



PULLHARD

Fall 2016 Published by: Raquel Guerra-Lewis

Fall Schedule:

- 8/27– Varsity Olympic Triathlon
- 9/23– Team Camping Trip
- 10/4– Row-A-Thon
- 10/22 Head of the Spokane
- 11/5– Dad’s Row
- 11/6– Head of the Lake
- 11/13– Head of the Snake
- 11/13– Oregon Erg Duel

Looking Ahead

The 2016 Fall season has gotten off to a smooth start for the Varsity Men. Three eights worth of competition has yielded positive early returns in depth and top end speed – with both the Varsity and the JV eights turning in season best times in the weekly two mile race four days before the opening showdown against Gonzaga. The large and driven group of second-year oarsmen has been a bright spot in the early going, as has the leadership from the tight-knit upper classmen. The high degree of raw physical talent, combined with a strong work ethic and a revamped, ambitious training routine has put this year’s crew on the precipice of rarefied territory. The challenge now, is to capitalize. Go Cougs!

-Alec Hurley

Varsity Coach

A New Era Dawns

In the Spring of 2016 the decision was made to expand the then-Women’s Lightweight team to a full club women’s roster. With hopes and expectations of small but steady increases in roster size and competitiveness, the change was implemented over the summer. What has transpired since, has been successful beyond all initial expectations. On the backs of multiple medal-stand worthy performances at WIRA and ACRA, combined with the arrival of a new coach – Dave Kempzell from Bedford, UK – the revamped club women’s program has set for itself a new standard of excellence. The current roster stands at twenty-six athletes, comprised of both returning varsity and walk-on first-year oarswomen – a few with prior rowing experience as well as a couple from overseas. With these great results, renewed expectations are high for this class of women.

“In order to win, you have to do something that the boat next to you isn’t willing to do...”

-Anonymous



Open weight four out for a fall row

Varsity Olympic Triathlon

The triathlon was a fun challenge for me. I've never done a race that long before. I knew some of the guys had triathlon experience from previous years (especially Arthur) who would make it tough for me to win. As confident as I was on the swim, Arthur and Sam gave me a run (and bike) for my money for the rest of the tri. The 25mph+ headwind on the first half of the bike was brutal but I managed to push through and hold off Arthur. On the run, I had a big enough lead to hold off Sam and secure 1st. I couldn't have done it without my teammates and head coach there to push me.

- Nate Endebrock



Head Coach Arthur Ericsson competing for 3rd in the 2016-17 Triathlon



Ryan Gehring and Jacob Herman showing true team camaraderie riding a tandem bike for the triathlon

Tangled Team Mates

Every year, the women's team makes a point of starting out the season with a team bonding event between returning varsity and new varsity team members. This year the team decided to take advantage of UREC facilities and do the ropes course, located behind the student rec center. The ropes course was a lot of fun, and allowed people to not only push themselves, but also push each other to try something new. At the end of the day, everyone walked away knowing that this team is a family and that the support of their teammates is what makes this team be ultimately successful. Since the women could have a great afternoon, the ropes course will be considered for future team bonding.

- Katie Fowler



Women's team practicing balance with a fun on-water trust exercise

Rowpocalypse

The Rowpocalypse is a great way for us rowers to remind the community that we are a hard-working club team who value all the support we can get. There is an email that goes out to our supporters informing them of the event and asking for donations. I had a lot of support from my family and friends and reached my goal amount. Then we use a rowing machine on the campus main strip and row two one hour shifts for two days. The team rows for twelve hours each day. This is a lot of meters for so early in the season. It was a lot of fun to erg in the center of campus. Watching people walk by and showing them what our team does. Also, the different sub teams: Novice Men, Varsity Men, and Club Women were rowing at the same time so it was fun to be able to row with them .

-Sam Callan



First mixed row with Novice and Varsity Fall-2016

The Rowpocalypse is such an amazing fundraiser because you must push mind and body to the limit to show your commitment to the sport and to reaching nationals at the end of the year. Fundraising can be difficult at times because people don't want to ask their loved ones for money and give nothing in return, but the effort every rower and coxswain put into their shift to keep the erg fans turning makes it worthwhile for donors. Every email received notifying me of another person giving money to the campaign made me so proud and grateful to be a part of such an esteemed and historical sport.

– Tabitha Wheeler



Varsity rower Jacob Anderson coxing for a novice practice at the beginning of the fall season

Rowpocalypse Fundraising

Team Goal: \$15,000

Amount Raised: \$34,478

High School Experience To Collegiate Rowing

Being an experienced rower on the novice team last year meant a slow start, but we got into the swing of things quickly. This year on varsity we started strong with intense practices and frequent testing. With this I hope to build off the success we had last season as novice and get some gold medals as varsity.

-Brennan Jordan

“Rowing on the novice team is a very humbling experience, watching the struggle and process of others as they learn how to row and compete as a team. Rowing is a great sport to learn patience in practice.”

-Christopher Petershagen
2016-17 WSU Novice
5years previous rowing



Brennan's novice lineup after winning a bronze medal at WIRA-2016

Team Camping Trip

I enjoyed the team camping trip. I thought it was the perfect way for everyone to get to know each other. The activities were fun being broken up into mixed smaller groups with people from Varsity Men, Novice Men, and Club Women teams. Getting Devon McCornack as a big was superb. He is a great person and I look forward to getting to know him more throughout the season and years.

