

N AVY CREW NEWSLETTER

Fall Season

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New Coaches

Navy hired three new coaches to its staff during the off-season. Two new lightweight coaches and an assistant women's coach joined the ranks at Hubbard Hall.

Navy Director of Athletics Chet Gladchuk announced the hiring of Shawn Bagnall as lightweight rowing head coach. Bagnall comes to the Naval Academy after spending the last three years as an assistant coach with the Syracuse University men's rowing team.

"I couldn't be more excited to have the opportunity to be the head coach of the Naval Academy lightweight rowing team," said Bagnall. "One of the biggest motivators for me in wanting this position is knowing the type of student-athletes that are here at the Naval Academy and the respect I have for what they will be doing after graduation. I'm also looking forward to working with the entire Navy rowing coaching staff."

While at Syracuse, Bagnall worked primarily with the freshman crews in addition to serving as the program's recruiting coordinator. Under Bagnall's tutelage, several freshmen rowers advanced to the first or second varsity boats. In 2012, the varsity crew included two members of Bagnall's freshman boat from the previous year; the duo helped the Orange take fifth at the IRA National Championships, the program's best finish in 22 years.

Story cont'd on Page 8...

Obama highlights sacrifice of Marine couple

Navy Rowing would like to share this article from www.militarytimes.com which highlights two former Navy rowers, Capt. Matt Lampert '06 and his wife, Capt. Camille (Collett) Lampert '06. Matt was a four-year lightweight rower, who won the team's 20-More award, while Camille rowed for our Navy Women's Crew.

Matt was a former enlisted Marine when he arrived at the Naval Academy. He was always the first one to practice and wouldn't leave a race until the trailer was loaded. He meant so much to the team and he continues to make us proud.

Article from militarytimes.com

Midway through his speech Wednesday at Camp Pendleton, Calif., President Obama shifted from talking about military policy to highlight the sacrifice of a Marine wounded warrior and his wife, both of whom continue to serve in the Marine



Corps.

Capt. Matthew and Camille Lampert, were asked to stand after Obama briefly described their last few years. Lampert was a special operator in Afghanistan when an improvised explosive device took both of his legs, Obama said. He survived that 2010 attack, and set out on a grueling recovery so he could get back to his team.

Story cont'd on Page 7...

2013 National Team Athletes

From Navysports.com- Navy rowers Ted Baumgardner and Katherine Ashton both competed at the 2013 World Rowing Under 23 Championships in Linz, Austria this past summer. In competing for the United States, Baumgardner picked up a silver medal as part of the men's eight crew, while Ashton's 4- competed in the B final.

For Baumgardner, it marked the second consecutive year he competed at the World U-23 Championships. It is also the second straight summer a Navy rower has captured a medal as Alex Kornick picked up a silver as part of the four with coxswain crew in 2012.

"It was definitely a different experience the second time around," said Baumgardner. "After finishing fourth last year I brought some higher expectations to Austria and was going to help the team do whatever it took to get some hardware. The greatest aspect to me is that all 13 guys from selection camp that competed at the World Championships came away with



Ted Baumgardner '13

medals (the eight and four without coxswain boats)."

Baumgardner and the U.S.A.'s eight crew opened the World Championships with a third-place finish in its heat race. The Americans clipped Spain by nearly two seconds to win its repechage race and

Story cont'd on Page 7...

Hwts place 8th at Charles

After graduating 18 athletes last spring, the heavyweight team has had a chance to develop its youth this fall season. Still over four 8's deep on the varsity squad, the new firsties are surrounded by a large and talented group of youngsters and 2/C midshipmen.

The team concentrated on fitness, strength and technique this Fall, which basically translated into more running, lifting and rowing in fours.

The highlight of the fall season was Navy's race at the Head of the Charles, where they placed eighth among all colleges and 14th overall in the Championship Eight event. The Mids were able to move up from last year's placing, while boating a much younger crew and rowing 2-3 beats lower than most schools. The four colleges that finished directly in front of Navy were California, Washington, Yale, and Princeton, while the Mids outpaced Wisconsin, Boston University, Penn, Syracuse, and many others.

