawley Cup

Written by: Max Vaughn

We had been told by previous WSU Fawley Cup champions that beating Gonzaga was one of their fondest memories as collegiate rowers and this has proven to be true for the 2014 Varsity 8+ as well. With high winds and choppy water, conditions were less than ideal for the entire week leading up the race so we were well-prepared for what the Snake had to offer that day – something the Zags were not used to. The first half of the race was a close battle as we responded to every move they tried to make. A serious headwind set in as we went into the last 500 meters and we started to move. Sophomore coxswain Ashley Vomund was glancing back and forth between the Zags and us as she yelled as loud as she could, and when an uncontrollable smile swept across her face, we knew we were walking through them. We threw our sprint sequence out the window and just pulled as hard as we could and beat Gonzaga to the finish line by 3.9 seconds.



Above: Men's Varsity 8+, with Coach Arthur Ericsson

The second Varsity 8+ may have fallen short of victory but they certainly gave an impressive performance against Gonzaga when you consider that this lineup had never rowed together before, and half of the lineup consisted of Novice who had to race in both the 2V8+ and the Novice 8+ event. The Novice also fell short of Gonzaga in the Novice 8+ event.

The third Varsity 8+ consisted of a full boat of lightweight rowers. These lightweights have proven themselves repeatedly, by winning the Novice Lightweight 4+ National Championship the prior year, and the Varsity Lightweight 4+ WIRA Championship this year. While the final times from their race may reflect a heartbreaking loss by 0.5 seconds, the battle these lightweights were able to deliver to a heavyweight Varsity program like Gonzaga is something they can be proud of.

Pacific Coast Rowing Championships

Written by: Katie Fowler

When Washington State headed down to Sacramento for a second time this season to race on Lake Natoma, all rowers came down ready to race, especially after a 16 hour drive from Pullman and with Nationals in Georgia to follow the next week. On Saturday, the Pacific Coast Rowing Championships (PCRC) took place with rowers facing temperatures in the mid 80s and clear skies all day long.

To begin the day, the Men's Novice Four raced with hopes of continuing to produce quality racing that they had earlier in the season, as well as be able to continue to set goals for the future. Rowers (from bow to stern) Matt Elliot, Josh Wilkes, Michael Marelli and Jacob Nigon, with coxswain Anysa Hamid ended the race with a 7:12.3, showing that improvements still needed to be made before Nationals in Georgia.

The next race of the day was the Women's Lightweight Varsity Four who raced in the Open Weight event with the intentions of seeing what the boat could do, given the boat had about a week's worth of practice under their belts. They raced during the late afternoon, which made staying hydrat-



Above: Men's Novice 4+

PCRC continued

ed, and keeping out of the sun a priority for the boat. The boat consisting of Allison Thomas, Simone Parker, Katie Shadler, Ashley Vu, and coxswain Katie Fowler, were able to achieve a time of 8:37, even after Allison Thomas' seat fell off its tracks, forcing the boat to row at less than its full potential. This race left them hungry and wanting more during races at Nationals the following week.

The final boat to race that afternoon was the senior pair made up of Breanna Trimble and Shayla Boyle, looking to take names against other pairs, especially those they faced only a few weeks earlier on the same course at WIRA. The two were able to finish with a time of 9:08 and took home a bronze medal due to a collision between other pairs during the race. In addition, both were prepared to finish off their Cougar Crew careers the following week at Nationals.

Even though the weekend did not play out like the boats would have preferred, all were able to head home with a drive and motivation for the next races, especially the Lightweight Women, who would be traveling down to Georgia for the first time in the program's history.



Above: Lightweight Women's Pair

PAC-12 Championship

Written by: Kenji Thompson

The Cougars were welcomed with warm and sunny weather at Lake Natoma after spending two days driving from Pullman to Sacramento. The energy-laden Cougs looked forward to an exciting weekend of racing in the PAC-12 Championship. The races ran Sunday morning, with the University of Washington dominating much of the field and the University of California, Berkeley providing stiff competition for the Huskies across all races in the regatta. Washington State pulled together and gave a passionate effort to try to cement their reputation as one of the toughest club teams in the west. The first race that WSU entered was the Varsity 4+; this was a line up that consisted entirely of lightweight men in an open-weight field. The lightweights had a slow start, but managed to make a convincing move against the Stanford Cardinal by the 1500-meter mark. The Cougars managed to beat Stanford by about sixteen seconds with a time of 7:09.3 and take fourth in a five boat race. The next race that Washington State entered was the Varsity 8+. With a quick start, the Cougars had overlap with Oregon State (OSU) by the first 500 meters and by the 1000-meter mark, the margin between the two crews had not changed much. This level of effort could not be maintained through the second half of the race as OSU finished nearly 14 seconds ahead, earning WSU a fifth place finish with a time of 6:10.6. However, WSU finished well ahead of sixth place, the University of Colorado. These races proved to



Above: Varsity Lightweight 4+

PAC-12 continued

be an overall weaker showing for the Cougars compared to their performance at WIRA two weeks prior. The regatta revealed that more focus was required from all crews in order for them to have a stronger showing at the ACRA National Championship regatta.

