

NAVY CREW NEWSLETTER

Fall Season

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November 2014

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Women 7th at Charles

The Midshipmen of Navy Women's Crew were more than ready to jump into the fall season and get going after the disappointment of missing the bid to the NCAA National Championships last spring. The graduating Class of 2014 left some pretty large shoes to fill but the underclassmen did a terrific job of stepping up immediately and, because of their efforts, Navy Women's Crew hit the ground running. The fall season began with logging a lot of miles on the Severn and really focusing on building a strong aerobic base early for the year to come. The coaches decided to start a boathouse-wide head race every Saturday morning before the racing season began, and it was a great way to get some valuable racing experience and instill the idea that Saturday is race day! This hard work really paid off at the Navy Day Regatta. The Mids had a very strong performance and were able to improve on their finishes from last fall. The day began with the Novice 8+ racing for their first time in the Navy blue and gold. They placed 3rd out of 11 boats behind Penn and St. Josephs, which were both made up of all experienced freshman, unlike the Navy crew of mostly pure novices. The JV 8+ race was eventful, to say the least. The 2V had a great first three-quarter of the race and were closing rapidly on the Rutgers boat in front of them when, following Penn's lead, both Rutgers and the Navy 2V

Story cont'd on Page 4...

Heavyweights 5th in Princeton

After earning two medals at the 2014 Eastern Sprints and returning the majority of their varsity, the Navy Heavyweights were excited to start a new campaign, while keenly aware of the need to develop their young talent.

This fall, their depth was needed more than ever, since the team found themselves down 8-10 athletes during the course of the fall season due to injuries, illnesses and surgeries. Their coach, Rob Friedrich, emphasized their "next man up" motto and was pleased to see the athletes perform

well during the fall races while developing some rowers who may not have had a chance to compete.

The highlight of the season was placing fifth at the Princeton Chase. The Navy varsity overcame an 11th place starting position, due to a buoy penalty from the previous year, to finish in the top five behind Princeton, Yale, Boston University and Cornell.

"It was a solid effort from our varsity to pass a few crews and still place in the top

Story cont'd on Page 5...



Navy Crew Honors History

IRA Plaque Dedication, 1984 30th Reunion and new Rick Clothier Trophy

On September 27th, the Navy Crew program dedicated a grand plaque in their trophy room, honoring every crew that has won an eight-oared championship at the Intercollegiate Rowing Association Regatta (IRA).

The IRA Regatta was started in 1895 in Poughkeepsie, NY and is now considered the National Championship for Men's Rowing. Navy's new plaque lists the line-ups and coaches for each winning Varsity, 2nd Varsity, Freshmen and, more recently, Lightweight Varsity boat at the IRA.

Navy's list of champions includes 32 crews, ranging from the 1921 Men's Varsity Eight to the 2004 Men's Varsity Lightweight Eight. At the plaque dedication, Navy used



the opportunity to also honor the Varsity Crew of 1984 on their 30th reunion of winning the IRA Championship.

During the ceremony, Director of Rowing Rob Friedrich talked about the history

Story cont'd on Page 6...

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

Join our Special Guest Speaker

Admiral Joseph Prueher, (ret.) '64
*Former Navy Lwt Crew Captain, USNA Commandant,
CINCPAC, and Ambassador to China*

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



Saturday, February 28, 2015
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, Admiral Joe Preuher.

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

Questions? Please contact Coach Rob Friedrich (friedric@usna.edu) or Kit Vallhonrat '93 (vallhonor@gmail.com)

Lightweights Complete Strong Fall Season

As the members of the Navy Lightweight squad arrived back on The Yard this fall, the team knew there would be a different tone and level of expectation. Returning a group of athletes who brought the team back to the Men's National Championships (IRA Regatta) last June, and with a very talented group of Plebes sticking it out past Plebe Summer, the entire team was anxious to get to work.

Unlike the lean varsity numbers of the fall of 2013, the 2014 fall training season saw upwards of 5 eights of varsity athletes returning to Hubbard Hall. Complimented by a very strong group of Youngsters, the upperclassmen understood that their leadership and example would be important to bringing along the newest members of the varsity team. Having spent a great deal of effort molding and recruiting the best walk-on talent on the Yard during the summer, second year Navy 150 coaches Ryan Archer and Shawn Bagnall couldn't have been more pleased to see over 4 eights of Plebes on day one, many of whom were star athletes for their high school the year before.

