

# N AVY CREW NEWSLETTER

Winter Issue

[www.navysports.com](http://www.navysports.com)

January 2018

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## Upcoming Events

Along with our fifth annual Alumni Reunion and Spring Kickoff Banquet (invitation on next page), the Navy Rowing program hopes to see you at its upcoming spring events.

We will be dedicating the Michael Pero '63 Memorial rowing shell on April 21st after our home races in Annapolis (approx. 10AM). Mike was a huge supporter of Navy Crew and was the key person that helped start our annual Navy Crew Alumni Banquet. Mike passed away last year after a long battle with cancer. His family and classmates donated the money for a new Heavyweight Empacher Coxless Four to honor Mike and his legacy at Hubbard Hall.

There are four home racing weekends this spring on the Severn River:

- March 24: Navy Lwts vs. Princeton
- March 31: Navy Hwts vs. Princeton
- April 14: Navy Lwts vs. Georgetown
- April 21: Navy Hwts vs. Harvard and Penn; Navy Lwts vs. Harvard

The heavyweights will also be attending the San Diego Crew Classic this year. If you are in the area, we hope to see you at the races and alumni tent on March 24-25.

Our women's team does not have any home races this year, but we hope you can visit their races when they are in your area. Please check the last page of this newsletter to see the entire racing schedule for all of our teams.

We hope to see you at the alumni banquet and at the races this spring!

## Triathlon and Team Updates

This year's running of the Navy Crew Triathlon, now in its fifth year, was held on Veterans Day 2017 and once again gave every athlete in the Boathouse a chance to compete and see the benefits of all the hard work during the first few months of the year. It is always exciting to see all three teams coming together to tackle the same challenge and the day was full of Mids cheering one another on and lots of good-natured competition.

The traditional "feats of strength" on the Halsey Turf kicked off the racing, with each competitor pulling a 500 meter erg piece to start the clock before attacking the sled pull. Each sled had to be pulled 60 yards and then dragged 60 yards back; a good test of power after pulling flat out on the erg for those first 500 meters. With the athletes starting in waves of twelve—with one person from each class from all three teams in each wave—the action on the turf got exciting pretty fast, with everyone eyeing their competition and gauging their

margins as they finished up the sled pull and headed out for the run.

The 2.7 mile run—along a new route to skirt the Hopper Hall construction this year—brought the competitors racing into the boathouse, where the final event awaited them on the 2nd Deck: the distance erg. With the men pulling 6k to complete the course and the women pulling 5k, the overall times were very competitive amongst all three teams. In the erg room, you could see some of the faster runners getting pressured by the stronger rowers, keeping the racing tight right to the finish. Off the erg, each Mid had to gather a final burst for the last charge up the stairs to the 3rd Deck and the finish line.

The Lightweights put their mark on this year's Triathlon, sweeping the top three spots. Leading the way with his third win was Sam Haber '18, who was the only finisher under 48 minutes and the first N150 to win the entire event. Haber has

**Team Updates Cont'd on Page 5...**



Fifth Annual

# **“Pull for Navy” Banquet**

## **Alumni Reunion & Spring Kickoff Dinner**

Join our Special Guest Speaker

**Alden Mills '91**

*Rusty Callow Award Winner*

*Navy SEAL Platoon Commander*

*Founder of Perfect Fitness Company*

*Author of Acclaimed Book “Be Unstoppable”*

in welcoming our First Class Heavyweight, Lightweight,  
and Women Rowers into the ranks of Alumni.



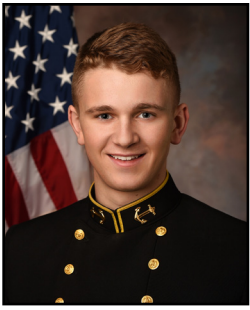
**Saturday, February 24th, 2018**  
**VADM William Lawrence Banquet Facility**  
**Navy Marine Corps Memorial Stadium**  
**6:00 PM Cocktails, 7:00 PM Dinner**

The Older we get, the Faster we were! Rejoin your teammates, other alumni and parents in celebrating our First Class Midshipmen as they start their final Championship Season on the Severn. All family and friends are welcome! Hear from our coaches, team captains and our special guest speaker, Alden Mills.

