



Sit ready...Ready all...

- Orange Men Competing with the Crew Elite
- SU Women Show Promise in Fall Racing
- Darling looks to SARA Contributions to Both Teams
- Dan O— Learning the Ropes (and the Rowing)

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Rising in the Fall, Looking to the Spring



SARA President Tom Darling '81, Bob Steen '88 Robert Heinstein, '89, Ted Kakas '64 bundled up for the weather at the Head of the Charles Regatta in Boston this fall.

SU Men: Experience and Depth

Alumni and supporters who braved the Boston chill at the Head of the Charles or who rooted on the Orange Men at other fall races saw a team that is loaded with experienced seniors who know how to win and are backed up (and pushed) by strong juniors and sophomores. And the freshman class is the deepest and most experienced since this year's seniors came in. It adds up to even higher expectations.

“Sorting the boats out in the spring could prove to be quite a challenge,” Head Coach Dave Reischman said. “That is a good problem to have!

SU boats also competed in the Head of the
(See Men—Page 3)

SU Women: Building Head Coach Kris Sanford Comments on Her Team

Fall: “We are continuing to develop a relatively young team. we have a very athletically talented group of sophomores who need a bit more time on the water to become more efficient with the stroke, followed by a very strong freshman class who will be able to make the jump to the varsity team this spring and be immediate contributors.

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Letter from the President

Fellow SARA members:

Heading into the holiday season I am reminded that SARA has a lot to be thankful for: the high caliber of men and women athletes rowing at Syracuse, the excellent coaches, the University's commitment to the rowing program, and the alumni who support the program with their desire for a winning team and their knowledge of and commitment to what it takes to get there.

To be an athlete on the men's and women's rowing teams you need talent but more importantly you need desire. Two recent graduates, Anna Goodale '05 and Chris Liwski '02 had both talent and desire and were members of the USA National Rowing Team this past summer competing in Eton, England. Anna came home with gold in the Women's eight and Chris with bronze in the Men's eight. I am sure they will be the first to tell you that without the support of the Syracuse Athletic Department, coaching staff and alumni the ascent to the medals stand would have been a lot more difficult. We congratulate them on their accomplishments and we all look forward to watching their quest for an Olympic gold.

The coaching staff led by Dave Resichman and Kris Sanford has a combined coaching experience of 25+ years. Dave and Kris have orchestrated a team of talented, committed coaches consisting of Phil Marshall, Sarah Cannon, Bojan Mandaric, and Andrew Cooley and together have designed a top-notch program for the athletes who work especially hard on and off the water and in the classroom. SARA will be organizing rowing clinics and motivational speaking sessions led by these coaches for the alums and athletes in the upcoming year to support and promote the sport of rowing at Syracuse.

The recent change of administration in the Athletic Department was a cause for many questions. I am happy to report that after speaking with Rob Edson, Senior Associate Athletic Director and CFO those questions have been answered. The main feeling I came away with after our discussion was that the University is in our corner. Dave and Rob have met several times to discuss boathouse renovations, fundraising, scholarships, NCAA status, and the University's support of a trip to Henley. Rob will be attending our Annual meeting in January to report on progress in these areas.

In regard to fundraising Dave will be sending out a letter with information about the Orange Club's new donation system. The system will allow you to direct your donation to either the Men's or Women's rowing program as any other sport you wish to support. We will also be organizing a special fund raising committee for major projects to be determined at the annual meeting. We will be working to identify "potential" donors amongst our men and women's alumni list. We will also be planning a spring event around the teams racing schedule and a fall event for next year in Syracuse.

One of my goals this year is to get to know as many of the athletes as possible. Recently I received an email from last years Captain Dan O'Shaughnessy '06, who is headed for a year at Cambridge University in England. He wrote, "I am predicting an even better season then last year. Every word I have gotten from the boys is that they are chomping at the bit! We proved to ourselves last year that we can run with anyone, now it's a matter of finding that extra .5 second that is going to get our bows out front! All of you guys were great last year with the support and encouragement. The boys and I loved it and they will need it again this year! Cheers. Dan O."

Dan expresses what we all know; that the desire and ability to win is highly influenced by the encouragement and support given by the people around you. That is why I encourage you to support our athletes, our coaches and the University by coming to the races, reconnecting with your classmates, writing a note for publication in the Orange Oar alumnae newsletter (sent to John Nicholson jsnich@twcny.rr.com) and by making a donation to our men's and women's rowing teams when you receive the new Orange Club mailing.

Have a Happy Thanksgiving

Tom

Thomas Darling '81
SARA President

(Women— from Page One)

“**Highlights of the fall** were our freshman finishing first at the Head of the Genesee in the open four event followed by our varsity four finishing 2nd. That shows young depth and high caliber youngsters.

