

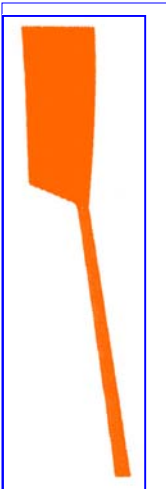


### Sit ready...Ready all...

- Orange Women Take it on the Road—All Year
- SU Men Look to Move Up With a Dozen Seniors
- SU Alums in Both Boats for The Boat Race
- SARA President Sees Activity Picking Up

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 Tom Darling '81,

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# The Orange Oar

## SU Women Take to the Road While Orange Men Look to a Home Opener with the Rutgers Scarlet Knights



*Orange Women load up the shells during spring camp in Oak Ridge, Tennessee. It's an exercise they'll be doing a lot of in a 2007 season with no home races.*

### SU Women Beat Cornell, Trail Yale

Coach Kris Sanford's Orange Women opened their "Season on the Road" with a series of second place finishes at Ithaca, March 21. Fifth-ranked Yale swept the Varsity, 2V and Novice races with SU second, and the Big Red of Cornell trailing.

"I'm never going to be satisfied with losing to a crew by 15 seconds," Coach Sanford told *The Orange Oar*. "However I think we are progressing in the right direction as each of the boats raced well against Cornell."

SU's varsity understroked Yale by four beats all the way down the course, Sanford said. "The goal is to close the gap with these top crews by sprints. We do that by learning from each race we row and by gaining confidence." (See *Women—Page Three*)

### Orange Men Start 11th in Poll

In spite of an eighth place finish at the IRA and most of last year's varsity back for more, SU found itself outside the Top Ten in the US Rowing Collegiate Men's pre-season poll. SU was in a tie for eleventh with Cornell and Navy was just ahead in the tenth spot. It won't take long to sort that out at Annapolis, but first the Orange is getting set for its opener at home with the Scarlet Knights of Rutgers. (See *Men—Page Four*)

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## Letter from the President

Fellow SARA members;

I look forward to spring. Storing away my snow shovels, taking out my lawn chairs, noticing the spring flowers working their way out of the thawing winter soil next to my front walk, the sound of ice cracking along the shores of the lakes and rivers alerting us to the approaching dawn when the ice will be completely melted and the first view of the college eights will come winding down the river silhouetted in the early morning sun.



*SARA President Tom Darling*

But there is one moment that I look forward to the most; the sounds and smells of a beautiful spring morning combined with the view of orange and blue blades slicing through the cool flat water. This is known as “Race Day”!

Nine bodies moving together ready to pounce and propel the shell as fast as possible with each and every stroke. Your alumni are ready to watch you; our SU men and women athletes who after a long cold, dark and snowy winter are ready to burst forth from the starting blocks and work your way to the front of the pack.

Joe Paterno said “The will to win is important, but the will to prepare is vital”.

At the annual meeting in Syracuse this past January the SARA board members watched both the men and women practice on the erg and in the tanks. I watched the men and women working out and was amazed at their level of fitness. The college athletes of today are tremendously well prepared thanks to our dedicated coaching staff and the support of the SU Athletic Department.

SARA has been very busy. We are updating our website ([www.saracrew.org](http://www.saracrew.org)), supporting our National Team members Anna Goodale and Chris Liwski by making a donation to the USRowing Victory Fund, preparing travel arrangements to Henley for our alumni which will soon be available on the SARA website, communicating with alumni like Joe Kiefer, class of '88 and Don Smith, class of '90 who are interested in becoming board members of SARA, updating our accounting to follow NCAA guidelines, and preparing for senior acknowledgment day to be held at the Dartmouth SU race in Syracuse on May 20<sup>th</sup>.

To our men's and women's teams we support you, we will be at the races to cheer you on and we thank you for all your hard work and dedication and we look forward to watching you race as hard as you possibly can this spring.

Good Luck

Tom Darling  
SARA President

## Women (From Page One)

Penn and Northeastern were next on the schedule for SU, which has no home races in 2007.