Having a much better idea coming in of what Head Coach Bagnall was looking for, both in technical approach and physiology, the Varsity Men had a very fluid start to the fall semester. Rowing in mixed line-ups allowed the Youngsters to pick up some of the finer points on what the First and Second Class rowers had worked on the year before. Additionally, the team benefited from a great turnout of motivated and eager coxswains, allowing for a large fleet of Navy Lights to launch from the docks each day. Even better was the addition of a boat-house-wide, weekly head racing "regatta", that allowed all three programs (women, lightweights, heavyweights) to race against each other and their own U-23 Gold Medal Standard (GMS). These weekly races allowed the teams to rehearse their head racing skill, put in excellent training, and compete to win by achieving the highest percentage of their GMS each week.

The team kicked off the Fall racing season in a new way this year, entering 3 mixed varsity eights and 2 Plebe eights at the Head of the Potomac, the last weekend in September. The coaches made sure that the Mids understood that the fall results are great to see, but it was more important to walk away each week having taken a



step forward in their development toward the spring. While not as deep a field as expected, the team was able to see conference opponent Georgetown, and get the Plebes on the road to experience racing away from home.

Next up was the annual Navy Day regatta, which greeted the Navy Fleet with buckets of rain and windy conditions. Both the Plebes and Varsity were able to row "stacked" line-ups, and take a shot down the course to see the improvement since their last race. It was a solid, but not perfect day, seeing the top Varsity 4+ taking 3rd, and the Varsity "B" 8+ entry finishing 4th. The N150 "A" entry would be left to wonder what could have been, as misfortune struck them in the warm-up area, leaving them to receive time that was unrepresentative of their abilities.

The 50th running of the Head of the Charles would prove to be an excellent rebound to the previous week in Philly, as the Navy Lightweight squad brought two eights to Boston. In the Club 8+ event on Saturday, the Lightweight 2V battled a field of mostly heavyweight competition, including the 2V from the Navy Heavyweights. Conditions changed in each stretch of the Charles River, and the 2V, coxed by former enlisted Midshipman 3/C Anna Vargas, handled passing crews and the varying winds with excellence. Even after a collision with a SUNY school at the Elliot Bridge, the Navy 2V finished 12th out of 47, placing as one of the top lightweight crews in the Club event. The following day in the Lightweight 8+ event, the 1V tackled the changing conditions down the course solidly as well, coming off the water confident that they had put forward their best effort for that point in the season. It was another 12th place finish, but one that highlighted the competitiveness of the Sprints League. Only 12 seconds over

approximately 4,800 meters separated the Naval Academy from the top 4 finishers.

The fall racing season concluded for the Navy Varsity Lightweights at the Princeton Chase Regatta, Sunday, October 26th. Facing all but two conference opponents, it wound up being a mixed-bag of results for most of the Lightweight entries. In the Varsity racing, the Mids were challenged early by a very talented field, rattling some of the composure of the athletes in the heat of racing. Even with that, the average finish position was better than the year before at the Chase, and something that the team could point to as a positive change. Later in the afternoon, with the Plebe 8+'s and Varsity 4+ racing, the split times down the course were as competitive as any of the teams attending, but in almost every entry in those events, the coxswains were forced to struggle against leaves and debris in their steering rudders. Again, the finish positions were better than the year before, and the team could take some encouragement that the table has been well-set for success in the spring of 2015.

There has certainly been a yin-and-yang to the 2014 fall semester for the Navy Lightweights. Much of this has helped to illustrate to the Midshipmen that it isn't whether you are winning every race in the fall, but whether you are learning lessons to be applied to your racing in the spring season, when it counts. The coaching staff believes that the overwhelmingly young, talented roster of the Navy 150 squad is learning something new each day they are stepping foot in Hubbard Hall. The overall potential in the Lightweight boat bay has forced every member of the team to bring their best, and this iron-sharpening-iron has the team excited about what will be accomplished this coming spring season.

...Women's Fall Recap cont'd.

passed through the wroong arch of the Amtrak Railroad bridge and while Penn and Rutgers came out with just a penalty, the Navy 2V collided with an official's launch and came out with a broken oar! Due to this collision the Navy 2V was not able to complete the race. Luckily, in pure Navy fashion, the 3V picked up the slack and won the JV 8+ race by over 24 seconds over 2nd place, Drexel--Penn and Rutgers placed further back with a minute and thirty second penalties between the two of them. The Navy coaches did the math and, even if Penn and Rutgers did not receive those penalties, the Navy 3V still would have won the race! This was an exciting improvement from last year where neither the 2V nor 3V were able to catch Penn and Rutgers, placing 3rd and 4th. It was a shame the 2V's strong effort in the first 4500 meters of the race was not able to be counted, but it is a great learning experience for all. The Varsity 8+ had a better race this year as well: last year the Mids were in a dog fight all the way down the course and only edged Penn by 2 seconds, but this year the Mids stretched the lead out to over 5 seconds. Overall, it was a great Navy Day and a great way to start the season!

