



SWEEP

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THE WASHINGTON ROWING QUARTERLY

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A WASHINGTON ROWING STEWARDS PUBLICATION

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What Husky Rowing Means to Me

This quarterly feature, first suggested by men's head coach, Michael Callahan, has become an instant hit. More than a few Huskies have responded with personal thoughts on the impact the program had on them.

Here are two examples. The experience of Liz Simenstad and Glen Love were separated by six decades but their underlying theme remains the same: the Washington rowing program experience has the power to shape lives and to become a permanent touchstone for living life well.

Third Boat Memories - by Glen Love '54

We appreciated the following submission because it speaks directly to one of Washington rowing's great strengths: its depth. The men and women who do not fill varsity seats during their student years have always been a crucial part of the team's success. And most of the lower boat student athletes, as this piece suggests, graduate with great love for Husky rowing, the central part they played in it, and the way it shaped their lives. Glen's submission to Sweep is part of a memoir on which he is currently working.

Down at the shellhouse, I was now rowing with my fellow sophomores on the varsity with the juniors and seniors, and proud to be there in the best rowing program in the country. The shells themselves, used all over the country and in some countries abroad, were built right there in the shellhouse by George Pocock, from a famous rowing heritage in England, who, many years earlier, had been lured to Seattle to build shells for a UW rowing dynasty. His shells, crafted from thin sheets of native red cedar, were a joy to be near.

George's son, Stan Pocock, was my freshman coach, and a fine oarsman in his day as well as a fine person. (Our son Stan is named for him.)



The entire team heads off the docks for practice in 1954

The best times were in the winter, after a hard afternoon workout, when it was getting dark, or already was dark, and we could see the light of the shellhouse gleaming across the water from a mile out, at Laurelhurst Light, where we took our last break after the workout. From there, we were free to row in at our own pace. By then we were tired, but a good tired, and rowing smoothly and the boat seemed to leap through the water. Sometimes it felt so good that everyone in the boat would be yelling for the sheer joy of it, for the



Another photo of the entire 1954 team through the Montlake Cut

fullness of life, for being young and strong and part of something bigger than the self. All very primordial, I realize, like the primal screams one sees on the faces of athletes, or our primate animal cousins, at a moment of triumph. Something to remind us of our evolutionary roots. Something worth recognizing, and experiencing, for all its ambiguities. Rowing at Washington, as I look back on it, was one of the best, most distinctive, activities of my life. I was lucky to find a major college sport open to anyone taller than average who was willing to work hard and keep on showing up. I'm glad to have had the chance.

After earning his B.A. in 1954, Glen Love taught English for four years in Seattle secondary schools before returning to the U. W. to pursue a Ph.D. in English which he received in 1964. His first college teaching job was at San Diego State. Two years later he moved to the University of Oregon, where he worked for thirty-five years until his retirement as Professor of English, Emeritus. His main fields of teaching and research were in American literature, literature of the Pacific Northwest, and literature and environment.

Glen and his wife, Rhoda Moore Love (U.W. class of 1955) were married in 1956 and celebrated their 50th anniversary in 2006. They have two children, one of whom, Stan Love, did his graduate work at the U.W. in astrophysics from 1989 to 1993. After receiving his Ph.D. in that field in 1993, Stan became an astronaut in 1998 and had his first space mission in 2008 where he completed two challenging spacewalks, installing new equipment outside the International Space Station. He lives in Houston with his wife and two sons, and continues his work at NASA in new areas of development. As a Husky, he taught undergraduate classes in general and planetary astronomy in the early 1990s. Perhaps there are U.W. crew people who were students then who had a class with him.

The Best Long Pair Race Ever - by Elizabeth Simenstad '07

When I look back on four years of rowing at Washington, one memory stands out more clearly than any other: a particular long pair race on a morning in October 2006, my senior year. You all remember the LPR – Thursday mornings, ten men’s and ten women’s pairs; 6 a.m. launch in Union Bay, 7 o’clock start from South Lake Union, ending just east of Fox Point. My pair partner was Andrea Smith (now Andrea Allen). I had known Andrea since we were freshmen; we had never been particularly close, though I had always been fond of her – she was bright and friendly, full of energy. She had suffered a shoulder injury that required surgery during our sophomore year, which had her riding the bike and cheering on her teammates more than erging or rowing. Junior year saw her on the mend, and by our senior year, we decided one day to do a pair trial together. From the first stroke we took together in the pair, our relationship was transformed. When the trial was over and we got to the dock, we sat there in silence for a moment. “Was that awesome?” “Yeah... yeah, I think it was.” I didn’t row in a pair with anyone else for the rest of the season.