Navy's 2nd Varsity also traveled to Boston this year, competing in the Club Eight event. After starting 26th, Navy's coxswain, Jordan Bowman '14, managed to pass four crews on the narrow course, placing them fifth overall. Brown, BU, Northeastern, and

Harvard were the only schools to beat the Midshipmen in that event. "Our varsity had a solid, controlled race and our 2nd varsity coxswain did a great job steering through traffic," said Head Coach Rob Friedrich. "Overall it was a very successful weekend for our young team."

On Lake Carnegie for the Princeton Chase, Navy's varsity posted the seventh fastest time out of 57 boats in the Varsity Heavyweight 8+ event. Unfortunately, the Midshipmen were slapped with a 30-second buoy penalty, knocking them a little further back in the standings. "The team had a frantic row and the buoy penalty was unfortunate," Coach Friedrich remarked. "It wasn't our best row of the season, but at least we know our time puts us right in the mix with the top teams in our league."

Princeton, Northeastern, California, BU and Cornell were the only schools that posted raw times faster than Navy's varsity. Navy also placed fourth among 2nd varsities; sixth among 3rd varsities; and had the fastest 4th and 5th varsity boats in the event.

At the Chase, the top plebe crew fin-

ished third to strong California and UPenn crews. "We are very proud and excited about our plebe class," said Friedrich. "We have a talented mix of recruits and walk-ons, who have already been able to compete against the top freshmen in the country. By spring time, they should be able to improve that much more than most schools." Navy's plebes won the Club 8+ event at the Head of the Potomac and will look to defend their title at the Rutgers Freshmen Invitational on November 9th.

Women 2nd at Charles

After the most successful 2013 spring season in the history of Navy Women's Crew, one of the teams rising 1/C, Katherine Ashton was invited to the selection camp for the Under 23 World Championship Team. She earned a seat in the 4 – that raced in Linz, Austria, finishing 8th in the world. Katherine is one of the driving forces in the NWC program.

The 2013-2014 season which started in September looks very promising. According to Head Coach Mike Hughes, “The 1st Varsity that won the Patriot League Championship, and then raced in the NCAA Championship, did not graduate any rowers. That boat was made up of 1 freshman, 5 sophomores, and 2 juniors. The only loss was the graduation of the senior coxswain, Michaela Bilotta, who was qualified and selected Explosive Ordinance Disposal”

In September the team was awarded the 2013 Athletic Director's Cup by Athletic Director, Chet Gladchuk, which is given to the varsity team, among the Brigade, who exhibits outstanding Leadership, Academics, and Competition.

This year's team captain and 7 seat in last year's championship varsity, Cate Oakley, led the team of 66 athletes into the fall season at the beginning of September.

The fall races started out in early October with a new three-mile head race called

the Oyster Reef Regatta in Norfolk. It was a varsity only race since most of the plebes on the team had not been cleared to race by the NCAA Clearinghouse. Navy Women's Crew had three varsity 8's and three varsity 4's in the competition. They won the Varsity 4 event but were edged out in the Varsity 8 by the University of North Carolina.

Next up was the Navy Day Regatta in Philadelphia, a 2.5 mile head race. Navy's Novice 8 finished second, the two 8's in the JV 8 event finished third and fourth and the 1st Varsity finished first of 21 boats in the championship event.

The following week in Boston at the Head of the Charles, Navy placed second among all colleges in the Championship 4 event, sixth overall. That is the highest finish for Navy Women's Crew at the Charles in any event ever. The only crews in front of them were from U.S. Rowing, Canada, and Brown University. Navy's Championship 8 finished 32nd.

The varsity's season concluded at the Head of the Schuylkill in Philadel-



Navy Women Winning Patriot League Championship

phia. In the Championship 8 event, the 1st Varsity finished second by five seconds to Trinity but outdistanced the rest of the 20 boat field by a significant distance. Two JV 8's rowing in the College and Open Club event finished 10th and 29th of the 40 teams in the race. In the Novice 8 race, the two Navy boats finished 2nd and 17th of the 33 boats in that event.

The last race of the fall season saw three Navy plebe boats traveling to the Head of the Occoquan in Fairfax, VA. Navy won a very competitive novice women's event by two seconds over Georgetown. Navy's lower plebe crews also placed fifth and 19th out of 23 entries.