The Mids couldn't rest yet because they had to immediately begin preparing for the Head of the Charles, which was the very next weekend. Due to the inspiring performance of the Champ 4+ in 2013, the Mids were able to guarantee an automatic entry into the event this year. The competition between the Navy Women for the 4+ was so intense that seat racing continued all the way until the day before departure! Of course, the Navy women did not let this rattle them in the slightest and came out



with a 7th place finish overall, placing 5th among the college crews. Even more exciting is the fact that only one of the rowers and the coxswain remained the same from the 4+ that placed 6th in 2013, which was the highest place in Navy Women's history so far – great to see such depth!

After the intense time spent racing in 4+'s, it was time to get back in the 8+'s and get ready for the Head of the Schuylkill. The theme of the day was improvement. The day began with the Novice 8+'s, in which Navy had two boats entered. The 2nd Novice 8+ got caught up in a multiple boat collision and received a 30 second penalty. Even with this penalty, the Mids finished 18th out of 34 boats and had a blast racing. The 1st Novice 8+ placed 4th overall, but were very pleased with their significant improvements over those two weeks. At the Navy Day Regatta, they finished 51 seconds behind St. Joseph's 1st Novice 8+, and at the Head of the Schuylkill, they closed the gap to just 6 seconds. After lunch, the wind began picking up significantly but the Mids knew all those days on the Severn had prepared them well. Last fall, Navy entered

both their 2V and 3V in the Club 8+ event and finished 10th and 29th. This year Navy entered just their 3V in the Club 8+ and after a terrific race and passing several crews, they finished 3rd out of 30 entries, beating a significant number of 2Vs. In the Championship 8+, the Navy women continued their trend of improving in every event. The 1st Varsity 8+, which fell to Trinity last year at the Head of the Schuylkill, could not wait to reclaim the title and they did just that, beating Trinity by 8 seconds for the win. The Navy 2V finished 10th out of 18 entries in the same race. As one of only two teams that entered two 8+'s in the Championship 8+, the Navy squad was showing its depth as the 2V bested eight 1st Varsity 8+'s along the way, and finished only 35 seconds out of 1st place.

In the final race of the fall season, the Head of the Occoquan in Northern Virginia, Navy Women's Crew fielded three Varsity 8+'s, two Novice 8+'s, and then the 1V and 2V rowers doubled up in four Varsity 4+'s. The long fall of great training paid off for the Mids as they won all three events. Even more exciting, all four 4+ entries finished in the top 11, and narrowly missed taking the top two spots outright.



...Heavyweight's Fall Recap cont'd.

group,” said Head Coach Rob Friedrich. Navy finished ahead of strong programs from Cal-Berkeley, Wisconsin, Penn, Syracuse and many other crews in the 63-boat field.

The Varsity line-up consisted of Luke Aleksandravicius, Michael Hamp, Dylan Cawdery, Tim Tracey, Chris Lent, Ethan Scully, Peter Lutter and Coxswain Brandon Karpf.

Navy's 2V, 3V, and 4V crews placed 31st, 42nd and 50th. “The second varsity had a disappointing race. They raced very well in Boston the week before but fell short of expectations in Princeton,” Coach Friedrich remarked.

In Boston, at the Head of the Charles, Navy's second varsity had placed a very strong 4th in the Club Eight race behind Northeastern, Brown and Harvard. They started in the fifth position and followed Harvard down the course. Harvard opened up a gap between the two boats in the first half of the race, but Navy closed the margin in the last few turns to get within two seconds of the Crimson boat.

The 2nd Varsity line-up in Boston was comprised of Josh Schmidt, Sawyer Rogers, Andrew Craig, Pat Bunce, Tony Galli, Nathaniel Vallancey-Martinson, Wilson Valle, Tip Myers and coxswain Luis Penichet.

In the Head of the Charles Championship Men's Eight, Navy's 1V was the 9th fastest college crew, finishing 17th overall in an event that boasted National Team crews from all over the World.

“Both of our top boats raced well in Bos-



ton,” said Coach Friedrich. “It's hard to get a clean run down the Head of the Charles course, so I give a lot of credit to our two senior coxswains, Brandon and Luis. They handled the turns and traffic very well.

The Navy plebes are comprised of a strong recruited class and a deep group of walk-on athletes. Their top boat placed second at the Navy Day Regatta and seventh at the Princeton Chase.

