

# NAVY CREW NEWSLETTER

Fall Season

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## Heavyweight Crew Youngster 4+ Sixth at Princeton

The Navy Heavyweight Rowing Team have a great core of youth and experience and are excited about developing their talent to compete for the top spots this spring season.

At the Head of the Potomac in Washington DC, Navy's Heavyweights claimed the top two spots in even-matched boats, while their fours took the top three spots in the coxed-four event. "It was a good chance for our top two boats to double up in the 8s and 4s early in the season," remarked Head Coach Rob Friedrich. "We have a lot of youth on the team and they learned a lot by racing twice and getting a feel for the smaller boats."

The Varsity Heavyweight squad also raced twice at the Navy Day Regatta in Philadelphia. The 1st Varsity boat went 1-2 in the Fours event, early in the morning, and then won the Open Eight race in the afternoon. The Navy 2V, 3V, and 4V took three of the top four spots in the College JV Eight race and then raced again in the Open Eight race.

"It was a tight turn-a-round for the JV boats with only 90 minutes between their

**Story cont'd on Page 4...**

## Pull for Navy

## Class of '67 Shell Dedication

On a beautiful October morning, alumni, athletes and friends descended on Hubbard Hall for a very special boat dedication for the Class of 1967.

Navy Athletic Director Chet Gladchuk was on hand to welcome the crowd and congratulate them on their substantial gift to Navy Crew: a perpetual boat fund that will keep a "Class of 1967 Memorial" shell in the boathouse forever.

As members of Navy Crew, the Class of 1967 stamped their legacy in Hubbard Hall history with a Clean Sweep of the 1965 IRA Championship, winning the Varsity, Junior Varsity, and Freshmen Eight events in an historic performance. For the Class of 1967, however, rowing meant more than just championships. Whether as a heavyweight, lightweight, or an oarsman on the Battalion crews, each member



of this great class learned to push beyond their limits for each other...blood, sweat, blisters and all.

During the boat dedication, Director of Rowing Rob Friedrich talked about the Class of 1967's accomplishments and the legacy they forged for future Navy athletes. He then brought up Tom Knudson '67

**Story cont'd on Page 7...**

## Lwts Finish Fourth at Princeton



Coming off of a very successful summer, both in Military Summer Training and racing on the water internationally, the Navy Lightweight Team took to the docks at Hubbard Hall with a renewed focus on both their top-end speed and overall squad development. The coaching staff from the get-go implored each member of the team to ensure they brought their very best to the boathouse each day, and that was evident in the results this fall season.

The fall season kicked off with a quick trip to Washington DC for the Head of the

Potomac in September to allow the coaching staff to evaluate some "even" lineups and let the Plebe Class of 2021 experience race day as a Navy Lightweight. The results were encouraging as the Plebes, many of whom had just started rowing during Plebe Summer, mixed in with the recruited N150's to post solid results. The Varsity Lights also performed well, using the day as a training opportunity and doubling in both the 8+'s and 4+'s.

Following the Head of the Potomac, the  
**Story cont'd on Page 5...**

Fifth Annual  
**Navy Crew Alumni Reunion &  
Spring Kickoff Banquet**

Join the Navy Crew Staff on

**Saturday, February 24, 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.

Registration and payment information will go out in the January Newsletter.

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



# Women's Crew: Road to NCAA Champs

The Navy Women's Crew team wrapped up the 2016-2017 year with a third straight Patriot League Championship, the fifth in team history. That title garnered them their third consecutive trip to the NCAA Championship and fourth Championship appearance overall, where the Mids placed 20th out of 22 teams.

The 2017-2018 campaign started when the plebes first came over to Hubbard Hall and took those first strokes on the rowing machines and eventually their first strokes on the Severn. Shortly thereafter, the upperclass rowers joined those plebes and this year's version of the team began to take shape. The varsity upped their mileage from previous years and focused their first two months on building strength, rowing some very heavily rigged boats.

The first test of the fall against outside competition came at the Navy Day Regatta in Philadelphia, PA. Those same plebes who kicked the year's training off were first to launch and race on the day. In their first collegiate race, the plebes finished first and fourth, retaining the Novice 8 title for the Naval Academy. The varsity stepped up next, fielding two boats in the JV race. The 2V finished third behind Drexel and the winning Penn boat. The 3V finished 10th in that same race, ahead of 7 other teams' 2Vs. The day wrapped up with the Varsity 8 race, where the Navy 1V took quite a wide turn and just could not keep up with Penn racing on their home course. Navy finished 2nd to Penn but cut their margin at the same race down by 10 seconds...still



rowing those heavy boats.