## Spring in Tennessee

The SU Women went for a change of scenery during spring training, driving to Oak Ridge, Tennessee for the first time in a decade. "While we didn't have the hot weather or sunshine we've had in years past in Melbourne (FL), the water was beautiful!" Senior coxswain Erin Cunningham told *The Orange Oar*.

"I was a bit skeptical as we heard that there was going to be 20 other teams training there at the same time but there was never a time where we felt like people were in our way," Coach Sanford said. "Since there were so many other teams training at the same facility we had a constant reminder of why we were there, what we needed to accomplish, and possibly a view for the future since Oak Ridge is the site for the NCAA Championships in May," Junior coxswain Tina Campagna said.

SU finished the week with a series of races against the University of Buffalo and won them all. "Building confidence is so crucial to our success this year, so it was great to have an opportunity to go out and race twice and follow our own race plan and to have it work," Sanford said.

"Currently, we have just enough people to fill out all events at Big East - this is the first time in a few years, so barring no injuries, we should be in the best position to take back the title as we have been in years."



*Chilly Oak Ridge*

## Coach Cannon Leaving

Assistant Sarah Cannon has taken a job as an assistant coach at the University of Virginia beginning June 1. She will be fulfilling all of her normal duties between now and then. Sanford said she'll be conducting a nationwide search for Cannon's replacement.

## SU WOMEN'S ROWING CALENDAR 2007

Saturday April 7	Penn/Northeastern	Philadelphia
Sat-Sun April 14-15	Charles River Classic	Boston
Sunday April 29	Big East Championships	Worcester, MA
Sunday May 13	Eastern Sprints	Camden, NJ
Fri-Sat-Sun May 25-26-27	NCAA Championships	Oak Ridge, TN

## ***Men (from Page One)***

Head Coach Dave Reischman says he and the crews are well aware of high expectations for them, especially among alums. “I can assure you that my guys have higher expectations than anyone else out there,” Reischman told *The Orange Oar*. “The plan is to throw all these expectations out the window and focus on what we can control on a daily basis: our work ethic and the daily attitude around the boathouse.”

The schedule includes two home races - Rutgers on April 14 and Dartmouth on May 20.

There’ve been a couple of changes to the road schedule with the Goes Cup at Navy changed to Friday April 20, reportedly so as not to conflict with the opening of the rockfish season, and the Conlan Cup versus BU and Columbia in New Rochelle, N.Y. pushed to Sunday April 29 because of a scheduling conflict.



***Flat Water, Full Power in South Carolina***



***Brief Breather from Tough Competition***

The Orange Men come off a Spring Break training trip to Columbia, South Carolina.

Reischman said training conditions there “were the best we have seen in the five years I have been here. I think we had a ripple, and I mean slight ripple, on the water twice in 12 practices.”

The crews and coaches took advantage of it. “After about three days of getting the feel for the water back we pretty much used the rest of the week for seat racing with a couple of recovery rows in between so no one accused the coaching staff of cruel and unusual punishment. We made a lot of good technical changes over the winter by alternating between the ergs, sliders, and tank. The guys seem to have a more uniform rhythm and we seem to be able to get decent rows even though we are changing lineups daily (or several times in a practice as the case may be.)”

Back in Syracuse the team found the ice melting off the Seneca River but the water was high, and that brought with it the usual problems including the stray tree limb and an occasional ice floe. Everybody hoped for higher temperatures.

Washington gets the pre-season #1 ranking but the Orange Men weren’t thinking about that, or even about another undefeated regular season. They were thinking about Rutgers in the opening race. The expectations are there, but you can’t go unbeaten if you don’t win the first one. Focus.

“When you have confidence in yourself and your boatmates--that they are doing everything they can to make the boat go fast--all the other worries just sort of disappear,” Reischman said.