Every year PAC 12 announces its selections for First and Second All-Academic Teams. This year's First Team includes Griffin Berger, and Alyssa Kodama, while the Second Team includes John Gehring, David Herrick, William Miedema, and Max Vaughn. Congratulations to these athletes.



Above: Varsity 8+

ACRA

Written by: Alyssa Kodama

Nationals mark the culmination of post-season for Cougar Crew, and this weekend at Lake Lanier in Gainesville, Georgia is what the team has been training hard for since the fall season. With several boats from the Men's Team competing, and for the first time with boats from the Lightweight Women's Team competing, this weekend was sure to be an exciting one.

John Dingman started the weekend for the Men's Team by racing for the first time ever in the Men's Single event on Saturday, May 24, 2014. Just missing semi-fi- Below: Dingman in the Men's Single
nals, he would have a chance to race again that afternoon in the Repechages for a spot in the semi-finals. The Men's Double, consisting of Ryan McGinnis and August Boyle, were also notched out of the semis, but like Dingman, would have the opportunity to race in the Repechages. After strong performances from both boats, they were able to prove that they deserved a spot in Sunday's semi-finals. The Men's Novice Four were able to secure a second place finish in the Heats, sending them straight to the semi-finals. The Men's Varsity Lightweight Four battled hard in their Heats race, but it was not enough, and they too would be racing that afternoon in the Repechages. They were able to redeem themselves with an easy win, allowing them to compete in Grand Finals the next day. The Varsity Eight would be the third boat to just miss semi-finals, but their Repechages race showed they had what it took to get into the semis.



ACRA continued

Saturday's racing proved just how competitive the Men's Team could be, and although Sunday brought tough races, all boats dug deep to put forth their best efforts. John Dingman placed seventh in the semi-finals sending him to Petite Finals where he would finish in fourth place. The Men's Novice Four placed third in the semis, sending them to Grand Finals where they finished in fifth place. The Men's Varsity Eight pulled a 5:55.0, their best time of the season, in the semis. They beat UCLA and UC Irvine, both who had previously beaten WSU and won medals at WIRA. This accomplishment sent them to Grand Finals for the first time since 2011, and they ended the season with an eighth place finish. The Men's Double finished fifth in Grand Finals, and the Men's Novice Four also placed fifth in Grands. The Men's Varsity Lightweight Four placed sixth in Grand Finals, moving up two spots from their eighth place seeding.

The Lightweight Women also showed that they could be competitive, and it will be exciting to see how this program grows, and what they can bring to the table for next year's Nationals. The Women's Pair, consisting of Shayla Boyle and Breanna Trimble placed second in their heat, sending them to Grand Finals where they would look to earn another medal. After battling it out on the water, they would end the season with a fourth place finish. The Women's Lightweight Four raced as an exhibition in their heat and placed



Above: Women's Lightweight 4+

ACRA continued

second. The next day they would place third in Finals, improving their time by over ten seconds.

Though Cougar Crew may not have won any medals, there were several other awards that the team and individual athletes received. The first award goes to the Men's Team for placing fifth overall in the Small Boats Category. Congratulations are in order for the 2014 First Academic All Americans, Griffin Berger, Shayla Boyle, and Allison Thomas, and the 2014 Second Academic All Americans, Alyssa Kodama. Athletes with a 3.85+ GPA are awarded First Team, and athletes with a 3.5-3.84 GPA are awarded Second Team. Congratulations to our 2014 ACRA West Regional Team members William Miedema, Max Vaughn, and Ashley Vomund, who were chosen based off 2,000-meter erg scores, performance of their crew, career-racing results, accomplishments within their team, individual performances, and coach recommendations.



Power-10 Campaign

As an unfunded Varsity Club program, Cougar Crew must raise 80-90% of our funding on our own, along with the support of our dedicated alumni, family, and friends. We created the Power-10 Campaign in order to alleviate the financial burden that this team undertakes year after year. With your help of \$10 a month, you have the opportunity to be part of something huge and help the Cougar Crew Power-10 Campaign fund our growing program. For more information about how to sign up for the Power-10 Campaign, and how it works please see our Facebook page.

[Click Here](#) to go to the page.

Cougar Crew would like to give a huge thank you to all of our donors! Our current contributors are as follows:

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