

Navy Crew Newsletter

Fall Recap

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Women 3rd at Occoquan

The asphalt seemed soft as the heat radiating from it worked its way back toward the sun. It was one of those days where the heat swallowed you up like an electric blanket in a furnace. There was no escape. The oppressive heat registered 104° on the heat index. Inside the huge white boat tent it was even hotter, no moving air, hard to breathe.

"Hands-on!," she said.

"Up an inch, walk it to the center," she added.

"Shoulders, ready down, walk it forward," she commanded.

As they cleared the temporary boat tent with their racing shell the crew could hear the sounds of the piledriver, the buzzing of Saws, the clinking and clanking of tools, the sounds of a boathouse being renovated after 80 years of use.

Shouldering the boat down the ramp and onto the dock, she continued, "Over heads. Ready up. Toe the edge. Roll it down, ready roll. Into the water, no splash."

Thus began the first day of practice for the nearly 60 midshipmen of the Navy Women's Rowing Team this past September.

Captain Michelle Romero and seniors, Vicky Crabbe, Allison Scott, Alex Lado, Amy Davis, Mimi Amore, Sierra Rooney and Ashley Myers led the team through a September of heat, wakes, and wind preparing for four fall head races and ultimately the spring championship season.

Women's Story cont'd on Page 2...

Lwts Sweep 2 Regattas to Start Year

We are a young, deep and energetic squad this year, evident by highs and lows in our fall racing. In September the lightweight crew was invited by the Brazilian Naval Academy to race the Escola Naval Regatta on the 2016 Olympic rowing course in Rio de Janeiro, Brazil. Our four returning athletes from the first varsity were selected to race against the Brazilian National Rowing Team, the Brazilian Naval Academy and numerous international rowing clubs. Navy finished top three, behind only National Rowing Teams and returned from a terrific trip with medals.

Stateside racing began at the IRA re-

enactment regatta in Poughkeepsie, NY. A Navy Lights Firstie crew faced Cornell in a four-mile straight shot dual race on the original IRA regatta course. Navy opened a two length lead by the halfway mark but Cornell was able to reel in the Navy boat for an eventual win. The next day we traveled to the Occoquan Challenge in Fairfax, VA. All four varsity crews placed top five in the championship eights event, while setting a new course record by nineteen seconds. The lights also finished first through fourth in the championship fours event, sweeping the regatta. Navy added a second sweep at the

Lwt Story cont'd on Page 2...

Hwts Win Poughkeepsie Regatta



It was a chilly morning with a stiff breeze on the Hudson, when the IRA Steward schools lined up at the starting line of the Poughkeepsie 4-mile race course. No, the year was not 1949 which was the last time Poughkeepsie hosted the IRA Regatta. It was 2010 and Marist was hosting a 4-mile race to commemorate the renovation of the old Cornell IRA Boathouse which is now being used by Marist College.

All of the IRA Steward schools were invited, as well as the local crews from Marist and Army. Cornell, Penn and Navy made the trip and joined in the huge spectacle that was put on by Marist and the town of Poughkeepsie.

"A lot has changed at the waterfront," said an old-timer reminiscing of the late 1940's. "However, some of the old boathouses

are still around; Cornell, Washington, Navy and Columbia. And the river still looks the same, especially with the cargo trains going by on the far shore."

Marist Crew moved into the old Washington Boathouse and the college renovated the old Cornell Boathouse for banquets and special events. The old Navy Boathouse, located further up the river, was taken over by the Dutchess County Parks Department and has been recently renovated for use in the Quiet Cove Riverfront Park. The old Columbia Boathouse is across the Hudson and does not look in great shape.

At the starting line of this year's Poughkeepsie Regatta, five boats sat ready for a side-by-side 4-miler: Navy, Cornell, Penn, Marist and Army. The only thing missing was the cannon to

Hwt Story cont'd on Page 3...

Women's Story cont'd...

