



Stanford

Crew News

Holiday 2002 Edition

Women's Lightweight Starts Strong in 2002 Season

Fall Update

The major event in the fall lightweight women's crew is the walk-on meeting on the second day of school. It is critical for the team since this is where we find all of our lightweight rowers.

Fortunately, Stanford attracts exceptional student athletes and we were able to find some students that have competed at elite levels. Among our outstanding group of 20 athletes we have a national team swimmer, a nationally ranked tennis player and even a national jump rope champion!

The fall racing season is exceptionally short for Stanford athletes who return to school much later in the year than their competitors. These novices were expected to pick up the sport quickly, as our first race was only three weeks into the quarter. At the Head of the American, our varsity lightweight eight won the lightweight event in a time of 18:36, beating out club crews from San Diego and Sacramento. Many thanks to Virginia Young (Kristina Peterson's Grandmother) for providing breakfast, lunch and brownies at the racecourse. Virginia has become the official team Grandmother. A week later, the entire team traveled south to Newport Beach, CA for the Autumn Rowing Festival. The varsity lightweight eight competed in the varsity open weight eight event. They finished 12th among 25 other boats, and first among the other lightweight eights (30 seconds ahead of Cal!). What is exceptional about these results is that the varsity boat was comprised of four returning rowers, four novice rowers and a novice coxswain. The second race in this event was the novice open weight event where our light-



weights were able to finish in 19th place for the very first race of their rowing careers. We would also like to thank J.T. and Ed Geehr for hosting the entire team on our trip to Newport Beach.

With fall racing behind us we have turned our attention back to fitness and technique, as these are the cornerstones of any successful program. The coaching staff is amazed at the progress the student athletes are making on a daily basis. Squad-wide improvement has allowed us to race two eights in practice just about every day. In terms of fitness and the ability to race, we are clearly well ahead of where we were at this time last year. We are eagerly anticipating our first race in March.

Spring Outlook

On March 22nd the novice and varsity eights will open the spring season against south bay rivals Santa Clara. The following week at the Windermere Collegiate Crew Classic at Redwood Shores, the varsity eight will race against U.C. Davis and the top two teams in the country, Harvard and defending national champions, Princeton. Then it is off to San Diego, where perennial powerhouses Wisconsin and Villanova will challenge the varsity. We will then come home to face cross-bay rivals California in the annual duel at Redwood Shores. After races against Sacramento State and the Cal open weight team, our attention will then turn to defending our title at the Pacific Coast Rowing Championships in Rancho Cordova on May 18th. A week later we will travel to Cherry Hill, New Jersey for the IRA National Championships (5/29 to 5/31), where we will look to improve upon our sixth place finish from last year.

Women Defeat Washington and California in Fall Racing

What an historical fall racing season the Stanford Women's Crew has had. The Cardinal wrapped up three mile racing with a huge performance at the Head of the Lake regatta in Seattle. For the first time in Stanford Crew history the first varsity eight defeated the Washington Huskies on their way to a first place finish. If the race had been any longer the Stanford boat not only would have closed the gap on the Huskies but they would have passed them! The smiles on their faces and the medals around their necks say it all.



The overall strength of the team has certainly improved as the second varsity eight came up big in Seattle as well. Despite finishing sixth place, the boat was just three seconds from third place and 21 seconds off of the first place Huskies. This is the most competitive this boat has ever been at this time of the year. This is a tremendous step for the Stanford program giving the women all kinds of confidence and motivating them to work even harder.

With the fall racing complete it is clear the Cardinal have picked up right where they left off at NCAA's last June. The goal for the fall racing was to have fun and let everyone know that Stanford Women's Crew is back as a national contender. One could certainly argue that victories over both California and Washington suggest that we will be in the pack this spring!

The group is back on the Farm working hard to have an even more exciting spring season. The racing schedule is a tough one. Highlights include the Windermere Classic, hosted at Redwood Shores, where the Card will face 2002 NCAA Championship competitors Virginia, Ohio State and Michigan State. Next will be the San Diego Crew Classic where we will see Washington for the first time in the spring and then we on to face all of our Pac-10 competition in dual racing. This brings us to the Pac-10 Championship at Lake Natoma where we will fight it out for an NCAA bid which would take us back to Indianapolis, IN.

We would like to thank all of you who came out to cheer us on. We encourage all of you to come and cheer even louder in the spring! It really makes a huge difference to have your support. Here's to a happy and healthy holiday season – Go Cardinal!