On the morning of what I like to think of as the Best Long Pair Race Ever, we weren’t expecting to do anything other than go out and take a shot at making the IV, which of course was what every other pair wanted to do. If we were somewhere behind fourth place, that would be all right too. For the past few weeks we had been erging together, running together, becoming closer friends and better pair partners. The row from Conibear shellhouse to South Lake Union was smooth; our 20- and 30-stroke warm-up pieces were powerful and connected. It seemed like something promising glimmered on the horizon. I don’t remember what place we were seeded; probably somewhere around 6th or 7th, maybe even 8th in the starting lineup. As we rolled across the starting line head-race-style, we took 20 strokes off the line to establish our rhythm, which immediately solidified. We were excited; I looked at the stroke coach between my feet – our stroke rate was already at 30. It felt more like a 24. Were we going out too fast? We didn’t have time to worry about it – we had already passed one pair. Before we knew it, we were at the dogleg. From the bow Andrea was calling a perfect course. I was rowing starboard and the tip of my blade was just inches from the houseboats on the east shore of Lake Union. The water was flat. Suddenly, I was no longer myself; I was the boat, I was the oar, I was my pair partner. I was in her head and she was in mine – she anticipated my every move, and we backed our blades in stroke after stroke. Past the dogleg, we caught another pair, another bow ball. As we reached the red can under the I-5 bridge, I eased off to make it easier for Andrea; we made the turn in three strokes. To my right was a coaches’ launch, and I caught the grin on Colin Sykes’ face as we raced under the University Bridge and out into Portage Bay.

As every rower knows, so often we get caught up in the importance of making the top boat, or defeating our hated rival, that we forget what it felt like to take our very first strokes: pure joy. On this morning, I was living the legacy of Washington Rowing. Nothing



Liz (r) and Andrea (l) after Class Day 2007

else existed. Washington crew is about hunting perfection, learning to build on both success and failure, finding opportunity in the most unexpected places. But above all, it is about the inherent beauty of the sport of rowing, a beauty which we all get to experience together. We came to UW wide-eyed freshmen, and emerged unique and empowered individuals, shaped by our experiences on the water as well as in the classroom.

I don’t remember much from the stretch in Portage Bay, other than that I held my stern on the green light at the north end of the University Bridge and we threw down 33 gorgeous strokes per minute as if we had been born to do nothing else. We turned into the Montlake Cut and raced through the corridor of memories, the colorful painted signs of past classes emblazoned on the concrete walls of the canal. As we approached the red and green cans at the east end of the cut, Andrea shouted “Let’s take this home Liz, we’re almost there”. Every muscle in my body was begging for mercy, but I didn’t feel a thing. All I could think was: I never want this to end. After we had crossed the finish line and taken a moment to recover, my pair partner and I reached out and held one another’s hand. We’d just had the best row of our lives. Andrea was giddy; I had no words, but I remember knowing that I would never forget that pair race. I would go back and re-live college all over again, every good and bad day, just to row that race again.

When we got to the dock, we stood up and hugged each other. Ernie shook our hands and carried our oars. We had come in fourth, which put us in the top eight for the week and which we considered an achievement and an honor, in light of the talent and depth of the other nine women’s pairs on the water that day. We weren’t the best, but we were at our best, and that was all that mattered.

Husky Rowing means so many things to me; it gave me a place to call home, taught me more than I’d ever known before about commitment, sacrifice, and triumph. But most of all, Husky Rowing means falling in love with this wonderful sport for all the right reasons, and cultivating the enduring friendships that remain long after we graduate.

Guest contributions to this regular feature are welcome. Please send your submission to jwilcox3@msn.com. Limit your submission to 500 words and enclose both your email address and telephone number so we can contact you prior to publication.

Class Day Weekend

Let the racing begin! The Husky student-athletes are ready, along with a few alumni, to kick off the 2012 racing season. All those countless hours over dark days will pay off this spring, and the best way to find out what the reward might be is to join the group for the annual Class Day weekend. It's going to be a great party. Here's the official lineup.

William Peter Allen Boat Dedication

The spring racing season will begin with the christening of the team's newest racing boat. The William Peter Allen is named for Peter Allen, class of 2013, who died tragically in a climbing accident before the school year started. The christening will take place Friday, March 23rd at 12:30pm at the Shellhouse. The Allen family and UW Athletic Dept. invite all to attend. The shell will be raced at Class Day by Peter's classmates.

VBC Banquet

Al Erickson's annual affair will be the kickoff event. Stan Pocock will be the guest speaker, and any proceeds that exceed the costs will be placed in the Dick Erickson Scholarship Endowment. The date is March 23rd and the time is 6:00 p.m. Be sure to read the companion article about the banquet for all of the details.

Women's Alumni Race

Get ready for the second running of the Women's Alumni Race. The 1000 meter race is at 8am on Saturday, March 24th. All former Husky women are invited to attend. Either hop in a boat and race against your former teammates, or watch from the shore and enjoy a small reception after the races! Please email Denni Nessler at denninessler@gmail.com by March 15th if you plan to attend.

