

Navy Crew Newsletter

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Women 2nd at Occoquan

At the Navy Day Regatta in Philadelphia, the women's crew team won the junior varsity eight event with a time of 14:46 to edge out second-place Penn by 0.43-second. In the varsity eight race, the Midshipmen placed second out of 20 boats with a 14:02 clocking, bested only by Penn's 13:55 showing.

"I was happy with everything except our performance in the varsity eight race," stated Navy women's crew head coach Mike Hughes. "I'm not happy finishing second behind Penn, but we will have our shot against them in two weeks at the Head of the Schuylkill Regatta."

The Navy women's crew team produced a pair of top-three finishes to highlight its performance at the Head of the Schuylkill Regatta on a soggy Saturday afternoon.

In the championship eight event, the Midshipmen finished third out of 19 boats and second among collegiate crews with a time of 15:07 over the 2.5-mile course. The Vesper Boat Club won the race with a 14:46 clocking, followed by Drexel's 15:04 showing.

Less than an hour before, Navy came away victorious among the club eight race field of 19 boats. The Midshipmen crossed the finish line in 15:30, more than 16 seconds ahead of second-place Lafayette.

The Mids opened the day by placing ninth among 28 teams in the novice eight race with a time of 17:44. Penn led all crews with a 16:36 performance.

Women's Story cont'd on page 2

Lights Begin on Strong Note

Fall opened for the N150's the first weekend of October with a double header, a reenactment of the Poughkeepsie IRA and Occoquan Challenge. Having won 2009 class day the 1/C lightweights represented Navy in Poughkeepsie versus Cornell, Pennsylvania and Marist on the original four-mile straight course on the Hudson. The race commemorated the original IRA held in Poughkeepsie.

Regatta morning opened with rain, wind and significant chop in the last two miles of the course. Cornell got off the start well and moved early, jumping to a six seat lead on Navy who was up open water on Penn and Marist. How-

ever after five minutes of back and forth Cornell could not break the midshipmen. Navy struck back and attacked, eating through the Cornell lead in ninety seconds to push through the Big Red to an eventual twenty-six second win, with Penn forty-five seconds back and Marist in fourth place two minutes and eight seconds behind Navy.

Navy traveled to the Occoquan Challenge the next day for a unique stake race. Unfortunately, the University of Virginia heavy men managed the one-hundred and eighty degree turn better than Navy and took first place by

Lwt Story cont'd on page 2

Seventh at Head of Charles



The Midshipmen traveled up to Boston on a cold weekend in October to race an eight and a four at the Head of the Charles. Rain soaked the morning events but eventually turned to snow by the Championship Men's Eight race in the late afternoon. Boasting four youngsters in the stern four of their varsity boat, Navy took on the field that was dominated by international crews.

After a well-paced first mile, Navy's split was behind teams like Harvard and Cornell but their steady speed paid off in the end, beating those crews among others to finish seventh of 21 collegiate crews in the event. Washington and California fought for the top collegiate spot with the Bears nudging out the

Huskies this time around.

Navy's four also finished seventh with 14 collegiate crews in the championship men's event.

One week earlier, Navy raced to four first-place finishes at the Navy Day Regatta in Philadelphia. The Mids were presented the inaugural Joe Sweeney award for winning the championship men's eight over Penn AC, Temple, Upenn, Drexel, St. Joe's and many other colleges. Navy also won the collegiate JV eight, the collegiate four and finished first, second and third in the collegiate freshmen four's event.

The varsity's fall season came to a close on Lake Carnegie for the annual

Hwt Story cont'd on page 2

...Heavyweight story cont'd.

Princeton Chase. Navy's 1V started 17th in the race but quickly passed Holy Cross, then Rutgers and moved up on Temple and Georgetown throughout the three-mile race. Even with substantial passing, Navy posted a respectable time which placed them eighth of the 17 varsity crews in the event. Princeton and Yale placed first and second in the race.

Navy's JV finished sixth out of 13 second varsity crews while Navy's 3V placed fourth out of six third-varsity crews in the event.

Navy's plebe squad entered two boats in the collegiate freshmen race. The top plebe boat had the best finish of the day for Navy, placing second to Princeton in the event and almost passing Yale on the last turn of the course. Navy's second plebe boat finished first among all 2F crews and placed sixth overall in the plebe event, beating 1F crews from Cornell, Dartmouth, Trinity and Penn.

