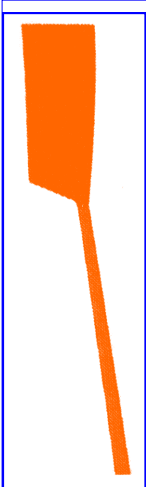


Sit ready...Ready all...

- Premo steps up as Darling wraps up as SARA Chief
- New faces in Men's Varsity and JV
- Women's team featured in documentary
- Ashley Tabor's Take on Winter & Spring Training

Editor: John Nicholson, '68
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 Jason Premo, '98 . Ashley Tabor '09

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The Orange Oar

Home Start, Tough Competition for SU Women



Women's Team takes a turn in the spotlight at the Carrier Dome during Women in Sports Day.

PREMO TAKES THE SARA GAVEL, SMITH NEXT IN LEADERSHIP LINE

He describes himself as a “kinda short, kinda skinny, former third-boater,” but his enthusiasm for Syracuse University rowing and his involvement in SARA activities from the moment he became an alumnus made Jason Premo a natural to become president. Premo '98, steps up from first vice-president and is succeeded there by Olympian Tracy Smith '90. That puts her in line to become SARA's first woman president in 2010.

New officers and board members were voted in at the annual meeting in January at Manley Field House. Joe Kieffer '88 succeeds long-serving Colin Goodale '90 as treasurer and Martha Mogish Rowe '81 is assistant treasurer. Joe Paduda '80 stays on as secretary. Bill Purdy '79 becomes second vice-president. Olympian Don Smith '90 joined the board as a director and veterans Barry Weiss '83 and John Nicholson '68 moved off the board – Weiss to the Advisory Board and Nicholson remaining as editor of *The Orange Oar*.

Premo, who lives in Liverpool, has been a regular at SU races and is especially close with his teammates from the late (*See SARA Board—Page 9*)

The S-U women get something this season they never had in the spring of 2007 – races at home. They also get more of what they hope to thrive on – tough competition throughout the season. “We will be racing top 10 crews in the country, including Yale (2008 National Champions), Radcliffe, Dartmouth, and Notre Dame,” Head Coach Kris Sanford told *The Orange Oar*. “We look to improve upon our national standing from last year and race our way into the potential for an NCAA berth in May.”

They'll open March 29 with the Kittell Cup race against Boston University. Boston College and the University of Buffalo are also scheduled to compete in a morning-long series of dual races. “Look for the seniors to really be setting the tone as they race their last race on their home course,” Sanford said. “This cup race has traded back equally between BU and SU. According to tradition, it should go back to BU this year. We are determined to change that pattern and bring it home for the 2nd year in a row.”

(see *Women's Outlook—Page 3*)

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Letter from the President

Greetings to Alumni Near and Far, Old and New!

I'm very excited to be saying hello to everyone on the brink of a highly anticipated Spring for our programs. I pass by the shores of Onondaga daily, and they appear ready to welcome our men and women back out to play. A flurry of Fall/Winter activity has been taking place among our athletes and alumni, which is always good to see.

The SARA Board had a productive (and quick!) winter meeting. Enthusiasm and optimism ran high, ideas flowed, and donuts met their demise. It's clear this board is as committed as ever to being a part of the continued success of our programs. Both Coach Sanford and Coach Reischman offered tidbits on the teams that would indicate we've got some things to look out for this spring. The women appear primed and ready to be a strong presence on the water. The Varsity men are quite young, but working very hard and transitioning well. And the freshmen are the strongest Coach Reischman has fielded to date (I've seen them – they are monsters!).

We are seeing a steady increase in involvement from our younger alumni. Matthew Morrow ('07), Joel Harrison ('07), Nick Alexander ('04) and Chip Gibson ('04) attended the latest Board meeting (anyone reading this is more than welcome to attend the meetings), some younger board members are actively pursuing leadership roles and involvement, and recent graduates are staying in touch with the program and doing their part to support.