The Navy women opened the fall season at the Navy Day Regatta in Philadelphia finishing 3rd of 12 in the Women's Open/Collegiate 8 Race and 2nd and 9th of 12 in the Women's Collegiate JV 8 Race.

Managing to get an entry in the Women's Championship 8 and the Women's Championship 4 for the Head of the Charles Regatta in Boston, the 8 finished 21st of 30 and the 4 finished 9th of 20. The 9th place in the Championship 4 is the highest finish ever for Navy in that event. The highest finish ever for Navy in the Women's Championship 8 was 11th which came in 2006.

The Head of the Schuylkill Regatta in Philadelphia enjoyed excellent rowing conditions for the first time since 2005. Coached by veteran Navy coach, Nicole



Stimpson, the Navy novice finished 9th of 26 in the Women's Frosh/Novice 8. Navy pulled to a 4th place of 22 in the Women's Club 8 coach by assistant coach, Ellen Gallagher. Two Navy entries in the Women's Championship 8 landed 6th and 14th of 22.

The Head of the Occoquan, the final race of the fall 2010 season, had Navy finishing 3rd and 9th of 25 in the Collegiate Novice 8 Race and 3rd, 9th, and 17th in the Women's Collegiate 8

Race.

"The goal of the fall rowing season is to develop a base of endurance, to build strength, to refine technical skills, and to measure your progress in competitive racing situations," explained Mike Hughes, Women's Head Rowing Coach. "We've had a solid training season and competitive experiences on which we can build for the spring championship season," he added.



accumulated enough penalties to move our finish back to nineteenth. We left Boston disappointed but focused on a better performance at the Princeton Chase.

Inspired to comeback strong, at the following weekend's Princeton Chase, our two top crews finish eighth and eleventh, respectively, and docked knowing they had raced a strong piece. Having finished only 17 seconds apart, our A and B crews demonstrated our depth and resilience. Our lightweight

The following weekend the plebes utilized their experience, racing in even crews, by winning the Rutgers Invitational Freshman Regatta, a new event based on the format of the discontinued Belly of the Carnegie for Freshman Crews.

With youngsters composing half the squad we have a young team, anxious to learn, train and compete to reach our team goals this spring. The fall results showed we have potential, but this year holds much depth in the EARC lightweight league, making the challenge of winning the Jope Cup, while medaling in every event, all the more special.

Hopefully, we will see you at the races this spring and as always if anyone is in Annapolis feel free to swing by practice or ride along in the coaching launch. **-Steve Perry**

Lightweight Story cont'd...

Navy Day Regatta in Philadelphia by placing three varsity crews in the top four finishers of the lightweight eights event and – for a second straight week – finishing first through fourth in the lightweight fours. The light plebes also rowed well, finishing third and fourth in even crews.

Unfortunately, the Head of the Charles was not as successful. We expected to be in contention to win – we were wrong. The lightweight four finished eighth, third amongst the collegiate entries, and the lightweight eight finished eleventh on raw time. However, following some action with Georgetown along the Cambridge turn and missing a buoy, the eight

plebes, rowing even crews, showed well finishing fourteenth and fifteenth in the open frosh event that included both heavyweight and lightweight entries, with most teams rowing a first and second boat.



Heavyweight Story cont'd...

start the crews, but that did not keep Navy and Cornell from blasting off the line.

Once the crews settled down to their race pace, Navy had a four-seat lead. No one expected the crews to be rowing very high for four miles, especially this early in the fall season but the tailwind and tail current helped keep Navy at a 33 for most of the race. Navy held their lead through the first mile mark, while Cornell was rowing a 32 and looked quite comfortable.

As the race pulled into the middle of the Hudson, the water started to get choppy but both crews handled it well. As the crews approached the 2-mile mark, Cornell slowly pulled even and then took the lead. As Navy passed by their old boathouse, they took a move to gain a few seats and stopped Cornell's progress. Penn, Army and Marist began to loose contact with the leaders.

