



Sit ready...Ready all...

- Women's Team— fighting to turn things around
- Men's Team—sorting out lineups...and expectations
- Ham Dixon does it again—World Champion
- SARA President says "get involved!"

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A CHALLENGING SPRING



SU Women's Varsity Eight crosses the line behind the Boston University Terriers

Orange Women: Tough Start in a Tough Process

The coaches' launch pulled up to the SU Varsity eight after the race was over and Boston University had won. The air temperature was below freezing and the wind made it much worse for the nine women sitting in a shell on the Charles River. Then Justin Moore told them something he hoped would make things a little better.

"There is a difference between taking a loss and being defeated," he said. "You took a loss today." And so spring racing portion of the Moore Era at SU began, March 26.

A week later the Orange women rowed out on the Housatonic River against two of the top teams in the country...and got clobbered. While the Big Red of Cornell V8 was upsetting sixth-ranked and defending national champion Yale, the Orange boat trailed far behind, much as had happened at Cornell a year earlier. *(See Orange Women—page 4)*

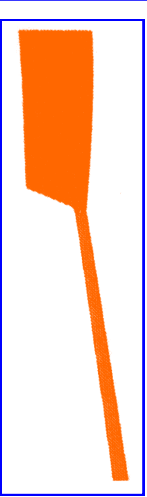
Orange Men: The Weight of Expectations

They're not going west this spring; no San Diego Crew Classic, no taking on Washington in Seattle. There are two home races. The season opened with a scrimmage. Still, it is a season of tough competition the Orange men have begun, and with the same goals in mind – the Eastern Sprints and the IRA. And they go in under the weight of big expectations.

"I think the key to a successful season is to pretend that we all received lobotomies over the winter," Head Coach Dave Reischman *(See Orange Men—Page 3)*

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Letter from the President



Hello SARA Members and Friends-

Here we go! Racing season is finally here and SARA is gearing up for an exciting year following and supporting Syracuse Rowing. Our coaches and athletes have worked so hard to get ready for these next few weeks and here is where the rubber hits the road. I hope that you'll have the opportunity to see these athletes in action this spring.

There is so much going on with SARA right now that it's hard to know where to start. Here are just a few goals and initiatives - diving in:

Communication. One of my personal missions for SARA is to provide as much accessibility and information about the team and alumni news as possible. We aim to do this by broadcasting news of Syracuse Rowing through as many different channels as realistically feasible: The Orange Oar, the SARA blog (<http://syracusealumnirowing.blogspot.com>), Facebook and Twitter (SyracuseRowing). Pick your poison(s) and follow along this spring.

Race support. With the help of our amazing Board of Directors, SARA will be providing live audio coverage of as many of the men's and women's races as we can. At the races, SARA helps to defray costs of race-day refreshments, tents, and other hospitality. After the races, we'll be posting photographs and distributing post-race summaries so as to make you feel as connected to the team as possible.

Gear. SARA is also pleased to be working with Boathouse Sports to provide an online "store" of Syracuse Rowing merchandise so that alums and friends can proudly announce their affiliation with our great rowing program. Please be on the lookout for information about this store in an email and on the SARA blog.

Acknowledging our History. Please mark your calendars now for the Fall 2011 SARA Hall of Fame Induction Ceremony that will take place on **Saturday, November 5** at the SU Boathouse. Last year we inducted SARA Co-founder Dr. Bruce Chamberlain. I promise that this year's inductee will be someone that you will want to be here for and will be announced shortly. This ceremony will coincide with the Syracuse Invitational Regatta and this fun alumni weekend is a great way to meet up with old friends and teammates as well as to see the SU squads in action.

There are many other SARA-led efforts underway including the Endowment for the Men's Program and the follow up to the famous Mark of the Oarsmen, a book documenting the history of our fabled program. Please stay tuned for much more on both of these initiatives.

All of these great activities depend on the financial support of the SARA membership through your annual dues payments. If you have not already done so, please take a moment to pay your dues online. An easy PayPal system has been set up to make this as easy as possible and is accessible through the SARA blog (<http://syracusealumnirowing.blogspot.com/>). Thank you in advance for your support!

See you at the races!
Tracy Smith ('90)
SARA President

Orange Men (from page one)

told *The Orange Oar* in an email before the scrimmages against Princeton and Georgetown. “It’s a new season. What happened in the fall and last spring doesn’t matter. What matters is showing up to the boathouse every day and trying to get faster. What matters is making sure that all nine people in a particular boat are doing their part every day to contribute to team speed.”