This would be a good time to point out that one of our young alumni – Jon Flynn ('07), has totally revamped the website. If you haven't seen it, you really need to take a look. It's got lots of great pictures, news and results, a message board, links to old Orange Oars, and more. Check it out! <http://www.saracrew.org/>

The programs, coaches and alumni are using the web and email more than ever to communicate and network. We are still developing a Network Orange for SU rowing alumni to keep in touch with one another, and there has been a strong push recently to network us all through LinkedIn. Join us! Go to <http://www.linkedin.com> and search for "Syracuse Alumni/ae Rowing Association."

We often talk in our meetings about ways we can be the best we can be, as an organization. Of particular significance is the long-overdue merging of the women's and men's alumni groups. It makes too much sense that, if we formed one larger group in support of SU rowing in general, we could be so much stronger and more efficient. We've talked about it for years, but it's finally happening. Kristin Bidwell, Lynn Pascale, Sheila Roock and Martha Mogish-Rowe are all Board members, and The Great Tracy Rude Smith is currently serving as Vice President. We hope to do more joint events to bring everyone together, and the Board has been eager to advance this trend.

Before I continue to bask in the awesome power that comes with being President (which more or less begins and ends with writing these letters), it's important to thank the man whose shoes I hope to fill – Tom Darling. Tom came into this position somewhat suddenly, but never for a moment hesitated or stumbled. He's done great things for our organization – most notably initiating the process of bringing the women's and men's programs and alumni groups together – and has inspired a new enthusiasm among the Board Members. Tom, I thank you on behalf of everyone who cares for our programs, for all you've done and all you will do.

As I reflected on how I could be so impactful as President, this is what I came up with: Tom is a leader; a high profile, former Olympian who garners everyone's respect. I am a kinda short, kinda skinny former third-boater (wait, I'm going somewhere with this.) I represent "the masses" – and how we can all find ways to support our team. Rich? Donate a boat. Poor? Come to a local race (and bring a friend) – it's free! Energetic? Get involved with the board, start a friends/funds-raising campaign, or paint your house orange and blue. My point is, if you care for the program, there are many ways to support it. Find a way that best works for you – it will be appreciated! As I always say, this is still my team. I can't step into a boat and race anymore, so this is how I help.

A lot of great things are happening. The teams are primed for a year we can all be proud of, the alumni are energized, and from 11:04 to 11:07 a.m. today, the sun was shining over Syracuse. I'm looking forward to watching the progress of our men and women this season, and I hope you are as well.

Thanks, and see you at the races!
Jason Premo '98

Women's Outlook (from Page One)

The Orange women came back to frigid Syracuse after a second visit to Stuart, Florida, which Sanford calls "training trip paradise." Spring break training had been schedule for Oak Ridge, Tennessee, but after spending winter break in Stuart, Sanford decided that's the place to be. "The venue is ideal – we were able to get over 40 – 4 minute pieces in over 3 days for seat racing even when the winds were pretty strong. We also travelled to Miami to scrimmage the University of Miami and traded pieces back and forth all the way down the line of all the boats. We learned some very valuable lessons that we have been able to build on in preparation for our first race on March 29."

Pilates and Yoga

For the first time, the SU women's rowing team will be incorporatied pilates and yoga into their training regime for the winter cycle. "Pilates and yoga emphasize core strength, flexibility and relaxation – all things that are extremely important in rowing. It is a natural fit for cross training," Sanford said

The plan was to use Pilates and yoga, along with other core strength and stretching routines for six weeks until the Orange got back out on the water. At that point, they will said goodbye to the pilates and yoga classes in exchange for more time on the water.

Women's team Featured in Video Documentary

Members of the Military Motion Media program at SU's Newhouse School are working on a documentary on SU's women rowers.

"The guys have been great," Coach Sanford said. "They have travelled with us and been around the team through many practices, classes, etc.... It has been a great experience and we are excited to see its debut on April 18th in Boston."