As the two crews approached the crowd near Marist's boathouse, Navy was down by six seats and the water started to get worse.

The last mile of the race was epic! Navy barraged Cornell with a flurry of tens to narrow the gap, each time taking four seats on the Big Red, and each time Cornell responded. The margin went from six seats to two seats, back to four seats, back to two seats and then out to six seats. Navy would not give up but Cornell was hanging on to the lead.

Both crews raised their rating with a half-mile to go. Navy pulled within four seats yet again, but this time Cornell could not answer. Navy pulled up two more seats and held that margin up until

200 meters to go. Navy emptied the tank and brought the rating up to a 40 for the last 20 strokes, "Damn the torpedoes, full steam ahead!" Navy pulled even with ten strokes to go and then pushed out in front to win by six feet.

It was a strong win for the Navy varsity, beating a tough Cornell crew, who placed third at the IRA last year. After this race it was evident that Navy could row with anyone in the league which showed in their remaining fall races.

At the Head of the Charles, Navy's varsity rowed hard and fast, having to pass two crews on the outside of the Anderson and Elliot Bridge turns. The result placed them ninth among the colleges in the Champ event and 12th overall.

The midshipmen had a much cleaner race at the Princeton Chase, where they finished four seconds out of first place. It was the closest Navy has ever been to winning the event, with the top fours crews (Princeton, Syracuse, Cornell and Navy) all within four seconds.

Navy's other varsity boats also had a great head-racing season. The 2V and 3V placed first and second in the College JV Race at the Navy Day Regatta, while the 4V placed seventh out of 15 in the same event. The Navy 2V posted the third fastest second-varsity time at the Princeton Chase, less than five seconds out of the top spot. The Navy 3V placed second among the third varsity crews at Princeton, while the Navy 4V rowed a better time than



Navy's varsity passed both Brown boats above by the end of the Head of the Charles course

MIT's varsity and 2V crews from Georgetown, Dartmouth, George Washington, Holy Cross and Rutgers.

The Navy plebes also had a strong showing in the fall events. The top plebe crew won the Navy Day Regatta by over 30 seconds to second-place Penn. They also broke down into two fours in Philadelphia to place first and second in the college freshmen fours event.

At the Princeton Chase, the top plebe boat finished second to the Tigers for the second straight year, while the second plebe boat placed 11th out of 33 crews in the same freshmen event on Lake Carnegie.

To finish off the fall, the plebes won the inaugural Rutgers Fall Classic which was an even-boat freshmen race. Navy placed first and second, posting

the best combined time, ahead of Columbia, Penn, Georgetown, George Washington, Bucknell, and Rutgers.

Overall a great fall season for a deep a young program. With only one firstie in the varsity boat and two in the 2V, the future looks bright for the Navy heavyweights.



2011 Navy Crew Captain's Outlook



Hwt Captain: Nathan Miller
Service Selection: Submarines
Major: Systems Engineering
Letters Won: 3
Hometown: Big Rapids, MI

Did you row in high school?

No, during my plebe year, a few guys in my squad were on the crew and asked me to come over to the

boathouse and cox for them. I really

liked the team's attitude and work ethic and have enjoyed Navy Crew ever since.

What are your expectations for the spring season?

Our results this fall show that we can be in contention for the top spots in the EARC and IRA. If we keep on this upward trend, we can take top three and Sprints and the Grand Final at the

IRA. I believe we'll take back the Stevensen and Goes Cup trophies too.

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

Having LT Doug Brayton as our varsity Officer Rep is an inspiration because of their run in 2004 when Navy placed fourth at the IRA Regatta. Being involved in the Carl Ullrich christening and getting to meet the man behind the name was also very inspiring.

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

We are working hard to integrate the plebes with the varsity team more than in years past. This will hopefully smooth their transition from Plebe to Varsity next year. They are definitely hard workers from what I've seen so far and I look forward to their progress on the team in the future.