Cruise & Croissants

Saturday, March 24th, is also the date of Dwight Phillips' annual Cruise with Croissants brunch. Celebrants and rowing fans will be treated to a warm, dry, well fed cruise of Lake Washington, and an up close and personal view of the Class Day races. There is no better way to watch a race.

The cruise aboard the Argosy, Goodtime II vessel departs from the Waterfront Activities Center near the entrance to the Montlake Cut at 8:00am. Passengers will enjoy a cruise around Lake Washington before returning to the race course where Bob Ernst and Michael Callahan will climb aboard to provide race commentary. You will then disembark at the point of origin and make the short walk back to Conibear shellhouse for the post-race barbeque and awards ceremony.

Act now to reserve your seat on the boat. The cost is \$38, and it will sell out. Go to www.huskycrew.org to sign up (look under the "Events" tab on the front page.) Make your check payable to Washington Rowing Stewards and mail it to: Dwight Phillips, 24319 Crystal Lake Road, Woodinville, WA 98077. Be sure to get it in the mail before March 15.



The Classes of 2011 and 2012 battle it out in Class Day 2011

The Races

The Class Day races will start promptly at 10:00 a.m. on the Montlake Cut course. There is plenty of room along the shore or on the bridge to watch your favorite class vie for trophies and bragging rights. As always, Bob Ernst is predicting that the seniors will win but others among you may have other ideas.

The Stewards BBQ & Awards Ceremony

When the races are finished, walk back to Conibear and get in line for the Stewards BBQ. Hamburgers, veggie burgers, drinks, chips and cookies will be available for all. Stick around with lunch and your old and new friends as Bob and Michael introduce the winning crews and present the trophies. Then shake some hands in congratulations and let the student-athletes know how much fun it was to win the same race back when you were in school.

Rowing Shell & Coaching Launch Christenings

After the races, the teams will christen a new rowing shell and a new coaching launch. The Margaret Gillen is a new women's 4+ that was purchased through a donation by John & Jean Anne Dobrowski, parents of two UW rowers.

The Gil Gamble '75 coaching launch was donated by alums who rowed for Gil Gamble as freshmen. Gamble has been battling cancer, and his former rowers wanted to do something for the UW Rowing team in his name. See the Equipment Gifts article for more information on these generous donations.

Event Parking

The Sound Transit and Husky Stadium construction has made parking off Montlake difficult. It will be best to plan ahead. Parking is available for \$7 cash at the large E-1 lot to the north of the boathouse and baseball fields. If you are watching the races from the Montlake Cut, hourly parking is available via pay stations near the boathouse and the Waterfront Activities Center at the entrance to the Cut. More parking information can be found at www.huskycrew.org

The PoWer³ Final Stretch

We began the PoWer³ Campaign adventure three years ago and we are now down to three months. The successful end of the \$1,000,000 challenge is so close you can taste it. The only question remaining is whether you Husky supporters can finish this race in the same manner as you once did on the water.

The jury is out. Contributions have fallen off this year; at the date of this writing, we have received about one third of the support we received last year. We know it is procrastination, nothing more, but our need for you to act now is real and it is urgent. Please fill out a check and mail it to the address below today, or pay by credit card if you wish. And if there is a matching gift program where you

work, contact the proper official and make sure that happens, too.

We have three months to raise the final \$170,000. There is no need for an emotional appeal, we just need you to step up and do what you have been doing over the last few years. The results of your investments in the program are self-evident; we have great University support, great coaches, and great student-athletes. We also have a secret weapon behind our recent successes – our great base of alumni, family and friends. We need you in the boat now.

Please fill out the form and make your donation – or your second donation – now. Support your Washington rowing program.

Pledge/Gift Form

Name _____

Address _____

Home or Business Phone _____ Email _____

____ Check (Payable to University of Washington) Amount: _____

____ Credit Card (V/MC/Amex)- Amount: _____ Card Number: _____ Exp Date _____

____ Pledge \$ _____ total (\$1,000 minimum) in _____ equal installments beginning _____ charged to above credit card.

____ **Payment Information:** I have arranged a matching gift from my employer

Return to: University of Washington Athletics, Attn: Husky Crew Fund, Tye Office – Box 354070, Seattle, WA 98195

(CREWFC/64-1511) CRW12

Equipment Gifts

The team will be training and racing with new equipment this season, thanks to the contributions of UW rowing friends and alums.

A new coaching launch, the Gil Gamble '75, was purchased by a group of alums who rowed for Gamble when he coached the freshman team in the early 80's. As many of you know, Gil has been fighting an ongoing battle with cancer, and his former rowers wanted to support the program in honor of their coach. The new wakeless launch replaces a decades-old Boston Whaler that the freshman team was using. The new launch is faster, safer, and more fuel efficient than its predecessor.

