

SIT READY . . . READY ALL . . .

- Orange Men Launch "One Race at a Time"
- Women Look for Growth in a Nationwide Schedule
- · Alumnae Set for Reunion Weekend in Syracuse
- Goes Cup Weekend Includes Chamberlain Shell Dedication
- Orange Alum Wright to Compete for Oxford
- Two More Alumnae Join SARA Board

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Men:High Expectations, "One Race at a Time"



SU Men on the Hillsborough River in Tampa

The Orange men returned to Syracuse after Spring Break to find open water on the Seneca River and headed into the wind with determination, March 21. The first challenge at Rutgers was less than three weeks away.

Spring break training in Florida included nine days of rowing – one of them featuring competition against Yale. "We talked a lot in Florida about the upcoming season and making it about us and our ability to make our boats go fast," Head Coach Dave Reischman told *The Orange Oar*. "We are going to take it one race at a time and focus on getting better each week."

Florida training was on the Hillsborough River with the temperatures a lot warmer than in Syracuse and the winds something less. There was plenty of mileage and five days of seat racing, most of it side-by-side over four minutes, at 30-31 strokes per minute.

(Please see Reischman—Page 4)

Women: Looking for Growth In a Coast-to-Coast Season

SU's women's varsity is logging plenty of miles on the water and in the air in 2006, looking to improve against tough competition from coast-to-coast. The women trained in Austin, Texas over winter break, trained and competed in Melbourne, Florida over spring break and then headed west for tough competition in California before the home opener April 1.

"We have know it will be a rebuilding year for us," Head Coach Kris Sanford told *The Orange Oar*. "Our goals are to steadily improve over the course of the spring so that we are in top half of the league at Eastern Sprints."

The going was rougher than usual in Melbourne this spring. "Normally, the water is very good and we can get a lot done," Sanford said. "This year, we had a lot of wind that was strong enough to have to make adjustments to our practices. The head wind took a toll on our kids and we had some nagging soreness and injuries. All said and done, it was warm, we got our work done and the kids kept good attitudes."

The Orange women opened the season against UCF and Columbia and were third in every race. "In the varsity race, we were left at the line and never got back in it," Sanford said. "It was a very flat performance - there was no spark. In the 2V race, (Please See Women—Page 3)

The Orange Oar

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Letter from the President

Fellow SARA members:

The rowing season is about to begin and the SU teams are anxious to get out of the blocks. I spoke with Coach Dave about his Spring break in Tampa. The SU Varsity, JV and Freshman had competitive side by side 5 minute pieces with Yale over Spring break and won several of the pieces. The women have also had some races in California at the 2006 Windemere Rowing Classic against 7 other crews including top ranked Cal and Washington. Both teams now have a baseline to work from.

Since January the SARA Board has been working hard to plan Spring and Fall alumni events. As Alumni and Alumnae I urge you, family, parents and friends to attend as many of these events and races as you can this year. Please check the rowing calendar on www.saracrew.org for both the men's and women's fall and spring events and racing schedules. Pack up the kids, the dog, friend's dog, and friend's kids and organize a picnic on the banks of a river or lake or wherever an SU crew is racing and cheer on the Orange!

A letter from the President would not be complete without a plea for donations; Please, Give, Give, Give to the CREW FUND. What it takes to raise money is people. As Coach Dave has said "What I need SARA to do is to be "Friends-Raisers. You guys are the vehicle bringing alumni back to the program". By being friends-raisers and finding those "lost alumni and alumnae" we can help to assure SU's long term financial future. Reach out and give.

I have been watching some of the NCAA Basketball tournament. We all love the underdogs, unless you are a UConn. fan. After George Mason beat UConn, Coach Jim Larranaga quoted William Jennings Bryan; "Destiny is not a matter of chance. It is a matter of choice." It is not something that is given to you, it is something you earn. We are all very excited to see what "Destiny" awaits our 2006 SU men and women teams.

Row Well and Have Fun

Thomas Darling '81 SARA President

ALUMNAE REUNION WEEKEND

Tracy (Rude) Smith '90 says she can hardly wait. She's been digging through files in her basement for Spring Break Training photos from her days rowing for SU to bring back to the Women's Rowing Alumnae Weekend April 7-8. "It was the era of big hair, the freshman 15, and Vuarnet sunglasses and I've got the evidence to prove it!"