Women's Captain: Michelle Romero
Service Selection: Surface Warfare
Major: Economics
Letters Won: 2
Hometown: Los Angeles, CA

Did you row in high school?

No, I decided to join the team during my first summer at the Academy simply to stay active. Looking back, it was the best decision I could have

made for myself. I never thought I would learn to love the sport as much as I do.

What are your expectations for the spring season?

Navy Women's Crew is well on its way to a Patriot League Championship. We have so much experience in our first varsity boat, not to mention a lot of heart and determination to beat Bucknell, our biggest rival. There is no doubt in my mind that after winter training, we will be tough contenders in the ECACs

and the Patriot League.

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

Although I can say that stories of the "Great Eight" are motivating factors on our team, only one thing comes to mind when I think about what motivates NWC—beating Bucknell. It has been almost six years that we have not been able to beat Bucknell. Recently however, we have been able to close the gap. I don't think a day goes by that the words "Beat Bucknell" doesn't come out of our mouths.

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

We have an awesome group of recruits and novice this year. Our new experienced rowers will definitely be leading the way as they get stronger and faster and learn the ins and outs of rowing at Navy. They have come a long way in such a short period of time and I foresee some of them becoming integral parts of the varsity squad in the near future.



Lwt Captain: Matthew Murphy
Service Selection: Naval Aviation
Major: Political Science
Letters Won: 1
Hometown: Chesapeake, VA

Did you row in high school?

Yes, at great Bridge High School in Chesapeake, VA.

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

The team is focusing on reclaiming the Jope Cup for the first time since 2007. The team, across the board, is really strong this year, and we feel that we can use our depth to win it.

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

The team finds inspiration in the success the Navy Lights found in 2004-2007, when Navy earned a National Championship and two Jope Cup titles. Everyone is committed to returning Navy Lightweight Crew to the top of the league and having that level of success again.

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

The expectations of the plebe class is simple: pull hard, do their best to help us win the Jope Cup, and be ready to join the varsity in August 2011.

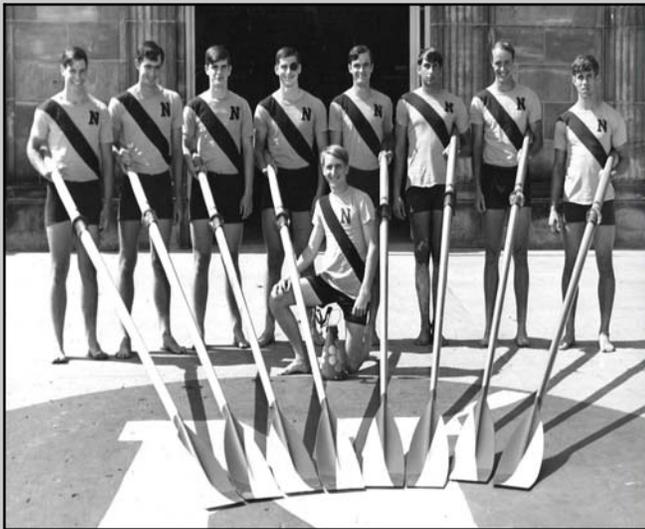
CARL ULLRICH CHRISTENING

On October 16th, the U.S. Naval Academy and the Class of 1973 honored Carl Ullrich for his dedication to Navy Crew. Carl was the Navy Head Coach from 1968-1974, during which time he mentored countless midshipmen to become world-class oarsmen, officers and human beings.

The Class of 1973 has donated two previous shells in honor of their rowing coach and now have created a perpetual boat fund that will keep an "Ullrich" racing shell inside the Navy boathouse forever. The christening of the new Empacher racing hull was attended by current Athletic Director Chet Gladchuk, former Navy AD's Bo Coppedge and Jack Lengyel, Assistant AD Dave Davis, and RADM Tom Lynch USN (ret.).