[Click Here for Registration and Payment Link](#)

Questions? Please contact Coach Rob Friedrich ([friedric@usna.edu](mailto:friedric@usna.edu)) or Kit Vallhonrat '93 ([vallhonr@gmail.com](mailto:vallhonr@gmail.com))

# 2018 Navy Crew Captain's Outlook



**HWT Captain:** Caleb Robertson  
**Service Selection:** Navy Special Warfare  
**Major:** History  
**Hometown:** Annapolis, MD

**Did you row in high school?** No, I ran cross country, swam, and played lacrosse in high school. When I checked in for Plebe Summer, I decided to come to the boathouse because I wanted to be part of

a tight-knit team environment and challenge myself by picking up a sport that I had never done before.

**What are your team expectations for the Spring season?** I think the theme for this year should be continuous improvement: improvement over last year's season and development as this season progresses. The guys on the team are chomping at the bit to start

the spring racing season, and for most, that starts with a home race against Princeton. We showed our depth during the Eastern Sprints last year with great results in the lower boats, and we want to use this base to perform in the top two varsity boat events as well in the Sprints this year.

**What piece of Navy Rowing History motivates you and the rest of the team?** I think one of the most influential pieces of Navy Rowing history on our team today is LCDR Erik Kristensen's story. His legacy is felt very strongly in Hubbard Hall: we have a racing shell dedicated to him, the Kristensen Award, a dedication plaque in the shell bay, and RADM and Mrs. Kristensen often come to our end of the year award ceremony. We often talk about Brotherhood and what it means to be a good teammate within the boathouse, and LCDR Kristensen demonstrated the ultimate act of sacrifice for his brothers out in the field.



**Women's Captain:** Emily Cecchini  
**Service Selection:** Explosive Ordnance Disposal (EOD)  
**Major:** Oceanography  
**Hometown:** Bethlehem, PA

**Did you row in high school?** No, I swam, played softball, and ran cross country in high school. Being a part of a strong team atmosphere has always been an important aspect of my life, and I hoped that I would

be able to find that upon coming to the Academy. After coming to the Boathouse over Plebe Summer, I found that the drive, dedication, and the family that came with being a part of the Women's Rowing Team was exactly what I was looking for.

**What are your team expectations for the Spring season?** We are

striving to sweep the Patriot League Championships in May, and then continue on to NCAAs so that we have the opportunity to finish higher as a team than we ever have in the past. We are a team that encourages unity, well-roundedness, and embracing challenges in all areas, in an effort to develop ourselves into not only great rowers, but also great junior officers by the time we commission at the end of our four years.

**What event(s) during your rowing career have helped mold your team to be better competitors?** In recent years as the program has grown to be more competitive, we have earned the opportunity to race in regattas such as the Clemson Invite and NCAAs. Racing in regattas of this caliber has exposed the team to some of the best rowing programs in the NCAA, and has thus helped us set new bars for where we want the team to be in order to compete with these high ranking teams.



**LWT Captain:** Andrew Schutta  
**Service Selection:** Navy Pilot  
**Major:** Political Science  
**Hometown:** Lansdale, PA

**Did you row in high school?** Yes, before coming to Navy, I rowed at La Salle College High School in Wyndmoor, PA. I had the opportunity to row out of Boathouse Row in Philly all four years of high school.

**What event(s) during your rowing career have helped mold your team to be better competitors?** Our third deck days, I believe, are what have molded and defined our team. These are typically the days when we're training the hardest. Even if it's dark and freezing outside, some of us are sick, exams are around the corner, or we've just had a tough week in general, we all show up looking to work our absolute hardest, knowing that it will pay off in the spring.

**What piece of Navy Rowing History motivates you and the rest of the team?** Our alumni motivate us more than anything. Knowing that the guys and gals who have graduated and been our mentors our first three years in the boathouse will be watching our results online and following our progress throughout the season motivates us the most. They are the ones who have passed down the N150 legacy to us. We hope to build on that legacy this season and put the team in the best position possible by the end of our time on the team.

**What are the expectations of the plebe class and their role for the future of your team?** We expect the plebes to be right next to us, throughout winter training and the rest of the spring season, grinding away and working their tails off. We had two plebes in the stern pair of our Fall 1V and they performed excellently. The plebe class is not only a talented, but also a very hard-working bunch.

# Commemorative Locker Program Update

The Hubbard Hall commemorative locker program is off to a great start, with **27 lockers already purchased (\$67,500) and several more pending**, according to Rusty Yeiser '74 from the USNA Foundation.

Dirk Mosis '73, had the honor of purchasing the first locker (pictured on the right) and his locker plate is now installed in the men's locker room on locker #73 for his class year. Andrew Knoll '20 was the proud athlete housed in the Dirk Mosis Locker for the 2016-17 season.