Men's Crew Continues to Climb

Victories in Newport and Sacramento; Schroeder has garnered 3 golds for USA

Stanford Men's Varsity continues to grow and gain strength through daily training. The end of the 2002 season saw the Cardinal 12.7 seconds behind national champion Cal; the Cardinal covered the Cooper River course in 5:39.5. With excellent summer training and racing from Jamie Schroeder (gold medal 8+, under 23 worlds), Chris Jones (under 23 training camp, Madison, WI), Bryant Helvey (Bainbridge Island Rowing Club, WA) Stuart Scollay (Fallen Leaf Training Center) and Matt Altman (Stanford Erg Room), the crew continues to expand. This fall, the squad finished first in Head Races at Newport and Sacramento, while Jamie Schroeder traveled to Great Britain with the US National Team for the European Indoor Rowing Championship. Jamie won his THIRD international gold medal in 2002 on November 17 in Birmingham.

On campus, strength and conditioning coach Nathaniel Peoples has impacted daily training. With leadership and knowledge, Nate has the crew developing Olympic lifting skills. This explosive muscle development has made a significant impact on core strength and leg drive. Olympic and collegiate coaching veteran Pat Sweeney has also elevated the focus and efficiency of Stanford Crew technique in an assistant coaching role.

Walk-on student athletes represent the core of the 2003 Men's Crew. Development and improvement occur daily. The entire squad looks to improve upon 2002 results of final appearances at San Diego and the Pac 10 Championships in the Frosh, 2V, and 1V. The team goal remains constant- medals at the Pac 10's and a top 10 placing at the IRA National Championship. This crew will follow in the Tradition of 2001 and 2002. Their finest and most efficient race will be in New Jersey on May 31, 2003. GO CARDINAL!



2002 Men's Team Awards

Stanford Athletic Department Team Academic Honor Award, Highest GPA among 34 teams

All Pacific Ten Conference:	Chris Jones
US Rowing Collegiate Honor Roll	Matt Altman, Justin Virgili
Kent Mitchell Outstanding Coxswain	Simona Chin
Larry Hough Most Improved	Stuart Scollay
Mike McKnight Outstanding Freshman	Rob Evans
Athletic/Academic Excellence Award	Justin Virgili
Conn Findlay Pride, Spirit, Team Award	Chris Jones

2002 Men's Crew Graduates Nationwide!

Simona Chin	New York, NY	Goldman Sachs
Keith Michael	Cambridge, MA	Harvard Medical
Mario Luis Ramirez	Cambridge, MA	Harvard Medical
Nathan Schuett	Alexandria, VA	Computer Technology
Justin Virgili	Palo Alto, CA	Mayfield Fellow



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Coach Pat Sweeney Joins Stanford Men’s Crew

Assistant Coach is making difference



Pat comes to Stanford with a lifetime of experience in the sport of Rowing. At the age of 12 he began his competitive rowing career coxing for club crews in his native London, England. Pat progressed to the British National Team, for which he competed as coxswain at 8 World Championships (winning 2 gold and 2 silver medals), and 3 Olympic Games (1 silver, 1 bronze medal). Pat also won races at over 100 elite European regattas, including 2 Henley Royal Regattas.

Making the successful transition from competitor to coach, Pat has worked at both the collegiate and international level in Britain, Canada, USA, and (his most recent Head Coach position) Belgium. During his tenure as Head Coach of the Cal Women’s Crew Team (1980-86), they succeeded in attaining the first ever National Championship for a women’s team at Cal. At Oxford University in England (1989-93), Pat led the Men’s Team to 4 consecutive Boat Race victories against their rival Cambridge University. As an international coach, he has taken crews to 11 World Championships (attaining 1 gold, 3 silver and 3 bronze medals) and 4 Olympics (1 gold, 1 bronze).

Pat is married to Martha. They have a 4-year-old daughter, Toula.

Jennifer Hayden Joins Lightweight Coaching Staff

New Assistant Coach will impact rowers



Jennifer Hayden comes to Stanford University after serving as the head coach of Girl’s Crew for six years at Saint Ignatius College Preparatory in San Francisco, CA. During her tenure, Hayden revived a once dormant program as the Wildcats’ varsity eight won three state championships and the lightweight eight rowed to four straight state championships. The Varsity eight traveled twice to the Cincinnati Youth Invitational, returning both times with bronze-medal finishes. In addition to her coaching duties, Jennifer worked in the private sector as the Director of Equity Trading for Firsthand Capital Management.

Coach Hayden learned to row at Sir Winston Churchill Secondary School in Saint Catharines, Ontario, Canada. While in college at the University of Toronto, Jennifer’s lightweight eight went undefeated for three straight years.