Deep and Healthy

All but two men from last year’s IRA sixth place varsity eight are back and the team has enough athletes to put three varsity boats on the water. Seniors Mike Gennaro (right—photo courtesy: SU Athletics) and Vince Berry are captains of a squad that went into the season injury-free.

“We have a deep squad this year and that is necessitating a lot of selection,” Reischman said. “These are good problems to have!”

In the opening races against Princeton and Georgetown, April 2, the coach used a variety of lineups.



“In the morning session we started off with a full blown 2K and then paddle back up the course and did a 1000m piece off of a rolling start,” Reischman said in an email afterward. “Both Princeton and (SU) made changes in lineups between the two pieces. We changed our lineup again for the afternoon pieces and did 3 x 750m—the first and last from a standing start and the middle from a rolling start.”

“Princeton won all the pieces and looked powerful and strong across the board. We had some parts where we looked really good and were driving the boat but then the cadence would catch up to us and it looked like we were spinning our wheels. Almost like things were moving too fast for us instead of looking like we had the time to really drive the boat. Sometimes a crew can find a rhythm right away at race pace and sometimes it takes a while. It looks like we may have to work a bit with this one.”

The Tigers varsity eight came into the season ranked 4th, behind Washington, California and Harvard in the Coaches’ Poll. Then it was Brown and Cornell, followed by SU at #7.

“For the varsity boat all the pieces pretty much went down the same way,” the coach said. “We didn’t look comfortable at racing cadences and couldn’t seem to find a rhythm. I will take responsibility for that as we were seat racing through Wednesday and we are still trying to sort out our lineups.”

Big Red and Midshipmen Next: Dealing with “The Weight”

The Orange had two weeks to get set for the official season opener, the Goes Cup races against Cornell and Navy on Cayuga Lake April 16. But the real point is to get it all figured out by the time the Orange heads to Worcester for the Sprints.

Going back to his original email, here’s a comparison Reischman made to the teams in the NCAA men’s basketball tournament. “It has been interesting ... watching how most of the highly seeded teams handle the “weight” of expectations. We are seeing a lot of very talented and highly ranked teams get toppled because they are either tentative or trying too hard to make something happen late in the game. The teams without the expectations are having fun and just playing basketball. They are playing like they have nothing to lose. If we can race like this at Sprints and IRAs we will be fine. If we get tentative or start pressing to make something happen we can quite quickly become rather ordinary.”

Orange Women (from page one)

“We were on the wrong side of a situation where two teams get into heated battles on the water and the third team is left watching,” Moore said in an email to *The Orange Oar* following the race. “Unfortunately, we were that third team.” He also said the varsity eight had not performed to its potential. “...14-15 seconds would have been respectable. 21 and 24 back (of Cornell and Yale) is disappointing.”

This was going to be a process. One observer compared it to turning an ocean liner around. Nobody seemed discouraged.

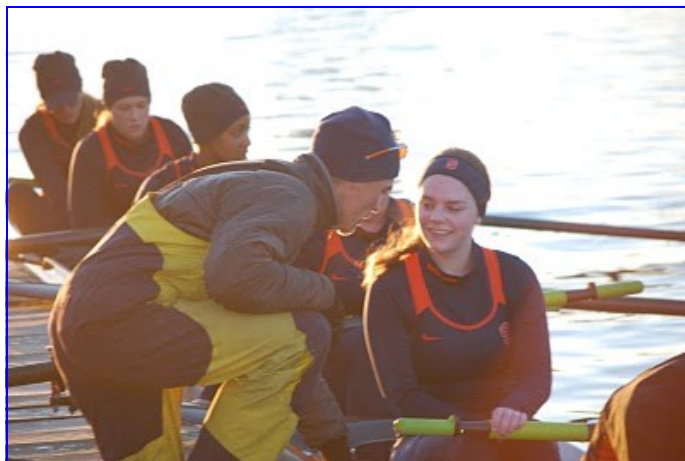
Plenty of Changes.

The stern four from the 2010 V8 is gone; two to graduation, one to a year away from rowing and the most accomplished rower leaving for the Canadian National Team. The bow four has been supplanted by other rowers, except for Captain Rachael Ogundiran who has been out with rib injuries.

