

# *The Pull Hard*

**A Cougar Crew Publication**



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Spring Part Two 2015



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# WIRA

Written by: Alyssa Kodama

This year instead of flying to Sacramento for the Western Intercollegiate Rowing Association (WIRA) Regatta, Cougar Crew decided to give driving a shot. While the Lightweight Women chose to make it a two day trip by driving vans, the Men's Team elected for a charter bus that would drive them to Sacramento in one day. After a grueling 19-hour bus ride, the Men's Team finally arrived just before midnight on April, 23rd. After a good night's rest, short practices on Friday, racing would begin on Saturday, April 25th.

The Novice 4+ would kick off the weekend for the Men's Team earning fifth place in their Heats race, finishing just ahead of Seattle University. This sent them to 3rd Finals where they would race later that afternoon.

Following the Novice 4+ was the Varsity Lightweight 4+. In their Heats race, they would face rival San Diego State University, while avoiding UC Santa Barbara and the Cal Lightweights who were in the Second Heat. Earning first place, they were easily able to advance to Grand Finals, held on Sunday. During their Final, they dropped most of the boats off the start, resulting in a head-to-head battle with SDSU who trailed just behind WSU for the majority of the race. WSU was able to secure the win during their sprint, finishing 4 seconds ahead of SDSU with a time of 6:47.2. The crew brings home the trophy for the second year in a row, with a repeat win for Juniors Griffin Berger and Alyssa Kodama, and a first time win for Junior



Above: MVLWT 4+

# WIRA continued

Dave Hammond, and Sophomores Ryan McGinnis and Donovan Labriola.

Next on the racing schedule was the Men's Varsity 4+. Stroke pair, August Boyle and Michael Marelli, would also be racing the Double in a Final only later that day. Along with their teammates, Jeff Arnevick and Matt Elliott, they fought hard to earn themselves a spot in Grand Finals on Sunday. This allowed them to avoid Petite Finals that afternoon and prevent Boyle and Marelli from racing twice within one hour. The 4+ finished sixth in Grand Finals, just behind UC Santa Barbara.

The Novice 8+ raced next earning third place in their Heat, well ahead of Sacramento State University. This would send them to Grand Finals on Sunday. After a shaky start, they were unfortunately unable to regain their composure and finished fifth.

The Varsity 8+ followed later that afternoon facing off against rival UC Irvine. They raced well and finished just behind Santa Clara University to earn third, sending them to Grand Finals. Last year the V8+ fell short of medaling to UC Irvine and with only two new additions to the lineup from last year, the Cougars were hungry for a top three finish. A strong start put the Cougars in second place, and after really emptying the tank for the sprint, they were able to hold off Santa Clara and secure second place with a time of 6:15.6. This was an incredible accomplishment for this boat,

Right: MV8+





# WIRA continued

as the V8+ has not medaled since 2010.

The Double ended Saturday's races by taking home a bronze medal. Off the start, they held the third place position, easily moving away from UC Santa Barbara. In the last 500 meters, they were able to close in on Seattle University finishing only two seconds behind them with a time of 7:27.9.

The last two races for the Men's Team were both held on Sunday as Final Only. Beginning the day was the Men's Second Novice 8+. They had a very slow start putting them in last place through the first 500 meters. However, they did not let this stop them. They gained momentum and were able to pick off crews one by one as they went down the course. Their determination earned them a silver medal, and their time of 6:31.8, put them a few seconds faster than our First Novice 8+.



Left: M2N8+ after their second place finish

# WIRA continued

The last race for the Men's Team was the Varsity Lightweight 8+. Off the start they were able to pull into first place, and by the one thousand meter mark, they had open water over the other crews. They maintained their dominance through the second half of the race finishing with a time of 6:33.2, 10 seconds ahead of second place UC Santa Barbara. Stern four of the Lightweight 8+ were also in the Lightweight 4+ who won earlier that morning.

Right: MVLWT  
8+ docking after  
their win



Starting off the races for the Lightweight Women was the Novice 4+. They were able to secure third place in their Heats race, but it was not enough to send them to Grand Finals. They raced in Petite Finals later that afternoon where they finished in first place, over 10 seconds ahead of second place crew, UC Davis.