SU WOMEN'S ROWING CALENDAR 2008

March 29	Boston University, With guests: BC, UB	Syracuse
April 5	Cornell/Yale	Derby, CT
April 12	Penn/Northeastern	Boston
April 19 – 20	Charles River Challenge	Boston
April 27	Big East Championships	Oak Ridge, TN
May 18	Eastern Sprints	Camden, NJ

SU Women's Rowing: Spring Training Trip
By: Ashley Tabor '09

During Spring Break this year, SU Women's Rowing packed up the Cazenovia Limousine and headed down to Stuart, Florida to take some strokes in the sun. Stuart is home to the St. Lucie River, the water on which we trained in January and was, yet again, ideal for our spring trip. However, the goals of the week were much different than they were for the winter trip. Whereas in January, we take the opportunity to row outdoors as a chance to improve upon our strokes and rowing as a unit, in March the focus shifts to seat racing and competing against other teams. This year was no different, as we scrimmaged against the University of Miami on their home water before spending a good three days seat racing for positions in the spring lineup.

While a bit blustery, rowing on the St. Lucie was again a pleasant experience. The wind picked up in Miami for our scrimmage, which consisted of six four-minute pieces against UMiami at varying stroke rates. The varsity eight, which was composed of the eight girls with the top times from our last 2k test, had a particularly strong showing. In at least four of the six pieces, the V8 won by at half a length, if not more. Syracuse's other boats managed to hang in tight for the duration of the pieces and took away from them a strong learning experience in terms of being competitive - especially in tumultuous conditions.



Seniors on a beach break - Theresa Alessio, Christine Turner, Lindsay Lentini, Erica Mahon, Sarah Weir, Tina Campagna, and Zaula Usman. (Missing- Allison Doodeman)

After the scrimmage, we were treated with an afternoon in South Beach! Fortunately enough, the skies cleared in time for lying on the beach and swimming - or, in my particular case, going on a hunt to find the Miami Ink tattoo parlor that they show on TLC all the time. If there was any part of our spring break that closely resembled the typical college student's spring break excursion, it was those three or four hours. After that, we were back to rowing mode and preparing ourselves for seat racing.

The process of seat racing is always a stressful one, no matter how you arrange it. Regardless, seat racing in

Stuart seemed to be overall successful. The conditions were perfect, and we went out with tenacity on each piece. At the end of the week, we were given a list of results based solely on the three days in Stuart. Some were satisfied, some weren't, but upon returning to Syracuse everyone is prepared to continue working hard and either defend their seat or seat race their way up. To be sure, regardless of what the spring lineups will be, each member of our team is willing to put it on the line to make their boat go as fast as possible.

Our spring training trip was a good indicator of what our upcoming season will hopefully be like. We have a strong competitive spirit, strong legs, and of course a great deal of heart to make it all happen. All we can do is take the momentum that started in Florida and go with it. Scrimmaging against UMiami and seat racing against one another has sparked the competitive flame for the spring, and with any luck that flame will just keep getting bigger.

SU Women's Rowing: Winter Training
By: Ashley Tabor '09

The general consensus of opinion about winter training in any rowing program is that it is easily the least popular time of the year. Fall and spring seasons allow rowers to be outside in their element, whereas the winter restricts us to indoor training and - dare I even say it - the erg! The winter season is continually challenging, as it can get monotonous and frustrating very fast to even the most seasoned rower. However, it is also the most perfect opportunity to gain strength and endurance that can be translated to the water for the spring. This year, SU Women's Rowing made great progress in the winter months across the board. While injury did hinder us in some aspects, overall the achievements that were made from the senior varsity members all the way down to our freshman walk-ons is something to be proud of.

One way in which our winter training program was kept fresh and exciting was with the incorporation of yoga and pilates into our weekly routine. The opportunity to stretch and clear our minds as a team was much needed and effective. Personally, I have never been a big advocate of either yoga or pilates, but after doing them during the winter I plan on continuing to do so in my own time. It was nice to work on our flexibility and core strength; not only did it feel good, but it was very much applicable to rowing. We need to maintain a strong level of flexibility in order to swing our bodies to and from the bow, and core strength to keep good posture throughout the stroke.