The Women then prepped for a rare home scrimmage the next weekend against local Maryland team Washington College. Racing 6 eights and a four against Washington College, the racing broke down into two sections. The first part of racing was about a 4500m head race followed by the second part of racing: some 600m side-by-side seawall sprints. The conditions on the Severn made for a great head race, with Navy putting 5 of their 6 eights ahead of Washington College's first boat. As the teams lined up for the seawall sprints, the conditions along the Severn worsened and only allowed for two sprint pieces before the coaches agreed to call it for safety reason. It was a great morning for the Midshipmen improving their speed over the

head race course and being able to race in front of friends and family at home.

The last weekend of October brought the Mids up to Princeton to have a go on Lake Carnegie. The women first sent 3 varsity 8s out against the deep field. Strong winds welcomed the Mids through their first 2000 meters of the course. Throughout, the women had to contend with a good amount of slower boats ahead of them, a result of their finishes from 2016 at this race. In spite of that, Navy finished 14th, 34th and 44th in the talented field. The 14th place finish in the 1V was a huge leap from 2016, where the top placing Navy boat was 34th. The clouds then decided to open up and that left the plebes to race in a deluge of rain. The plebes, five of them racing a second time, managed to place 3rd against more seasoned boats. All in all, it was a good weekend with the team hitting almost all of their goals.

The Women's plebes wrapped up the fall racing at the Rutgers Fall Invite with the Heavyweight and Lightweight plebes. Racing in two even boats, the Plebes took top honors over Rutgers, helped their classmates sweep the day for Navy. Next up: the winter grind to build more speed begins for all.



### Heavyweight Recap cont'd...

races,” explained Friedrich. “They handled it well. All four of our varsity boats placed in the top ten and were very competitive with the top crews from the Philadelphia schools.”

At the Head of the Charles in Boston, Navy was met with near-perfect conditions with a warm, dry weekend and a comfortable tailwind on the course. In the Club Eight race on Saturday afternoon, Navy’s 2nd Varsity boat finished 7th overall, two spots better than the previous year. Starting right behind Boston University, the Midshipmen were able to close the gap and out-pace the Terriers by four seconds, while just narrowly missing 6th-place Brown University by 0.13 seconds.

The Navy Varsity raced on Sunday in the Championship Men’s Eight. Fielding a line-up of two juniors, five sophomores and a plebe, Navy’s crew was young and a bit inexperienced, but excited to race against some of the best crews in the world.

“The Varsity was very motivated to start the race high and hard,” remarked Friedrich. “They were right there with the top ten varsity college boats at the first marker but they faded in the second half of the course. They had a lot of guts to go out that high and that’s the type of attitude and aggression we are looking for in our younger oarsmen.”

Even though Navy placed 23rd overall in the event, they posted the fastest time ever of any Navy Heavyweight Crew at the Head of the Charles. “I knew it was fast conditions but I was still impressed with their time. Other than the short course in 2004, due to high winds, Navy’s previous fast-



est time came in 1982 when they won the Champ Eight Event with a time of 14:24.3. This crew bested that time by almost five seconds. We weren’t happy with our placing but it does show how competitive this event has become,” said Friedrich.

The very next week, Navy traveled up to Princeton for the 3-mile Chase in completely different line-ups. Due to the Fall SEAL Screener on the Yard, Navy’s Heavyweights were not traveling with their full squad. With a next-man-up mentality and an even younger varsity line-up, Navy’s 1V finished as the 8th A-boat in the event, while the 2V, 3V, and 4V showed Navy’s depth and placed higher than many of the top crews from other colleges.

The highlight of the regatta in Princeton came in the Fours Event, when a boat full of youngsters (led by senior coxswain Nick Street) placed sixth right their with the top crews from Princeton and Wisconsin.

“Our top four performed well. They have been showing signs of good speed in the four this fall,” explained Friedrich. “Even though they had to pass several crews and clashed oars more than once, they still posted a fast time. We have some young talented oarsmen...we just need the time to put all the pieces together for the spring racing season.”

The Navy Heavyweights are also very excited about their talented Plebe Class. Rowing even-boats for the entire fall racing season, they have focused on developing their walk-ons and getting them ready to race in the varsity boats for the spring season. The Navy Heavyweight Plebes had the fastest combined freshmen time at the Navy Day Regatta and the Princeton Chase. Then the 21s fielded four full eights of Heavies at the Rutgers Fall Classic, where they showcased both depth and potential for the future.