For those just learning about the program, here is the information provided in the last newsletter:

Given the rich history of Navy Crew that Hubbard Hall represents, it is fitting to provide an opportunity for former Navy row-

ers and other alumni, family, and friends of Navy Crew to both honor past glory and provide for the success of future midshipman crews. The Navy Crew Excellence Fund provides critical private support for capital and supplemental program support for all three Navy crew programs: heavyweights, lightweights, and women. With a \$2,500 charitable contribution, you may customize a tribute to the people, history, and traditions that will continue to inspire midshipmen who pull an oar for Navy.

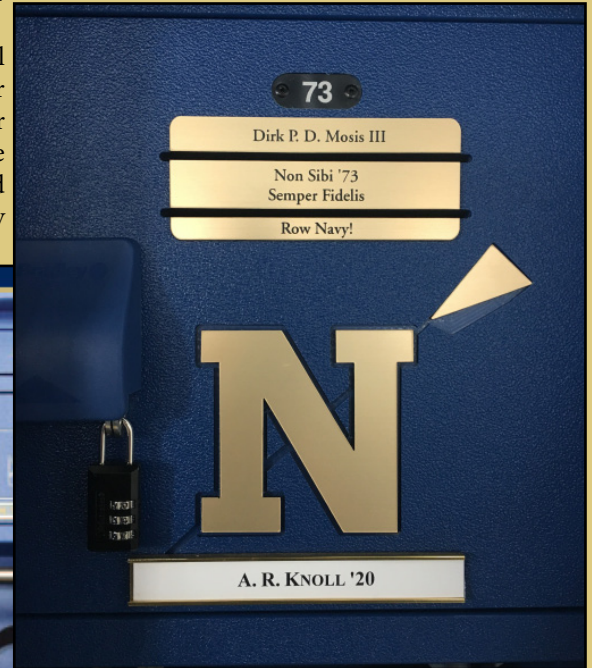
Your personalized plate will be affixed to the front of a locker in the men's or women's locker room on the second deck of the boathouse where it will remind future Navy rowers of the legacy

of excellence they have inherited. Your gift will also afford you recognition in the Naval Academy Foundation's donor recognition society, the President's Circle.

For additional information on the Navy Crew Commemorative Locker program, see the on-line [Locker Program Brochure](#), or contact:

Rusty Yeiser '74

U.S. Naval Academy Foundation  
410.295.4174 / rusty.yeiser@usna.com



GO NAVY

### Team Updates Cont'd...

been the top lightweight finisher every time he has competed, but missed out on a 4-peat when he took last year off for the 2/C EOD Screener. Lightweight plebe Duke Brady '21 followed Haber in second, while Alex Weiman '18 took third to round out the all N150's podium. Joining Haber and Brady as class winners were Drew Bennett '19 and Tyler Schatz '20.

The top Heavyweight was first-time winner Aaron Hanko '19 in 4th place, who ran the event just weeks after finishing the SEAL Screener. In all, 6 Heavies made the top 10, including the Youngster class winner George Gilliam '20, who was 6th overall, while the 1/C winner Ben Dunphy '18 was just outside the top 10 in 11th place. On the Women's side, Mady Malcynski '19 took the women's title stepping up from her class win and 3rd place showing amongst the women the year before. In Class results for NWC, the 2016 NWC champ Ashlyn Dawson '20 won the Youngster title, team captain Emily Cecchini '18 led the Women's Firsties, and Alexandria Vallencey-Martinson '21 took top honors in the Plebe class.

The names of the winners from each team—Haber, Hanko, and Malcynski—are now engraved on the "Fightin' Goats" Triathlon Trophy and each one has a belt buckle that marks them as a Boathouse Tri Champion. The top finisher in each class from each squad earned themselves a Navy Crew coffee mug—and that included the lone Alumni participant this year, Andrew Ledford, team OREP from the LWT Class of 1995, who pulled every meter and ran every mile alongside the Mids.

### Heavyweight Team Update

This year, the heavyweight team is a great mix of youth and experience. There are 13 seniors leading the way and creating a great sense of work ethic among the squad, while the younger classes have been pushing the rest of the group to new heights. One of those younger guys, Andrew Knoll '20, is pushing all of Navy's erg records and leading the way on extra workouts.

Three heavyweight athletes will be attending the World Indoor Rowing Championships this year and we hope to have even more attend the Under-23 National Team Camp this summer.

The team will be sending two boats out to the San Diego Crew Classic this year in



late March. Competition for those boats will be fierce and has created a great sense of intensity during our winter training on the ergs.