The Varsity 4+ raced next where they lead the pack off the start. Due to a medical emergency, they were unable to race at 100%, and finished fifth in their Heat. This also sent them to Petite Finals where they finished third.

# WIRA continued

The last race on Saturday for the Lightweight Women was the Double. Following suit to the Men's Double, the Women's Double was held as a Final only. They were also able to earn themselves a bronze medal with a time of 9:23.8.

Closing out the day would be Final only races for the Lightweight 4+ and the Lightweight 8+. Despite having technical issues with a seat, the Lightweight 4+ were still able to crush Long Beach State by about 20 seconds, and keep them in a position to contend for medals. However, they were just edged out of third place by UC Berkeley, putting them in fourth. In a two boat race, the Lightweight 8+ would go head to head to UC Berkeley. Although the boat posted their best time of the season, 8:02.2, in this race, it was not enough to catch UC Berkeley.

This was one of the most successful weekends for the Men's Team, as five of our boats medaled. On top of that, Arthur Ericsson was named 2015 WIRA Coach of the year! Seniors Max Vaughn and John Gehring were named to the All WIRA First Team, while coxswains Hayden Wise and Alyssa Kodama were named to the All WIRA Second Team.





# Fawley Cup

Written by: David Herrick

Saturday May 2nd, 2015. The Men's Team arrived at Medical Lake with confidence in their wake after an extraordinary weekend in Sacramento. The conditions consisted of scattered clouds, temperatures in the 50's, and an inconsistent headwind between 8-10mph. The Varsity 8+ launched first to race at 9:00, followed by the 2V8+ at 9:15, 3V8+ at 9:30, and the Novice 8+ at 10:15.

The V8+ began without incident, gaining 2-3 seats over the Zags in the first 150 meters and locking on across the 500 meter mark. Through the second 500 the Cougars took a few more seats, holding bow to stern crossing the 1000 meter mark. With 750 meters to go they extended their lead and broke free of Gonzaga's overlap. In the last 500 meters, they kicked up the pace again to complete the race in a dominant fashion. Third year oarsman and bow seat John Dorscher said, "Coach set us up for success. All we needed to do was race our race. I'm proud that our boat made history by winning two times in a row." The finish times were 6:44.26, and 6:49.16.

Right: MV8+





# Fawley Cup continued

The 2V8+ was the only disappointment of the day. With a close lineup to the championship 8+ from the previous weekend, the expectations were high walking in. The Cougs hung with the Zags through the first 500 meters, but ultimately were unable to match pace and lost ground continuously as the race progressed. Final times were 6:43.92 and 7:00.92.

The 3V8+ proved to be the most eventful race of the day. With five novice rowers from the 2N8+ completing the lineup, it was rough but powerful. From the start, the Cougs took seven seats over the Zags, but from then on traded strokes down the course, neither side yielding an inch. With 750 meters to go, Sophomore Mike Marelli, 7 seat, caught a boat stopping crab, which looked as if he would be ejected from the boat. Due to his quick recovery and the boat's ability to sync back up they had, at most, a seat of open water. Feeling the pressure of the finish line, the Cougars clawed their way back through Gonzaga, taking a few inches at a time. In the last 150 meters, Stroke pair August and Mike found another gear and the boat followed, powering ahead to win the day. Third year coxswain Alyssa Kodama had this to say, "I don't think there's a better feeling than recovering from such a deficit to still pull out the win. I know everyone in the boat really gave it their all." The final times were 6:56.07 and 6:57.20.



Left: M3V8+

# Fawley Cup continued

In the last event of the day, the Novice began after 10:30 due to delayed boat launches from hot seating and the headwind making it difficult to align four boats across. After resorting to a quick start the race began, three Cougar boats and a single Gonzaga boat. The 1N began to walk away from the field at the word "Go", followed by the Zags and the 2N and 3N. Crossing the 1000 meter mark the spacing more closely resembled a tight head race then a 2k, with a parade of boats in line down the course. The final times were: WSU A- 7:03.32, GU- 7:12.40, WSU B- 7:29.70, and WSU C- 8:14.05

Right: Novice A8+



After racing concluded, the boats were de-rigged and loaded onto the trailer and the Cougs were greeted by a BBQ potluck put on by the Parent Booster Club. The day finished off with multiple returns to the grill and tables, recounting the races, and boat pictures. Once again, we would like to thank the parents for their continuous support of Cougar Crew, without your help we would not be where we are today.