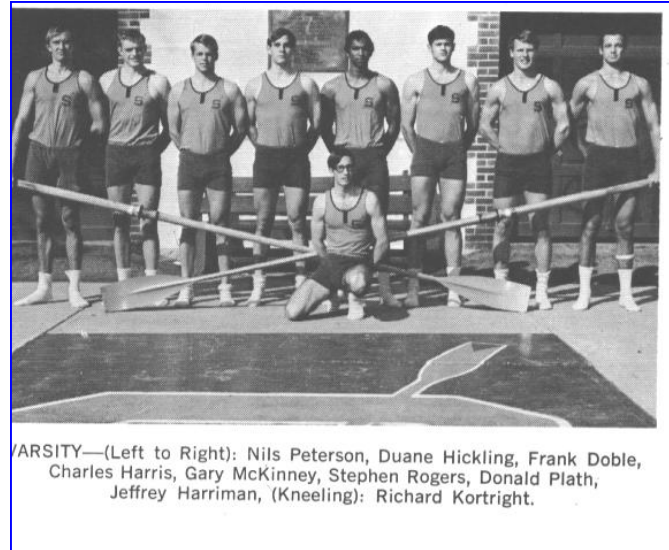
# BACKSPLASH—NEWS OF OUR ALUMNI

## 1950s

**Ed Shepard '53** – continues his active support of SU crews. Ed came out to talk with the men during spring training.

## 1960s

**Don Plath '68** – is now ensconced in his new home overlooking Skaneateles Lake. Don forwarded what he calls “this timely pic from **Jeff Harriman '70**, smooth oar that he is, now masquerading as PSI, aka Professional Ski Instructor at some small ski hill in CO, Vail or Aspen.” (*Editor’s note: we’re not sure how Don managed to Class of '68 but row in the V8 in '69, but he is a man of many talents.*)



VARSITY—(Left to Right): Nils Peterson, Duane Hickling, Frank Doble, Charles Harris, Gary McKinney, Stephen Rogers, Donald Plath, Jeffrey Harriman, (Kneeling): Richard Kortright.

be



## 1980s

**Peter Henriques '80** - lives in New Zealand He married Jeanne in 1986 and moved to Australia the day after the wedding. “Four kids later, Patrick 17, Christine 16, Claire 13 and Connor 7, still down under but recently moved to New Zealand with work. Master's rowing continues, fortunately only 1,000 meters. See what age does?”

*Henriques and a couple of the kids*

## 1990s

**Kristin (Walker) Bidwell '90** - sends “congratulations to all of the new SARA board members and especially our first female executive board member – Tracy (Rude) Smith! We’ve come a long way baby!”

“How very fortunate I feel to be part of the SU family. While I think I had no idea just how much crew would impact my life during college or even high school, it still has an impact even now as a mother of four! Life is sure different on the other side.....My oldest son, Ian has shown tremendous promise and more importantly enjoyment in swimming, and while (his) travels have started to taken us traveling throughout the eastern seaboard, the daily commitment, and his enjoyment of the journey, his teammates and yes, even (dry land) training have



*Molly (2), Hayley (5 1/2), Alec (8 1/2) and Ian (9 1/2) Bidwell*

## BACKSPLASH—NEWS OF OUR ALUMNI

reminded me of SU days and even hastened me to train again (!). I encourage everyone to remember back to those days whether during a run, a quick weight work out at the gym, or even during a fun recreational row to remember back to the Old Erie Canal and consider SU Rowing and the new boathouse in your plans. Remember the fun, yes, the memories and more importantly how it has helped shape who you are now!”

**Ally (Rosa) Bocchieri '93** – “Bob and I are proud to announce the arrival of our son, Alexander Raymond Bocchieri. Born 11/27/06. Big sister Olivia (turning 2 in June) is very excited and in love with her new playmate. The Bocchieris live in Mountain View, CA – San Francisco Bay Area.

**Holly (Krapp) Borsodi '93** – is in Santa Cruz and gets together with Ally from time to time. She lives in Santa Cruz.



*The Bocchieri Family*



**Jason Premo '98** –his wife Kseniya gave birth to their first child, Mr. London Joseph Premo on March 8th - 2 weeks early and still tipping the scales at 8 pounds 9 ounces! He has his mother's cheeks and his father's leg drive. We hope to improve on the latter. (picture attached)

Jason also has changed careers, and is thrilled to be working for Edward Jones as a Financial Advisor.