More than 100 alumnae are expected for the gathering that will include rowers, coxswains and anybody else involved with the team, going back to its birth in 1979.

Smith is one of the distinguished alumnae featured at the luncheon along with **Emme (Entwistle) Aronson** '85, who has gone on to fame as a TV correspondent and plus-size supermodel.





Emme Aronson

Tracy Smith

Smith went on to make the U.S. Olympic team in 1992. She and Kristin Walker-Bidwell, who made the U.S. National Team in 1990, and Aronson are among five alumnae now serving on the SARA Board of Directors. The others are Lynne (Della Pelle) Pascale '81 and Sheila Roock '84.

The gathering coincides with the Orange Women's home race against Penn and Northeastern. It includes...a cocktail reception at Pascale's in downtown Syracuse at 7:30 on Friday night, the races at 8 a.m. on Saturday, and a Rowing Team and Alumnae Luncheon at Justin's Grill in Carrier Circle.

It's a sure bet that Smith won't be the only one bringing photos of those days, and all kinds of other events in each alumna's life since then. But she promises, hers will be worth a special look, especially to her teammates. "Out of respect for how far we've come, especially damning photos will be shown only to the directly involved," she smiles.



Orange Women in Florida Race

Women Look to Improve(from Page One)

we raced hard but it still looked heavy and sluggish. The Varsity 4 and Freshman 8 both did a nice job and I think will see big improvements throughout the spring."

With just a few days between the return from Florida and the Varsity and 2V heading west, Sanford prescribed a lot of rest, even as she made daily changes in the lineups.

The Windemere Cup in California included four head-tohead races in two days, against Oregon State, Stanford, Washington and Boston University. Both the varsity and 2V trailed in all four races.

Two welcome weeks of home racing follow, with Cornell and Yale coming to Syracuse April 1, and Penn and Northeastern providing the competition April 8 as hundreds of rowing alumnae are expected to cheer the Orange Women on during the big alumnae reunion weekend.

Downing Honored as Scholar-Athlete

SU honored Karlyn Downing as scholarathlete of the week for the week of March 21. She is a junior from Syracuse (Nottingham High School.



Downing has been named twice to the Athletic Director's Honor Roll and is a Big East Academic All-Star. She is majoring in health and exercise science.

Information and photo courtesy of SU Athletics website

SYRACUSE UNIVERSITY WOMEN'S ROWING SCHEDULE 2006

April 1	Cornell/Yale	Syracuse, NY
April 8	Penn/Northeastern	Syracuse, NY
April 15	Dartmouth/Radcliff	Hanover, NH
April 30	Big East	Worcester, MA
May 26-28	NCAA Championship	West Windsor, NJ

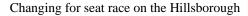
Reischman Stresses the Right Focus (from page one)

The races with Yale came on day four and although SU competed well, Reischman downplayed the importance of the results. "It was a chance to get side by side and have some fun racing," he said.

"We did five 5-minute pieces at roughly 32. The varsity tied the first one, they got us by two seats on the second, and we got them by a couple of seats on (the third, fourth and fifth.) With the JV, we tied the first, and then got them by varying margins on (the last four.)

"I liked how we raced. Yale got out on us early and we just kept 'sawing wood' to borrow a phrase from my alma mater's (Gonzaga) basketball team.







Pushing each other in Spring Training Sessions

The varsity moves into the season carrying three full eights for the first time in quite a while. That competition seems to be a good sign for the strength of each boat. Reischman said he probably wouldn't set the lineups until the Monday before heading to Rutgers. "I think the longer we can keep the guys fighting for seats the better off we will be."

With the much-improved Rutgers and Boston University on the schedule again, there are no easy races, even with the big expectations many have for an SU varsity loaded with juniors who have experience winning. The only home race is against powerful Navy and Cornell. And SU is looking to improve on historically tough times at the Eastern Sprints.

"We clearly have some tough racing ahead of us but the guys are up to the challenge," Reischman said. "The main goal of course is the Sprints and the IRA. We need to crack the Sprints puzzle."

