



PULLHARD

Spring 2017 Published by: Raquel Guerra-Lewis

Spring Schedule:

February 25– Erg Duel vs. Gonzaga

March 13-17– Spring Break Training

March 17-18– Cougar Crew Days

April 1– Husky Open

April 8– UW Duel (Men’s Crew)

April 22– Fawley Cup (Men’s Crew)

April 29-30 WIRA Championships

May 6– Windermere Cup

May 13– PCRC Regatta

May 14– Duel vs. UC Davis (Women’s Club)

May 14– PAC-12 Championships

May 27-28– ACRA Championships

Advancing Into Spring

I think everyone is excited to return to Pullman and get back to training with the team. The fall season was filled with ups and downs. Our focus for the spring will be retaining the positives from the fall, improving in other areas, and putting it all together on race day. We have a young team this year, with sophomores making up a large portion of the varsity roster, so this spring will be an important period of growth for the team. Each race we go to will be a crucial piece of experience for the team as the younger guys learn what the sprint season is like at the varsity level. With that in mind, we're hoping to improve as the season goes on and be at our best when we head to the ACRA Championships in May. We're aiming to be in the grand final again after missing out the last two years, and I think we can have a good showing in the grand final if everyone steps up and puts in the work this spring.

-August Boyle

(Men’s Crew Commodore)

I cannot believe that the team will be finishing up winter training in a few short weeks and that we will already be back on the water preparing for spring racing season. Before racing begins, there are plenty of goals the team has established which we have been using to push ourselves through indoor training. I would say that the team’s biggest goal would be to go to each regatta this season and be competitive with those whom we will race. We want to be able to set ourselves up so that when it comes time to race at ACRA’s in May, we can show how strong women’s club rowing is at WSU. Here we can have each rower and coxswain walk away with hardware. Up to this point in the year, the team is in a much stronger place than previous years. Since the expansion of the team to anyone who wishes to row, open-weight rowers have pushed lightweight rowers to be faster and a faster novice class has pushed the varsity to be faster too. Since our first race will not be until Husky Open in the beginning of April, over the next 3 months of training I have faith that the team will be able to push towards our goal of going to nationals and do a lot more than just “show up” to the regatta.

-Katie Fowler

(Women’s Club Commodore)

The goals for our boats this year it to field a competitive 8 that will be able to succeed against funded teams such as Gonzaga and UW. Each day we are progressing towards that goal with intense winter training workouts. With a somewhat smaller roster we can focus more time on individual weaknesses that will impact overall boat speed and overall our performance. As a team, our goals are to develop a relentless sense of trust among each other, build lifelong relationships and strive towards the top of the podium.

-John Michael Najarian

(Men’s Novice Captain)

The Holiday Challenge

As we come to the beginning of another semester, the women's club team is preparing for it last 6 weeks of indoor training before we are hopefully back on the water. Since the beginning of indoor training in November, the team has learned a lot about itself. In general, the fall racing season proved to be helpful by showing where the team was strong and other areas that could be improved while indoors. This helped to provide everyone with plenty of motivation to push through the indoor training which has consisted of a mix of erging, lifting weights, spinning and swimming. During winter break the men's novice, women's team and their prospective coaches took part in a "Holiday Challenge", in which certain activities as designated by coaches were worth a specific point value for each minute they were done. Rowers reported to a designated team captain each day with their activities and daily point totals. However, the team who produced the fewest points will oversee cleaning the 4th floor of Hollingberry Field House once everyone is back!

-Katie Fowler



Novice at weightlifting session
-Winter Training 2016

"Gold medals aren't really made from gold. They are made of sweat, determination, and a hard-to-find alloy called guts."

-Dan Gable

Winter break has come and gone, but the novice men's Crew team has been working hard all break. Despite the harsh weather, they have continued to focus on strength and conditioning by erging with the women's club team, weight lifting and fun team bonding exercises. For example, the teams collaborated to create a fun and engaging erg session, which therefore created an exciting workout! This break has been all about keeping active and working towards future goals.



Club Women regrouping after a hard erg piece
-Winter Training 2016

-Vee Fyeling
(Coxswain)

Train Together, Win Together

I think that the novice men's and women's practice was fun for everyone as it was something out of the ordinary routine. We were all put in teams of two with the novice men and coach Arthur and Dave arranged a game of hangman. For each game, we had to row a total of 2500-meters and could guess a letter every 250-meters when we switched with our partners. It was a creative way to distract us from feeling like we were working out. By the end of practice, we all rowed around 10k. Even though we were all dying after each 250-meter piece, we didn't give up because it became a competition against our other teammates. After speaking to both men and women on the team, I think we would all really enjoy practicing together again and bonding with our fellow teammates.

-Harlow Bronstein

The workout with the girls was a lot of fun. It broke up the monochrome atmosphere that began to form after erging inside for weeks. It was also nice to see a few new faces to workout with, and have the extra motivation of looking good for the girls.

-Bjorn Elliott

Following Your Passion

I've thoroughly enjoyed my time as a coxswain and as a rower on both the men's and women's team. Getting up in the early morning to cox the women's boats and staying out until late in the afternoon/early evening with the men's team was a great way to end my first semester at WSU. I feel like I've spent more time in a boat than I ever thought I would my entire life, I will say though, my heart lies with the women's club team as a coxswain.

Rowing was one of the hardest things I've ever done in my entire life, it was labor-intensive and excruciating. But some of the most fun I've ever had. I thoroughly enjoyed both opportunities, but I'm excited to be a full-time cox in the spring season on the women's team. My hope is to lead my boat to many victories, I am proud of the growth my girls have made and I'm excited to see where they take us this spring.

-Bradley Warren



Bradley and his fellow crew mates on the novice club women's team - Fall 2016



Jeff Rhubottom('14), David Herrick ('14), Joe Sudar ('14), John Gehring ('15), William Miedema ('14), Max Vaughn ('15), Eric Demaris ('13), Nathan Mauren ('14), Alan Scott ('11), Caitlin Aldrich ('12), Josh Wadagnolo ('12), Arthur Ericsson, John Wasniewski, Senia, Chris Kimball ('13), *Next Row* Curtis Treiber ('15), Kenji Thompson ('14), Catie Schwartz-Mauren ('14), Nathan Mauren ('14), Paul Lund ('13), Anna Lund

A Wedding To Remember

Paul Lund rowed for three years at WSU. He and Anna graduated in 2013 with degrees in animal science. They then lived on a dairy farm in Norway where Paul served in the Norwegian Military. Their wedding reunited several Cougar Crew alumni from graduating classes 2011-15! Congratulations Paul and Anna Lund!

-David Herrick & Raquel Guerra