Jennifer, her husband, Billy Ryan, and their dog Jake live in Burlingame.

Windermere Real Estate to Sponsor Major Regatta Top College Crews in US to meet March 29 and 30



Stanford University Crew and Windermere Real Estate of Northern California have announced the inaugural Windermere Collegiate Crew Classic to be held at Redwood Shores on March 29 and 30, 2003.

University Crews from Penn, Princeton, Harvard, Navy, Wisconsin, Virginia, Ohio St., Michigan St., USC, UC Davis, Sacramento St, Cal, and Stanford will race Henley style in lightweight women, open women, and men events. The Sofitel Hotel will serve as regatta headquarters. Racing begins at 9am on Saturday and Sunday, with afternoon (3pm) racing on Saturday only. Stanford will host a stewards enclosure that will include vendors and food service. This event will also mark the second annual Dylan Capell Cup race between Wisconsin and Stanford men. This event is unparalleled in US college rowing. We need all rowing fans to attend this great event.

Stanford Crew Skeg Club

The Skeg Club, Stanford crew’s alumni organization, continues to expand its efforts to strengthen and support the crew program. This past April, The Club hosted an alumni dinner that drew over 100 people, spanning 50 years of crew alumni, back to The Farm for a night of reuniting and reminiscence. More recently, The Skeg Club held a groundbreaking ceremony for the nearly complete Stanford Rowing and Sailing Center, as well as a highly successful fundraiser at the SF Flugtag thanks to our friends at Gordon Biersch.

On March 29, 2003, The Skeg Club will be hosting a Centennial Celebration Dinner at the new Stanford Rowing and Sailing Center. This event will celebrate 100 years of Stanford rowing, and provide the first opportunity for alumni to enjoy the new boathouse. Furthermore, the celebration will be the same weekend as the Stanford-hosted Windermere Collegiate Crew Classic at Redwood Shores—an opportunity to cheer on Stanford’s boats as they face the nation’s top crew programs.

Invitations for the Centennial Celebration Dinner will be sent out in early 2003. We very much look forward to seeing you there, and appreciate your continued commitment to The Skeg Club.

Should you have any questions or inquiries regarding The Skeg Club, or if you have not been receiving The Club’s mailings and would like to, please contact Jonathan Garfinkel at (415) 743-1524 or jgarfinkel@texpac.com.

Annual Giving Sustains Program, Rowing Experience

This newsletter is mailed to over two thousand Stanford Crew enthusiasts. It is important to recognize all of you donors as the foundation of this great Stanford University Crew. Over one hundred and fifty student athletes, a majority who are just being introduced to this life-changing sport, row daily. Each team (lightweight women, open women, men) relies on annual giving to equip, travel, and sustain the positive working environment that is crew.

Annual Cost Breakdowns (Equipment, Travel, Camps):

Resolute 8+	\$35,000
Diesel Shell Towing Truck	\$35,000
Vespoli 8+	\$25,000
Pocock 4+	\$9,000
Kaschper 2-	\$7,000
1 racing 8+ trip to San Diego	\$5,000
1 racing 8+ trip to IRA’s	\$7,500
Winter Training Camp (room & board, 20 people) ...	\$5,000

Stanford Olympians Victorious in Ballarat, Austrailia Again

Last month four Stanford Olympic medalists from the 1960’s travelled to Lake Wendouree in Ballarat, Australia, to race in the World Masters Games on the 1956 Olympic course. Forty-six years ago two other Stanford crews (Jim Fifer and Dewey Hecht in the pair without, and Dan Ayrault and Kurt Seiffert with Conn Findlay in the pair with) competed on these same waters for the United States at the 1956 Olympics. Both crews won Stanford its first Olympic gold medals ever in rowing.

This year’s Stanford Olympic medalists in Ballarat were Dick Draeger, ’59 (bronze medal, 1960) , Dick Lyon, ’61 (bronze medal, 1964) , Kent Mitchell, ’61 (bronze medal, 1960, gold medal, 1964) and Larry Hough, ’66 (silver medal, 1968). They competed in Ballarat for the Kent Mitchell Rowing Club with nine other club members. KMRC mixed its 13 men age-wise and entered 14 different events over 4 days of racing. The club came home with 12 event medals, including 7 gold, 4 silver and 1 bronze, and two close 4th place finishes. Competition was fierce with up to 48 crews entered in one of the events in which KMRC medalled.