All of the Navy heavyweight crews are training hard on the erg and in the weight room during the off-season and are excited for their spring break training trip to Gainesville, GA. The Mids will be housed at Riverside Military Academy while rowing out of Lake Lanier Boat Club who helped host the 1996 Olympic Rowing Event.



...Women's story cont'd.

The Navy women's crew team finished its fall season with a second-place finish out of 28 boats at the Head of the Occoquan Regatta on a Saturday afternoon at Sandy Run State Park.

The Midshipmen completed the 5,000-meter course in 17:43 to finish only 6.7 seconds behind Duke first-place time in the collegiate eight race. Navy also boasted the fourth-fastest (18:08) and 10th-fastest (18:59) times in the event.

"Our goal was to win the race and we had a good row, but fell seven seconds short over a three-mile course," stated Navy head coach Mike Hughes. "We

knew coming in that we were going against some good competition and Duke has a good program. For us to have the second-, fourth- and 10th-place boats shows some depth and promise for the future."

In the novice eight race, Navy finished fifth out of 27 boats with a 20:59 showing and eighth with a 21:13 performance.

The Navy Women's Crew is training hard over the winter with two morning lifts and afternoon erging during the week. The athletes are excited for their spring training trip to Miami, FL in March, where they will be tested with multiple pre-season scrimmages.

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...Lightweight Story cont'd.

two seconds. Navy finished second, third, fifth, sixth and eighth.

At the Navy Day Regatta in Philadelphia Navy won both lightweight eight and lightweight four events, a first for the Navy lights. This year's win gave Navy eight straight titles in the lightweight eight at Navy Day.

In Boston, at the Head of the Charles, Navy rowed two clean pieces in the lightweight eight and lightweight four. Coxswains 1/C Alex Duncan and

3/C Tom Paul steered their crews to a fourth place finish (third collegiate) in the light eight and fifth place finish (second collegiate) in the light four. Princeton uncorked a finishing time eighteen seconds faster than Navy in the eight.

At the Princeton Chase Navy made up ten seconds on defending National Champions Princeton but again was third, finishing four seconds back to Harvard and eight seconds back to Princeton. The Navy second and third

varsities also finished third in their respective fields. The plebes provided the best finish, beating Princeton, Cornell, Yale, MIT, Georgetown and Delaware to finish second in the Men's Freshman Lightweight Eight event.

Having held their own this fall the men begun winter by putting in great workouts on the erg and twenty-five sessions in the weight room, vowing to be ready for this spring. The lightweights will make their annual spring break trip to Oak Ridge, TN for seven days of training on one of the best bodies of water in the country this March.

"This fall marked my return to Navy Crew and I am having a wonderful time working with the lightweights again," coach Perry said. "I welcome a call or an email to setup a ride in the launch so you can see how the team is progressing this spring."

Hubbard Hall Renovation

In November Hubbard Hall started a total and complete renovation along with repairs and expansion of the existing wharf and floating docks. The \$14.4 million government project will modernize Hubbard to compete with the best boathouses and athletic facilities in the country.

We are in the “gutting” or deconstruction phase of the project. All non-bearing walls have been removed, asbestos has been abated, and the old concrete tank has been demolished.

The contractors have erected two spacious fabric buildings that hold all of our racing shells and oars. Our old boat racks have been installed in the temporary facility to make boat handling very easy. Our temporary indoor training center, or “erg annex” as the coaches are calling it, has been great. There are three separate erg rooms, a weight lifting area, six changing rooms, and plenty of office space. The facility is located near the medical center on hospital point, a short jog to the shell house for practice.

As for the next phase of construction, plans for design materials, flooring and equipment have been made. Peterson architects and Stillwater engineering are finalizing the tank design to make sure it complies with all of our specifications. The indoor rowing facility should accommodate 16-20 athletes rowing at speeds close to six meters/second, enabling the oarsmen to receive better sport-specific training during the winter months. Since rowing tanks at schools like Harvard and Yale have water speeds near 4 m/s, Navy’s tank will become the fastest in the country and possibly the world.

The government contract calls for a January 2011 completion date, so the team should hopefully be back in Hubbard Hall for the 2011 spring racing season.



Old Kitchen, King Room and Erg Porch



Old Men and Women’s Locker Rooms



One of three erg rooms in our temporary facility



One of three boat bays in the two shell tents

2010 Captain's Outlook and Service Selection



Hwt Captain: Michael J. Hicks
Service Selection: EOD
Major: Aeronautical Engineering
Letters Won: 2
Hometown and State: Worcester, MA

Did you row in high school?

