

Syracuse Alumni Rowing Association, Inc.

ORANGE OAR

Volume XIV, No. 1, October 2013

A NIGHT UNDER
THE LIGHTS

MEN & WOMEN
KICK OFF THE SEASON

MOVING TO
THE ACC

GENNARO &
MASTRACCI



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The 2013 Fall racing season is about to launch. The new recruits are pulling an orange blade for the first time, and upper classmen are back in their seats ready to proudly represent Syracuse in competition. The Fall season will have the men and women of orange and blue up and down the East coast. The season kicks off on Saturday, October 5 in Rochester New York for the Head of the Genesee. On to Boston and the Head of the Charles, October 19-20, followed by the Princeton Chase on Sunday, October 27. The women wrap up the season with the Collegiate Small Boat Championship on Sunday, November 3 on Lake Mercer, New Jersey and the Foot of the Charles on Saturday, November 9. Stay tuned to Twitter, Facebook and the SARA blog for regatta results.

SARA, the Orange Club and the coaching staff hosted the first annual 'Evening at Ten Eyck' Class Day regatta. We enjoyed racing on the flood lit canal in front of the Ten Eyck boathouse, the induction of four Syracuse Hall of Fame inductees, the unveiling of a perpetual plaque for the 1874 Stewards and recognition of John Nicholson '68 for two decades of being our editor-in-chief of the Orange Oar. We are planning to have our second annual Class Day regatta in late September 2014 – stay tuned.

On Friday, November 1, 2013, Nicholson is being recognized by Syracuse University as a Letterwinner of Distinction. Tickets to the dinner and black-tie-optional event are available through the Syracuse athletics website. The 2014 SARA Annual General Meeting will be held at the Melo center/Manley Fieldhouse on Saturday, January 18 from 9:00am – 3:00pm. All Syracuse rowing alumni are welcome to attend prior to the Syracuse-Pitt men's basketball at the Carrier Dome at 4pm and a birthday celebration for Joey Peter '69.

Work continues on preserving the legacy of Syracuse rowing through the tireless efforts of John Nicholson and Joe Paduda '80, who are crafting the next volume of The Mark of the Oarsmen. SARA will continue to have a focus on social media and technology enhancements led by Josh Stratton '01. Jay Rhodes '89, our new Orange Oar Editor-in-Chief, and his editorial and design team have provided the new look and feel of the Orange Oar. All of our activities are supported by your annual dues.

Your support is solidifying the future of Syracuse rowing and providing our athletes with the best equipment and resources to go fast. This past winter, the women's program successfully raised close to \$100,000 for new shells, fueled by a key leadership gift. The SARA men's crew endowment has passed the \$200,000 threshold after a successful spring campaign. Thank you for your dues and contributions to these special fundraising efforts.

There is still an opportunity to earn the naming rights for the new Men's Empacher 8 with a \$50,000 individual donation to the SARA Men's Crew Endowment. Please contact Coach Reischman or Joe Kieffer '88 if you have any interest or questions. SARA will continue to be your source of information, events and team support. In this edition of the Orange Oar, there is a detailed listing of open positions within SARA. If you would like to get more involved in SARA, please contact Joe Kieffer '88 at jkief-fer@email.com or 267-228-1341. Thank you again for supporting Syracuse Rowing.



Pull Hard and Go Fast
Joe Kieffer '88
SARA President

04 | A Night Under The Lights
A night at the inaugural 'Evening at Ten Eyck' event celebrated at the Syracuse Ten Eyck Boathouse



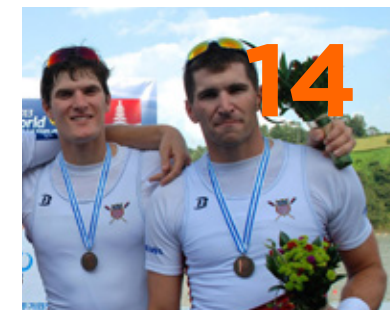
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Editor: Jay Rhodes, '89
Art Directors: Ryan Armstrong '08, Hugh Duffy '80
Contributors: Holly Johnston '15

A NIGHT UNDER THE LIGHTS

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No amount of wind and rain was going to wet the spirits of the 240 alumni and accompanying guests at the inaugural 'Evening at Ten Eyck' event celebrated at the Syracuse Ten Eyck Boathouse on Saturday, September 21st. With all the anticipation and excitement of the college athletes they once were, Syracuse men's and women's rowing alumni, spanning over six generations, gathered in force to race, reunite and celebrate the history and future of Syracuse Rowing.

The event, which was a joint vision of men's head coach Dave Reischman and women's head coach Justin Moore in conjunction with the Syracuse Alumni Rowing Association (SARA) and The Orange Club, was the result of months of hard work and planning.

