



# PULLHARD

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## Cougar Crew Days



Class Day Races– 2010



Cougar Crew Days– 2010 christening of the Arthur Ericsson

### Schedule

#### Friday:

- 11:15am–** Class Day Races
- 1:pm–** Dad's Row
- 6-9pm–** BBQ @ Ensminger Pavilion

#### Saturday:

- 8-11am–** CCAA (Cougar Crew Alumni Association) meeting @ Lewis Alumni Centre; All are welcome
- 11am-12pm–** Parent Meeting @Lewis Alumni Centre Lounge
- 12pm–** Lightweight vs. Lightweight alum
- 1pm–** Alumni "Slow-Row"
- 2pm–** Alumni vs. Class Day Champions
- 6-10pm–** Auction/Banquet @ CUB Senior Ballroom

We are proud to announce the upcoming event WSU Cougar Crew Days. Come join us on campus for a weekend event of fun, friendships, and some good competition. From March 17th-18th WSU Crew will be hosting Family, Friends, and Alumni celebrating all that we are as a team and community. Friday will kick off the weekend strong with our annual Dads' Row where parents have the opportunity to get into a shell. The weekend ends with a wonderful auction and banquet hosted by the team to fundraise for the years to come as well as to celebrate our supporters and all that they do. We look forward to seeing you there!

-Raquel Guerra-Lewis

## Grandfathered In

When I was a teenager in Junior High or High School (I don't know which), my mother told me that the University of Washington had a good men's crew. My only thought on this was "That's nice" and I went on. However, every time I came across something about crew I looked to see if there was any mention of UW. Fast forward to the last couple of years, my sister Susan Shoaf recommended the book "The Boys in the Boat" by Danial James Brown. I had no idea that this would lead into my passion for crew. The subtitle is: "Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics". This is the story of nine boys on the University of Washington crew, and all that they went through to represent USA and win the 1936 Olympics...



Guy Marden and Arthur Ericsson

Well, this is what started my real interest in rowing. I often blame it on my sister! I started researching to find out which Northwest colleges and universities had crew, and discovered that the Charlie Brown Regatta was being held in Portland at that time. As I have family in Portland I thought this would be a good time to “kill two birds with one stone” so to speak. When the races were going on I had no idea what was happening, which boats were which. I was mostly in the dark. When the races were done, I got directions to where Washington State University was and headed in that direction. When I got into the middle of the group I asked for the coach and a young man standing next to me said, “That’s me.” That was my introduction to Coach Arthur Ericsson. This was the start of my involvement with WSU Men’s and Women’s club rowing. As WSU is closest to where I live (230 miles) and I received my Master’s Degree from there, it was a natural decision to see what they were about.

-Thank you for including me, Guy

*“I would like to say that WSU crew, and crew in general is my last passion. I really appreciate and am honored at being a part to the team. I enjoy getting to know the new rowers each year and plan on being involved as long as I can”*



Guy Marden observing the novice men’s 2000-meter erg test

## Spring Erg Duels

On February 7th, WSU men’s crew participated in a 2,000-meter erg duel against University of Oregon, and Chico State. The duel itself took place on the fourth floor of the Hollingbery field house and we were connected to our competitors via video messaging.

The timing of this event worked out perfectly as the varsity squad was just coming off a 100% week, and completed the first cycle of our sprint-season training. This cycle emphasized technique and the efficiency of our strokes, and an erg duel was the perfect opportunity for us to apply what we had been working on.



Varsity Men’s Crew rowing together through their first 2000-meter piece of the season

This race was especially helpful for me as it highlighted several of my weaknesses and it has allowed me time to address them before we take on Gonzaga. Having only taken one other 2k test (other than Gonzaga last year), I was excited to see what kind of score I could put out. Because we had been emphasizing technique in the first training cycle, specifically a quick turnaround at the catch, our coach had us test with a very low resistance to better simulate a stroke on the water. While it may have inhibited the power per stroke that we could output, the experience was a valuable one and will allow us to be faster this season. Despite the circumstances, I was able to beat my personal record. Overall, I am happy with the results and I look forward to seeing further improvement when we head to Spokane.

-Devon McCornack

# Pain Today, Strength Tomorrow

At seven in the morning in the Hollingbery, my fellow oarswomen and I competed in an erg duel against University of Oregon, and Chico State crew. All

The race seemed to last forever, but the encouragement we received from both Coach Dave as well as some of the varsity men helped ease our minds and reminded us to power through those last few hundred meters.

-Harlow; Post-Race

of us matched with black trou and WSU tanks (our racing uniforms). We started the morning with twenty minutes of steady-state rowing on the ergs. We had all been preparing for the 2000-meter duel for two weeks and many of us were aiming to break our personal records that we had set the previous semester.

Looking back, the 2000-meter race felt like pure hell and I remember tasting blood after coughing my lungs out post-race. Despite the pain of having to complete a 2000-meter sprint, it was still an accomplishment knowing that I had the self-discipline to finish and that all those rough workouts in the heat of the fieldhouse paid off. In the end, I was happy to

hear that many if not all of us improved our times and that we could all walk away from that day knowing that we had gotten better as a team.