The men's team will also be rowing a new Pocock eight this spring. The William Peter Allen was donated to the program in honor of Peter Allen, class of 2013, who died before the start of the school year. It is a wonderful boat and the entire team is honored to be rowing the shell named after their teammate.

Another new men's eight has been donated by the LaFromboise Family Foundation in memory of Michael LaFromboise, a Husky Oarsman who lost his life in Vietnam War. This is the eleventh shell donated to the program by the Foundation in his name. The

boat will be christened at a ceremony on Friday, March 30th, the night before the Brown dual, the same day as LaFromboise's birth-date. Further details will be available at www.huskycrew.org.

On the women's side, the team is fortunate to have a women's four that was donated by the parents of two Husky rowers. John and Jean Anne Dobrowolski are the parents of Casey, IRA Champion and class of 2011, and Margaret, who is a sophomore on the women's side, class of 2014. The new shell, the Margaret Gillen, is named for Jean Anne's grandmother.

The program has also received new sets of oars. Last year's "give an oar" campaign was a huge success, with more than 30 people "buying" the naming rights to an oar for the program. The Class of '61 also bought a set of oars for the men last year, and the class of '62 has promised to buy a set this year to keep the momentum going. Anna Cummins '02 has been working with the women's alums to buy a set or two of oars for the women's team, as well.

Are you interested in making an equipment gift to the team? Contact Bob Ernst at 206-543-2136 or Michael Callahan at 206-543-5249 to discuss current program needs.

Husky Fan's Guide to Spring Racing

Are you planning to watch the Huskies in action this spring? If you are, read below to find out the best way to watch the races! Maps and information can be found at www.huskycrew.org. A complete racing schedule can be found on the back cover of this issue.

Montlake Cut - Seattle, WA

UW will race at home five weekends this year, including Class Day, the Husky Open/Brown Dual, WSU and Stanford, OSU, and the Windermere Cup. The west end of the Montlake Cut is a great place to watch the last 500 meters of a race. Or, stand up on the Montlake Bridge with some binoculars to see the races unfold. Parking is available north of the boathouse in the E-1 lot (\$7.00 cash.) There are also pay-by-hour stalls next to the boathouse and at the Waterfront Activities Center. Head to the boathouse after the races for the awards presentation.

Mission Bay - San Diego, CA

After Class Day, the women's team will head to San Diego for the Crew Classic. The best spectator area is at Crown Point Shores Park. Head to www.crewclassic.org for detailed directions, race schedules, and to purchase tickets online.

Redwood Shores - Belmont, CA

UW will race California at Redwood Shores on April 21. The racecourse is located in Belmont, CA, just east of the 101, Ralston

Ave. exit. Watch the last 500 meters from the shore, or take a walk down to the bridge that spans the course at the 1000 meter mark.

Lake Natoma - Rancho Cordova, CA

Located 30 minutes outside of Sacramento, Lake Natoma is home to the Sacramento State Aquatic Center, and one of the best spectating racecourses in the country. There is a fee for parking and regatta entrance (usually \$5-\$10) and a great beach area with team tents to watch the last 500 meters of the race. If you are looking for an away race to attend, this is a great one!

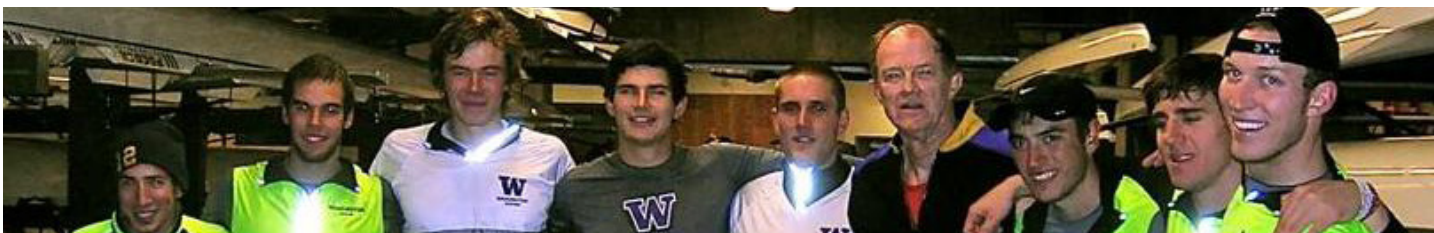
Lake Mercer - West Windsor, N.J.

The 2012 NCAA Championships will be held at Lake Mercer in New Jersey. Check out www.rowpnra.org for more info on this venue, and be sure to check www.gohuskies.com on May 15th to see if the Huskies are headed to the NCAA Championships!

Cooper River - Camden, N.J.

The IRA Championships will take place once again on the Cooper River. There is always a great UW supporter turnout for the regatta, and we hope you will join us to watch the men attempt to defend their National Championship and Ten Eyck titles. Check out www.row2k.com/ira for maps and resources for the 2012 IRA Championships.