Recognizing a need to link the programs past with its future, Justin Moore said: "The idea to bring alumni back started to expand and we started to think about a class day under the lights. Next thing you know, 240 people are coming back for the inaugural event and having a phenomenal time racing."

The event, which took place in two parts, began early Saturday morning when eight undergraduate boats completed a 500-meter time trial, followed by a two-boat racing bracket to find the four fastest crews eligible to compete against the alumni boats in the evening racing. All undergraduate boats were divided by class, rowing an equal combination of men and women per crew as decided by head coaches Reischman and Moore.



Spirits were high as each class arrived at the boathouse in various forms of uniform and costume. Pushing off from the dock, men and women athletes alike were excited to be able to compete with each other and chase the bragging rights that came with getting their bow ball out in front.

After some inevitably close races, the senior A, junior A and B and sophomore A boats fought their way to victory and were given the much coveted chance to advance to the night racing finals.

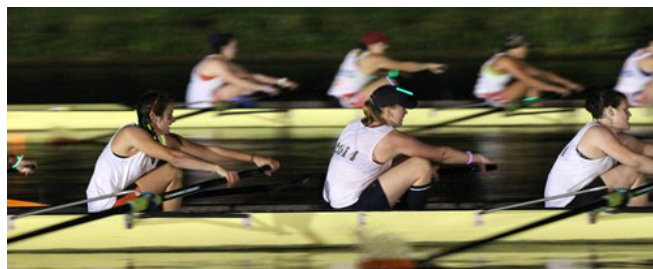
A few hours later, despite the deterioration in the ever-changing Syracuse weather, alumni from all across the country began to arrive and explore the boathouse that they once referred to as their second home.

At around 5 p.m., the mixed alumni lineups were announced and coxswains ushered their respective crews onto the water for some practice time before the 500-meter sprints began.



Floyd McCormick from the class of 1950 was one of the first alumni to respond to the event. At 87 years of age, he rowed in seven seat of an eight racing in the first flight of afternoon heats with the same gusto and pride he had showed over six generations earlier on the same stretch of water. His son later told coach Moore that it was one of the highlights of his year.

Once the initial races were complete and the top four alumni boats were selected alongside the undergraduate's boats for night racing, all in attendance reconvened for an hour of drinks, snacks and the countless resurfacing of college memories.



As darkness began to close in, the boathouse was suddenly set ablaze with hundreds of fairy lights stretching their way across its beams. Next the 500-meter racing stretch was also flooded with light as rented spotlights were switched on. Without further ado, all advancing crews began to take to the water for the event's night-racing spectacle.

Despite bets being placed on the junior A boat to win the undergraduate final, the senior A demonstrated their poise and composure, inching their way into a one-foot lead on the finish line. Next came the top two alumni boats fiercely battling their way down the course in a race so close it resulted in a photo finish. With just the top undergraduate and top alumni boats left, the senior A boat once again showed themselves as a class act and became the event champions, finishing with an undisputable lead over the impressive alumni boat reliving its glory days.

The event saw an impressive 11 national team and Olympic rowers and coaches in attendance. Recent world championship medalists and

London Olympic attendees Mike Gennaro '11 and Natalie Mastracci '13, who were unable to stay on the sidelines as they had originally intended, found themselves in the top two alumni boats of the evening.

Gennaro who was able to reunite with a whole host of old teammates said: "I never thought I was going to get to row here again. I thought it was an awesome experience and I think a lot of people feel the same way."

With racing done and dusted, all competitors took to the locker rooms only to re-emerge in their glad rags and continue the evening's festivities with dinner and dessert.



Following words of thanks and gratitude from head coaches Reischman and Moore, SARA president Joe Kieffer '88, a long time supporter of both the men's and women's programs, began the evening's centerpiece with the inductions of Tom Darling '81 and Bill Purdy '79 into the Syracuse Rowing Hall of Fame.



Darling and Purdy were both teammates and vital varsity eight members in their tenure as Orangemen and then again later on the world stage. Darling represented the United States sitting in the fifth seat of the silver medal winning men's eight at the 1984 Los Angeles Olympics while Purdy was a member of the 1980 Olympic team in the men's four which was unfortunately boycotted.

Purdy, who is a lifelong member of SARA said, "It's a great honor to be inducted into the hall of fame but it's also an honor to be inducted alongside Tom Darling." Recognizing the value in educating the current athletes about both the men's and women's rowing history, Purdy emphasized that the Night at Ten Eyck event was the biggest turnout in years and said he looked forward to its continuation in years to come.

John Nicholson '68, the former Orange Oar editor for 20 years, was also honored for his ongoing commitment to and support of the program.