"The theme of the christening was one of selfless service and being a role model for each person with whom Carl came in contact with," remarked Dirk Mosis '73. "No one worked harder, loved the mids more, and focused on the purity of rowing than Carl Ullrich."

Seven members of the Class of '73 were on hand to present the boat to the U.S. Naval Academy and each one said a few words, noting the influence Coach Ullrich had on their lives. They were Dave Kucik, head rowing coach at Purdue University; Don Jefferson, former Top Gun Marine pilot and successful real estate entrepreneur; Jim Haggart and Tom Gallagher, retired Captains who served as Commodores; VADM Chuck Munns USN (ret.), USNA 6-striper and captain of the Navy Crew; Colonel Kiser USMC (ret.), Force Recon; and Dirk Mosis, head of the Navy Crew Alumni fundraising effort.



1971 Navy Varsity: Eastern Sprint Champions
(L to R) Munns, Murray, Doerflein, Kiser, Culbertson, Bernasconi, Montesano, Nold, Scharfe

In 1971, Carl Ullrich led Navy over Harvard in the Adams Cup for the first time in 10 years. Later that season, Navy's varsity went on to win their first Eastern Sprints title since 1961, breaking Harvard's seven-year winning streak. However, Carl's success went far beyond the waters of the Severn River. He is remembered as a great leader, exhibiting the moral, mental and physical attributes on which the Naval Academy's mission is firmly based.

In 1973, Carl began his career in athletic administration with the Naval Academy Athletic Association, working with admissions and recruiting while still coaching the Navy Crew. In 1974, he started working full time with the NAAA as an associate athletic director until he left in 1979.

After a short stint as the athletic director at Western Michigan, Carl arrived on the banks of the Hudson in 1980 as the first civilian athletic director at the U.S. Military Academy. During his 10-year stay at Army, he helped restore the football team to national prominence. For his dedication to Army sports, Carl became the first athletic administrator inducted into the Army Sports Hall of Fame.

After leaving Army, Ullrich helped form the Patriot League Conference of which Navy and Army are currently members. He took a position as the initial Executive Director of the Patriot League which he held until 1993.

After the christening, the Navy varsity crew took the shell out for a ceremonial row. On return to the dock, each of the seven members from the Class of 1973 took their turn rowing in the Carl Ullrich. Below the Navy varsity is pictured with Chuck Munns and Dave Kucik in the stern pair. It was a great event for all involved: coaches, alumni, midshipmen and family.



Hubbard Hall: Boathouse Renovation Update

To the “naked eye” its hard to see how much progress has been made on the boathouse renovation, but when you take a tour of the facility you can see that most of the inner workings are already done.

The Geo-thermal heating and cooling system is in place and operational. The offices, locker rooms and erg areas are almost complete. The finishing touches are being made to the extended apron/wharf, as well as the new repair shop and small-boats bay. We have had delays in the large boat bay and tank facility. They have found more erosion to the foundation of the building than first expected, so they have torn the boat bay floor up and are firming the foundation columns and beams under the building. Because of this delay, the completion date of the boathouse has been pushed back to April 2011.

Windows are already going into place on the second deck and the N-Room is getting a much-needed makeover. Once the foundation has been solidified, the tank construction will begin. The indoor rowing facility will 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.

We hope to move into the new boathouse after our spring break training trips and be operational by the end of the 2011 season.



OLD VIEW: Former King Room and Erg Porch



NEW VIEW: Erg Room



OLD VIEW: Men and Women’s Locker Rooms



NEW VIEW: Men’s Locker Rooms

Navy Crew Excellence Fund

The Navy Crew Excellence Fund (NCEF) has met with unparalleled success over the past 18 months, as over 400 Navy Alums and Oarsmen have heeded the call and contributed almost \$2 million. As you recall, the NCEF is in place to support the Navy Crew's equipment needs, by buying one new boat for each team every year: the women, lightweights and heavyweights. The ultimate goal is to enlarge the fund to provide three shells without touching the principal.