“**Other highlights** were 2nd freshmen 8 finishing second at Head of the Fish in the 1st freshman category (our 1st freshman rowed open and finished 5th behind other varsity crews.) We finished the season with the Syracuse Invitational where our freshman 8 finished 1st a full 30 + seconds in front of Cornell. Our varsity also had strong finishes at this race - we boated a senior, junior and sophomore boat to make for good competition amongst our team and the juniors were victorious beating both the seniors and juniors but getting beat by Marist.

“**Spring:** looking forward to continuing the development of the freshman and sophomores while pushing the upper classman to get better so that we have the beginnings of a "deep" team. we are building from the ground up, which is a bit of a different approach then the past when we tried building a fast varsity 8. Come spring, we should have three strong , solid boats with the hope of being in the running for a team bid to NCAAs. If that does not happen for us this year, we will be building toward that same goal next year.

(Men— from Page One)

Genesee in Rochester and the Princeton Chase before wrapping up the fall season in the Syracuse Invitational.

“I view the fall season similar to how NFL teams view the Exhibition Season,” Reischman said. “It is a chance to evaluate your talent and try some people in some different combinations and see how they respond on race day.

Orange crews were up there again this fall with powerful Princeton and Yale and will spend the winter looking to gain more seconds of speed. Seven of the nine in the V8 at the IRA are back this year.

The men were on the water until November 18. Winter training will include a Christmas Break trip to Miami and a new venue for Spring Break. The Orange Men will train in Columbia, South Carolina in March.

SU WOMEN’S ROWING CALENDAR 2007

Saturday, January 20	SARA Annual Meeting	Syracuse
Saturday March 31	Cornell/Yale	Ithaca
Saturday April 7	Penn/Northeastern	Philadelphia
Sat-Sun April 14-15	Charles River Classic	Boston
Sunday April 29	Big East Championships	TBD
Sunday May 13	Eastern Sprints	Camden, NJ
Fri-Sat-Sun May 25-26-27	NCAA Championships	Oak Ridge, TN

BACKSPLASH—NEWS OF OUR ALUMNI

1970s

Bill Bater '79 - “Not much has changed here on the west coast. Just one year older, but not necessarily wiser. I am still coaching the Long Beach JR Varsity Men and trying to steer more rowers towards SU. I am now the Program Director as well. My family is doing well, but busy as always. My son is a sophomore in High School and doing well both academically and athletically (football and rowing). My daughter is in 8th grade and doing just as well, but hasn't found her sport yet unless horse riding counts as one. My wife just went back to work full time as Dean of Admissions at California Academy of Math and Science. I am still competing, but missed the HOC this year. I will get my fill of the head racing season the first two weeks of November.

1980s

Joe Paduda '81 - “Finally bought a single and new blades, and I'm really surprised at how fast it all comes back. Don't expect to see me on the racing circuit, at least not until the last of the Paduda progeny graduate from high school and my weekends are not taken up with field hockey/lacrosse/tennis/football.”



Jim McKay '82, Mrs. Gordon Hull (Jeffra), Rick Holland '83, Gordon Hull, '83, Barry Weiss, '83 at South End Rowing Club Reception.

Gordon Hull '83— married this September in San Francisco with several teammates on hand for the ceremony and festivities that followed at South End Rowing Club.

Clair Berg (Meyerowitz) '84 - lives in PA with her husband and two young sons. She works part-time in publishing and fundraising.

1990s

Cara (Landi) Buckingham '93 - “I live in Bellingham, WA just 20 minutes south of the Canadian border and 90 minutes north of Seattle. I work for General Growth Properties as a Marketing Manager for the local mall. My husband, Royce, is a county attorney, although we are hopeful he will be able to transition into a full time writing career with the release next May of his book, *Demon Keeper*. It's a fantasy being published by Penguin's young reader division and is also in development by 20th Century Fox as a major motion picture. We have two beautiful boys, Aspen (6) and Aiden (2.5). Our door is open to anyone traveling through the area, especially if you plan on attending the 2010 Winter Olympics in Vancouver. Call us at (360) 650-1773 or email to roycencara@aol.com.



Aspen & Aiden

BACKSPLASH—NEWS OF OUR ALUMNI

Brian Fitzgerald '94 - "In June, I got engaged while in Venice to **Brenda Pascucci '94** who rowed for the women's team as a novice. We are currently living in Philadelphia and planning a March wedding."

Jennifer Sacheck-Ward '94 and **Chris Ward '92** - both competed in the Head of the Charles Regatta this October. Their 4-month old daughter, Tess, watched both of them compete along the shores of the Charles. Chris rowed in the Master's Eight with a 13th place finish and Jennifer competed in the Master's Single and finished 2nd. Go Mom and Dad!

Joe Bufano '99 - "Tell the guys that I am sorry i couldn't make it to the Charles. School has been keeping me busy! Here is a pic of some of the guys getting together for dinner in Philadelphia. **Patrick Daughton '99** and his wife have relocated back north from Atlanta, GA. They have moved to Delaware. The pick is below. I also transferred from Vermont Law School to Hofstra Law School in Hempstead, NY."