*This Is
The Start ...*

Photo Credit Michael Okoniewski/
Syracuse University Athletics.

Reischman and His Team Still Angry

As the 2013-14 season begins, Syracuse men's rowing head coach Dave Reischman says his squad is using last spring's disappointing IRA as motivation. "I wasn't the only angry person there," he said. "And I think the response of the guys has been exactly what it needs to be so far."

Reischman says the athletes are more focused in their summer workouts. Now that the athletes have returned to school, Reischman is reinforcing the core values of the program, including commitment to academics, hard physical work and attention to detail like "making the little, annoying technical changes that might make a tenth of a second difference in a semi-final at the IRA."

"I think programs go through this every once in a while where we've had a pretty good string of success, and we just have to reset ourselves and get back to the basics," Reischman said.

Reischman has a living example of those values on his coaching staff and a core group of incoming freshmen and returning sophomores and juniors to support the seniors in the effort to rebound.

After serving as a maternity-leave assistant for the women's team last year, Justin Stangel '07 becomes the assistant coach/recruiting coordinator for the men's squad. Originally from Madison, Wisconsin, Stangel excelled at Syracuse before rowing for two years at Oxford and three years on the U.S. National Team.

"The class he graduated with was the first that embraced the culture we were trying to establish," Reischman said. "His freshman group was undefeated, they had a rough year their sophomore year, but kept working hard and

had undefeated cup seasons their junior and senior years. He knows what it takes in this program to be successful."

Two of the leaders of this year's team enjoyed successful sophomore seasons on the 2011-12 team. Mac Zink and Jake Martens are remaining seniors from the varsity eight that finished 5th in the Grand Final at the IRA that year. Martens is a captain, as is Kyle Rogers, who is in grad school as he uses his final year of eligibility. A mix of recruiting and the Syracuse development strategy has the juniors on the team, in Reischman's words, "ready for prime time." There is talent in the sophomore class and the 13 recruited athletes in the incoming freshman class.

As he begins his 12th season at Syracuse, Reischman is able to reflect on the progress the men's program has made during his tenure.

"We've proven that we can be in that [number] 5-10 spot [in the rankings] in the country," he said. "I think there are a lot of programs in this country that would be very satisfied being 5 through 10, given how competitive college rowing is. Without being blind to the effort of the guys and what it took to get that spot, we're not satisfied with that. We're trying to figure out how to make that next step."

"There's no question this crew can have a better year than last year," Reischman said. "I'm always hesitant about predicting places. I know we can race better than we did at the IRA, and I know we're capable of a better work ethic during the year. How does that translate down the road to a finish? Time will tell."



Coach Moore's Women's Team Ready to Take Next Step

Having finished the 2012-13 season as what observers called a “classic bubble team” hoping for an at-large berth to the NCAA Division I Rowing Championship, the Syracuse women’s rowing team is working hard to get off the bubble.

“One of the hardest things to do is to get yourself off the bubble—to become one of those teams that becomes nationally recognized as a perennial NCAA contender whose selection is never in doubt” said Syracuse women’s head rowing coach Justin Moore. “The women are taking more responsibility for how their season’s going to go. I’ve had more women checking in this year about their summer training, and we had a number of women finding ways to race boats this summer.

“That’s a great sign for the program that the women love rowing that much and are really working hard to advance themselves as athletes.”

Moore can point to specific results last spring that highlight the development of the program to date. Sweeping Boston University in the Kittell Cup and beating Penn and Northeastern to win the Orange Challenge Cup were important victories, especially since Penn and Northeastern have also been bubble teams. “We have to get on the other side of them if we want to be in strong NCAA consideration, so winning that race was great,” said Moore.

Moore also cited a win over #19 Louisville and finishing within 0:01.7 seconds of #11 Notre Dame at the Big East Championship as positives. “We made a very strong statement about who we were,” he said.

Losing six seniors in the 1V and 2V boats could set many teams back, but Moore says this year’s squad has the talent and experience to exceed last year’s performance. Seniors Maggie McCrudden, Rebecca Soja and Miranda Williams have been starboards in the varsity eight since their freshman year. Juniors Anna Kaszycki, who spent her first two years in the varsity eight, and Emma Basher return as well.

Initially Moore says experience should shine through in the daily training sessions. “What is very exciting to me is that we had some really good novices and women coming up out of the 4s, and we have a very good recruiting class coming in,” he said. “I believe we’re going to see our second varsity eight make a step and approach the speed of the varsity eight. It is going to be great for the varsity eight to be challenged on a daily basis.”

Moore pointed out that not only does a 2V that is within 8-10 seconds of the varsity over 2,000 meters push the varsity but it also has a better chance of winning races and impressing NCAA Championship selectors who evaluate the whole team.