Along with San Diego, the team has the Goes Trophy weekend highlighted on their schedule. After last year's sweep of Cornell and Syracuse, the team will travel to Syracuse, NY to defend their win and attempt to keep the trophies in Hubbard Hall.

"This has been a great group of athletes to work with this year," remarked Coach Friedrich. "All four classes are deep and have some great leaders who are pushing our squad forward. It will be an exciting spring to see it all come together."

### Lightweight Team Update

On the heels of a strong fall racing season, where a glimpse of what robust 1/C leadership and hungry underclassmen can produce, the Naval Academy Lightweights are putting in the necessary training, work, and focus this winter to make the spring 2018 season an exceptional one. Undoubtedly holding themselves to a higher standard, the team looks to take another step forward measuring themselves against a good 2017 season, both on the race course and in the classroom. Academically, the Lightweights have redoubled their efforts in winning the Dean's Award for highest Navy Varsity Sport GPA, after 2 years of close 2nd place finishes. Between the buoy lines, the team is dedicated to another level

of success after 2017, where 1V cup racing victories over Princeton, Columbia, Georgetown, and team point trophy victories against Harvard and Penn set the tone. The powerful finish at the 2017 Eastern Sprints, with 4 of 6 boats medaling in silver or gold positions, and the Navy Varsity 4+ winning the IRA Championship, has raised the expectation of each returning N150 team member.

The team will train in Annapolis until their annual spring break training trip, where the midshipmen will be reconnected with their awesome support families in the Oak Ridge, Tennessee area, March 10th through March 16th. From there, the team will look to scrimmage at the end of spring break before kicking off the season vs. Princeton on the Severn. The always aggressive cup racing season continues with dual racing against Yale (Carnegie Lake, NJ), Columbia (Overpeck, NJ), Georgetown (Annapolis, MD), Harvard (Annapolis, MD), and Penn (Philadelphia, PA). Six Varsity 8+'s of athletes will then travel to the EARC Sprints in Worcester, MA, and with qualification, finish the season at Mercer Lake, NJ at the 2018 IRA National Championships. The Lightweight League of the Eastern Sprints is as competitive and deep as ever. The Navy Lights look to control the elements that they are able, approach each day with gratitude and passion, and follow a strong final push from the Class of 2018.

**Team Updates Cont'd on next page...**

## Team Updates Cont'd...

### Women's Team Update

After a fall season that challenged the Navy Women, the team headed inside to continue to build their strength and fitness and add more volume to their training. The team's spring schedule continues to get more and more challenging each year and the team must respond to the challenge.

The Spring will begin again for the women in High Point, North Carolina. The team has developed a great relationship with the High Point Rowing Club and cannot wait to head back down there from the 10th-17th of March. At the end of the training trip, the Mids will once again line up for a pre-season scrimmage against the

team from Army and possibly the Coast Guard Academy. This will kickstart the team as they look to claim another Patriot League Championship. If the Mids win, it will mark their 4th straight and 6th overall title. It will also secure another bid to the NCAA Championship where the women are looking to improve on their program best 19th place team finish in 2016.

Regular season racing once again will start up as the Mids travel up to Cherry Hill, New Jersey on back-to-back weekends 25 March and 31 March. The first weekend the Mids will see fellow Patriot League schools Bucknell, Georgetown and others while the second weekend will pit the Mids against Ivy League schools Penn, Dartmouth and Cornell as well as Syra-

cuse, Northeastern, Indiana and Minnesota. The Navy Women have been invited back to the challenging Invitational held in Clemson in mid-April. The invitational is hosting 21 schools, 10 which competed at the 2017 NCAA Championships, including Navy. The team will turn around the following weekend and head up to Ithaca, NY to race Cornell and powerhouse Brown. It will be a spring filled with tough racing... racing that will help prepare the Midshipmen to take on the Patriot League Championships in early May.