### Lightweight Recap cont'd...

"meat" of the fall racing schedule began. Kicking off in Philadelphia at the Navy Day Regatta, the Lightweight Men found success racing against the runner-up national champions from the University of Pennsylvania, and the lightweights of Delaware. The Navy squad swept the Varsity 4+ event (1st through 4th place), won the Freshman/Collegiate 8+ event, won the Freshman/Collegiate 4+ event, and placed two even Varsity 8+'s in the top 5 of the Open/Collegiate Lightweight 8+ event. The depth and strength of the young team was clearly on display on the Schuylkill River that morning.

The Head of the Charles was next on the docket, and the entire team put their effort into the two Varsity 8+'s that traveled to Boston. Six lightweight athletes automatically qualified for the Charles lineups based on their excellent work on the ergometer, and the rest of the boats were named through hard work and individual seat racing. Kicking-off the weekend on Saturday, the 2nd Varsity 8+ moved through the field from their 12th place starting position to finish an outstanding 4th in the Club Eight event, behind only heavyweight squads from the Boston area on their home course. That finish equated to the 3rd place collegiate finish in the Club event, so the Navy Lights brought home Head of the Charles medals. The Lightweight Varsity 8+ had a great effort over their race on Sunday, and



while not what they had planned for, finished a strong 7th, only 4 seconds out of 4th, and besting a handful of EARC Sprint competitors.

The 2017 Princeton Chase weekend turned out to be a great one, with five 2/C Navy Lights completing the SEAL Screener in Annapolis, and the rest of the team turning out great results in Princeton. Once again leading the way at Coach Sands direction, the Class of 2021 posted the best time of any Lightweight Freshman 8+ in Princeton, finishing a close 4th behind heavyweight crews from Cal-Berkley, Dartmouth, and Princeton. The

Varsity boats battled well in a competitive field, with the 1st Varsity 8+ finishing 4th, a scant 1.5 seconds out of 2nd place and 4 seconds from the winners.

The N150 Plebes took one more run down the course at the Rutgers Fall Classic, capping their strong fall campaign with the fastest eight and the best lightweight combined time. This fall season served as a great precursor of what is to come in the spring of 2018, and the entire team gets down to the business of physiological excellence over the course of the next 4 months, in preparation for an ever-competitive EARC Sprints schedule.

## Navy Store Now Open

We are pleased to announce our Navy Crew On-Line Store is open for business. To make these items available for Christmas, the store is open for a limited time. On-line orders will close on November 16th.

As always, part of the proceeds will go to helping support all three rowing programs.

**We appreciate your support!**

[www.boathouseteamstores.com/navycrew](http://www.boathouseteamstores.com/navycrew)

# Commemorative Locker Program Update

The Hubbard Hall commemorative locker program is off to a great start, with 25 lockers already purchased for a total of \$62,500 raised, according to Rusty Yeiser '74 from the USNA Foundation.

One of the more recent lockers was bought by Peter Bos '60, pictured on right. Many alumni have been very creative in designing their locker; from Olympic Rings to quotes from the "Boys in the Boat" to historic military phrases.

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

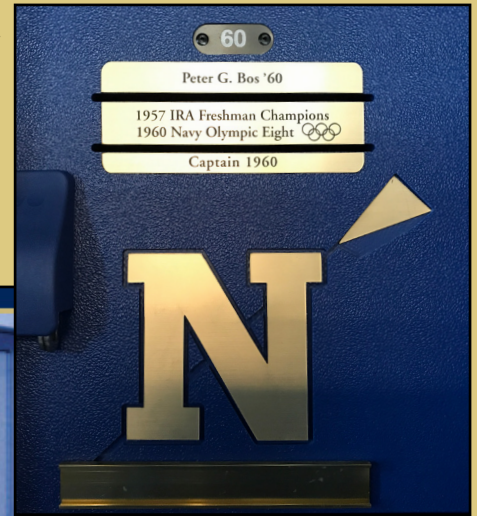
Given the rich history of Navy Crew that Hubbard Hall represents, it is fitting to provide an opportunity for former Navy rowers and other alumni, family, and friends of Navy Crew to both honor past glory and

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: heavy-weights, 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



### Class of '67 Dedication cont'd...

to speak on behalf of the class.