“I believe we can take a big step forward as a team,” Moore said. “Our varsity eight was an NCAA caliber boat. As a team we touched #19 in the rankings—and the top 16 teams will go to NCAAs—but we finished the year ranked 21st. I think we can move into that 16, 15, 14, 13 slot.”

Moore believes the team, especially the athletes competing for the varsity eight, has learned how to perform when victory is within reach. “Two years ago, I felt like we had the physiological talent to win races, but you could see the women didn’t know how to win. This last year they broke through, they won some races, they were close in some races. I think that, because they learned how to win some last year, we’re going to be able to continue to win if we advance our physiology and advance our rowing.”



MEN'S CREW

2013 FALL SCHEDULE

SEPTEMBER 21 (SAT) **EVENING AT TEN EYCK**
SYRACUSE, NY

OCTOBER 5 (SAT) **HEAD OF THE GENESEE**
3 EIGHTS
ROCHESTER, NY

OCTOBER 20 (SUN) **HEAD OF THE CHARLES**
1 EIGHT
BOSTON, MA

OCTOBER 27 (SUN) **PRINCETON CHASE**
3 EIGHTS
PRINCETON, NJ

WOMEN'S CREW

2013 FALL SCHEDULE

OCTOBER 5 (SAT) **HEAD OF THE GENESEE**
VARISTY GROUP ONLY
ROCHESTER, NY

OCTOBER 19/20 **HEAD OF THE CHARLES**
(SAT/SUN) **WOMEN'S CHAMP 4+**
WOMEN'S CHAMP 2X.
BOSTON, MA

OCTOBER 27 (SUN) **HEAD OF THE FISH**
3RD AND 4TH VARSITY
SARATOGA SPRINGS NY

OCTOBER 27 (SUN) **PRINCETON CHASE**
1ST AND 2ND VARSITY
PRINCETON, NJ

NOVEMBER 3 (SUN) **COLLEGIATE SMALL BOAT**
SPRINT CHAMPIONSHIP
MERCER, NJ

NOVEMBER 9 (SAT) **FOOT OF THE CHARLES**
BOSTON, MA

Gennaro's Extended Family

U.S. Senior National Team oarsman Mike Gennaro '11 rows with composure and gratitude for the backing of the Syracuse alumni community.

Gennaro stroked the men's straight four that won the Samsung World Rowing Cup III in Lucerne, Switzerland in July and took bronze at the recent 2013 World Rowing Championships in Chungju, South Korea.

When asked about the key moment in the World Cup win over Australia by .85 seconds, Gennaro





said their very first strokes off the dock set the tone for the day, "The second we shoved off for the warm-up, it was very sharp, it was to a T and everybody was dialed in and focused."

When the Australian crew, silver medalists in the 2012 Olympics and winners of World Rowing Cups I and II, made a move with 1,000 meters to go, Gennaro and his teammates called upon their mental preparation. "One of the things [Senior National Team head coach Bryan] Volpenhein had been working on us with is 'being comfortable with a lead,'" Gennaro said. "You need to row with some kind of confidence and comfort—mentally, not physically. Nobody panicked."

Holding off the surging Australians for gold was especially satisfying for Henrik Rummel, a Harvard alum rowing in the three seat. Gennaro said Rummel had learned of Harry Parker's passing shortly before leaving for Lucerne. "We were all there for Henrik, and we tried to make a subtle call for Harry in a couple of the races. We were all very happy, but it meant a lot to Henrik specifically."

After the race Gennaro posted his thanks on Facebook for the support of SARA members in his post-Syracuse career that has seen him win gold in the eight at the 2011 World Rowing Under 23 Championships, gold in the eight and pair

at the XVI Pan American Games 2011 and participate in the London Olympics as an alternate.

"That's something I didn't know about when I decided to go to Syracuse," Gennaro told the Orange Oar. "I was just looking at academics and the current program. I obviously had Olympic ambitions at the time—who knew if it would've happened or not—but I didn't know anything about SARA or the amount of alumni support—just the amount of enthusiasm that the alumni show. That's why I feel extremely lucky, because if I had gone anywhere else, I might not have received as much support as I've received from SARA."

"That's why I feel extremely lucky, because if I had gone anywhere else, I might not have received as much support as I've received from SARA." - Mike Gennaro

THE EMPACHER CHALLENGE



As part of normal fleet replacement program funded through the various smaller donations over the past several years, Syracuse has ordered a **new Empacher eight racing shell**. It is currently being manufactured in Germany and will be delivered in the late Fall of 2013.

Empacher has proven to be a premier racing shell over the past 20 years at the collegiate division I and national team levels. The cost of this shell is \$55,000.