You Are Never Too Old... by Bill Collins



Bill Pitlick and members of the 2012 UW Rowing team

How old was the oldest person in your boat during your years as a Husky? Twenty-three? Twenty-five? How about 67? Yep, Grampa was in the varsity four seat on November 8th when Bill Pitlick, Class of '66 and varsity letter winner in '65 and '66, held his own (more or less) with the Varsity 8 during a workout that moved out to the light house and then north to the south end of what was, in Bill's day, the Sand Point Naval Air Station.

Bill "earned" his 2011 seat through adroit bidding at the Dave McLean Memorial auction last summer at Washington National Golf Club. One of the items on the block was a seat in the varsity for one turnout and Bill made the winning bid.

Some background on Bill Pitlick - he arrived at the boathouse standing 6'9" and weighing about 175 pounds and promptly was given the nickname "Stick-Man." Times have changed and so is the UW's oldest varsity 4-man. Bill probably doesn't go quite 6'9" anymore and has put on about 50 pounds. For years, he has been a stalwart at the Pocock Rowing Center, rowing in 8's over

the last 15 years or more that have won their age group events at the San Diego Crew Classic and at Head of the Charles. While lamenting his lack of erg time before his November turnout, he managed to post a time in the Fall of 2011 that was slightly over the 95th percentile of times posted by nearly 400 60-69 year-olds on the Concept II website. That same time put him at about the 88th percentile in the 50-59 age group. The big guy didn't move into the boat by training for 40 years on beer and couch-potating.



Bill Pitlick on the water with the 2012 crew

VBC Banquet

The Varsity Boat Club's annual banquet is a sellout every year but some of you forget the fact and wait to order your ticket until it is too late. So here is your fair warning. The banquet is scheduled for Friday, March 23rd. The reception starts at 6:00, dinner and the program start at 7:00. Act now; be part of this great celebration of our current student athletes and all those who came before them.

Please remember this: Conibear has a maximum capacity and the affair will sell out early. Fill out the form that follows and make sure to have a seat.

Once again Al Erickson has taken the lead and has put together a fine program. After a reception, we will move to the tables for dinner and the following festivities. This year's featured speaker will be Stan Pocock.

The cost of the banquet remains the same as it has been for five years: \$40 per person. If you choose, you can help the program by signing up as a sponsor at \$75 or as a patron at \$100.

Fill out the registration form below, enclose your check made out to the Washington Rowing Stewards, and mail it today to the address on the form.

See you on the 23rd!!

Name(s): _____ Class _____

Number of tickets at \$40.00 each _____

Number of Sponsor tickets at \$75.00 each _____

Number of Patron tickets at \$100.00 _____

Total: _____

Total: _____

Total: _____

I wish to sit with the following people _____

I am a friend/parent of current athlete _____ and would like to sit with them.

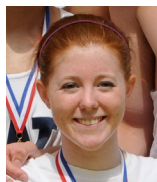


Opening Day Alumni Boat?

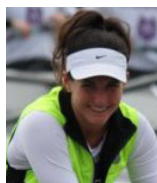
Are you interested in rowing in Opening Day? Christopher Culbert '10 is currently coaching at Pocock Rowing Center, and is looking to get a UW Alumni 8+ together for the Opening Day regatta. If you are interested in rowing, contact Christopher at cjculbert@gmail.com.

Class of 2012

2012 marks the final racing season for 24 members of the UW Rowing team. This truly is an exceptional group of student-athletes. Between them, they are National Champions, conference academic standouts, and Dean's List members. Their studies include Biology, Public Health, Oceanography, and Economics. Read on to find out more about this great class.



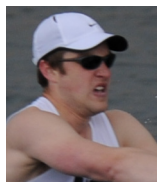
Laura Denman is an IRA gold and silver medalist coxswain. She is a Public Health major, and has been recognized by the UW Athletic department for her academic success. After graduation, Laura plans to continue work in research in the public health field, and eventually attend medical school.



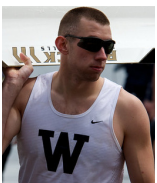
Adriene deLeuw is a communications major from Bothell, WA. She is a PAC-10 Champion, and a member of the Dean's List. Adriene has been interning in the UW Athletic Department this year, focusing on communications and marketing. She hopes to move into a career in sports marketing and public relations when she graduates.



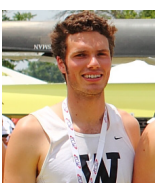
Nina Gerber is a Latin American Studies major from San Rafael, CA. Nina is an excellent student - she has been on the Dean's List 9 of her 10 quarters at UW. She also has above a 3.75 cumulative GPA, and was awarded an iPad by the athletic department for her academic success. Nina plans to attend law school and study immigration law.