Navy Lights Strong, Steady

Coming into the 2013 fall season, the Navy 150 squad approached Hubbard Hall with open eyes and ready to work. Many of the upper class had spent the summer diligently training on their own, committed to getting the year off to a good start. Bolstered by a solid Plebe class, the team readied itself for laying a foundation for the 2014 racing season. Leading the team this year is Team Captain, Seamus Fish '14, who has accepted his invitation to BUDS next year to work towards his goal of becoming a SEAL after graduation.

Getting to know a new coaching staff isn't always the easiest task, but the entire team embraced the "big-picture" principles that newly hired Head Coach Shawn Bagnall and Assistant Coach Ryan Archer (see New Coaching Hires article) brought to the team. The highest premium is placed on personal fitness, commitment to the team, accountability to each other, leading the Brigade, and the process of gaining speed over the entire academic year.

The Navy Lights kicked off the season with a very solid Navy Day Regatta in Philadelphia on October 12th. Facing a very fast course on the Schuylkill, the top two Plebe 8's kicked off the day in even line-ups, finishing sixth and eighth overall, second and third among lightweight en-

tries. The Varsity 8's followed, with the Varsity winning the Lightweight Event, while the 2V placed third.

Following Navy Day, the 2013 Head of the Charles weekend proved to be an extremely competitive event, finding the Navy 150's in a tight pack, finishing 10th overall. While 10th is not what the guys had strived for, only a scant five seconds over 4800 meters separated 10th and fourth places in the Lightweight 8 event. The Navy 150s walked away knowing it was a productive race and very useful result.

The Sprints League will again prove to be just as competitive as ever this year, and the Princeton Chase was no exception. Finishing seventh overall (fifth among Sprints Lightweight teams), the Varsity was pleased but not satisfied, and know where they have to improve during the next four months. The remaining three entries from the Navy Lightweight Varsity (B-D) had the Mids finishing no lower than third among their Sprints League counterparts. With a very short preparation week at home, the Plebes raced hard in a new lineup to finish 13th overall, heavyweight entries included. Following the racing, Coach Bagnall noted, "I really

like where we are at as a team right now. The guys have truly focused on the process and not the result, and know that once we start to solidify lineups in the spring, the necessary competitive speed will be there."

To round out the fall season, the 150's will travel to the Rutgers Fall Classic with a Plebe-heavy roster. All of the Class of 2017 are ready to race and put their best effort forward, and there may even be a few V4+'s from the squad that get a chance to better their finishes from the Chase.

1963 Shell Christening on their 50th Reunion

On October 23rd, alumni, midshipmen and coaches gathered to celebrate the Class of 1963's 50th reunion with a shell dedication.

It all started in 1960, when a young group of plebes took on the world of rowing. After an undefeated season, winning the EARC Sprints and IRA Championships, they competed in the 1960 Olympic Trials...as PLEBES! The Class of 1963 went on to make the grand final of the Olympic Trials and place fourth behind the Navy Varsity, California and Syracuse. If you talk to them today, they are still disappointed with that one blemish on their plebe record.

The Class of 1963 became the foundation of one of the greatest eras in Navy Crew history. With two Ten Eyck team points trophies during their tenure and many medals from the EARC and IRA Championships, their success went far beyond the heavyweight program. This class helped the lightweights (150's) win their first two EARC gold medals in the young program's history.

There is also no doubt the Class of 1963 helped forge the way for future Ten Eyck points trophies and even the development of crews which swept the 1965 IRA Championship, winning all three Eight events.

Decades later, the Class of 1963 oarsmen began rowing again. First, it was to stay in shape, then came the competitions and a challenge to get the legendary plebe boat back together. This eventually led to



the establishment of the Navy Masters Rowing Club, for which many Navy alumni still compete to this day. So, in many ways,



this class has given back to the school, the midshipmen, and all the Navy alumni who aspire to keep their rowing dreams alive.