Of course, no winter training program is complete without a copious amount of time on the erg. While it can get boring, this winter we integrated the use of the sliders into our program much more than we have done in the past. Additionally, alternating hard erg days with more relaxed, heart rate workouts kept us working hard without getting too burned out. 2k and 6k erg tests kept us motivated to achieve our goals, and the team

(See Women's Winter Training—next page)

Men's Keys — "Patience and Constantly Getting Better."

Two weeks from the start of the spring season, men's coach Dave Reischman still wasn't sure who would be in his varsity eight. But he knew there would be new faces. With a dozen seniors graduated in 2007, there would be plenty of open spots in both the varsity and jayvee. "It is going to take us longer to sort this out," Reischman told *The Orange Oar*. "Well into racing season I would think."

The Orange varsity opens the season at the San Diego Classic April 5-6, while the jayvee and freshmen will have to wait for the following weekend at the George Washington University Invitational.

Spring Break included a training trip to South Carolina for the men. "Lots of good work and just the start of seat racing with lots more to come in the near future," Reischman said.

Senior Ryan Armstrong and Junior Martin Etem are the veterans returning from last year's first boat. There'll be a new coxswain too, with three-year first boater Chad Taylor graduated. "We will make our best guess at a line up heading into San Diego but will continue to tweak it right up to the IRA if possible," Reischman said.

"This is a less experienced group than the past two years so it is going to take us longer to get up to racing speeds. We are slowing things down a bit and trying to make sure we bring the rhythm with us when we get to racing cadences. Patience and constantly getting better are going to be the keys for us this spring."

New freshman coach Dave Weiss has what's been described as the best group of recruits at least since Reischman's class of '07. We'll start to find out what that translates to on the second weekend in April.

(Women's Winter Training—from Page 5)

managed to continually strive for nothing less than the best. Nobody can deny that it was a painful process, but we can look back on it and be proud of our accomplishments, both individually and as a team.

Also, Syracuse Rowing is fortunate enough to have one venue at their disposal that other rowing teams do not have: the Carrier Dome. During the first several weeks of winter training, Tuesdays and Thursdays were dedicated to running our beloved dome stairs. For those first couple weeks, it was quite obvious as to who was a rower on campus because we were waddling around like penguins in pain; I don't know how on earth I managed to walk up and down the stairs in the Hall of Languages to get to class. However, I maintain that despite the initial soreness, the dome stairs made us better than we thought we could be. That being said, I still am slightly frightened of the top tier of the Carrier Dome to this very day.

Overall, I think I can safely say that our winter training program this year has been a success. The atmosphere in which we worked was exceedingly positive. Everyone wanted everyone else to achieve their highest level of athleticism and worked hard to attain it. We cheered for one another, did extra workouts together, and made sure that every stroke pulled on those ergs meant something for the upcoming spring season.

BACKSPLASH—NEWS OF OUR ALUMNI

1960s

Walter Kehm '60 - is president of the Guelph Rowing Club, which is hosting the Canadian Open Masters Championships this year from August 15-17 on Guelph Lake in Guelph, Ontario. See the Guelph Rowing Club website at www.guelphrowing.ca for more details. Walt says, "Hope to see a great Syracuse contingent at the regatta and row on a great 1000 and 2000m course. Best regards to the crews of '59 and '60."

1970s

Jeff Harriman '70 - I'm still doing my thing teaching skiing at Beaver Creek Mountain in Colorado with my wife Diane. Had a ski visit from **Duane Hickling '70** who lives in Chicago and works as a facilities planning consultant for major Universities. Heard from **Gordon Scott '72**, who is still living in Alaska, raising 3 boys, fishing in the summer, and ski patrolling in the winter at Mt Aleyeska. Got in touch with **Tony Valdini '71**, who is a Doctor practicing in Lawrence, MA. He has 3 grown sons. Also heard from **Pete Washburn '72** who is the Boys Crew Coach at Phillips Andover Academy. Pete has coached there since 1980 and has 9 children ...enough to field his own Eight. Visited **Paul Buff '70** and his wife Mary Lee in Quechee, VT last October. Paul is an Account Executive with Morgan Stanley.