Jeff Gibbs is a biology major and chemistry minor from Cincinnati, OH. He has won three gold medals at the IRA National Championships, and is an All PAC-10 Academic team member. Jeff is also a member of the UW Dean's list, and won the SAAS Academic Achievement award. Jeff plans to spend next year at UW studying Parkinson's Disease, and then attend medical school.

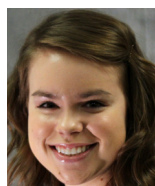


Reiner Hershaw is a political science major with an emphasis on international security from Palouse, WA. He has been named to the Dean's List five times, and like several other teammates, will graduate this month. Following graduation and spring racing, Reiner will commission into the U.S. Marine Corps as a 2nd Lieutenant.



Mathis Jessen is a Geography and Communications major from Hamburg, Germany. Mathis has two gold medals and one silver medal from the IRA National Championships. He has also been named to two All PAC-10 academic teams and three Dean's Lists. After UW, Mathis plans to attend Graduate School at Oxford or Cambridge to

further his education and rowing career, with the goal of a career in professional sports marketing and public relations.



Katie Krzyzanowski is a senior coxswain from Bothell, WA. A sociology major, Katie plans to work in the non-profit sector in social work.



Tom Lehmann is a two-time IRA national champion from Rovershagen, Germany. He is a Computer Science major and mathematics minor. Tom has been named to the All PAC-10 academic team twice, and the Dean's List seven times. Tom will graduate in December of 2012, and is looking for a job or internship in the software development field.



Erin Lauber is a senior oarswoman from Edmonds, WA. Erin is the daughter of two former Washington rowers, and is a history and English major. Erin plans to continue her studies to complete her teaching certification.



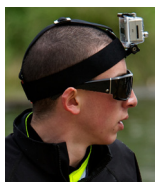
Alan Meininghaus is a History major and an IRA National Champion from Pittsburgh, PA. After graduation, Alan plans to attend law school to study corporate law.



CJ Miller is a physiology major from Woodbridge, VA. After graduating in June, CJ will commission into the Marine Corps.

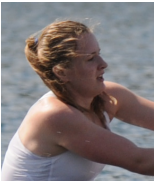


Rob Munn is a political science major with a minor in history from Redmond, WA. Rob is a three-time IRA National Champion, as well as a gold and silver medalist at the U-23 World Championships. Rob has been named to the All PAC-10 team twice. After graduation, Rob hopes to further his studies and his rowing career in graduate school.



Sam Ojserkis is a geography major from Linwood, NJ. Sam is a two-time IRA National Champion and a two-time All PAC-10 Academic award winner. Sam has won multiple academic awards, including the Provost Award for academic excellence, the Schaller award for highest GPA on the rowing team, has been on the Dean's list every year

at UW, and was named the student-athlete with the highest GPA fall quarter of 2009. Sam will graduate early, in March of 2012, but will stick around for racing season. Next year, Sam will attend Cambridge University Judge Business School.



Ailish O'Sullivan is two-time PAC-10 Champion and Dean's List member from Seattle. She is completing a degree in economics, and plans to either further her studies in economics, or switch gears and attend Pharmacy school.



Skye Pearman-Gillman was a walk-on oarswoman from Spokane in the fall of 2008. Skye is completing her degree in Marine Biology. After graduating this spring, Skye plans to get some experience in marine research, with the goal of attending veterinary school.



Ambrose Puttman is another three-time IRA National Champion from the class of 2012! Ambrose is a biology major, and a two-time All-PAC 10 Academic award recipient. He plans to attend medical school.



Alexis Pong is a Psychology and Biochemistry major from Langley, WA. She plans to attend medical school.



Robert Squires is a naval science major from Jacksonville, FL. Following graduation, Robert will accept a commission as an Ensign in the U.S. Navy.



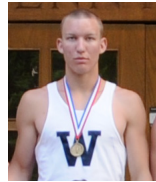
Veronica Tamsitt is an Oceanography major and math minor from Bungendore, Australia. She has been named to the All PAC-10 award list several times, and has been called one of the best oceanography students at UW in the last 20 years by her professors! Veronica has been offered enrollment at all of the top schools in the country to pursue her PhD in Chemical or Physical Oceanography.



Ariana Tanimoto is a Geography-GIS major from Wayland, MA. She has been named as a PAC-10 All Academic team member, and has been a varsity team coxswain her entire UW career. After graduation, Ariana plans to travel abroad and teach English as a second language.



Helen Tilghman is another local rower from Seattle. Helen majored in Linguistics in the UW Honors School. She has been accepted to the UW Graduate Program for Intercollegiate Athletic Leadership.



Jay Thompson was a walk-on from Boulder, CO, who now has three IRA National Championships to his name. Jay is a two time All PAC-10 academic award recipient, and a four time Dean's List member. He is a physiology major, and plans to go to medical school and one day become a sports medicine physician.