Knudson spoke of the bonds that were forged on the Severn River and how rowing helped them in their years of service and in life afterwards. He then brought up his classmates to say a prayer for their fallen teammates and celebrate their memory that will live on in this new rowing shell.

With the Stagg Cup, the team trophy from the Navy-Cornell-Syracuse race, which was inaugurated in 1967, the alumni christened the "Class of 1967 Memorial" and deemed it ready for its maiden voyage, crewed by the 67's themselves.

Two boats full of alumni oarsmen, including coxswains, took their turns rowing the new shell and reminiscing on the "swing" of the boat when all eight oars connected in unison.

It was a wonderful event and great way to kick off the Class of 1967's 50th reunion weekend and celebrate the past, present, and future of Navy Crew.



## Navy Crew Alumni Rows and Reunions

Another autumn of USNA Reunion Weekends brought several classes back to Hubbard, and the coaches and Mids stood ready to help them back into shells so they could "Pull for Navy" once again.

The biggest Reunion Row this fall was unquestionably the Class of '87's effort. Spearheaded by Mike Gaffney '87, rowers and coxswains from all three squads came together, rowing three full eights in honor of their fallen classmate, Mark Hamilton. They were able to celebrate Mark's memory in a special way: by rowing the Navy Lightweight boat that bears Mark's name.

The Class of 1967 had a memorable Reunion Row as well, using the occasion to dedicate their gift to Hubbard Hall, the "Class of 1967 Memorial," and then getting the chance to row in their "own" boat on its maiden voyage after the Christening Ceremony. The '67s took the boat out with two different crews to give as many classmates as possible a few strokes on the Creek. The most nervous participants may well have been the coxswains of '67, who were taking the helm of a brand-new eight!

The Classes of 82, 92, 97, and 07 got out in the creek as well, but the most epic

reunion row of the fall belonged to some hardy souls from the Classes of 90 and 91, who banded together to race as a Navy Masters Crew at the Head of the Schuylkill in late October. The crew, knowing that preparation is key to any successful mission, arranged to practice alongside the Plebe Heavies on the Severn one Saturday and, having survived a trip upriver with the 2021's, had a great run at the Schuylkill a few weeks later.

As Strokeman, and ringleader, Stu Lockhart '91 recounted afterwards: "After  
**Story cont'd on Page 8...**



### Alumni Rows cont'd...

entering the shoot and feeling the blast of the headwind, we settled down into a very nice, long 25 spm piece. We were connected and the boat felt good...and in the process, we passed two boats through the first half of the course. By the time we hit the half-way point, we were at a solid 26-27 spm and gaining on another crew. Thanks to the motivation of our superb cox, Emily, we came through another crew as we headed past the Three Angels and prepared to thread the last two bridges and the last 500 meters of the race. By the time we hit the Gerard Avenue bridge, we were at a

28...and for the final push to the finish, hit a solid 30 spm and in doing so, passed another boat at the end of the race. We covered the course in 15:27 which initially put us about 12th in the pack but with the age handicap applied, we were 6th in the field." Bravo Zulu, Gents, on taking reunion rowing to a whole new level.

Navy Alumni also had two boats racing at the Head of the Charles Regatta. Stroked by Dan Lyons '80, a group of early 80s alumni competed in the Senior Master Eight event. Some of the current athletes were able to meet with them after their practice row on Friday. Still in great

shape and ready for another trip down the Charles River, they reminisced on their big win in the Champ Eight against the West Germans in the early 80s.

Not to be outdone, a young group of heavyweight alumni raced in the Alumni Eight event, placing 15 out of 50 boats and qualifying their entry for another year.

Next time your class is slated for a Reunion, don't forget to rendezvous at Hubbard at 1000 on Saturday before the tailgating starts over at the Stadium. There is nothing quite like getting back out there to Pull for Navy once again.



Class of 1987 Hwt, Lwt and Women with the Mark Hamilton



Early 80s Alumni racing at the Head of the Charles



2007 Heavyweights and Lightweights after Creek Row



Young Alumni Boat racing at the Head of the Charles



Class of 1967 on their 50th Reunion Weekend



Early 90s Alumni who raced at the Head of the Schuylkill



# Navy Crew Spring Racing Schedules

## Heavyweight Schedule

March 31	Princeton (Navy/Princeton and Smith Trophies)	Annapolis, MD
April 6	George Washington Invitational	Washington DC
April 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	Clemson Invitational	Clemson, SC
April 15	Clemson Invitational	Clemson, SC
April 21	Brown/Cornell	Ithaca, NY
April 28	Temple	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