But first – one race at a time. "Sometimes if you focus too much on winning you forget to focus on moving the boat effectively. You focus on the results instead of what you need to do to get the result."

Captains Weigh In on 2006 Expectations, Alum Support

The Orange Oar asked the women's and men's squad captains for their thoughts on the 2006 season and the role of Alumni/Alumnae in helping our current teams to be successful. Here are the questions and answers.

Ineke DeSimone— Senior, Rowayton, CT

OO: What are your goals for the team this season?

Some goals I have for the team this spring are first to get faster every week of the season and build off each race we have, second to win Big East, and third to go in to Eastern Sprints ranked in the top half of the league.

OO: What do you see as the strengths of the team?

A definite strength of the team this year is that everyone is very competitive, which keeps the team working hard and ensures that all the boats in the program will continue to improve throughout the season.

OO: What can alums do to support you folks?

At our race against Penn and Northeastern last year two alums came to watch the race and they brought us cookies (you know rowers, we always love food haha) and sat down with us and told us stories about when they rowed for Syracuse and how it was then and I thought that was great. Just having the alumni around at races and getting the chance to talk to them and hear their stories really gives you an even greater sense of pride in the program.

Katie Schneider—Junior, Syracuse, NY

I think a major goal for this season is to continue to get faster with each week. We are a young team with a lot of potential and to be successful we need to work hard every day, on and off the water. At the end of the season we want to make sure that we have done everything we could have and that we have no regrets!

We all know that in order to be fast there need to be changes made not only with people changing boats but within everyone's technique. We all come from different clubs that row slightly different and to go fast we need to row together. People are very open to constructive criticism and willing to change with the boat as a whole in mind.

Come support us at our home races! The home course is a great course to have fans come and yell at you, nothing like hearing all the "'Cuse" chants in that last 250 meters!



Dan O'Shaughnessy—Senior, Elizabethtown, Ontario

OO: What are your goals for the team this season?

Undefeated regular season. Finals at Sprints and A/B final at IRA. Showing people what Syracuse is made of.

OO: How would you describe the competition among the guys and how does that help the team overall, if it does? So far this year guys are competing with each other in order to make the team fast. The desire to beat Cornell is more important then beating a teammate, which has created a great bond from the top of the squad to the bottom.

OO: What changes (if any) have you seen from your freshman year to now?

As a transfer from Northeastern I immediately noticed that Syracuse oarsman have incredible pride in themselves and the team. From the beginning strength was never a problem, harnessing our strength is something we have improved on. The big change has been our increased understanding of how to apply our strengths and how to improve our weaknesses. As with anything improvement has been snowballing across the team, the faster we get the boat going the more excited guys have been getting to take a crack at the competition head to head. As a senior I personally want to leave the team in great shape, and pre-season it is looking like my teammates are giving me the chance to do just that.

Bonus question - what can alums do to support you guys?

Last year a group of Alums made the trip to Syracuse to have lunch with the team. I had the chance to eat lunch with Mr. (Ken) Hutton at the boat house. The small effort he and a few others made to come out and watch practice made me realize that when I put on the Orange I am racing not only for myself and the crew. I am racing for the pride of past Orangemen who look toward us to give them something to be proud of. Knowing that Syracuse Crew has dedicated alums gets the team excited and having them come out to support us means a great deal to us. Support is totally legal and we are going to need every bit we can get once racing season starts.



Tyler Page—Senior, Grimsby, Ontario

I feel that one the Varsity level we have three extremely talented and competitive crews that are looking strong entering the spring race season. Some of the goals of the team is to send each varsity crew to a grand final at sprints to fight for some hardware while continuing building speed up to the IRA.

The competitiveness within the team this year is more competitive than I have experienced in my previous four years in Syracuse Crew. With such a tight group of guys it allowed us to push each other to become faster and motivate the team together as a whole.

I have experienced the changes in the SU crew program in the last four years first hand. my freshman year was Coach Reischman's first year at Su and the change over the past four years has been incredible. Each year I have been here the team has gained speed and I feel that this year might be the breakout year that 'Cuse has been waiting for. The attitude and commitment to the team among the guys is the strongest I have experienced in my four years at SU Crew

For the bonus questions I actually ran it by a couple of guys and everyone pretty much agreed that the alums have done a terrific job in supporting us already. We have received everything that we need equipment-wise (boats/ergs/oars) that anyone could as for and the team is extremely thankful for all of your support.

