

The Pull Hard

A Cougar Crew Publication



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Head of the Spokane

Written by: Alec Hurley

Cougar Crew took to familiar water in Spokane for our first official race of the season. Representing the Cougs would be a First, Second, and Third Varsity Eight as well as three Novice Eights.

The First Varsity Eight was comprised of the Lightweight Varsity Eight who would travel to Head of the Charles two weeks later. Facing a young, fast Gonzaga crew, the equally young WSU crew fell short - but was taught a proper lesson in the benefits of raw strength.

The Second Varsity category saw WSU pick up its lone victory of the day. The Cougar heavyweight varsity disposed of Gonzaga's JV crew and finished just 7 seconds off of GU's 1V8+ (matching last year's margin).



Right: The entire Novice Squad getting ready to race

Head of the Spokane continued

In the Third Varsity eight, the Cougars called upon two recent alumni to fill spots at the last minute. Despite the last minute lineup adjustments, the crew went out and performed admirably.

The novice crews were designed to create even racing amongst Coach Ericsson's first year oarsmen. His plan worked to its design as all three of the Cougar eights finished within 55 seconds of one another. A solid showing of depth early in the season.

The Cougar Lightweight Women performed solidly as well with Coach Dakin-White's 1V4+ executing a race plan which had them on pace with their primary national competition.



Above: 3V8+ docking

Head of the Charles

Written by: Alyssa Kodama

For the first time in Cougar Crew history, we sent a boat to the prestigious Head of the Charles Regatta in Boston, MA. Representing the team was the Varsity Lightweight 8+, consisting of five sophomores, one junior, and three seniors. Everyone was incredibly excited for the opportunity to race against the elite East Coast programs and experience such a large-scale regatta.

We left Pullman on October 15th, and landed in Boston late that night. The next morning we would have the chance to go for a practice row and become familiar with the course. Not only would we be the first crew to race at HOCR, but we would also have the honor of being the first crew to race in the brand new shell the team purchased from Hudson. We would receive the new 4+/4x in Boston as well.



Head of the Charles continued

Practicing on Friday was such a different experience. It was more crowded than I could have imagined, and navigating around slower boats became difficult with so many crews on the water. Most boats only seemed to care about what they were doing and did not mind that they were often in the way. In comparison, it was much easier to navigate the river on race day. Coach Hurley thoroughly went over how to approach each turn so our course was smooth. While we had the advantage of a clear course, early in the race it became obvious that our skills were no match for our opponents. Despite not having the speed to truly contend with them, we finished with a time of 16:42, 10 seconds faster than our time at Head of the Spokane.

I'm proud of what we were able to accomplish in Boston, and I am so glad I had the opportunity to be a part of this experience. As a senior, this would be my first and last time racing at HOCR with Cougar Crew. I look forward to seeing our team improve and hope that in the near future we will be able to send more boats to Boston!



Right: Racing down the Charles River

Charlie Brown Regatta

Written by: Connor Skaggs

Hungry to prove themselves to friends, family and teammates, WSU's Novice Men and Lightweight Women demonstrated their abilities in the boat on the 4.1 km course at the Charlie Brown Regatta in Portland, Oregon. While these two teams were busy racing, the Varsity Men worked hard doing a Rent-a-Rower Weekend.

It was the Novice Men's Team's first multi-team regatta and, according to many on the team, it could not have gone better. "We rocked," said novice rower Kris Lange, who was in the 8A boat. Kris was not alone in his enthusiasm. For him and his teammates in the boat with him, the mood after the race was electric. The 8A took first place by a margin of 44 seconds. Stroke seat in the boat and newly-elected team captain for the novice men, Brennan Jordan, took pride in pointing out that their time would have won third place in the Varsity Men's race.



Left: N
A8+

Right:
N
LWT
4B+



Charlie Brown continued

WSU's Novice Men 8B and 8C boats had solid races as well, earning third and fourth place, respectively. The 8B took a comfortable third place despite a crab early in the race. The 8C cannot wait for a chance to redeem themselves after hardware issues in the boat kept them from performing their best.

The Lightweight Women impressed us all, but none more than varsity rower and volunteer assistant coach for the Lightweight Women, Jake Brisson. He said the VLWT4+, "had excellent power coming through the last 500 meters; this race will definitely set them up to do well in the near future". They came in first defeating University of Puget Sound by 79 seconds.