Plus – there are no home races this season. For most intents and purposes, the Charles River is SU’s home racing course with two more trips to Boston set before the spring is out. So – in his first year as head coach here, Justin Moore and his crew have some very big challenges to deal with.

Plusses and Minuses

After the BU races, Coach Moore said he saw progress in the V8. “I believe this race showed the women they have the fitness to race the entire distance. We were the better crew in the 2nd thousand, but BU was the better crew over the full 2K distance.”



He said the 2V had trouble with the cold and wind. “This crew has the size necessary to row a power-based rhythm, but our lack of skill evidenced itself in the conditions.”

A week later he felt better about the 2V. “I believe the second varsity had a good ‘bounce back’ performance. After a poor performance in Boston, they responded well to the pressures of the race, rowed to their ability and made a big step forward. It is difficult to laud a performance where you are 14/13 seconds back. But knowing the athletes in the Yale 2V - I coached several of them on the US Junior National Team, and knowing where their horse-power is compared to ours, I believe we actually raced quite well.”

“The lower boats - that have had success to date in racing, were also out-performed,” Moore said.

Winter Improvements

In an email to *The Orange Oar* after the BU race, Moore had said he expected the Cornell/Yale race to be “eye-opening.” This – even after a lot of hard work and improvement through fall and winter training. “I am 100 percent confident that progress has been made, and I am pleased with this progress,” he said then. “Our winter of training yielded an erg score average that is 6-7 seconds faster than last years crew, which was more experienced and had Canadian National Team Member Natalie Mastracci. We have three women in the varsity 8+ who have returned from serious injury: Chelsea MacPherson - double labrum tear in the hip; Carmen Failla - two bulging disks; and Tiffany Macon - shoulder.

“The varsity is a VERY young crew - with no-one with varsity 8 experience from last year. They have/had no idea about the level of training, rowing and racing that is required at the Sprints League Varsity 8+ level. Accordingly, we are in the process of learning some ‘hard lessons.’ That said, each time we have made a mistake, we have addressed them the following week and improved our performance. I still believe there is a respectable varsity 8+ in this group. We just have to coax it out.”

Sure enough – the experience on the Housatonic was “eye-opening” – especially when the Big Red out-rowed the Eli.

Orange Could Follow Big Red Example



But the coach saw hope for the Orange future looking at the present and recent past of the Big Red. “4-5 years ago, Cornell was one of the struggling teams in the league,” he said. “Now it is us. Like Dave Reischman, Hilary (Gehman) has done a wonderful job of creating a work ethic and bringing in the athletes necessary to compete at this level. We should take heart in their victory, knowing that we too can change and get faster.

“At the root of this is our recruiting,” Moore continued. “It is clear that we need a more capable level of athlete. Every athlete in our program has set ‘personal best’ performances in terms of physiological measures. We have had three women return to the squad from significant injury.

“But to quote the ever-quotable Mike Teti (Cal men’s head coach and former US Team Coach), ‘I don’t know what’s good for you, but I know what’s good.’ Right now, our physiology is average to below average. This truth was driven home in this weekend’s racing. We, both the athletes with their training and the coaches with their recruiting efforts, will continue to work hard to change this.”



The idea is that the ship is not dead in the water – it is turning around.

“You are correct that I have told the team there is a BIG difference between taking a loss and being defeated,” Moore said after the BU race. “After each loss, the coaches and women have arrived at the boathouse eager to improve and get faster.

“Our goal is to be able to row a 6:35 2K in flat conditions. If we are able to do this, we will be relevant in the hunt for a Big East Title, and better at the Eastern Sprints. Our race results to date don’t indicate that we are this kind of crew. However, each day in training the women do something that informs us that this continues to be a possibility.”

WOMEN’S SCHEDULE—SPRING 2011

Sat, April 9	Northeastern/Penn (Orange Challenge Cup)	Boston
Sat, April 16	Radcliffe/Dartmouth/Louisville	Cambridge, MA
Sun, April 17	Radcliffe/Dartmouth/Louisville	Cambridge, MA
Sat, April 30	Big East Championship	Camden, NJ
Sun, May 15	Eastern Sprints	Camden, NJ
Thu-Sun, May 26-29	NCAA Championships	Sacramento, CA



SARA Men's Crew Endowment

Sit Ready

Ready All....