Sarah Velling is a communications major and anthropology minor from Seattle, WA. She is a six-time Dean's list member. According to Sarah, after graduation she will be, "doing an internship with the federal postal inspection agency, hoping to go into federal law enforcement and investigation like my uncle and alumnus Husky rower Joe Velling!"



Haley Yeager is another Seattle native. She has won one PAC-10 Championship. Haley is a Public Health and International Relations major, and has been named to the Dean's List three times. After graduating this winter, Haley plans to intern with a local non-profit in the field of international public health. After graduate school, she hopes to have a career working for non-profits and governments in developing nations to develop educational programs for widespread infectious diseases.

Mentorship Program

The Mentor program is now growing via social media. Many rowing student-athletes are part of the "Washington Rowing Careers" group on LinkedIn.com. Over 25 alumni have also joined, posting internship opportunities or just a willingness to meet with athletes to provide career advice. The goal is to have over 100 alumni join the LinkedIn group before the school year is over. With many students looking to plan their summer, now is the time to join!

To join, become a part of linkedin.com, and then search groups for "Washington Rowing Careers." Your involvement can be as little as offering a short piece of advice to student-athletes asking questions, or posting your willingness to meet with a student-athlete to discuss their career or internship opportunities. Please email me at kueber@kueber.com if you have questions!

John Kueber '93 - kueber@kueber.com

The Boat Race - UW influence

Just after this issue of SWEEP went to press, the lineups for the 158th Boat Race were announced. One of our own, Niles Garratt '11, will be in the stroke seat for Cambridge.

The Boat Race is the annual race between Cambridge and Oxford. This year's Race will take place on Saturday, April 7th. Congratulations, Niles!

Preseason Scouting Report - by Michael Callahan

"Where is the spiritual value of rowing?....The losing of self entirely to the cooperative effort of the crew as a whole." George Yeoman Pocock

Scouting Report: The 2012 Race Plan

Our goal is to have the deepest and fastest intercollegiate rowing program in the country. We measure this at the Intercollegiate Rowing Association National Championship both by the speed of our Varsity 8+ and the points we earn towards a Ten Eyck Team Point Championship. We also look our performance at the Cal Dual and our performance at the Pac-12 Championships and value every racing opportunity we have.

This year's race schedule could be called a metaphor for a race itself. Similar to most races, our season will start out fast, we will come into a long, strong rhythm, test ourselves mid race with a move, fight to keep our momentum, and finish with a furious sprint to the end. With this report I hope that by walking you through our "race plan" for the season, you can see how the season builds towards our ultimate performance at the IRA and how your support plays a role in this "cooperative effort of the crew as whole."

1st 500: Starting Sprint and Transition into Base Rhythm



Training for IRAs in December at Winter Training Camp

I'm very excited to announce that Brown University will bring 5 eights to race the Huskies on the Montlake Cut March 31st. Brown is a perennial powerhouse and one of the toughest, grittiest teams in country. They have depth and speed; the Varsity 8+ was one second behind us at the Charles this fall, and we know they will come to challenge us at every stroke. The Varsity 8+ will not be the only boat tested: in total Brown plans to bring three varsity eights, a freshmen eight and a fifth mixed eight of varsity rowers and freshmen oarsmen.

Our team has had this day circled all winter, and I imagine Brown must feel the same way. It will be thrilling to showcase the hard work and dedication of both teams- from 1V to 4V- as they break out of winter training and into racing season.

After this furious start we will be looking to get into our base rhythm. The transition from a start to base rhythm must be taken with the longest most powerful stroke of the race, and if we want to set the tone for the season we must do it collectively at this moment. In the 2012 racing season, this moment will be our dual against Stanford.



No snow days for the Huskies!

Head Coach Craig Amerkhanien's teams are always dangerous. We can't afford to have a miscue here. This race won't get any easier than Brown. Stanford brings a complete team of four boats to Seattle. We will race the Varsity 8+, Second Varsity 8+, Varsity 4+ and Freshmen 8+. The Cardinal are led by U-23 World Champion Austin Hack, a sophomore who joined our own Rob Munn and Alex Bunkers in the USA Men's 8+ last summer that won the World U-23 Championship in record time.

On the same weekend we will look to our in-state rival, Washington State, to test our Third Varsity, Fourth Varsity, Second Freshmen and Third Freshmen. It's always good to test your resolve and moxie with a team that inspires Husky pride and puts State bragging rights at stake.

2nd 500: Heads in the Boat, Take a Move

There are no time-outs or strokes taken below your maximum effort in a race. It is easy to get distracted, tired, or start to look too far ahead, but it is critical that your head stays in the boat. If you take an off stroke, you force your teammates to carry your weight. We must stay committed and internal at this point in the season rather than focus on what our competitors are doing. In keeping with our desire to focus on our own development, the third weekend of racing season we will race internally to prepare for the 101st running of the Cal Dual on April 21st.