In the small boats heat, WSU's Tabitha Wheeler and Grace Montgomery took second place in the Double against Lewis and Clark's LWTW2x with a time of 21:49.

Many on the novice men's team hurried from their 8+s to their 4+s. Running on whatever energy they had left from their first race, they pushed and motivated each other through their races in the 4+s.

The Heavyweight Men's 4A took first in front of the Lightweight Men's 4A with a finishing time of 16:24. The lightweight 4A finished with a time of 17:16. The heavy and lightweight 4Bs took fourth and fifth, with times of 18:40 and 19:20, respectively.

Events were raced well by all at this regatta. The novice men, fresh off their victories and with their new team captain, look forward to improving their team dynamics, fitness levels and race times considerably over the coming weeks.



Above: NLWT 4+

Head of the Lake

Written by: Jake Brisson

After a few mishaps getting out of Pullman, Cougar Crew arrived at the west side to participate in the annual Head of the Lake regatta, hosted by the University of Washington. The conditions had been fairly rainy the few days before the regatta and remained that way through the duration of the race. The first flight of the day began with the Men's Varsity 8+ at 8:00 am. The V8+ launched from the Lake Washington Boathouse. Michael Marrelli, a junior and 6 seat of the V8+ stated, "The boat ran smoothly despite a few hiccups and being down two rowers who had been in the boat previously". The V8+ finished with a final time 17 minutes and 38 seconds. The Junior Varsity 8+ finished just about a minute after the V8+ with a final time of 18 minutes and 40 seconds.



Left: N8+ (3V8+)

Head of the Lake continued

The Men's 3rd Varsity 8+ was comprised of the top Novice 8+ who had an exceptionally strong showing at Head of the Lake. Freshman and Novice team captain, Brennan Jordan said, "it was a really great experience to see how we compared to some of the fastest crews around" he continued on to say, "The race had some rough patches, but for our first big regatta we raced as well as we could". The Novice Men's 8+ finished with a final time of 18 minutes and 8 seconds.

One of the last events of the day was the lightweight women's races, Giles Dakin White, the coach of the lightweight women, fielded a Varsity 4+ and a Varsity Double. Ashley Vu, Commodore of the Lightweight Women stated, "The [V4+] race went really well for us, it was great being able to see how much stronger the boat and the team as a whole has become since last spring". The Varsity 4+ finished with a time of 23 minutes and 41 seconds, while the Double finished with a time of 25 minutes and 50 seconds.



Left:
LWTW 2X

Right:
LWTW 4+



Head of the Snake

Written by: John Dorscher

For the first time since I can remember on race day the Snake River looked very row-able. The winds were minimal with a tailwind coming from Granite Point towards the finish line near the Boathouse. The day started in very high spirits and everyone was ready to give Gonzaga a fight. It was time to show what the Cougs could do; we were feeling fast. Everyone was performing their pre-race warm ups and rituals, coaches were giving their typical inspirational words to get everyone fired up, and then the three Novice 8+s and two Varsity 8+s launched.

The Varsity 8+ event would start the day, with our V8+ flying and everyone moving together. The Cougar boats came off the starting line with a fire in their belly ready to fight. The V8+ settled



Above: Varsity boats during an early morning practice on the Snake

Head of the Snake continued

the rate around a 31-32 for the majority of the race and fought with Gonzaga's V8+ for the majority of the race. Unfortunately, Gonzaga started to crawl up on the Cougs. We all fought tooth and nail, but GU was the faster crew. They began pulling ahead, and with 1300 meters left Gonzaga had finally inched past the Cougars V8+. It was a great race with our V8+ pulling our best time, but it just wasn't enough to put Gonzaga away. There was a similar pattern for the rest of the races of the day, the JV8+ also pulled until their legs and arms might fall off, but were just inched out by Gonzaga by a few seconds. All the novice boats put down great times, but again Gonzaga took the race. Even though Gonzaga won the races for the day by a variety of times, all of the rowers were pleased with their performance. Gonzaga was the faster team for this race, but in the spring, we hope it will be a different story.

Right: N8+



Donations

From all of us at Cougar Crew, we would like to give a very big “Thank you” to all of our friends, family, and alumni for donating. We would not be the team we are today without all of your generous contributions! In particular, we would like to acknowledge those who have donated during this 2015 Fall Season:

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