The program recognized the Class of

1963 by naming a lightweight shell in their honor on their 50th USNA reunion. The Class of 1963 is one of our most supportive alumni groups. They helped to provide Navy's heavyweight, lightweight and women's crews with the best equipment available. Their collaborative effort is the basis of our Navy Crew Excellence Fund, from which the majority of our rowing shells are now bought. They have also started a 1963 shell endowment fund which will keep a "Class of 1963" shell in our boathouse forever.

Craig Thrasher '63 spoke on behalf of the 1963 oarsmen and read a poem he had created detailing his experience and growth as a person during his time on the Severn.

CAPT Spencer Johnson, USN ret., Class of 1963 president, was also on hand to speak of the '63 oarsmen's generosity to the program and remembered a time when every midshipmen had to learn how to row at the Academy.

Class of 1963's Accomplishments

- | | |
|------|--|
| 1960 | EARC Plebe Eight Champion
IRA Plebe Eight Champion
IRA Ten Eyck Points Trophy Winner |
| 1961 | EARC Varsity Eight Champion
EARC JV Eight Champion
EARC JV 150 Eight Champion |
| 1962 | EARC Varsity 150 Eight Champion |
| 1963 | IRA JV Eight Champion
IRA Ten Eyck Points Trophy Winner |



1961 Varsity and JV Eastern Sprints Champions

Unexpected Reunion of Two 1960 Olympians

In the 1960 Rome Olympics, Peter Bos '61 and Kraft Schepke were pitted against each other as rivals. They both sat in the 5-seat of their nation's 8+. Bos was the captain of the U.S. Naval Academy crew, which earned the right to represent the United States at the Olympics. Schepke was the leader of the first German crew ever to win the Olympic gold in the men's eight event. 53 years later, the two athletes met once more for a memorable reunion.



On April 24, 2013, Schepke and his wife Jutta waited impatiently near the gangway in their hometown of Kiel, Germany. The ferry from Oslo, Norway landed and the first passengers began disembarking. After 53 years, Schepke did not know if he would recognize Peter Bos, but when he saw a man a head taller protrude out of the crowd, all doubts vanished. The two hadn't seen each other since the Games but everything came rushing back. It was a warm reunion.

It all started back in 1960, two weeks before the rowing competition began, when Bos sought out Schepke for dinner. The two talked about the famed German coach, Karl Adam, the growing international rowing scene in Europe, and a bit about their family backgrounds. Then, after the final race, Schepke approached Bos to exchange shirts.

More recently, Bos looked at the German shirt and realized that while none of his children might find the shirt has special value, Schepke's children or grandchildren might.

So, after 52 years with no contact (and with some help from his tech-savvy son), Bos found Schepke's e-mail. A week later, the German Olympic rowing jersey was



mailed overseas back to its original owner.

After subsequent e-mail correspondence, their reunion was set. Bos would stop in Kiel, Germany to visit Schepke during his vacation from Norway to Holland.

Bos spent two days in Kiel, dining with the Schepkes, visiting German naval memorials, and reliving the rowing days of their youth. They also rowed in a four together at Schepke's rowing club to complete their reunion in Germany.

A few months later, Schepke and his wife made their first trip to the United States and stayed with Bos and his family. To return the favor, Bos coordinated a row on the Charles River in a coxed four. Next up, an entry into the Masters World Championships?

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 18th, 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!
<http://navycrew.boathousegear.com>

Matthew Lampert Story cont'd...

"So Matt endured excruciating rehab, therapy that could last all day, month after month, rebuilding his strength," Obama said. "Recovery was slow: taking his first shaky steps on short prosthetics; then a new pair of knees; then full legs, taking him back to normal height. Stepping forward with two canes, then just one, then none. Learning to walk again. Learning to run — in his uniform, then his body armor. And then, just 18 months after he was injured and lost both legs, Matt — a double amputee — returned to his unit and redeployed to Afghanistan."

Lampert and his company are now preparing for their next deployment, to the Pacific, Obama said. His wife, meanwhile, is working to become a test pilot "because, Matt says, she likes to 'fly aggressively,'" Obama said.

"There are stories like Matt and Camille's throughout our Marine Corps," the president said. "They represent what's best in our Marine Corps. 'Semper Fidelis.' That's the ethic of your lives: Always faithful. Always faithful to each other — the few and

the proud. Always faithful to your Corps — for 237 years. Always faithful to your country, for whom you wear the Eagle, the Globe and the Anchor. After all you've given to our nation, you have to know your nation will always be faithful to you."