1980s

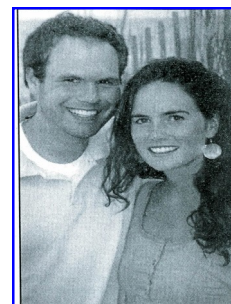
Skip Sibley '80 – reports he is “excited and proud that my oldest daughter Amanda will be graduating from Old Lyme High School in June and attending University of Connecticut in the fall. So a second generation Sibley will be mentored in the fine sport of rowing by a second generation "Coach Sanford" (aka Jen Sanford-Wendry). Amanda is really looking forward to getting involved with the "Husky" experience and being a member of their team.

1990s

Elyse Blazey '98 - is the new Communications Manager - East Coast and Europe, for the global law firm of Orrick, Herrington & Sutcliffe LLP. Elyse lives and works in New York City

2000s

Matt Costigan '03 - "I am getting married on June 14, 2008 in Pittsburgh, PA to Emily Frost (unfortunately not an S.U. grad!!). She's a 2005 Bucknell graduate. The wedding is set for June 14 at Sacred Heart Church in Shadyside, with the reception at the Pittsburgh Zoo.



In Memoriam

DeBanks M. Henward, III, Crew Commodore 1951-53, passed away in Paradise Valley, AZ, March 7. Banks, Class of 1953 and Law '59, is survived by his wife Barbara, SU '59 and three children, DeBanks IV, Timothy and Mary. He was a member of Phi Delta Theta. Semper Fi.

BACKSPLASH—NEWS OF OUR ALUMNI

Another Honor for Martha Mogish Rowe

By Jason Premo '98

SARA Board Member Martha Mogish Rowe '81 was given an award in honor of National Girls and Women in Sports Month, a national program recognized across the entire NCAA. At half-time of the SU women vs. Marquette basketball game on February 10th, they brought her out onto the court, along with all the current female athletes at SU and recognized her and gave her a plaque. SARA also sent her flowers.



Martha with her latest plaque

After the game there was a reception for her in the Varsity Club room at the Dome. In attendance were family, friends, women's basketball alums (she was a star on that team as well), most of the current women's team, myself and Joe Peter as reps from SARA, and several women's rowing alumnae, including Linda Zembsch, Lynne Pascale and Alicea Kochis. Also present were Lisa Moore and Henry Wildhack from the Orange Club.

(Mogish Rowe was the first woman honored as an SU Letterwinner of Distinction without the title "honorary" attached. She was one of the first women to receive a basketball scholarship at SU and also rowed three years on the women's crew.

Her father, Andy was the long-time baseball coach at SU and her brother Andy rowed in the 1978 IRA Champion Varsity Eight)

I asked Martha what it felt like, and some memories of her time at SU.

"I want to thank SARA for the beautiful bouquet of flowers--Lynne Pascale!!! The NWIS honor was a surprise. I've never expected recognition for giving back to the University that gave me my education and the opportunity to succeed. I don't have the money that the BIG DONORS have, so time and my enthusiasm is what I offer.

As for memories, I guess my fondest (???) would be of spring training on Onondaga Lake during the break. Rowing During a snow flurry is an experience not to be forgotten. My three years on the crew team were great-- and I regret I lost touch with my teammates. Hopefully, we can pull even more of the women that rowed in that era into SARA, and I'll do what I can to help."

(SARA Board—from Page One)

1990s, but connected early with older SARA members and has brought a connection with recent graduates. He's pushed for Network Orange, an effort to connect alums with each other especially for business and job opportunities. (See Letter from the President – Page 2, for more on his thoughts and agenda.)

He succeeds Tom Darling '81, who stepped up from vice-president on an interim basis when Jerry Jacobi '81 stepped aside as president, and wound up serving two full years as one of SARA's most active and involved presidents. Darling, another Olympian continues on the SARA board as a director.