Joe Bufano and "the guys" dining in Philadelphia

Phillip Kaputa '99 - was awarded the Chartered Financial Analyst (CFA) designation in September by the CFA Institute and was also promoted to Senior Manager at Accenture in October. Phillip is also a Certified Public Accountant (CPA).

2000s

Meredith Noyes '00—keeps her connection to the water in many ways. She sent this photo of daughter Chloe dressed up as The Little Mermaid for Halloween.



BACKSPLASH—NEWS OF OUR ALUMNI

Josh Stratton '01 - We have a son home with us that's got quite a tremendous story. My wife, Charlene and I had a premature baby boy this summer in June when his due-date was not until Sept. 30th. We're proud to say that he's home and doing fabulously well, though still on oxygen and with a hernia surgery pending. He's got a great website set up by a friend: www.juliusjacob.net which tells the complete and amazing story. All I can say is that he's going to make a fine rower because I do not know a tougher soul!



Charlene and "tough soul" Julius Jacob



Father and Son "weigh enough"

Heather DiLoreto '02 - "I've recently gotten married in July to Mark VanZandt. We are living in Alexandria, VA both working as engineers for Contractors in the area."

Odette Mitchell-Servilio ('02), Nicole Ferring ('02), Susie Long ('02), Louise Hendrickson ('02), Allison DiLoreto ('09).

Andrea Denning (not an SU grad) Heather, & Sarah Friguletto ('03)



BACKSPLASH—NEWS OF OUR ALUMNI

A Letter from DanO:

The Orange Oar asked Co-Captain Dan O'Shaughnessy '06 to catch us up. Here's his letter:

After leaving Syracuse after the IRA's I was put onto the Canadian University Games team instead of the Sr. A team, so I packed up my bags and headed for a ranch in Alberta. I spent 6 weeks wrestling cattle and living the life of a cowboy. The town was Cowley, and it was the same town that Brokeback Mountain was filmed in. The good news is that you don't see a single cow in that entire movie, or so the cowboys I worked with were proud to tell me. I did not train once when I was there, assuming that the manual labour would keep me fit. Well it didn't. After six weeks I went back to Brockville and started doing a little training again, I was amazed at how much fitness I had lost.

During the period at home I decided to apply to Cambridge. I was given a seat at The Great St. Edmund's College in the Economics department. Upon arrival I quickly switched into Land Economy which fits the demanding schedule of an oarsmen better.

Our first day of practice was a 2k erg test, it was my first time on the erg in months and the result showed. I pulled a whopping 6:27, a full 23 seconds off my best time. As you can guess the coaching staff started to treat me like some sort of leper and the attention I was getting was a new experience. Being used to competing with the top guys on any team, I was behind about 30 guys. When I arrived I was tipping the scales at a massive 99.8 kilos (219.8 pounds) within three weeks, with a massive display of will power, I was able to push my weight back down to a reasonable 91 kilos (200 pounds).

On top of my total lack of fitness starting off, I have been forced to adapt to the British training style, a problem faced by many ex-American rowers who are used to gun slinging hard pulling. Our practice rows are almost never shorter than 20-25 kilometers, and we do competitive work maybe once or twice a week. I have had to adjust, when you get used to competing for everything it becomes very difficult to row for 25 kilometers with nobody to compare yourself with. The good news is that guys are pulling in the low 5:50's doing the same training, so it must work.

Adapting has been a slow and frustrating process, but results are starting to come. I have dropped my 2k down to about 6:10 with obvious room for improvement. I raced in the bottom Cambridge coxless four at the Fours Head regatta in London this past weekend and came within five seconds of the "top" Cambridge coxless four. If its like running for the presidential nomination we did not win, but we certainly exceeded expectations.

As things are standing now I am lower on the selection ladder than I ever expected to be, but not unlike my first year rowing at Syracuse as long as you keep believing in yourself and keep pushing good things will happen.

The team overall is doing very well, and I have met some absolutely incredible guys. On the roster we have two German world champions, a British Olympic champion, a British bronze medalist, and a Canadian bronze medalist. Also a cox from Brown, two Stanford guys, and a guy who rowed in the Bronze medal winning Dartmouth Sprints boat in 2003, all are good guys who enjoy bragging about how good their schools are at rowing...we will see about that when the season starts.

Next weekend I head into seat racing and which should prove to be incredibly competitive. I have no idea what the results will be, so keep your fingers crossed!

RYBO,
DanO

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SYRACUSE UNIVERSITY MEN'S CREW CALENDAR 2007

Saturday January 20	SARA Annual Meeting	Syracuse
Saturday April 14	Rutgers (Ten Eyck Cup)	Syracuse
Saturday April 21	Cornell/Navy (Goes Cup)	Annapolis
Saturday April 28	BU/Columbia (Conlan Cup)	New York
Sunday May 13	Eastern Sprints	Worcester
Sunday May 20	Dartmouth (Packard Cup)	Syracuse
Thursday May 31	I.R.A Regatta	Camden
Friday June 1	I.R.A Regatta	Camden
Saturday June 2	I.R.A Regatta	Camden