No, I played soccer since I was young and wanted to try something new. I went to the boathouse over Plebe Summer and got into a training barge and

haven't been able to stay off the water ever since.

What are your expectations for the spring season?

Keep getting faster. The goal has to be that we establish a strong reputation as a fast crew from our very first duel race and only get faster as the season goes along. We want to finish the season at Sprints and IRAs knowing that we always found new speed each time we put the boat in the water.

What piece of Navy Rowing History motivates you and the rest of the team?

I've been lucky enough to race two of our newest shells, the Erik Kristensen and the Great Eight. The Kristensen is named for a Navy oarsman and SEAL who was killed in Afghanistan during the war and the Great Eight for the crew of Navy rowers who won the Olympics. Rowing in a boat that has that much significance and meaning in its name is truly a humbling experience that drives us all each day.

What are the expectations of the plebe class and their role for the future of your team?

The plebes have already proven themselves to be a tough and talented class. I look forward to watching the earlier divide between experienced oarsman and novice rower disappear, and seeing a team united in their goal to be the best freshman crew on the water. They have shown tremendous potential early on, and I can't wait to see them take on the competition in the Spring.



Wom. Captain: Elizabeth A. Phillips
Service Selection: Marine Aviation
Major: Comparative Politics
Letters Won: 2
Hometown and State: Eden, Idaho

Did you row in high school?

No, rowing has not quite made its way to Idaho yet. I googled the sport and thought it looked interesting so I came out during the Plebe Summer rowing

program, after one day of coxing I decided to try my hand at rowing and have been addicted ever since.

What are your expectations for the spring season?

I am excited for our team to breakthrough this season at Patriot Leagues and Eastern Sprints where we have been just on the brink of winning Patriots and making a higher final at Sprints for the past few years. We have an incredibly tough group of women that are willing to put in the extra hours and miles that it

will take to compete at the level we are capable of.

What piece of Navy Rowing History motivates you and the rest of the team?

Every day when we row past the cemetery we do a five and glide as a salute to Kelly Haney, a former rower who was killed shortly after her graduation and is now buried there. That simple act is a reminder every day that we're all part of this team, this family. Knowing you are part of something like that is what helps you get up early or go to those practices where you're running on just a few hours of sleep (if any). Working hard for each other keeps you coming back for more.

What are the expectations of the plebe class and their role for the future of your team?

It's hard for the plebes to see it, but they are the backbone of the team, how much they can learn in that first year about rowing and being part of this team really sets the tone for the rest of their time here- watching them learn to row and seeing them race is literally looking at the future of your team.



Lwt Captain: Kevin S. Mott
Service Selection: Marine Ground
Major: Mechanical Engineering
Letters Won: One
Hometown: Stamford, CT

Did you row in high school?

No. I ran cross country and track in high school but decided to try something new when I came to Navy. Both of my brothers were rowers and they

inspired me to pick up the sport.

What are your team's expectations for the spring season?

Across the board improvement from last year. Every year we feel like we have the talent and drive to win at every level and this season is no different. This spring we want to really focus on starting the racing season strong and sustaining that momen-

tum all the way through the Eastern Sprints and the IRA Championships.

What piece of Navy Rowing History motivates you and the rest of the team?

Navy Rowing has a great tradition of producing medal winning crews and distinguished graduates. A quick look at the names on our racing shells shows the depth of the legacy left by so many great rowers at Navy. Our motivation as a team comes from a strong desire to add to that winning tradition as best we can.

What are the expectations of the plebe class and their role for the future of your team?

I have great hopes for the class of 2013. The plebes had a strong fall season and have already made great strides in coming together as a class. As the future of this team, it is exciting to see the class of 2013 develop so quickly and I look forward to racing with them in the spring.