HONORING "THE DOC" - CHAMBERLAIN SHELL DEDICATION

He was there at the birth of SARA, one of two rowing doctors involved, appropriately enough. Now, 53 years later, the Syracuse University Crew will honor him with a shell named for him.

Dr. Bruce E. Chamberlain finally gets his due, Saturday, April 15 in a ceremony at the SU Boathouse following the Goes Cup Races. "I'm overwhelmed," Chamberlain told *The Orange Oar*.

It was 1953 and **Chamberlain '41**, then a young surgeon in Syracuse, and **Dr. Tom Kerr '39**, a surgeon in Philadelphia were talking about what they could do to help the crew, which was in a serious down period. They had been teammates at SU.

"We were tired of losing," Chamberlain said. "We had a conversation and we decided we'd get some ideas from Friends of Penn Rowing and other clubs and put it together. **Dr. Gordon Hoople '16, Bernie Dawson '22**, and **Jim Gilday '25** (then manager of the Hotel Syracuse) were among about 20 people at a follow-up lunch. "We put it together and had an election and got it organized."

"We weren't looking to support it financially," Chamberlain said, "at least not until we got some people who would pay dues. We were rabble-rousing, I guess is the best way to put it. We wanted something better."

There were meetings with Athletic Director Lew Andreas, Loren Schoel was brought in from Cornell to coach the Orangemen and SU's rowing fortunes soon took an upswing, leading to the Pan Am Games championship crew in 1959.

Many of the same men were involved in forming the Syracuse Regatta Association, which brought the IRA to Onondaga Lake from Ohio, and kept it in Syracuse for four decades.

Bruce Chamberlain has been involved in supporting Syracuse Rowing every minute of all the years since and still serves as an active director of the organization he and the late Dr. Kerr founded.

Last fall, at an alumni gathering Chamberlain was not able to attend, his name came up in another conversation. Nobody could remember ever having a shell dedicated in his name.

Everybody agreed that needed to be rectified and as soon as possible. An anonymous donor stepped up immediately and plans were made for the dedication.

Dr. Chamberlain will be there to cheer on the Orange against Cornell and Navy and to see the shell christened in his name. His beloved wife Fran passed on a couple of years ago, but his daughters, Linda Miller and Laura Dodge and his daughter-in-law Mary Ann Chamberlain will be there to do the honors of pouring the champagne.

Chamberlain said he never expected this. "It turned out to be a great honor," he said."

BACKSPLASH—NEWS OF OUR ALUMNI

1950s

Tom Lotz '57 - has been elected chair of the USRowing Referee Commission for 2006. He has been the Southeast Region representative to the referee commission for three years. Tom is a founding member of the Bay Area Rowing Club of Houston and has been a USRowing referee since 1991. He was named a SU Letterwinner of Distinction in 2002.



Tom Lotz

Jim Kries '59 - Captain of the Pan Am crew has moved to Indian Lake "in the heart of the Adirondacks." Jim had been in the Philadelphia area for decades. "I have just been thinking about my fellow oarsman from the Pan-American eight (1959)," Jim says, "and further thinking what a thrill it would be for me to see them all again."

1960s

Charlie Mills '60 - reports he'll be going to his 50th Kent School reunion in April. "Damn, that makes me old!" Charlie opines. Charlie stroked the Pan Am Games championship eight for SU in 1959. He lives in Virginia.

He also reports **Bob Schoel '59** "who lives in the Phoenix, AZ area and golfs all year round is looking forward to coming back for our 50th (anniversary of the Pan Am boat in 2009)." Charlie and Bob were at Kent together before Bob's father Loren "The Bear" Schoel came from Cornell to SU as head coach, and Bob moved to Jameville-DeWitt High School.

Charlie tells us "I had dinner with **Andy Geiger '61** who retired as AD at Ohio State and plans to move to the Seattle area next June after his youngest graduates from high school.