# PCRC and PAC12

Written by: Kavan Dewar

On May 15th, 2015 Cougar Crew loaded up the white University vans and began the 18 hour drive down to Sacramento to compete on Lake Natoma for the Pacific-12 Rowing Championships. The Cougs made the journey to row against nationally ranked schools like Stanford, University of Washington, Oregon State, and University of California, Berkeley. The Men's Team put forth some fast boats, as the Men's Varsity 4+ won bronze in their event, beating out the University of Colorado with a time of 7:02.82. Adding to the collection of medals brought home was a gold in the Men's Double event won by August Boyle and Michael Marelli during the Pacific Coast Rowing Championships, occurring the day before PAC-12s.

The two Men's 8+ sent to California had tough races, and in the end earned times of 6:36.05 and 6:23.40 for the Men's Novice 8+ and the Varsity 8+ respectively. Although the conditions were tough and the competition fierce, both boats came away with more experience and better prepared



Above: M2x; Right: MVLWT 4+

# PCRC and PAC12 continued

for the approaching national competition. The Men's Novice 4+ did not race in PAC-12s or PCRCs, but they did get to test the competition in a scrimmage match against UC Davis along with the Novice 8+ who was split into two 4+s. The scrimmage against UC Davis was a success, with two Novice boats defeating UC Davis' JV4+ and all three defeating their Novice 4+ in a series of three timed pieces. By facing off against UC Davis, the Novice were able to gain some confidence before heading off to Nationals.

Overall, the weekend of PCRC's and PAC-12's helped Cougar Crew see the caliber of opponents they would be facing at Nationals the upcoming weekend. By taking home a gold and bronze medal and by working out last minute issues, Cougar Crew went home with Nationals locked in their eyes, and energy in their minds.

We would also like to congratulate our athletes named to this year's Pac-12 2015 All-Academic Teams. Griffin Berger, Cole Borseth, August Boyle, and Alyssa Kodama were named to the First Team, while Ryan McGinnis, Max Vaugh, and Ashley Vomund were named to the Second Team. Honorable mentions include John Gehring, Curtis Treiber, and Zach Jensen.

Left:  
Novice 8+  
launching





# ACRA

Written by: Alyssa Kodama

The American Collegiate Rowing Association (ACRA) Regatta proved to be both challenging, and rewarding for Cougar Crew. Four out of five boats for the Men's Team made it to Grand Finals, and three silver medals were won between the Men and Lightweight Women. This weekend demonstrated all of the hard work each athlete put into training during the course of the year.

After earning a bronze medal at WIRA and gold at PCRC, the Double sought to medal again in Georgia. They posted a strong time in their Heats race, placing second to the 2014 winners, University of Delaware. This sent them to Grand Finals where they would face off against Delaware again. With a fast time of 7:03.28, they were the first crew of the day to bring home a silver medal.

No stranger to exciting races, the Novice 4+, comprised of three rowers from the silver medaling 2nd Novice 8+ at WIRA, and two of those three from the winning 3rd Varsity 8+ against Gonzaga, finished second in their Heat. They made a last push with 250 meters to go to overtake University of Texas by .3 seconds. Their effort allowed them to advance to Grand Finals where they finished 8th, only .5 seconds behind University of Michigan.



Above: N4+

Expecting fast times from the other crews in their race, the Novice 8+ focused in to race well with hopes of advancing to Grand Finals. They were able to place second in their Heat, achieving their goal of going to Grand Finals. Despite being up against tough competition, the Novice posted a strong time of 6:14.40 to earn them fifth place.

# ACRA continued

Coming off their win at WIRA and a third place finish at PAC-12, the Varsity Lightweight 4+ was determined to medal here as well. They were able to conserve a little bit during their Heat, as they easily held off the other boats to secure first. This win sent them to Grand Finals where they would face off with University of Michigan. Despite not rowing as well as they had during their Heats race, they were able to gain on Michigan during the sprint. However, this final push came too late, and they finished in second with a time of 6:44.47, two seconds behind Michigan. Along with winning a silver medal, this crew is able to maintain their title of “Best in the West”.