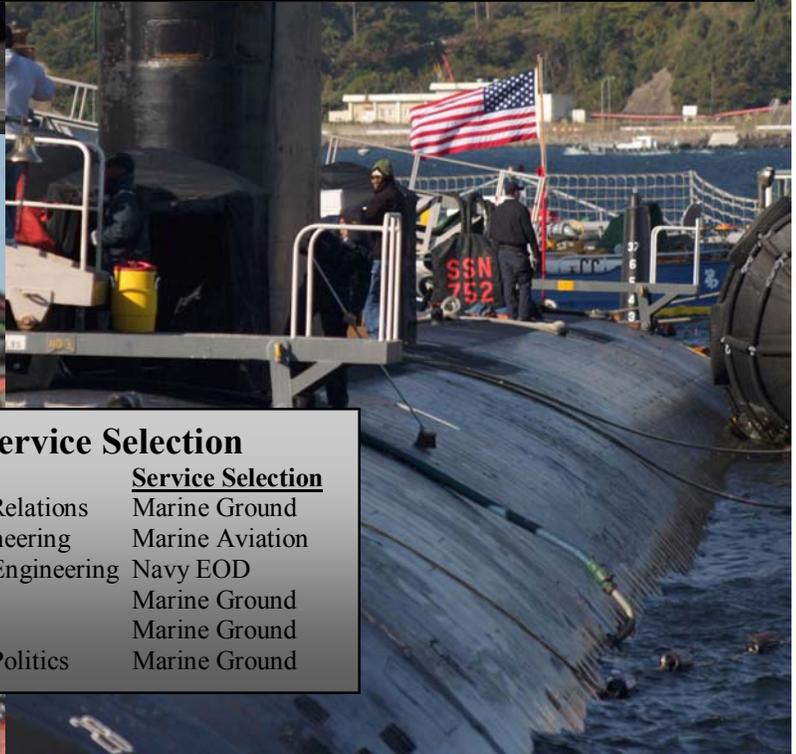
Lightweight Team Service Selection

<u>1/C Name</u>	<u>Major</u>	<u>Service Selection</u>
Julian Bowling	History	Marine Ground
Alex Duncan	Mechanical Engineering	Submarines
Colin Edwards	Ocean Engineering	Marine Ground
Michael Kerrigan	Arabic	Marine Ground
Kevin Mott	Mechanical Engineering	Marine Ground
John Paul	Mechanical Engineering	Marine Ground
Mathieu Roa	Naval Architecture	Submarines
Evan Rutherford	Naval Architecture	Naval Aviation
Brian Scharp	History	SWO
Matthew Smith	Chemistry	Submarines
George Strobel	Naval Architecture	SWO



Women's Team Service Selection

<u>1/C Name</u>	<u>Major</u>	<u>Service Selection</u>
Avery Berge	English (Honors)	Surface Warfare
Terri Blosser	Systems Engineering	Naval Flight Officer
Regina Feeks	Oceanography	Surface Warfare
Mary Elizabeth Kent	History	Surface Warfare
Kristin Lyles	Chemistry	SWO Nuclear
Emilie Miller	English	Marine Ground
Elizabeth Phillips	Comparative Politics	Marine Aviation
Stephanie Rockford	Mechanical Engineering	Surface Warfare



Heavyweight Team Service Selection

<u>Firstie's Name</u>	<u>Major</u>	<u>Service Selection</u>
Dave Greenberg	International Relations	Marine Ground
Kevin Fleischer	Systems Engineering	Marine Aviation
Mike Hicks	Aeronautical Engineering	Navy EOD
Jim Prial	History	Marine Ground
Tom Scovel	History	Marine Ground
Mike Trombitas	Comparative Politics	Marine Ground



2010 Spring Racing Schedules

Heavyweight Schedule

April 9-10	Holy Cross, Georgetown and George Washington (GW Invite)	Washington DC
April 17	Syracuse and Cornell (Goes Trophy)	Annapolis, MD
April 24	Harvard and Penn (Adams Cup)	Cambridge, MA
May 1	Columbia (Stevenson Trophy)	Princeton, NJ
May 16	Eastern Sprints	Worcester, MA
June 3-5	IRA National Championships	Camden, NJ

Women's Schedule

March 27	Rutgers	Princeton, NJ
April 3	Murphy Cup	Philadelphia, PA
April 9-10	George Washington Invitational	Washington DC
April 18	Georgetown	Annapolis, MD
April 25	Patriot League Championships	Camden, NJ
May 16	Eastern Sprints	Camden, NJ

Lightweight Schedule

March 27	Princeton (Joseph Murtaugh Cup)	Annapolis, MD
April 3	Yale (Eads Johnson Jr. Cup)	Princeton, NJ
April 10	Columbia	Pelham, NY
April 17	Georgetown	Annapolis, MD
April 24	Harvard (Haines Trophy)	Annapolis, MD
May 2	Penn (Rusty Callow Cup)	Philadelphia, PA
May 16	Eastern Sprints	Worcester, MA
June 5	IRA National Championships	Camden, NJ

Navy Rowing Camps

Offering residential and day camps in June and July 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.navyrowingcamp.com

410-263-4655

Boys Crew Camp

www.navycrewcamp.org

410-293-3658