I'm excited to have the opportunity to spend more time with my novice buddies. They are both great guys and I look forward to getting to know them more throughout the season!

-Devon McCornack



Donovan Labriola's team of rowers from club women, varsity, and novice men perform a skit for the team

Devon is the best big a crewman could have!

-Michael Mecham

Head of the Spokane

Competing in the Head of the Spokane truly was a surreal experience for me this year. Just one year ago I was a novice coxswain in a mixed lineup competing in my first real regatta. I was barely beginning my journey with the crew and did not fully understand the history and prestige of the sport yet. Just one year later, my first year on the varsity team and I had the honor of competing against Gonzaga in the 1V8 as well as the 1V4. Every time I step into a shell I learn so much about the men in my crew and myself as a competitor. We had a tough loss against Gonzaga in the V8 event but after coming together in between races and exchanging feedback and ideas we came back strong and took first in the V4. It was an amazing race and what we learned on the water we will be able to carry with us into future regattas.

-Raquel Guerra-Lewis



1V8 launching in the Floyd for their 9:00AM race against Gonzaga



Women's Club team gathering for a group photo after a successful race day

Race Results

9:00AM

| | |
|----------|---------|
| GU M1V8 | 0:13:57 |
| WSU M1V8 | 0:14:25 |
| GU MV4C | 0:16:14 |
| WSU MV4C | 0:16:14 |
| GU MV4D | 0:15:51 |
| WSU MV4D | 0:16:28 |
| GU MN8A | 0:15:28 |
| WSU MN8A | 0:15:11 |
| WSU MN8B | 0:16:06 |

9:15AM

| | |
|--------------|---------|
| GU W3V8 | 0:16:03 |
| WSU W3V8 | 0:16:19 |
| WSU WV4A | 0:15:49 |
| WSU WV4B | 0:16:02 |
| WSU WV4C | 0:16:51 |
| WSU WV4D | 0:16:31 |
| GU WN8A | 0:18:05 |
| WSU WN8A | 0:18:30 |
| WSU club WN8 | 0:18:51 |

10:00AM

| | |
|----------|---------|
| GU M2V8 | 0:14:57 |
| WSU M2V8 | 0:14:59 |
| WSU M3V8 | 0:15:53 |
| GU MV4A | 0:16:10 |
| WSU MV4A | 0:15:33 |
| GU MV4B | 0:15:44 |
| WSU MV4B | 0:17:32 |
| GU MN8B | 0:16:51 |
| WSU MN8C | 0:16:32 |
| WSU MN8D | 0:17:54 |

10:15AM

| | |
|---------------|---------|
| GU W1V8 | 0:14:49 |
| WSU W1V8 | 0:14:39 |
| GU W2V8 | 0:15:38 |
| WSU W2V8 | 0:15:25 |
| WSU club WV8 | 0:17:26 |
| GU WN8B | 0:19:39 |
| WSU WN8B | 0:18:41 |
| GU WN8C | 0:20:39 |
| WSU WN8C | 0:18:42 |
| WSU club WN8C | 0:20:52 |

Alumni Spotlight

Welcome to the first segment of the Alumni Spotlight. The intention of this section is to bring to light the efforts of the Alumni of Cougar Crew who have continued to work with rowing in various capacities, whether that be coaching, administration, directing, etc. There are multiple purposes for this section, specifically to broaden the reach of the Pull Hard, to help reconnect classmates, and to exemplify the spirit of Cougar Crew in key individuals who have continued with rowing beyond their collegiate years. First is Shawn Bagnall, class of '99, who is the Head Coach of the Naval Academy Lightweight Men.



PH: What years did you row at WSU?

Bagnall: I trained and competed with the team from Fall 1995 through Fall 1998. Having dedicated my time to coaching the Freshman/Novice team my final year (along with training), the choice was clear to commit to those men and women and forgo my final spring season with the Varsity (1999).

PH: What initially drew you to rowing?

Bagnall: Honestly? I was trying to get a girl's phone number. She was a walk-on for the Women's Team at WSU and a friend-of-a-friend. My brother had rowed in high school in Seattle, but I was a football/basketball guy that thought rowing was weird. That said, I'd have to truly credit the Varsity Men at the time (Drew Osbourne, '97, Dan Warren, '97, Mike Slotemaker, '96, among many others) for inspiring me to stay with the team past the initial walk-on meeting in the CUB basement.

PH: What is your favorite memory while on the team?

Bagnall: Too many to list here.....jumping off Granite Rock the first time as Freshman, epic rowing in the dark in the canyon at low rate and with no daylight, running around Pullman/The Grade in every condition imaginable. Traveling to every race in the 15 passenger vans. It was awesome.

PH: How are the Midshipmen looking this year? Any specific goals in mind for the program?

Bagnall: We're excited about the progress of the team since 2013. We've moved from dead-last the year before I took over at the EARC Championships to Top-6 in the nation. This year, we've been lucky to have as large a team as we've had in my time here at Navy. Our Plebes (Frosh) and Varsity combined is around 8 eights of lightweight athletes. Specifically, we're looking to again qualify all 6 of our boats for the grand finals at Eastern Sprints and give ourselves the best chance at being on the medals podium in each boat.

Thanks for taking the time for this interview Shawn, and good luck with your season! If you know of an alum who has continued to work with rowing and would like to nominate them for an interview, please feel free to contact me at dherrick91@gmail.com.

Go Cougs! -David Herrick