“I am very excited about this plebe class,” said Coach Friedrich. “They are a deep class that has a lot of spirit and likes to work hard.” The coaches have high expectations for this group to take over for the graduating seniors. “We have six 1/C athletes in the varsity boat right now, many of whom were walk-ons. We are expecting this group of plebes to have the same type of impact on our program.”

The plebes have one more race at the Rutgers Fall Classic in New Brunswick, NJ. It's an even boat format race for fresh-

men. The coaching staff is looking forward to racing all four plebe heavyweight boats at the regatta and showing the rest of the league the depth of the program. After that the team will focus on winter training. They are very excited about the second annual, boathouse-wide Navy Crew Triathlon, which includes a weighted-sled pull, running and erging. While not a traditional triathlon, it showcases the strongest and most fit athletes, and gives every athlete in the boathouse a chance to compete.

“This is a great event for our entire boathouse,” explains team captain Hank McDonald '15. “It's great to see the three teams in our boathouse work and compete together. The triathlon and the addition of weekly boathouse races on the water have really helped the camaraderie inside the boathouse.”

Navy On-Line Store Now Open

In conjunction with Boathouse Sports, Navy is offering our own on-line store. Part of the proceeds will go to helping the Navy rowing program.

The store will be only open until November 10th, in order to mail orders before the holidays.

Please take advantage of this once-a-year opportunity and help our program at the same time.

We appreciate your support!

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...Navy Crew Honors History cont'd.

behind the plaque. That history stretches from the Glendon Era in the 1920's in the wake of Navy's Olympic Gold Medal at the Antwerp, Belgium Olympics, to "The Great Eight" era, when Rusty Callow led the Midshipmen to the 1952 Olympic gold Medal, to the Paul Quinn era, which was highlighted by Navy's 1965 Clean Sweep of the IRA, to the more recent Rick Clothier era, which included the 1984 Championship boat being honored at the dedication.

Coach Friedrich went on to describe the impact Rick Clothier had on Navy Crew and pointed out that Coach Clothier has won more IRA titles than any other coach in Navy history.

The 1984 Varsity Crew was then called up to be honored in front of the plaque: stroke Charles Melcher, 7-seat James Schofield, 6-seat John Walters, 5-seat Andrew Bigelow, 4-seat John Beach, 3-seat Bruce Kocher, 2-seat Patrick Piercey, bow Jan Goff and coxswain John Steckel. Afterwards, their head coach, Rick Clothier,



Navy Varsity Crew of 1984 winning the Varsity Challenge Cup in Syracuse, NY

the IRA race in 1984 and the key points leading up to the championship.

Coach Friedrich wrapped up the ceremony and gave a little history behind the

excited about the idea of a team points trophy and sent messages that shared their gratitude to both the Navy Crew of 1984 for their tremendous gift and to Rick Clothier for his many years of dedication to rowing.

After the ceremony, alumni from the classes of 1979, 2004 and a nearly-intact crew of 1984 rowed in the creek. For more alumni row information, read our Alumni Row article on page 7.

It was a glorious day for Navy Crew. We hope everyone who visits Hubbard Hall will take the time to see the history on display in our trophy room.



1984 Varsity Crew taking on alumni competition in College Creek

and plebe coach, Ken Dreyfuss, were also brought up to join the group.

Andy Bigelow, 1984 team captain, spoke on behalf of the crew. He explained how Navy Crew was the foundation of success in many aspects of their lives and how all the athletes from the classes of '84, '85, and '86 contributed to their win at the IRA. Bigelow went on to give a lot of credit to Ken Dreyfuss for his tireless recruiting on and off the campus.

As a surprise to the crowd, the Crew of 1984 took this opportunity to honor Rick Clothier by donating a new trophy in his name. The new Rick Clothier Trophy will be awarded alongside the Adams Cup as a team-points trophy for the annual competition held between crews from the United States Naval Academy, Harvard University, and the University of Pennsylvania.

Almost speechless, Rick Clothier accepted the trophy and went on to rehash

trophy itself, which is a beautiful piece of Irish Silver crafted by Michael Homer circa 1789. Both the Harvard coach, Charlie Butt, and the Penn coach, Greg Myhr, were



1984 Varsity Crew's 30th Reunion of winning the IRA Championship

Navy Crew Alumni Rows and Reunions

Fall is prime time for the Reunion Rows and Alumni races, and this Fall saw many alums proving they could “Still Pull for Navy” both in Alumni races up at the Head of the Charles (HOCR), and here on the Yard during Reunion Weekends.