*The Proud Premos*

**Carolyn (Stephanik) Roesch '99** – is married and renovating a house. Her daughter Madison is not quite two. Carolyn is working for a new company in southern NJ - ECI- Emergency Cardiac Imaging.

She reports her younger sister is rowing at Ohio State. “I miss rowing and coaching. I work with the local high school team I coached for occasionally but with my husband's business - he can work seven days a week, so just volunteer when I can.”



*Miss Madison Roesch*

## BACKSPLASH—NEWS OF OUR ALUMNI



*Jeff and Jen*

**Jen "Babe" Tafuri '99** - has lived in Boise, Idaho for 5+ years working as a pharmaceutical representative for Abbott Laboratories. She married Jeff Moore on December 20, 2006. Jen is going to complete her master's degree April 30.

Jen and Jeff are expecting their first baby on December 1, 2007. Since graduation, Jen has lived in Niceville, Florida, Tampa, Florida, Austin, Texas, Tacoma, Washington, and Meridian, Idaho. Finally settling in Idaho taking a job and settling in Idaho with her husband Jeff and their baby boxer "Crew"

"I want to offer anyone a place to stay if they ever get the opportunity to come visit beautiful Idaho. Please let everyone know my e-mail and I would love to hear from them. [livuhlit@yahoo.com](mailto:livuhlit@yahoo.com)

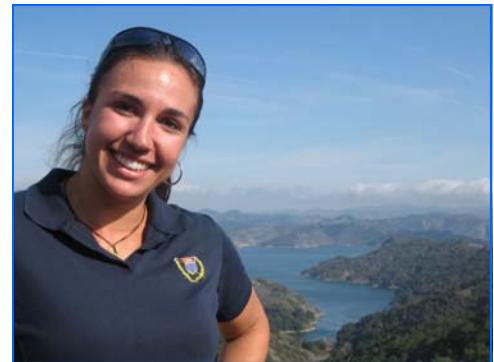
**2000s**

**Josh Stratton '01** - also is working for Edward Jones as a Financial Advisor. Josh and Jason Premo started started on the same day (Josh in Poughkeepsie, Jason in Syracuse).

**Anna Goodale '05** – continues training with the U.S. National Team and was recently was at Lake Casitas (site of the '84 Olympics) as part of an eight lineup that was the first on the lake since 1984. '84 was the last time the US women's eight won gold.

For more about the team: [http://www.usoc.org/117\\_51334.htm](http://www.usoc.org/117_51334.htm)

For examples of Anna's artwork: <http://www.annagoodale.com/>



*Anna at Lake Casitas*

**The Boat Race**



*All's Wright for Oxford Blue*



*Hook 'em, Dan O*

SU Alums **Andrew Wright '04** and **Dan O'Shaughnessy '06** are headed for a showdown in The Boat Race, April 7. Wright is in the three seat for Oxford's Blue Boat and O'Shaughnessy is rowing two for Cambridge's Blue Boat. The race is set for April 7.

O'Shaughnessy reports that his Cambridge team raced the German National Team to a two second loss in March. "This came with some mixed emotions, we were all happy that we kept in contact with them for 15 minutes, but upset that we lost...overall quite a good day!" One thing seems certain. An oarsman with an Orange background will have bragging rights in 2007.

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## SYRACUSE UNIVERSITY MEN'S CREW CALENDAR 2007

Saturday April 14	Rutgers (Ten Eyck Cup)	<b>Syracuse</b>
Friday April 20	Cornell/Navy (Goes Cup)	Annapolis
Sunday April 29	BU/Columbia (Conlan Cup)	New Rochelle, NY
Sunday May 13	Eastern Sprints	Worcester
Sunday May 20	Dartmouth (Packard Cup)	<b>Syracuse</b>
Thursday May 31	I.R.A Regatta	Camden
Friday June 1	I.R.A Regatta	Camden
Saturday June 2	I.R.A Regatta	Camden