As I touched on yesterday here on Battle Rattle, Lampert's story was featured in this video, produced for the MARSOC Foundation. He is still with Marine Corps Forces Special Operations Command:

Lampert says in the video that the night he was wounded, he and several of his Marines moved across a bridge in Afghanistan with a couple of Afghan commandos. They entered a compound they were examining through a courtyard wall.

"I got inside the courtyard and took about a half-step to my left," Lampert said. "There was a loud, surprising explosion, a flash... my ears were ringing. I was up in the air for a little bit, and then thrown on the ground real hard. I was pretty surprised



at that point."

Lampert credits now-retired Maj. Gen. Paul Lefebvre, the commanding general of MARSOC at the time of his injuries, with asking him to become a company executive officer and return to Afghanistan.

"I told him yes," Lampert said. "I desperately wanted to return to my guys."

To learn more about Matt's amazing story, here's a video of his "return to the fight": <http://www.youtube.com/watch?v=nWyFBNjDhZc>

National Team Story cont'd...

earn a spot in the finals. In the finals, the U.S. got out to a slow start as it sat in sixth place 500 meters into the race. But the U.S. battled back strong, overtaking four other crews to get into second place in the final 500 meters. New Zealand won the race with a time of 5:28.63, followed by the U.S., which clocked a 5:31.79.

"We really wanted to pace ourselves and got off the line at a sustainable pace. We had the slowest time in the first 500 but we felt that really set up our second half of the

race," said Baumgardner. "We were able to hit our stride and get in a really good rhythm in the middle 500. At the halfway point we really started pouring it on."

"We were a very young crew and were pleased with the way we were able to learn from our first two races and put a full 2k together"



Ashton and the women's four finished fourth in its heat and fell to the B final where it finished second behind Romania.

"It was great to see another Navy rower win a medal for our country on the world's stage," said Navy heavyweight head coach and director of rowing Rob Friedrich. "Congratulations to Ted, who will now start training to become a

Marine Corps officer. It's also great to have Katherine Ashton coming back to lead our women's team in their quest for another Patriot League title in the 2014 season."

Baumgardner graduated this past May with a degree in quantitative economics. Ashton is a rising senior majoring in mechanical engineering. In helping lead Navy to the Patriot League title this past season, she earned CRCA First-Team All-America honors.



New Coaches' Story cont'd...

In 2011, he guided his freshman crew to a 10th-place finish at the Eastern Sprints and helped the varsity boat take ninth at the IRA National Championships.

Bagnall also has significant experience and success on the international level. Since 2011, he has worked as an assistant



Shawn Bagnall

coach with the U.S. Under-23 Women's National Team. Bagnall helped the women's 8+ boat to win consecutive gold medals at the 2012 and '13 U-23 World Championships. He also served as head coach of the women's 4- and 2- boats at the 2012 and '13 Under-23 World Championships.

Prior to Syracuse, Bagnall served for eight years at Gonzaga University where he worked as the men's freshman/novice coach, junior varsity coach and recruiting coordinator. At Gonzaga, Bagnall was integral to helping the freshman/novice program reach several milestones. Bagnall led the Bulldogs freshman/novice four to a Western Intercollegiate Rowing Association (WIRA) championship in 2010. He also guided the freshman eight to 13th and 15th-place finishes, respectively, at the 2008 and 2009 IRA Regattas. In 2006, Bagnall helped the freshman eight claim its first bid to the IRA Regatta.

Bagnall's coaching career began at his alma mater, Washington State University, where he took over the club program's top spot in 2000. At the helm of the Cougars, he helped improve the competition level and athlete retention rates for the club sport program.

Bagnall, a 1999 graduate of WSU, enjoyed a successful career as a varsity rower from 1996-99. As team captain, he was an All-Pacific-10 Conference selection in 1998. He received his bachelor's degree in

psychology from WSU and completed his master's degree in sport and athletic administration at Gonzaga in 2009.