Now, on April 21st, it's time for our big push in the middle of the season.

We will take our first road trip and race Cal Berkeley at Redwood Shores, CA. What can I say about Cal? They bring out the best in us. Mike Teti's team is always as deep, talented, and well prepared as any in the country. The Cal Freshmen won the National Cham-

pionship and the Temple Cup at Henley last season. It also returns a large base of varsity oarsmen that pose a great threat. We will bring a Varsity 8+, Second Varsity 8+, Freshmen 8+ and Varsity 4+ to this regatta.

Not to give too much our race plan away, but we expect the Cal dual to be a big effort.

3rd 500: Stay Internal, Keep your length



Couldn't have picked a better day for the annual Mercer Island Row

After any big push it's important to keep momentum. Always stay internal and look to row with technical proficiency when your body starts to tire. It's about the head and heart overwhelming the oarsmen's physical exhaustion. On April 28th we will take another week to race internally and improve our technique.

In no time, it will be Opening Day. The Windermere Cup on May 5th will feature crews from Argentina, Virginia and Oregon State. The atmosphere at Opening Day always inspires our students. It's the biggest stage at home on which show our work to our fans. Virginia's Men's team is one of the fastest growing in the country, led by second year Head Coach Frank Biller. With Oregon State, comes Head Coach Steve Todd, a U.W. graduate who has many friends and fans in Seattle. We are looking forward to racing the full OSU squad top to bottom, and to race Virginia for the first time in the V8.

Argentina was the second highest medaling team at the Pan-Ams. They are a growing rowing force, yet the strength and speed of the eight that will come to the Cut remains unknown and exciting. We have to be prepared for anything.

Then comes the second half of the third 500, which is always the biggest challenge of any race: the new Pac-12 Championship. Anyone can muster up a sprint in the last 500, but we will be reaching deep inside ourselves here. You are worn out, looking for reserves, but we will have to keep our length, focus, our precision here. This is the biggest test mentally for our crew, and this

year we will contend with a new format of heats and finals. With two races in one day and opponents Cal, Stanford, OSU, Oregon, UCLA, USC, Oregon, WSU, and Colorado, the Pac-12 Championship will demand absolute commitment and resolve from our Husky oarsmen.

Last 500: Sprint

The last 500 is always a sequence of sprinting to the line. We have two weeks to keep the speed of the boat before our biggest performance of the year and we will be hoping to take up the intensity with each week, just like a boat sprinting to the line will take up their rate as they get closer and closer.

Finally, what we've prepared for, the Intercollegiate Rowing Association ("the IRA") National Championship is in Cherry Hill on May 31st- June 2nd. The top 18 crews in the country will vie for individual boat titles in the Varsity 8, Second Varsity 8, Freshmen 8, Varsity 4 and Open 4. The points from the V8, 2nd V8 and F8 will be culminated for the Ten Eyck Team point Championship.

It's always dangerous to predict what will happen at the IRA, yet given the strength of support from our fans and the character of our oarsmen, I have no doubt that we will all lose ourselves in this cooperative effort of season. In that, I know we will have success.

I am looking forward to racing season, I hope you are, too.

U23 Hosting

Luke McGee is the coordinator for the US Under-23 national team. He is looking for housing assistance for this year's U23 selection camp. If you can help, contact Luke at grunties@uw.edu

The University of Washington will be hosting this summer's US Under-23 Sweep Team. The camp will generate the 8+, 4- and 4+ that will represent the USA at the World Rowing Under-23 Championships in Trakai, Lithuania. These are the best collegiate rowers in the country and the team is a stepping stone for Olympic hopefuls.

The team is entirely athlete funded and the housing is a major part of the cost. The goal of this request is to locate free home stays in the Montlake/University District area for 18 athletes. This will provide them with an easy commute to the Conibear Shellhouse. Athletes will arrive around June 6th and depart around July 6th. Athletes will be responsible for their own travel and food costs.

Knowing the rowing tradition in Seattle and the love for Husky athletics, I am confident that we can find enough homes to help us out.

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2012 Schedule

March 24	Class Day Regatta	Montlake Cut
March 31-April 1	San Diego Crew Classic (women)	San Diego, CA
March 31	Husky Open (all)/Brown (men)	Montlake Cut
April 7	Washington State	Montlake Cut
April 7	Stanford (men)	Montlake Cut
April 21	California	Belmont, CA
May 5	Windermere Cup/Opening Day	Montlake Cut
May 13	PAC-12 Championships	Rancho Cordova, CA
May 25-27	NCAA Championships (women)	Princeton, NJ
May 31-June 2	IRA Championships (men)	Cherry Hill, NJ

Check www.gohuskies.com and www.huskycrew.org the week of the race for race day schedules and race times