As a challenge to our dedicated alumni and friends of Syracuse rowing, Coach Reischman is offering **naming rights** to the new premier racing shell for a **individual leadership gift of \$50,000** to the SARA Men's Crew Endowment. In addition to the naming right to the shell, your leadership gift to the SARA Endowment will return \$2,500 annually to the men's program. This will buy 2 1/2 Concept II ergs or a set of eight oars for the team each year and every year forever. All donations the Sara Endowment are tax deductible.

If you are interested in **giving back to the program** that has given you so much and stepping up to the challenge, please contact Joe Kieffer, SARA President, (jkieffer@email.com / 267-228-1341) or Coach Dave Reischman (dreischn@syr.edu)





OH CANADA!

Mastracci's Self-Discovery

Natalie Mastracci '13 has won an impressive number of international medals in the past three years. Still, it was a race she lost that left perhaps the greatest impression on her as a racer.

"As much as my Olympic racing was incredibly unique and unforgettable, I learned the most about our sport and myself at the Late Olympic Qualifier in Lucerne, Switzerland," said Mastracci.

Before recapping the race in Lucerne, a little perspective is in order. After three years in either the six or seven seats in the varsity eight at Syracuse and three appearances in the Under-23 World Championships, Mastracci took the 2010-11 and 2011-12 school years off to compete with the Canadian Senior National Team.

Her Canadian eight won silver medals at the 2011 Samsung World Rowing Cup III in Lucerne, the 2011 World Rowing Championships in Bled, Slovenia and the 2012 Olympic Games in London. In 2013, the eight, competing with a new cast, won bronze at the World Cup in Lucerne and World Championships in Chungju, South Korea. She also rowed in a four, winning gold in Lucerne and silver in Chungju.

In the middle of that medal run, Mastracci was not certain she would make the team for the London Games, which brings us back to the Late Olympic Qualifier where she was hoping to qualify in the pair.

That regatta is the last chance for crews to compete for a spot in the Games," Mastracci said. "I think I finally understood the concept of 110 per-

cent as I crossed the finish line in the final of our pair race. We both gave everything we had and fell short of our goal.

That regatta did not get me to the Olympics in the pair, but it showed me the importance of belief. We fully believed in ourselves, our coach and our training. This, to me, is why rowers have to race. Nine out of ten times you might lose to another crew but as long as there is one time, one chance for you to believe in, there is a reason for you to sit at the starting gates like I did, race your heart out and see what you can do."

So how does one go from missing out on the Olympic pair to making the Olympic eight? "It was a complicated three months because nine of us fit well into eight seats," Mastracci said. "I'm still not sure what truly happened. All I know for sure is that I went to practice and did what I always try to do: row to the absolute best of my ability for my team."

In between the 2012 and 2013 national team campaigns, Mastracci returned to Syracuse for her senior season. The team was disappointed when they did not receive an at-large birth in the NCAA Championship, but Natalie sensed the program was ready for bigger things.

"It is this combination of gutsy people that brought the team to Manley at the end of the year, watching and waiting to hear "Syracuse" be called to compete at NCAAs," she said. "The hope and tears that came out of that room will sustain SU's fight in the coming years."





Ready All...SARA Needs Your Involvement

We are looking a few good men and women to being actively engaged in SARA and support Syracuse Rowing

Event Planner – SARA has several events throughout the year and we need someone with strong organization and party planning skills. This includes annual alumni class day event, HOF, IRA, ACC and Sprints events.

Class Captain – SARA is looking for class captains for men's and women's team within their respective class years or regions to maintain alumni information, coordinate local events, reunions and fundraising.

Membership Chair – SARA annual spring membership drive includes a mailing to 1,500 and bookkeeping of receipts. Creativity and persistent personality is needed.

Database Administration – One of the biggest challenges that SARA has is maintaining current contact information of its 1,500 alumni. We currently maintain our database on a SaaS platform called Donor Snap. We need someone with strong IT skills and techniques for improving alumni contact information integrity.

Orange Oar Editors / Writers – We need beat reporters to write about the team, our famous coaches and alumni and SARA happenings. The Orange Oar is published quarterly.

Assistant Treasurer – Assist in the administrative financial function of SARA and be co-signer to the checking account. Assist in deposits and financial reporting.

SARA Career Connections – We are looking for someone to create and lead the effort to connect graduating seniors and students looking for full time and summer internships. SARA volunteer will work with coaching staff on gathering resumes and identifying alumni with firms that have positions. Potentially hold SARA career event on campus. Explore option of broadening to all alumni in the career transition.