Rusty Yeiser, Capt, USN (Ret), '74, gift officer at the Foundation in charge of the NCEF explains that the stock market is rebounding and the fund is in good shape. It's never too late to

contribute and put the fund over the hump to make sure all of our crew programs are getting the shells needed to compete with any program in the country. Questions and donations should be directed to rusty.yeiser@usna.com.

"Having new shells is a real boost for our recruiting," said Associate Head Coach Rob Friedrich, "And with Hubbard Hall's renovation almost complete, Navy's rowing fleet and facility will rival the best in the World."

"The Crew, the Foundation, and the NAAA thank each of you who has so generously given", says Dirk Mosis "73, chairman for this campaign. "Once again, Navy Crew rose to the occasion when called upon. We needed to provide shells for the Mids and we, the alums, came through with a strong showing."

Navy Crew Store

Due to popular demand, we will be opening an on-line store which will sell Navy Crew apparel to our parents, alumni and friends. The store should open at the end of January 2011. We will post the website information in our next newsletter which will go out at the same time frame.

The store will be hosted by Boathouse Sports and a portion of the proceeds will go to support Navy Crew. The store will only be open for approx. one month, then the products will be shipped directly to you in the mail. We will have an assortment of Navy Crew shirts, hats, and jackets. Keep an eye out for the link in the next newsletter.

More Boathouse Renovation Pictures



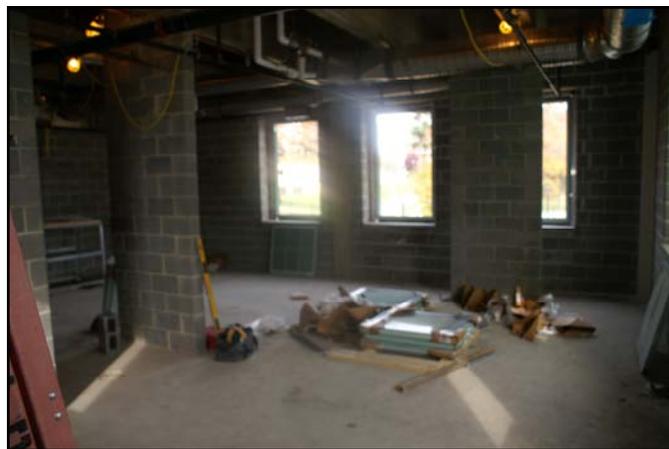
Extension of apron to accommodate larger docks



Scaffolding in N-Room for restoration



Overhead view of construction site



Portion of new women's locker room

2011 Spring Racing Schedules

Heavyweight Schedule

April 8-9	George Washington Invitational	Washington DC
April 16	Syracuse and Cornell (Goes Trophy)	Ithaca, NY
April 23	Harvard and Penn (Adams Cup)	Philadelphia, PA
April 30	Columbia (Stevenson Trophy)	Princeton, NJ
May 15	Eastern Sprints	Worcester, MA
June 2-4	IRA National Championships	Camden, NJ

Women's Schedule

March 26	Murphy Cup Regatta	Philadelphia, PA
April 3	Princeton and Rutgers	New Brunswick, NJ
April 8-9	George Washington Invitational	Washington DC
April 16	Georgetown	Washington DC
April 24	Patriot League Championships	Worcester, MA
April 30	ECAC Metro Championships	Camden, NJ
May 15	Eastern Sprints	Camden, NJ

Lightweight Schedule

March 26	Princeton (Murtaugh Cup)	Princeton, NJ
April 2	Yale (Johnson Cup)	Princeton, NJ
April 9	Columbia	Annapolis, MD
April 16	Georgetown	Washington DC
April 23	Harvard (Haines Trophy)	Cambridge, MA
April 30	Penn (Callow Cup)	Annapolis, MD
May 15	Eastern Sprints	Worcester, MA
June 4	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