Rowing together in the same boats, Stanford’s Olympians won gold medals in two World Masters events. These were the “F” four with coxswain event for crews averaging between 60 and 64 years of age, and the “E” eight for crews averaging between 55 and 59. In the “E” eight, under dead calm conditions, they posted a blazing time of 3 minutes 10 seconds over the 1000 meter course for a solid one length victory over previously unbeaten crews from Australia and Germany, and New Zealand’s 1972 Olympic eight oared champions.

This picture shows Larry Hough, Kent Mitchell, Dick Draeger and Dick Lyon standing next to the 1956 Olympic Monument in Ballarat after receiving their gold medals.

Day-to-day reports on KMRC races at the World Masters Games can be seen at www.worldrowers.com/kmrc/2002/



Friends of Stanford Crew Fall 2002 Appeal

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2002-03 Stanford Crew Rosters

Lightweight Women’s Roster

Name	Hometown
Erica Bromley	New York NY
Tracie Bryant	Altadena CA
Chelsea Burkett	Los Angeles CA
Kathryne Cooper	Los Angeles CA
Teresa Davis	Corona CA
Marcela Delgado	Dallas TX
Carly Geehr	Newport Beach CA
Theresa Johnson	Knoxville TN
Meghan Kennedy	Coronado CA
Malinda Kent	Corson Seattle WA
Cady Kintner	Waterbury VT
Kerin Lanyi	Richmond VA
Peggy Lynch	Ridgewood NJ
Alex Mainiero	Madison CT
Kristina Peterson	Silverspring MD
Gillian Quandt	Chappaqua NY
Michelle Ramirez	Los Angeles CA
Karla Robertson	New York NY
Silvia Samanez	Weston FL
Emilia Toledo	Albuquerque NM
Katharine Tomalty	Scottsdale AZ
Head Coach: Emiliano Acosta (2nd year)	
Assistant Coach: Jennifer Hayden	

Openweight Women’s Roster

Name	Hometown
Kasey Alderete	Hurst,TX
Allison Appling	Englewood, CO
Catherine Baylin	Washington DC
Susan BeVille	Signal Mountain, TN
Laurie Benson	Seattle, WA
Grace Bull Tail	Crow Station, MT
Megan Burritt	Miami, FL
Wei-Li Chang	Houston, TX
Laura Creager	San Francisco, CA
Marlo Dreissigacker	Stowe, VT
Erica Estrada	Houston, TX
Sarah Field	Honolulu, HI
Missy Fiesler	Stanton, FL
Kelly Garneski	Kenwood, WA
Lisa Gasink	Augusta, ME
Alicia Guitierrez	Monterey, CA
Melissa Hardy	New Lenox, IL
Melissa Haury	Swarthmore, PA
Wendy Hoeveler	Ross, CA
Kendall Holland	Palo Alto, CA
Stephanie Hubbard	Gallup, NM
Bristin Jones	Los Osos, CA
Sabrina Kolker	West Vancouver, BC
Molly Loeb	Washington DC
Abby Loughery	Pittsburg, PA
Allison Lyon	Palo Alto, CA
Sam Magee	Simsbury, CT
Ashley Maloney	Denver, CO
Anjali Malhotra	Englewood Cliffs, NJ
Emily Matz	Boulder Junction, WI
Agnieszka Milczarek	Palantine, IL
Anne Michelle Miller	Ashville, NC
Jenny McColloch	Portsmouth, RI
Sarah Nash	Washington DC
Laura Nugent	Portland, OR
Libby Patberg	Princeton, NJ
Alexis Peterson	Buffalo, NY
Pricilla Pham	San Francisco, CA
Nina Qi	Painted Post, NY
Kiran Sembhi	Sacramento, CA
Stacie Solt	San Francisco, CA
Margit Zwemer	Atlanta, GA
Head Coach: Aimee Baker (8th year)	
Associate Coach: Carrie Davis (2nd year)	