# 2018 Navy Crew Service Selection



## Heavyweight Crew

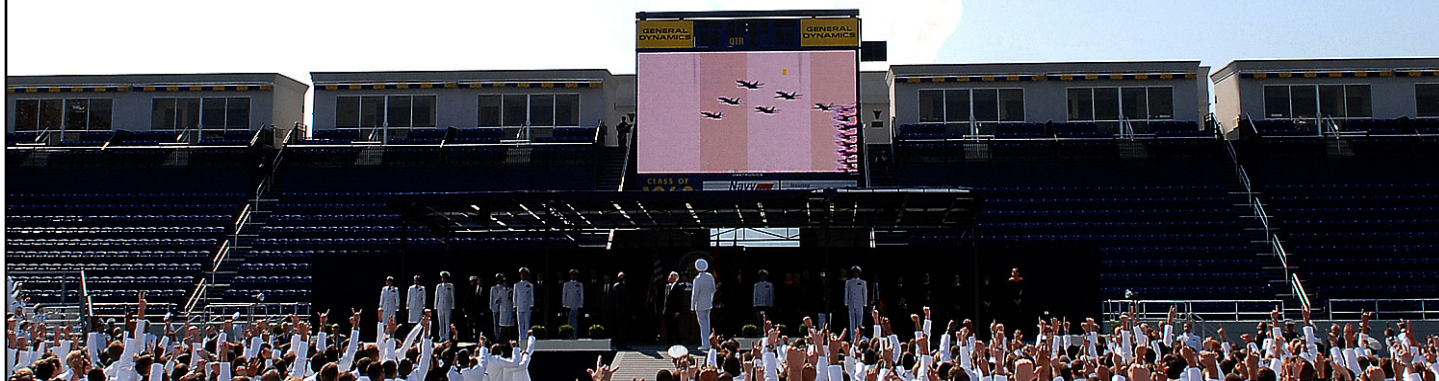
Gage Butler	Surface Warfare
Ben Dunphy	Submarines
Jesus Escudero	Special Warfare
Jack Gainer	Submarines
Charles Linder	Submarines
Parker Novakovic	Submarines
Zerek Olson	Naval Flight Officer
Klaus Payne	Navy Pilot
Caleb Robertson	Special Warfare
Zach Scholz	Submarines
Noah Stewart	Supply Corps.
Nick Street	Navy Pilot
Eli Wood	Intelligence

## Women's Crew

Isabelle Babb	Navy Pilot
Maeve Broeg	Submarines
Emily Cecchini	EOD
Miranda Kosmides	Navy Pilot
Catherine McCarthy	Surface Warfare
Lexi Mendolia	Cryptologic Warfare
Anna Paz	Submarines
Lauren Schrock	Surface Warfare

## Lightweight Crew

Hank Forsythe	Special Warfare
Andrew Grothmann	USMC Ground
Sam Haber	Submarines
Briana Kauffman	Submarines
Andrew Schutta	Navy Pilot
Matthew Shirey	USMC Ground
Austin Treubert	USMC Ground
Alex Wieman	USMC Ground



# Navy Crew Spring Racing Schedules

## Heavyweight Schedule

March 24-25	San Diego Crew Classic	San Diego, CA
March 31	Princeton (Navy/Princeton and Smith Trophies)	Annapolis, MD
April 6-7	George Washington Invitational	Washington DC
April 14	Syracuse/Cornell (Goes and Stagg Trophies)	Syracuse, NY
April 21	Harvard/Penn (Adams and Clothier Trophies)	Annapolis, MD
April 29	Columbia/George Washington/Hobart	Mercer County, NJ
May 13	EARC Sprints	Worcester, MA
June 1-3	IRA National Championships	Mercer County, NJ

## Women's Schedule

March 25	Cooper Sprints	Camden, NJ
March 31	Doc Hosea Invitational	Camden, NJ
April 14-15	Clemson Invitational	Clemson, SC
April 21	Cornell/Brown	Ithaca, NY
April 28	St. Joseph's/West Virginia/Delaware	Philadelphia, PA
May 11	Patriot League Championships	Camden, NJ
May 25-27	NCAA Championship	Sarasota, FL

## Lightweight Schedule

March 24	Princeton (Murtaugh Cup)	Annapolis, MD
March 31	Yale (Johnson Cup)	Princeton, NJ
April 7	Columbia (WIT Cup)	Teaneck, NJ
April 14	Georgetown (Forster Cup)	Annapolis, MD
April 21	Harvard (Haines Trophy)	Annapolis, MD
April 28	Penn (Callow Cup)	Philadelphia, PA
May 13	EARC Sprints	Worcester, MA
June 1-3	IRA National Championships	Mercer County, NJ

# Navy Rowing Camps

Offering residential camps in June at the historic United States Naval Academy. Campers will be thoroughly schooled in all aspects of rowing and coxing by experienced and talented coaches from across the country.

Please visit our websites for detailed information

Girls Crew Camp

[www.navycamps.co](http://www.navycamps.co)

[navycamps@gmail.com](mailto:navycamps@gmail.com)

Boys Crew Camp

[www.navycrowcamp.org](http://www.navycrowcamp.org)

[friedric@usna.edu](mailto:friedric@usna.edu)