Syracuse Rowing Gear Coordinator – Coordinate bi-annual SU Rowing gear offering to alumni and parents. Select vendor, items and promote through the web, social media etc

Communications / Social Media – We need additional resources on the social media team to coordinate race broadcasts, website, Facebook, LinkedIn, Twitter, blog etc. IT skills and social media geeks are a plus.

Fundraising / Endowment – Need committed individual to help organize alumni fundraising campaign for the team. Organizational skills, persistence, and the ability to ask for money are needed.

Historian – Finds, gathers, catalogs, documents and preserves artifacts of Syracuse rowing for public display or achieves. Projects include digitizing 8 and 16MM films and monitoring eBay for Syracuse Rowing memorabilia for purchase.

Mark of the Oarsmen II production and distribution – 'Mark II' is in the final stretch and will be going to press early next year. There are a lot of logistics in working with the publisher and bookstores on getting this out to our alumni and the rowing world.

Hall of Fame Coordination – Work with Jason Premo on help organizing HOF induction ceremonies and other logistics. Additional support need for planning and construction on the HOF area within the crew room is needed.

Questions or if Interested?

Please Contact:
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267-228-1341

Lynne Pascale, SARA Vice President,
lynnepascale@hotmail.com
315-415-7616



FROSH — OR NO — FROSH

Head Coach Dave Reischman says that he and his staff are tweaking how they integrate the incoming freshmen into the team as the second year without the distinction between freshman and varsity rowing begins.

Last year all the athletes were mixed together from the outset, and Reischman believes it may not have benefited all the freshmen. This year the fall is a time for the freshmen to settle in academically, socially and athletically. During winter training, Reischman believes they will be ready to mix with the upper classmen.

Many alumni are still getting used to the shift away from freshmen training and racing with other freshmen, so the Orange Oar asked Reischman for his observations. He noticed a fairly even split in the number of crews that boated a freshman eight at the Eastern Sprints last year and the number of teams that did not, choosing instead to race 1V, 2V, 3V and 4V boats.

“There are some people who are very determined to protect the freshman experience and have freshman rowing,” he said. “There are others who thought they had a way to run [a mixed] program, and the freshmen really contributed.”

Reischman has no doubt that the inclusion of freshmen in boats with upper classmen has created more competition and speed. “I think where you noticed it most was in the JV boat. The JV boats were a heck of a lot faster than they have been in the past, and it was certainly true in our program.

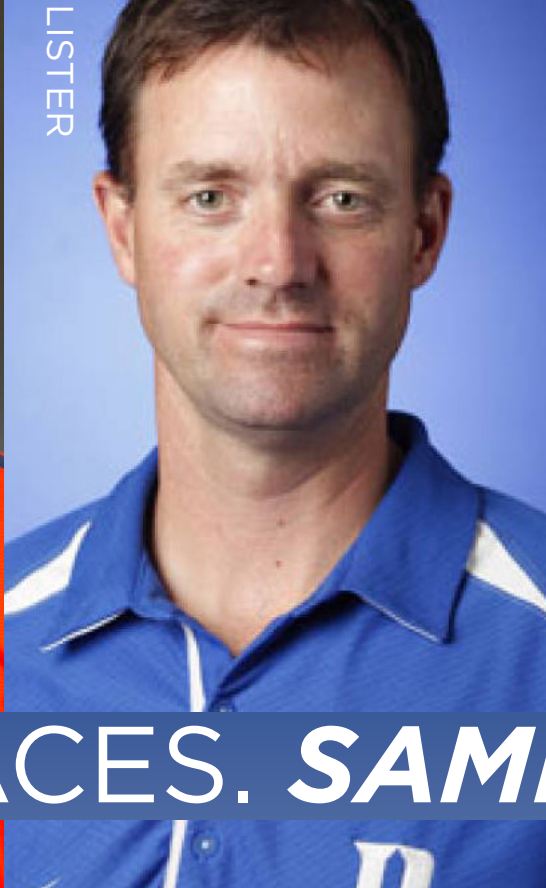
“If you asked me who were going to be big players in terms of the varsity boat this year, I wouldn’t know, because we had 16 guys who were pretty close last year, and most of the year was spent trying to get separation between the varsity and the JV. I think that’s a result of having a few more athletes in the mix and putting pressure on each other.”

This year Syracuse will be a member of the Atlantic Coast Conference. Reischman says that alumni watching the men’s team should see very little difference in the program. “It’s business as usual for us,” he said. “It doesn’t change anything we do. The schedule’s the same: cup races, Sprints and the IRA.”

STANGEL



LISTER



COTTINGHAM



NEW FACES. SAME GOAL.

The Syracuse rowing teams have new faces in their coaching launches this fall. Justin Stangel and Jason Cottingham are the new assistants on the men's team, and Jim Lister has joined the staff of the women's team.