Dick Yochum '68 – "Still rowing a 1X most days during the season and working with the erg and weights now. Despite retiring in 2002, I can't find the determination to do two workouts/day OR drastically change my eating habits. Getting older is a challenge, but managed to get into a few winning combinations last season and hope to do better this year.

"Had a great trip to Vail, CO this summer for the wedding of a young guy I rowed with for a few seasons and took advantage of an invitation to spend some time with **Jeff Harriman** '70 and his lovely wife at their mountainside retreat at Bachelor's Gulch. Jeff spends November to April skiing out his backdoor. He hasn't rowed in awhile, but is very fit and would probably beat most, if not all, former teammates, in descending mountains, pitching horseshoes, and looking very youthful!

"Met up with **Andy Berster '02** in Sarasota last April, where he helps coach the Osprey Oars. He was rowing a 1X in water that worried me in a large launch. Also ran into him at the "#44" game this Fall. He seems like a potential recruit for the alumni boat and perhaps for other endeavors. I believe

BACKSPLASH—NEWS OF OUR ALUMNI

he had just returned from visiting Chris Liwski '02 (his cousin and teammate at SU) in England."

1970s

John Hession '72 – "I've been having fun in the last year and a half starting a new company called Vantage Equipment. We are the Volvo construction equipment distributor for Upstate NY, and also sell and service other brands of heavy equipment. Lots of fun and plenty of sweat!"

George Chapman '73 – "After 10 years with a large accounting firm in Syracuse, I went out on my own last summer. I am a healthcare management consultant. Clients are predominately medical groups and hospitals.

- "Oldest daughter Stephanie graduated last May from Geneseo with teaching degree. She has been a steady substitute for school districts in the area. Youngest daughter Katie is studying abroad this semester. She will be transferring to University of Florida this summer to study design.
- "I still workout on an ergometer at the gym. Have been out of touch with SARA and hope to get involved again."

Matt Kirchhoff '75 – "I rowed for SU 72-75, and my daughter, Rachael, rowed there 98-02. I've lived in Alaska since 1976, and still row regularly (www.juneaurowing.com). If any alums are ever traveling through Juneau by cruise ship or Alaska Ferry, I'd be happy to show them the town and even get them out on the water!

Contact info: mkirchhoff@hotmail.com, 907-586-5816. Nongame Biologist Alaska Fish and Game, Wildlife Conservation PO Box 240020 Douglas, AK. 99824

1980s

John Gilbert '85 – "I am married with two children; Alison is 13, and my son Ad will be 5 in October. My wife, Suzanne, and I celebrated our 15th anniversary last week. We met a few months out of school while we were rowing at Potomac Boat Club. I am sure that you do not remember, but you actually met her at the Head of the Charles in 1986. We now live in Columbus, OH, and our home is just off of the OSU campus. I continue to train in my 1X and race a few times a year in a 2X. The OSU women's team rows out of our ramshackle excuse for a boathouse, and it is great to be connected with so many college athletes. Training hard is still an unambiguous source of enjoyment for me." (Editor's note – Bill Sanford passed this along from an e-mail he got from John along with the following info from Jim Haas.)

Jim Haas '85 - is in Kyiv (Kiev), Ukraine. Bill Sanford says Jim sent a note in which he "talked about how his life would have been so much different if Syracuse had not offered him a scholarship. Very appreciative."

Tim McDermott '86 - Currently lives in Shanghai, China teaching math at Shanghai Community International School. "I have been here 2 years with my wife, Clare (a former Cornell rower), and our 13 year old daughter Liza. If anyone every gets to China we would love to show you around." Tmcdermott@scischina.org

BACKSPLASH—NEWS OF OUR ALUMNI

Joe Kieffer '88 - is the Vice President of Six Sigma Lean at Unisys and is living in Ambler, PA with wife and three children. His daughter Lawren is rowing for Mount St. Joseph's Academy.



"This past season Lawren stroked the Mount's Freshman 8 to an undefeated season beating over 125 crews in direct competition with victories which include Philadelphia Championship, New Jersey State Championship, Stotesbury Regatta and the Scho-lastic National Championship. Joe asks, "Anyone have a boxcar (Mormon song reference)?"