Men’s Roster

Name	Year	Hometown (High School)
Eric Adamson	FR	Saratoga, CA (Bellarmine)
Matt Altman	JR.	Seattle, WA (Lakeside HS)
Shane Anderson	JR	Lake Zurich, IL (Lake Zurich)
David Banks	SO	Potomac, MD (Churchill)
Jeremy Barton	FR	Ojo Caliente, NM (Mesa Vista)
Matt Branham	FR	Champaign, IL (Champaign Centennial)
Seth Bushinsky	FR	Rochester, NY (Brighton)
Sam Chang	SO	Austin, TX (LBJ-Science)
Chris Christensen	SR	Cedar Rapids, IA (Cedar Rapids)
Zack Cooper	SO	McLean ,VA (TJHSST)
Ben Crosby	FR	Big Horn, WY (St Pauls)
Matt Cusick	FR	New Castle, PA (Neshannock)
Adam Eichner	FR	St Louis, MO (John Burroughs)
Rob Evans	SO	Saratoga, CA (Lynbrook)
Eric Feeny	SO	Woodside, CA (Philips Andover)
Peter Frykman	SO	Rolling Hills, Ca (Thacher)
Randall Graham	SR	Euless, TX (Cistercian Prep)
Shaun Haase	SR	San Diego, CA (Clairemont)
Walker Hanlon	JR	Bend, OR (Mt. View)
Eerik Hantsoo	SO	Owings, MD (St Albans)
Michael Hawkes	SR	Santa Maria, CA (St. Josephs)
Bryant Helvey	SR	Angels Camp, CA (Bret Harte)
Joe Hiatt	FR	Los Angeles, CA (Harvard-Westlake)
Chris Jones	SR	Woodlands, TX (John Cooper)
Bryan Knowles	FR	Harwich, MA (Harwich)
Ted Kolberg	SO	Wauwatosa, WI (Marquette)
Nate Leung	FR	Gilroy, CA (Bellarmine)
Fred Luminoso	5th	Los Gatos, CA (Los Gatos)
John Meier	FR	Chickasha, OK (OSSM)
Robert Meyer	FR	Palo Alto, CA (Palo Alto)
Alex Pagon	SO	Snohomish, WA (Monroe)
Andrew Rogers	FR	Dallas, TX (Woodrow Wilson)
Matt Rogers	FR	Exeter, NH (Philip Exeter)
Angel Saad	FR	Ensenada, MEX (Georgetown Prep)
Josh Salazar	FR	La Grange, IL (Lyons Township)
James Schroeder	SR	Wilmette, IL (Choate)
Stuart Scollay	SR	Fair Oaks, CA (Bella Vista)
Eric Shedlosky	SR	Old Lyme, CT (Old Lyme)
Austin Shoemaker	SO	Sarasota, FL (Pine View)
Christen Young	JR	Columbus, OH. (Upper Arlington)
Director Of Rowing: Men’s Head Coach: Craig Amerkhanian (3rd year)		
Varsity Assistant Coach: Pat Sweeney		
Freshmen Coach: Jon Allbin (3rd year)		



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Lightweight Women's Crew 2002-03 Racing Schedule

Spring 2003		
3/22	Santa Clara/Victoria	Redwood Shores, CA
3/29	California Invitational	Oakland, CA
3/29-30	Windermere Collegiate Crew Classic	Redwood Shores, CA
4/5-6	San Diego Crew Classic	San Diego, CA
4/12	California Lightweights	Redwood Shores, CA
4/26	Sacramento State	Rancho Cordova, CA
5/3	California	Redwood Shores, CA
5/18	Pacific Coast Rowing Championships	Rancho Cordova, CA
5/29-31	IRA National Championship	Cherry Hill, NJ

Openweight Women's Crew 2002-03 Racing Schedule

Spring 2003		
3/22	Victoria/British Columbia	Redwood Shores, CA
3/29	Windermere Rowing Classic	Redwood Shores
4/5-6	San Diego Crew Classic	San Diego, CA
4/19	Stanford Invitational	Redwood Shores, CA
4/26	USC	San Pedro, CA
5/03	California	Redwood Shores, CA
5/18	Pac-10 Championship	Rancho Cordova, CA
5/30-6/1	NCAA Championships	TBA

Varsity Men's Crew 2002-03 Racing Schedule

Spring 2003		
3/22	Sacramento St./USC/Santa Clara	Redwood Shores, CA
3/22	Alumni Day - noon	Stanford Sailing & Rowing Center
3/29-30	Windermere Collegiate Crew Classic	Redwood Shores, CA
4/5-6	San Diego Crew Classic	San Diego, CA
4/12	California (Small Boats Regatta)	Redwood Shores, CA
4/19-20	Stanford Invitational	Redwood Shores, CA
5/3	California	Redwood Shores, CA
5/17	Pac 10 Championships	Sacramento, CA
5/29-31	IRA National Championships	Cherry Hill, NJ

Stanford Rowing and Sailing Center

Focus Racks to install boatracks Dec. 20, 2002, Shells to follow in early 2003



Dave Schinski, Director of Facilities and Capital Planning, discusses Rowing and Sailing Center progress with Stanford Crew backers.



Friendships were renewed at the Rowing and Sailing Center celebration.



Stanford Crew practices in front of their new home.



The Rowing and Sailing Center will stand vigilant as a beacon for past and present Stanford rowers.