-Harlow Bronstein



Varsity men's rower Sam Callan shouting words of encouragement to Women's rower Natalie Ferguson



Women's rowers Becca Stern, Melissa Weatherhogg, Harlow Bronstein and Alyx Powell



Varsity rowers Zachary Morgan and Henry Holloway

*“So, You want to know what Varsity is? Varsity is pulling your heart out on every piece. Varsity is running faster than you think you can. Varsity is putting the extra work out on the weekends. Varsity is realizing that practices are not optional. Varsity is not slacking off in conditioning. Varsity is not settling for 2nd. Varsity is being the best. Not your best. The best. Varsity makes you go beyond your limits.”*

-Anonymous

# Nothing Less Than The Absolute Best

Our team had been waiting in anticipation for nearly two months for our next 6000-meter trial, when it had finally been announced every one of us was beyond intimidated of the high expectations put before us. After I came out of my sprint, my teammate Eric and I did a ratio shift to bring us down to a competitive, and manageable, rate. Before the race, Eric and I planned out to do a power ten at 5300 meters and every thousand after that. After we had flown through the 2000-meter at about 7:22 we were both averaging below a 1:50 split. I knew the time to make my move was at the 4000-meter mark but convincing myself to do it was incredibly difficult. I did not think I would even make it to the finish line, but something coach told us before the piece kept ringing in my head, "It will hurt just as bad if you pull easier." During the last thousand I bumped the rate to a 28-29 and was attempting desperately to reach that far away finish line. Screams of encouragement and the blustering of ergs were background noise to my brain screaming at me to stop and ease my way in. Each stroke of my sprint from 500 meters out felt like a punch straight to my lungs, bat to my legs, and my whole body felt like I was erging in the middle of a fire. When I had finally finished, there was not relief, but a continued pain in my lungs and muscles letting me know I truly gave it my best effort. My teammates finished one by one, pulling in great scores and I could see in their faces every one of them had given it the same intensity, it was a good day of work in the office.



Mica Jones; Top Lightweight Score

-Mica Jones

## Gonzaga Duel

To kick spring season off strong the men's crew heads northbound to Spokane for our yearly erg duel against Gonzaga. The event begins at nine in the morning with a 2000-meter race. After a resting period of roughly three hours, a 1500-meter race is held at the end. In the resting period, there is the Coxswain 500-meter race that gives the unique opportunity for the Rowers and the Coxswains to trade roles, with the Rowers now being the ones to push the Coxswains.



Team Coxswains



Varsity rower Sean Cornia competing in the Grand Finals



Gonzaga Erg Room-- 2017 Duel

The erg dual, despite being the first event of the spring is one of most important events of the season. For the novice, it helps provide a template of what to expect from 2000-meter races, sitting only a foot or two away from their opponents. For the Varsity, the event serves as a valuable reminder of what 2000-meter races are like. Although, instead of facing off on the water we are in a room with ergs and TV screens. As the races went underway, despite being filled with Gonzaga alumni and students (clearly violating some sort of capacity limit), we still had massive cheers for WSU that dominated the room. While Gonzaga secured the victory for both pieces, it wasn't without a hard-fought battle from WSU. We will take the lessons learned from this duel and apply it to our training, waiting to compete with Gonzaga once again a short two months away.

-Sean Cornia

# Alumni Spotlight

Karl Huhta

**PH:** When did you row at WSU?

**Huhta:** 2004-2008

**PH:** What attracted you to rowing?

**Huhta:** After highschool I wanted to stay involved in athletics. During my senior year, I met a guy who rowed at UW who told me I should go row for the Huskies. I reached out to Fred Honebein, the freshman coach at the time, and he got me excited at the idea of rowing. However, I knew that was not the best fit for me, because I felt more at home at Washington State. I knew WSU had a team and that they were a club team, but I told myself "if they work really hard, take themselves seriously, and be the best they could be, then it would be a good fit." When I joined, I found a hard-working team and it hooked me in, and I loved the people I met, and they kept me around.



**PH:** Do you have a favorite memory(s)?

**Huhta:** Spring of sophomore year was full of great races. Winning Fawley for the first time in 16 years, took bronze at WIRA's in the 8, beat Cal in the V4 at PCRC's, and taking 5<sup>th</sup> at the IRA in the 4. Aside from that, it's really the little things, like being with friends. Van rides to and from the river. Driving to California, just quality time with good people. But having good race results helps too.

**PH:** Current involvement in the rowing community?

**Huhta:** Assistant Coach/Novice Coach for Washington State University Women's Rowing Team.

**PH:** What drew you into coaching?

**Huhta:** Passion for rowing, and passion for college athletics. I knew I wanted to stay involved in athletics, but I didn't know in what capacity exactly. I thought coaching might be something to look into, and volunteered for Jane for two years in the '08-'09 seasons and I loved it.

**PH:** Any particular individual or experience that has had a profound impact on you as a coach?

**Huhta:** Getting my Masters Degree in coaching through the program at the University of Central Florida. I knew what kind of coach I wanted to be, but I was unsure how to channel that. The program under Dr. Jeff Duke helped me see how I could implement my style of coaching and my passion for the sport as an avenue to change peoples' lives in a positive way. It helped me find my way as a coach.

Thanks for taking the time to chat Karl, and good luck this season!

If you know of a WSU alum who is currently involved with rowing in some capacity, please feel free to reach out to me at [dherrick91@gmail.com](mailto:dherrick91@gmail.com),

Go Cougs!!

David