Women's Crew Hires Sidney Thorsten

Navy women's rowing head coach Mike Hughes announced the hiring of Sidney Thorsten as assistant coach. Thorsten replaces former assistant coach Nicole Stimpson.

"We're really pleased to have Sidney as a part of our staff," said Hughes. "A former NCAA champion, she has received high



Sidney Thorsten

praise from everyone she has worked with in the past. Sidney will be a great fit and I'm really looking forward to working with her."

Thorsten comes to the Naval Academy after one year at Columbia University where she served as an assistant coach for the women's rowing team. While with Columbia this past spring, Thorsten helped coach the Lions' varsity eight to the Eastern Sprints title. She also helped lead the varsity eight to its highest finish ever at the prestigious Head of the Charles. Thorsten was also active in recruiting while at Columbia.

Thorsten was a four-year coxswain of the varsity eight at the University of Virginia. As a senior in 2012, she helped the Cavaliers' varsity boat to the national title, earning first-team All-America, All-South and All-ACC accolades in the process. She also claimed silver medals at the 2009 and '10 NCAA Championships with the Cavaliers' varsity eight.

Thorsten is a native of Georgia and earned her B.A. in psychology at Virginia.

Lightweights Hire Ryan Archer

Navy Men's Lightweight Rowing Head

Coach Shawn Bagnall announced the hiring of Ryan Archer as an assistant coach for the program.

"Ryan brings a very successful lightweight rowing career in both high school and college to Hubbard Hall" said Bagnall. "I look forward to him conveying his passion for rowing and knowledge of racing in the fastest conference in the nation to our Plebe class. There is no doubt he will bring great things to the Navy 150 squad."

Archer comes to the Naval Academy after recently completing a four-year varsity career on Dartmouth's lightweight rowing team. A June 2013 graduate, Archer closed out his intercollegiate career with a bronze medal performance in Dartmouth's first lightweight boat at a national championship regatta, the EARC Sprints.



Ryan Archer

In addition to his competition experience at Dartmouth, Archer served as a mentor as part of the Dartmouth Peak Performance (DP2) Initiative for Varsity Athletics program. As a mentor, he was a liaison between student-athletes, coaches and administration, helping to resolve conflicts amongst team members and directing parties toward campus resources in cases regarding academics and health.

Prior to Dartmouth, Archer was a four-year member of the rowing program at The Shipley School in Bryn Mawr, Pa. His leadership both on and off the water was recognized as he was named a two-time captain, as well as a two-time team MVP. At the culmination of his high school career, he was honored by Shipley with the Tamara Tirjan Award as an acknowledgement of his academics and leadership.

Archer, a native of Haverford, Pa. earned his B.A. in Computer Science with a minor in French.

Navy Crew Spring Racing Schedules

Heavyweight Schedule

April 5	Princeton (Navy/Princeton and Smith Trophies)	Annapolis, MD
April 11	George Washington Invitational	Washington DC
April 12	George Washington Invitational	Washington DC
April 19	Syracuse/Cornell (Goes and Stagg Trophies)	Ithaca, NY
April 26	Harvard/Penn (Adams Cup)	Philadelphia, PA
May 4	Columbia (Stevenson Trophy)	Princeton, NJ
May 18	EARC Sprints	Worcester, MA
May 30 - June 1	IRA National Championships	Mercer County, NJ

Women's Schedule

March 29	Murphy Cup Regatta	Cherry Hill, NJ
April 5	Occoquan Sprints	Woodbridge, VA
April 11	George Washington Invitational	Washington DC
April 12	George Washington Invitational	Washington DC
April 19	St. Joseph's/Rutgers	Philadelphia, PA
May 4	EAWRC Sprints	Cherry Hill, NJ
May 16	Patriot League Championships	Worcester, MA

Lightweight Schedule

March 22	Princeton (Murtaugh Cup)	Annapolis, MD
March 29	Yale (Johnson Cup)	Princeton, NJ
April 5	Columbia	Overpeck Park, NJ
April 12	Georgetown	Annapolis, MD
April 19	Harvard (Haines Trophy)	Annapolis, MD
April 26	Penn (Callow Cup)	Philadelphia, PA
May 18	EARC Sprints	Worcester, MA
June 1	IRA National Championships	Mercer County, NJ