On April 1, SARA is launched a 2,000 hour fundraising campaign for the new SARA Men's Rowing Endowment. We have named this campaign 'A **Racing Start**' since this is our first fund raising campaign for the endowment. This endowment was launched last year to help solidify the long term strength of the SU Men's crew. As the endowment grows and generates income it will help fund a range of initiatives including a third coaching position, equipment, and away regatta expenses (e.g. Henley or San Diego Crew Classic). Our goal for the SARA Men's Rowing Endowment is \$1M by 2015. This year's 83 day campaign will 'cross the line' on June 21 at 8am. Periodic 'racing' updates will be provided through email and the SARA blog.

The format of this fund raising campaign will get the competitive juicing flowing. Class groups will be pitted against each other with SU betting shirts at stake. Betting shirts will be awarded to those class groups contributing participants¹ in two categories - those having the greatest number of participants and those generating the most money. Any single donation of a \$1,000 or more receives a betting shirt. Any donation of \$5,000 or more receives an SU oar or mounted SU blade. This is a great opportunity to give back to the program that provided some your greatest life experiences. Expect to hear from you class chairman to answer any questions and encourage you to donate. If there are specific questions about the endowment or if there is a large donation, please contact Joe Kieffer (jkieffer@email.com / +1 267 228 1341) or Tracy Smith (t.r.smith1@comcast.net).

Keep SU fast on the water by giving to the SARA Men's Rowing endowment. All donations to the SARA Endowment are tax deductible

Class Year Groupings for Betting Shirts Competition			
2005 – 2010	1990 – 1994	1975 – 1979	1960 – 1964
2000 – 2004	1985 – 1989	1970 – 1974	1955 - 1959
1995 – 1999	1980 – 1984	1965 – 1969	Prior to 1955

Donation can be sent to : **Please make payable and mail your contributions to and not your class year:**

Central New York Community Foundation
 Memo line: SARA Endowment
 431 East Fayette Street, Suite 100
 Syracuse, NY 13202

A Letter from Ted: Making a Difference Through Rowing



*SU Crew alum and longtime SARA board member Ted Kakas '64 has been making an impact on and off the water for quite a few decades now, so those who don't know him well might think he'd be about ready to rest on his oars—if not his laurels. Hardly. Here is a letter from Ted about something he's been working on for quite awhile and seems very worthy of note in *The Orange Oar*.*

As many of you know the Foundation for Rowing Education and our outreach program Row4All has endeavored to bring our wonderful sport to the many underprivileged youth throughout the country. Last May Margot Zalkind (our ex-director) and I met with the National Y in Chicago and started a long but exciting discussion that has brought about a signed agreement just this week.

Through this agreement the Foundation and Row4All will be the sole provider of rowing opportunities to the National Y, ultimately bringing rowing to underprivileged youth throughout the country. We will provide a comprehensive rowing program that will in addition focus on academic success, health, wellness and good nutrition. As we advance into the program which will start with extensive erg training and eventually on the water we will incorporate leadership training, to selected youth, through our partnership with Smith College and "Project Coach."

We have run several trial programs at local Y's and that is what brought us to the attention of the National Y last spring. Many of you have supported us in the past and now that we have the agreement with the National Y your support will be even more appreciated. The initial phase of our roll out will be covered through a small initial grant from Sam's Club but we have agreed to partner with the Y regarding the funding going forward. Ours is one of the very few new programs the Y has undertaken as they like so many charitable organizations are very short of funding and to make this a success we are counting on you and the entire rowing community. We feel that a program like this has long been missing and this is a great opportunity to reach out to so many deserving kids across the country.

All contributions are tax deductible and should be made out to the Foundation for Rowing Education and sent to:

Margot Zalkind
44 Cherry Street
Northampton, MA 01060

Thank you for your time and interest.

Row Hard,
Ted Kakas

BACKSPLASH—NEWS OF OUR ALUMNI

1950s

Ham Dixon '55 – won the World Championship in his age division in Indoor Rowing at the CRASH-B Ergometer Sprints again - at Boston University's Agganis Hockey Arena. His time for 2000 Meters was 7:42.2. MAYBE ADD PIC

Read more:

http://romenews-tribune.com/view/full_story/11567805/article-Indoor-rowing--Dixon-repeats-as-World-Champion-in-Boston-?instance=home_news_lead_story



1960s

Tom Rouen '60 - will be added to the Liverpool High School Sports Hall of Fame as Liverpool celebrates its rowing program's 50th anniversary. Tom initiated the program 50 years ago. "He knew what he was doing...as the program is still going strong," said Larry Lazlo, the current Liverpool coach.