Lister, a UAlbany grad, comes to Syracuse after coaching the previous 10 years at Duke, most recently as the Blue Devils' associate head coach and recruiting coordinator.

"We are very excited to have Jim joining our staff," said women's head rowing coach Justin Moore. "He is a very professional coach, who has every skill set this position requires. Jim is a tireless recruiter, who utilizes the latest technology to streamline the recruiting process and enhance communication with our prospective student-athletes, their coaches and their families. He is a coach who maximizes the potential of the athletes he works with. His boats go fast and the women in them are almost always smiling."

Stangel, a 2007 Syracuse graduate, moves to the men's team as assistant coach/recruiting coordinator after filling in for women's assistant Alicea Kochis while she was on maternity leave last year.

"As an athlete in our program, Justin made his mark with his tremendous work-ethic and leadership ability," men's head rowing coach Dave Reischman said. "Having him as a member of our coaching staff just seems like a natural progression. His experiences at Oxford and with the U.S. National Team have really allowed him to expand his rowing knowledge and I have no doubt that he will be able to pass this on to our athletes."

Stangel was a member of the US Senior National Team from 2010-12. Prior to that, he earned a master's degree at Oxford, where he served as vice president of the University Boat Club.

Cottingham, a 2008 Alabama alumnus, has been appointed assistant coach/director of operations. He comes to Syracuse after serving as the men's lightweight varsity volunteer assistant coach at Dartmouth since 2010. Cottingham helped lead the Big Green's first varsity eight to a fourth-place finish at the 2013 IRA National Championship.

"There are just some young coaches that when you meet them you just know you found the right guy," Reischman said. "That was the case with Jason. He is a tremendous student of the sport and has worked really hard to develop his coaching skills. I think Justin and Jason combine to give us a very energetic and knowledgeable assistant coaching staff. I am really looking forward to working with them."

THANK YOU JOHN NICHOLSON.



After 20 years at the helm, Über Editor John Nicholson is retiring from the Orange Oar. A clear indication of his impact is the fact a whole team of people will attempt to fill his shoes.

A member of the Class of 1968, John combined 40 years of expertise in print and broadcast journalism, his role as a professor in the Newhouse School and his passion for rowing to keep us all in the know about Syracuse Crew.



John, Syracuse rowing alumni from around the world owe you a debt of gratitude. While you will still be active in the classroom and around the boathouse, it is still the appropriate time for SARA, on behalf of the coaches, competitors and families, to thank you for your contribution to rowing at Syracuse University.

HONOR JOHN AT: THE 49TH ANNUAL LETTERWINNER OF DISTINCTION AWARDS BANQUET FRIDAY, NOVEMBER 1, 2013

Join us to celebrate the outstanding athletic and professional careers of our 2013 Syracuse University Letter Winners of Distinction. The Syracuse University Varsity Club will honor former student-athletes Craig Bingham '82 (football), Eileen Edsall '81 (basketball/volleyball), Art Monk '80 (football), John Nicholson '68 (crew) and the 1983 men's lacrosse team at the annual celebration on Friday, November 1.

Tickets coast \$100 per person. The cocktail reception begins at 6p.m., followed by dinner at 7p.m. at The Event Center at Turning Stone Resort in Verona, N.Y.

To purchase tickets please visit your MyCuse Account. Don't have a MyCuse Account? Set one up today by visiting suathletics.com

CHANGE

Women: The Sport Is Changing and the Move to the ACC

For many alumni, the number of changes and the pace of change in women's rowing might be surprising. The pursuit of intense racing and the selection process for the NCAA Division I Rowing Championship have, among other things, started a trend toward more multi-school races in a single weekend.

Syracuse women's head rowing coach Justin Moore reports that regional dual events with one race against one or two other schools are giving way to weekends that offer a race Saturday morning, Saturday afternoon and Sunday morning against five other competitors.

"With the new NCAA conference qualification format, it is essential that our group be much more accustomed to multi-race weekends with really intense boat racing with national competition," Moore said. "These events do a great job of getting your coxswains and athletes ready for those racing situations like the conference championship and NCAAs where you're six across and you're three seats down

WOMEN'S CREW

down on these guys but you're four seats up on those other guys."

The Orange Challenge Cup against Northeastern and Penn and the Kittell Cup against Boston University are still on the 2013-14 schedule. However, there are three larger events on the docket as well. The Clemson Invite, featuring 18 teams, will also include the O'Leary Cup among Syracuse, Radcliffe and Dartmouth as an embedded race. The Monticello Invite, being hosted by the University of Virginia, did not exist five years ago.