Feeling good after their performance at WIRA and win at Fawley Cup, the V8+ set the goal to avoid racing in the Repechage to send themselves directly to the Semi-Finals instead. During their Heats race, they were able to achieve their goal by placing third, finishing less than one second behind Purdue University. The next morning they would have an unfortunate draw for their Semi-Final, as they would have to battle it out with notoriously strong programs, including UC Irvine. Here they posted their best time of the season, a 5:52.90, but University of Delaware prevented them from advancing to Grand Finals by .5 seconds. Although disappointed, the V8+ raced well in Petite Finals, earning second place with a time of 6:02.80.

Left: V8+





# ACRA continued

Both of the Lightweight Women's boats would race for lanes on Saturday, with their Grand Final on Sunday. In a close race, the JV 4+ took first in their Heat, just one second ahead of University of Cincinnati. In their Final, they were able to stick with the second and third place crews until the last one hundred meters, where University of Vermont was able to edge them out of third by .2 seconds, placing them in fourth. The Lightweight 4+ also had a close race in their Heat, finishing just barely ahead of Georgia Tech University. Following suit to their technical problems at WIRA, this time the boat suffered from a snapped rudder line resulting in no steering capabilities. They did not let this stop them, and once again they were able to edge out Georgia Tech with a time of 7:58.02 to earn second place and a silver medal.

To top off our successful racing at Nationals, some of our athletes received awards as well! Congratulations to Alex Weatbrook and Ashley Vomund for being named to the 2015 West All-Region Men's Team and to Arthur Ericsson for being named as the 2015 West All-Region Men's Coach. Congratulations are also in order for Ashley Vu and Allison Thomas who were named to the 2015 West All-Region Women's Team. Additionally, Weatbrook has also been named to the 2015 ACRA All-American 3rd Team. Finally, congratulations to our All-Academic award recipients! Griffin Berger and Allison Thomas were named to the First Team, while August Boyle, Brooke Wedelich, Katie Fowler, and Alyssa Kodama were named to the Second Team.



# Know your coach: Alec Hurley



Coach Hurley was born in Miami, FL and raised in Rochester, NY. He began his rowing career as a coxswain for McQuaid Jesuit High School in 2003, before moving on to Marquette University where he graduated in 2010 with a B.A. in Broadcast Journalism and History. In undergrad, he spent time with the U23 High Performance team in Madison, WI, and coxed for NUI Galway overseas. While coaching in Philadelphia he completed his M.A. in World History from Villanova University

# Coach Hurley continued

in 2012. In addition to becoming the new Graduate Assistant Coach at Washington State, Coach Hurley will pursue his M.A. in Sport's Management.

Coach Hurley has spent all five years coaching in Philadelphia (2010-2015) with the Radnor Boys Crew Club, first serving as the program's Freshman Coach (2010-2014) and then as the Lightweight Coach (2014-2015). During his time at RBCC, he oversaw a Freshman program which tripled athlete enrollment and increased retention rates to over 90%. On the water he supervised a program that earned three berths to the Scholastic National Championships, two top-10 finishes at the Stotesbury Cup, two top-10 national rankings, and four consecutive top-10 finishes at the Philadelphia City Championships – all program firsts. Taking over as the Lightweight coach this past year, Coach Hurley oversaw the deepest lightweight class in program history. Based on winter erg projections from the winter, he developed them into the strongest lightweight squad since its inception in 2012.

During his time in Philadelphia, Coach Hurley also served on the staff of Haverford College, first as an Assistant Coach (2012-2013), and then as the Head of Women's Rowing (2014). While there, he assembled the deepest and fastest Women's squad in program history, a tenure highlighted by an 8th place finish in the DIII 8+s at the Dad Vail Regatta (2013).

Over the summers, Coach Hurley has kept active working at Whitemarsh Boat Club. From 2013-2015 he has been a part of the staff for the Junior Competitive Sculling Program, highlighted by his Junior Women representing the club in their inaugural appearance at the Royal Canadian Henley Regatta (2014). Starting in 2015, Coach Hurley will also act as the Head Coach for the club's Under 23 Program, which is geared towards developing athletes for the U23 World Championships – primarily through the small boat trials. He has coached several U23 crews prior to this out of WBC – including a Men's 2- (2012), Men's 2x (2014) and Men's 1x (2014).