Tom and his wife Janet also celebrate their 50th wedding anniversary this August with a renewal of vows in Syracuse. Tom and Janet are located in Camp Hill, Pa.

Joe Peter '69—will see the latest shell named for him dedicated on April 23rd after the Conlan Cup. This boat will replace the "Joseph E. Peter" that was destroyed in the trailer accident last spring.

1980s

Steve Anthony '80 – sent this from North Andover, MA – "Thought I'd toot my family's horn; seems that my daughter inherited some good genes (probably from my wife). She and her team, the MiniMates, scored 3rd place in the Juvenile Synchronized Skating National Championships in Ontario CA in early March. I know it's not rowing, but filial pride knows no bounds! If interested, for a video from a performance earlier this season see http://www.youtube.com/watch?v=bLR_RcFEyLc

Beth Gummere '89 - is president of the Board of Directors of the Santa Cruz Film Festival "and we are having our 10th Annual Festival May 5-14, 2011. Would love to see Northern California alums or anyone else who happens to be in the area. Tell your friends!

"The Santa Cruz Rowing Club is sponsoring a rowing documentary about Basque ocean rowers on Sunday, May 8. Two weeks after the festival ends, I am headed up to Oregon to row the 115-mile Corvallis to Portland race. Wish me luck...

"Also, our Santa Cruz Harbor was trashed in the March 11 tsunami, and our dear friends from UC Santa Cruz Rowing lost a lot of equipment. We at SCRC got lucky and only had 2 boats broken beyond repair. If you are on Facebook, check out the page "Santa Cruz Rowing", which has a lot of video footage of the destruction in the Harbor that day. We've been off the water while the Harbor is cleaned up and our dock secured. Best wishes to you all."

1990s



Colin Goodale '91 – "Here is a photo of **Chris Ludden '91**, **Austin Curwen '91** and myself and a few potential recruits at our annual summer family get together before Austin left for England. Also recently announced was that Chris Ludden got married

BACKSPLASH—NEWS OF OUR ALUMNI

to Tricia. Congratulations! (*Editors's note – OK, I've been holding onto this for six months, but, like wine and cheese, some things get better with age.*)

Ashley Ewing Rodda '94 and Scott Rodda welcomed Megyn Riley (right) on 3/7/11 at 4:28am.
She was 5 weeks early! pic



Paris Daskalakis '98 and his wife **Pamela W'01** (left) welcomed twins, son Logan Edward and daughter Liana Roulla, into the world on January 28, 2011. The newly expanded family is settling into their new home in Norwalk, CT. Both babies are already showing strong leg drive and a preference for the color orange!

Jason Premo '98 - "It is with sheer, unadulterated joy that I'm writing to announce the birth of our third child! Eliana Rose Premo ("Ellie") FINALLY decided to join the party this March 20! She weighed in at a robust TEN POUNDS and a respectable 21.5 inches. All ten fat fingers and ten tubby toes are accounted for, and she is so beautiful I can barely stand it."



STAY IN TOUCH WITH THE ORANGE

For regular updates on SARA activities and events and the Women's and Men's teams check the SARA blog: <http://syracusealumnirowing.blogspot.com/>

SARA is on Twitter: <http://twitter.com/syracuserowing>

To send a message to the email lists contact the coaches:

Men: Dave Reischman - [dreischm@syr.edu](mailto:dreichsm@syr.edu)

Women: Justin Moore: jmoore06@syr.edu

Syracuse Alumni Rowing Association, Inc.
Syracuse University
P.O. Box 7202
Syracuse, NY 13261

RETURN SERVICE REQUESTED

MEN'S SCHEDULE—SPRING 2011

Sat, April 16	Cornell/Navy (Goes Cup)	Ithaca, NY
Sat, April 23	Boston U/Columbia (Conlan Cup)	Syracuse
Sun, May 15	Eastern Sprints	Worcester, MA
Sun, May 22	Dartmouth (Packard Cup)	Syracuse
Thu, June 2	IRA Regatta	Camden, NJ
Fri, June 3	IRA Regatta	Camden, NJ
Sat, June 4	IRA Regatta	Camden, NJ