



PULLHARD

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Something About Those Crew Boys...

The night before the Head of the Lake WSU crew officers met with the Cougar Crew Alumni Association. In this we had an extremely inspiring discussion on the direction of Cougar Crew. Over years of dedicated head coach Arthur Eriksson working to build up to program to what it is today, we are on the edge of bringing the crew to the next level. With the words of Tim Richards (CCAA Chair) our biggest supporter Elson S. Floyd truly believed in our team. This goes past our success but into our community, comradery, and endless determination to succeed. As a team we have suffered some hard losses coming out of Fall season. Winter training has begun and there is a passion in every rower, coxswain and coach to work hard and begin spring season with success.

-Raquel Guerra-Lewis

Spring Schedule:

March 4– Erg Duel vs. Gonzaga

March 13-17– Spring Break Training

March 17-18– Cougar Crew Days

April 1– Husky Open (Novice)

April 8– UW Duel

April 22– Fawley Cup

April 29-30 WIRA Championships

May 6– Windermere Cup

May 14– PAC-12 Championships

May 14– PCRC Regatta

May 27-28– ACRA Championships

“Rowers..

Can do it all, and they can do it well. Joining the rowing team will be the greatest decision you will ever make. By doing so, you will understand the incalculable value of an indomitable spirit-and you will learn, above all, that your achievements in life are limited only by the magnitude of your drive to achieve them .”

-Amy Yao



2016 Men's Crew– Head of the Snake



1999 Men's Crew– Head of the Lake

Head of the Lake

Despite the outcome of the race, we rowed well and competed against high caliber teams; overall it was a great learning experience for us. Regattas like this only make us a stronger team. Having our two top boats within such a small margin shows the depth of Cougar Crew. I am really excited to see what we can do going into Spring season.

-Devon McCornack



Men's 1V8 down Head of the Lake course

The Club Women also raced at the Head of the Lake, with a double and eight entered. The eight was made up mainly of varsity rowers, with two novice oarswomen filling in. Unfortunately, neither the eight or double were able to produce the same speed they'd suggested they could achieve in training, leaving them finishing down the order. As the first ever race for the novices in the boat, and the last race on the water of the Fall for many of the varsity, the event has served as motivation to train hard over the winter to find the speed needed in the Spring.

-Dave Kempzell

Race Results:

SU M1V8	16:11:61
UW M1V8	16:12:36
OSU M1V8	16:41:56
GU M1V8	17:24:52
WWU M1V8	18:04:42
WSU M1V8	18:19:17
OU M1V8	18:20:64
UW MJV8	16:08:67
USU MJV8	17:06.80
SU MJV8	17:16.39
BC MJV8	17:21.23
GU MJV8	17:51..41
WSU MJV8	18:21.01
OU MJV8	21:00.0
UW M3V8	16:47.67
OSU M3V8	17:42.56
WSU M3V8(N)	18:59.7
GU M3V8	19:28.68
UW WO8	20:21.60
UW WO8	21:39.74
WSU WO8	24:38.84
UW WO2X	21:40.94
BL WO2X	22:06.36
UFV WO2X	25:10.98
WSU WO2X	30:25.15

University of Oregon Erg Duel

The Club Women raced against University of Oregon on Sunday November 13th. The erg duel was the Novice squad's first ever attempt at completing a '2k Test'. Fastest novice, and 2nd fastest overall was Kiera Magrane with 7:40.0. Kiera's score sets a new Cougar Crew Women's Team 2k record, beating the previous best of 7:59.4



by almost twenty seconds. Cougar Crew's 2nd fastest time was achieved by Savannah Brass, who's 8:09.8 placed her as the fastest lightweight novice in the race, and 2nd fastest lightweight including varsity athletes.

-Dave Kempzell

Head of the Snake



Men's JV8 racing down the course— Head of the Snake 2016

We were aggressive out of the gate and crew gelled together nicely. I'm proud of how long we fought off Gonzaga's 1V and feel like this was race to build upon for future success. This crew only towed once together before this race and there is more speed to build up as we go into winter training.

-Hayden Wise

Club vs. Varsity

WSU women's club had the opportunity to do a two-mile race against the varsity women's program. This was the last time the team rowed on the water until February, and they finished with a strong showing from the Novice eight-A, placing second behind the varsity women's A boat, and 25 seconds ahead of their B boat. The women's club also had a Lightweight coxed four and Novice eight-B racing, placing fifth and sixth out of the six crews.

-Dave Kempzell



Women's Club novice A coming down the finish line

Race Results:

GU M1V8	16:07.0
WSU M1V8	16:40.5
GU MJV8	16:33.2
WSU MJV8	17:37.5
WSU M3V8	18:35.4
WSU M1N8	17:04.9
GU M1N8	17:20.1
WSU M2N8	18:32.1
WSU M3N8	19:32.9

Final Days On The Water

Throughout the Fall season WSU Crew has had the joy of adding two foreign exchange students to our roster. Mohamed Abdullah and Janika Verosaari on the women's club team. Below is an article written by Mohamed who will be unable to continue with us into the spring but has some amazing things to share about his experience.

Looking back at the person I was before joining the team. I can certainly say Cougar Crew has helped me to develop into a confident, mentally strong, and a determined young man. I have accomplished things I never thought I would be able to do. Every practice was a struggle; shattering my limitations barrier. However, if you find that determination to keep on going and never let your team down, as the coach says: "going out of your comfort zone and finding your Why". Then you will be rewarded with an amazing sense of achievement afterwards. I can honestly say that I express a limitless sense of gratitude for our coach Arthur, his kindness and positivity is one of the major reasons I stayed on the team, and for my astounding teammates. For they motivated me when I was struggling, and granted me love, help, and support. Rowing is not just an ordinary sport, it's a teamwork sport where your fellow rowers will eventually become your family. I would like to end by sincerely thanking all of my rowing family for this eye-opening experience and I'm going to miss each one of them.

-Mohamed Abubaker Abdullah



Men's Crew after Head of the Snake; Last day on the water of fall 2016 season