***SARA Board at Annual Meeting, January 22
Outgoing President Tom Darling '81 is fourth from left, new President Jason Premo '91 on right.***

New Men's Shell to be Dedicated

By Dave Reischman, Men's Head Coach

Friday (March 28) at 4 pm we will hold a dedication for the newest shell in our racing fleet. The "Robert M. Hick '54" is the generous gift of Bob Hick who graduated from the SUNY school of Environmental Science and Forestry in 1954. Bob rowed, as well as did a little coaching, for SU. As per Mr. Hick's request, this will be a simple ceremony at the Ten Eyck Boat House and then the new Empacher shell will hit the waters of Onondaga Lake and the Seneca River for the first time under the supervision of Mr. Hick and his two daughters.

Any and all alumni, parents, and friends of Syracuse Crew are welcome to attend.

Two Orange Women Get Call from Canada

Senior Ally Doodeman and freshman Natalite Mastracci were invited to participate in the Canadian National Under-23 Camp in London, Ontario. It's the start of the selection process for the 2008 FISA World Rowing Under-23 Championships in Brandenburg, Germany to be held this July. The World U-23 Championships are a showcase for hundreds of up-and-coming athletes selected from approximately 40 nations.



Ally Doodeman

"Ally has shown remarkable improvement over the course of the year," said SU Head Coach Kris Sanford. "We've always known what a fierce competitor she is and she now has the erg numbers to earn her recognition as a potential elite athlete."

Doodeman is one of four captains on this year's Orange women's squad and was a tri-captain as a junior.

"Natalie has shown great raw potential since coming to Syracuse," Sanford said. "Her success at ID (Identification/Training) Camps and on the erg have earned her recognition as a developing national athlete. The achievements that Natalie has seen in her short time rowing speak loudly for the successes she hopes to reach throughout her rowing career."

-article courtesy of suathletics.com

GET YOURSELF "LINKED IN" TO SARA

You're invited to join the **Syracuse Alumni/ae Rowing Association (SARA)** Group on LinkedIn. Joining will allow you to find and contact other SARA members on LinkedIn. The goal of this group is to help members:

- Reach other members of SARA
- Accelerate careers/business through referrals from SARA Group members
- Know more than a name – view rich professional profiles from fellow SARA Group members

Here's the link to join: <http://www.linkedin.com/e/gjs/37424/345C2248E99E>

If you know or are in contact with other Syracuse rowers, please feel free to pass this link along.

Hope to see you in the group,

*Best,
Tracy (Rude) Smith – Class of 1990*



Second Annual 'Cuse Awards

The SU Crews will be among the athletes honored Tuesday, April 29 at the Landmark Theater in downtown Syracuse.

Festivities include a student-athlete reception 6:00 – 7:15 in the lower and mezzanine lobbies and a donor reception 6:00 – 7:15 in the basement.

Seating for the program is at 7:15 with the awards show promptly at 7:30

Parents, friends and the general public will be invited (ticket price to be determined). Watch for more information at www.saracrew.org or www.suathletics.com



Frosh Women Take Time for a Pose During Winter Camp

(left to right) Laura Murphy, Melody Miller, Jacque Lee, Brandis Arcadia, Ali Sayer, Julia Ruskin, Allison Ehrke, and Victoria Batha on the ground in the front. “Mikela our coxswain is not in the pic,” Says Brandis Arcadia, who provided.

(Editor’s Note -We’re not sure what’s up with the police car on the left and were afraid to ask.)

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SYRACUSE UNIVERSITY MEN'S CREW CALENDAR 2008

Sat-Sun April 5-6	San Diego Classic	San Diego
Fri-Sat April 11-12	GWU Invitational (includes Ten Eyck Cup race vs. Rutgers)	Washington, D.C.
Saturday April 19	Navy, Cornell (Goes Cup)	Ithaca
Saturday April 26	BU, Columbia (Conlan Cup)	Syracuse
Saturday May 10	Dartmouth (Packard Cup)	Hanover, NH
Sunday May 18	Eastern Sprints	Worcester, MA
Thursday June 5	IRA Regatta	Camden, NJ
Friday June 6	IRA Regatta	Camden, NJ
Saturday June 7	IRA Regatta	Camden, NJ