In Boston, Navy Alums have been making the most of the chance to race in the new Alumni Eights event, which is held on the Saturday of HOCR weekend. Once again, the NWC alumnae had a good run - and a great time - racing at the Charles. Fiona McFarland stroked the boat, with Kerry Friedewald, Heather Ichord, Hannah Crawford, Christina Lanouette, Alex Lado, Maggie Doyle and Daphne Ponce, all under the watchful eye of former 1V coxswain Michaela Bilotta. This year’s Men’s Alumni Eight was a combined force of Heavy and Light alums and featured five U.S. National Team members and both of this year’s team O-reps: Ted Baumgardner stroked, with Tim Cadigan at the helm, while Jimmy Sopko, Alex Kornick, Ed King, Vince McCall, Robbie Bruss, William McGee, and Nick Friedewald did the rest of the heavy lifting. The Women finished 34th, while the Men moved up four spots from last year, to 8th overall.

Back on the Yard, the three USNA Reunion Weekends this fall - for classes from the 9’s and 4’s - provided a great opportunity for alums to come back to the “new” Hubbard Hall and, once the refreshments were eaten and the same old stories were told, more than a few “old oars” got out in a boat to prove they could still pull for Navy, too.

The highlight of the Reunion Rows this year was the nearly intact ’84 IRA Champs taking a spin in College Creek. With just the 6 man, 1988 Olympian John Walters, opting to take the morning off in favor of a ride alongside in the launch, the 1984 Varsity Eight got right back into the same swing that made them National Champions a mere three decades ago. Despite having to row in a “plastic” boat instead of the wooden shells they made fly back in the day, the 84’s were even game for a quick piece against a crew made up of 04’s and 79’s - which they won. In all, three eights of alumni made it out on the weekend of 27 September and enjoyed a great time being back in a shell with blue and gold oars.

On the first reunion weekend, the classes of 1964 and 2009 toured the boathouse, but were just a few brave souls short of a crew. Instead, a few ‘64’s went for a row in the Great Eight Rowing Tank, and proved that no amount of time lets you forget how to take the water and push it on by.

The 89’s proved a bit more game on the third and final weekend, boating a mixed crew of Heavyweight and Women’s Crew alums. Stroked by a ‘90 graduate and with a ’99 Lightweight coxswain at the helm—as a last minute sub for the coach who volunteered—the crew logged a few laps in the back creek, and all agreed it was the highlight of their Reunion Weekend.

When your next Reunion opportunity rolls in, make sure you save time on the Saturday morning to visit Hubbard, catch up with your fellow alums, and see the Mids in action. Even if you are from a non-Reunion Class and just in town for the game, we’d love to get you in a shell, so bring some trou and the coaches will be ready and waiting to get you back out on the water so you can Still Pull for Navy!



1989 Alumni Row in the Creek with '90 and '99 fill-ins



Navy Women's Crew Alumni at the Head of the Charles



Navy Men's Alumni Racing at the Head of the Charles



Navy Alumni after their Reunion Row in College Creek

Navy Crew Spring Racing Schedules

Heavyweight Schedule

April 4	Princeton (Navy/Princeton and Smith Trophies)	Princeton, NJ
April 5	Columbia (Stevenson Trophy)	Princeton, NJ
April 10	George Washington Invitational	Washington DC
April 11	George Washington Invitational	Washington DC
April 18	Syracuse/Cornell (Goes and Stagg Trophies)	Syracuse, NY
April 25	Harvard/Penn (Adams and Clothier Trophies)	Annapolis, MD
May 3	George Washington/Hobart	Mercer County, NJ
May 17	EARC Sprints	Worcester, MA
May 29 - 31	IRA National Championships	Mercer County, NJ

Women's Schedule

March 28	Murphy Cup Regatta	Cherry Hill, NJ
April 5	Virginia/Ohio State	Charlottesville, VA
	Clemson/Michigan	Charlottesville, VA
April 10	George Washington Invitational	Washington DC
April 11	George Washington Invitational	Washington DC
April 18	St. Joseph's/Rutgers	Philadelphia, PA
May 3	EAWRC Sprints	Cherry Hill, NJ
May 15	Patriot League Championships	Cherry Hill, NJ

Lightweight Schedule

March 28	Yale (Johnson Cup)	Princeton, NJ
April 4	Princeton/Columbia (Murtaugh/WIT Cups)	Annapolis, MD
April 11	Georgetown (Forrester Cup)	Washington DC
April 18	Harvard (Haines Trophy)	Cambridge, MA
April 25	Penn (Callow Cup)	Annapolis, MD
May 17	EARC Sprints	Worcester, MA
May 31	IRA National Championships	Mercer County, NJ