Kieffers at National Championship

Far less impressive (he says), Joe is rowing at Fairmount Rowing Association in Philadelphia. At the recent Men's Master Nationals – Joe was awarded bronze medal in the Master Eight C event. He was at the women's Henley's Regatta in England this past summer – where he watched his niece row for Drexel University. Look forward to seeing SU alumni, especially Joe Peter, at the Master's FISA Worlds in New Jersey this summer. *PHOTO*

1990s

Don Smith '90 – is still in Philadelphia, working hard and hopes to get to a home meet this spring. Don is "proud of his 17-month-old future boy rower," Bill Sanford reports.

Ally (Rosa) Bocchieri '93 – "I married Bob Bocchieri (another SU alum) in Sept. 2001. We are currently living in Northern California (near San Francisco) where I am an outside sales rep for an electronic component manufacturer. I gave birth to our daughter Olivia Kathryn on 6/10/05. In my 'free' time, I am a high school rowing coach for NorCal Crew (www.norcalcrew.org) where I coach the varsity women.



Ally and Olivia Bocchieri

Jennifer Sacheck-Ward '94 and Christopher Ward '92 - are both active members of Union Boat Club in Boston. Chris is competing in the San Diego Crew Classic this spring in a Master's eight for the 3rd year in a row. Jennifer has focused on sculling and has recently competed in Master's singles events such as Head of the Charles and Master Nationals. Jennifer is currently an assistant professor of

BACKSPLASH—NEWS OF OUR ALUMNI

nutrition and exercise physiology at Tufts University and Chris is a sales manager for a local technology company, GeoVue, in Boston. They are expecting their first child in June.

Shelly Puri '97 - is a Graphic Designer for Whole Foods Market in San Francisco.

Dr. Timothy J. Daughton Jr., D.C. '98 – "I was recently married to the now Kathryn Daughton (former Kathryn Himiak- rower at Liverpool H.S. and Marist College) on October 15th, 2005. For one of the pre wedding events, we (class of 98 & 99) rowed in the class day race (BEATING the class of 99)!!! I also recently graduated as Valedictorian from New York Chiropractic College in Seneca Falls, NY on 11/28/2005. I am now a licensed chiropractor practicing just outside Philadelphia (New Hanover Chiropractic Rehabilitation Center).

Val Bettini (Peck) '99 - was recently promoted to Account Supervisor at Arnold Worldwide , an Advertising Agency in Boston.

Joe Bufano '99 – has moved to Braintree, VT...the mountains. Joe is an active member of the SARA board.

Chris Kemezis '99 – has a new son, born January 23. Braden Louis Kemezis arrived at 6lbs, 13 oz. He reportedly has long arms and big feet (obviously takes after his dad)

2000s

Jonathan Stephanik '01 – is in his fourth season coaching kids at Episcopal Academy in Philadelphia.

Peter Romano '03 - is living in Boston and working for PTC in Needham, MA. "Everything is going well, and I still find time to volunteer coach for the BU men a few days a week."

Andrew Wright '04 - has been selected to row for Oxford (Isis boat) in this year's Boat Race against Cambridge (Goldie boat). His selection follows just one year after his fellow SU alum, Chris Liwski '02, helped Oxford (Blue boat) beat Cambridge (light blue). This year's race is scheduled for Sunday, Apr. 2. (Editor's note: first word of this came from Andrew's dad who is rightfully very proud indeed.) PHOTO

More info: http://www.theboatrace.org/people/biogs/race2006/oxford/Andrew_Wright/



Andrew Wright

http://www.theboatrace.org/news/newsstories/story2006-03-06-13-41-00/

SCENES FROM SPRING TRAINING













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SYRACUSE UNIVERSITY MEN'S CREW SCHEDULE 2006

April 8	Rutgers (Ten Eyck Cup)	New Brunswick, NJ
April 15	Navy, Cornell (Goes Trophy)	Syracuse
April 22	BU, Columbia (Conlan Cup)	Boston, MA
April 29	Temple	Philadelphia, PA
May 13	Dartmouth (Packard Cup)	Hanover, NH
May 21	Eastern Sprints	Worcester, MA
June 1-3	I.R.A. Regatta	Camden, NJ