Later in the year Syracuse will participate in its first ever Atlantic Coast Conference (ACC) Championship. Moore says that Virginia, Notre Dame, Duke, Clemson and up-and-coming Louisville and Miami are all competitive in women's rowing.

Syracuse is also part of a new event in the fall. Syracuse, Radcliffe, Northeastern, Pennsylvania, Massachusetts and Virginia have founded the Collegiate Small Boat Sprint Championship to be contested for the first time November 2 and 3 on Mercer Lake in New Jersey.

Twenty athletes from each team comprising four pairs, four doubles and four singles will compete in a 1,900-meter time trial in the morning. The results will yield seeds for six-boat finals in the afternoon.

"I just think sculling is such an incredible skill for all athletes,"

- Coach Moore

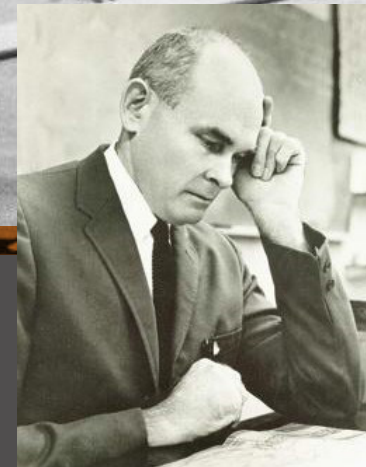
Coach Moore is excited about the influence this race will have on sculling within college rowing. "I just think sculling is such an incredible skill for all athletes," Moore said. "It's a great way to learn about boat moving. There is more personal accountability for the athletes in each training session. Women are more likely to train and race over the summer as sculler. Unlike sweep rowing, it is a balanced motion, so it decreases the potential for injury, and it's a great way to recover from injury."

"It certainly supports the women who have desires to row post-collegiately because there are 10 sweep seats that are available at the World Championships and Olympics—the eight and the pair. If you add sculling, you then have the quad, the double and the single, so you add seven more seats. And if you learn how to scull, you learn how to row for the rest of your life."

Moore reports that putting so many small boats on the water is only possible due to two important factors: 1) the quality of the facilities at Syracuse. "The double buoy line that [men's head rowing coach] Dave Reischman and I have out on the lake is absolutely essential to small boat rowing, and the assistance we have been receiving from our alumni in terms of updating the fleet in a manner that supplies competitive small boats for training and racing," said Moore.



MARK OF THE OARSMEN NOW AVAILABLE



First published in 1963, Mark of the Oarsmen is a narrative history of Syracuse University rowing from 1885 to 1960. SARA has orchestrated the second printing of Mark of the Oarsmen which is now available for alumni and friends of Syracuse rowing.

The newly printed 400 page / 80 photo hardcover book will be shipped to you direct from the Ingram Press for the cost of **\$39.95**.

This is an absolute must read for anyone who has pulled an oar for Syracuse and makes a great holiday gift. A limited number of copies, autographed by Dr. Bruce Chamberlain '41, will be available for sale at selected Fall regattas.

ORDER TODAY!

Please contact Joe Kieffer, SARA President, at jkieffer@email.com or 267-228-1341

Please send payment of **\$39.95 per copy and shipping**
Syracuse Alumni Rowing Association (SARA)
PO Box 7202
Syracuse, NY 13261

Place orders before December 15th to get in time for the holidays

SUMMER EFFORT AIMED AT SPRING SUCCESS

On June 1st, 2013 head coach Justin Moore sent out his annual summer training program to the Syracuse women's rowing team. As per usual, there were weeks of prescribed erging, strength training and rowing to be done. Everything seemed normal. There was just one distinct difference: the summer challenge. On the opening page Moore had simply, yet very clearly, stated, "Race three or more times this summer and I will give you Monday mornings off during winter training."

Now anyone who knows a Syracuse winter, also knows that trudging through the sleet and snow at 6 a.m. every morning to go sit on an erg for 90 minutes can be pretty tough. With that in mind, the team set to work.

After a promising 2012-13 season ended in the gut-wrenching reality of missing out on attending NCAA's by a thread, the Syracuse staff knew that summer racing would be an ideal forum to challenge its athletes. Moore was particularly eager to see the women gain experience in close racing situations that would force them outside of their comfort zones and prepare them for fall rowing with a heightened level of racing ability and competence.

While Moore and new assistant coach, Jim Lister, set to work hosting the US Pre-Elite National Team Camp in Syracuse for the second time in three years, which was attended by rising junior Amy Ludovici and nine other top athletes from around the country, the Orange women also

quietly worked hard to find the races that would satisfy their coach's request.

A group of athletes based in Syracuse for the summer knew that NCAA rules prevented them from using Syracuse equipment and thus were lucky enough to forge a relationship with Buffalo's West Side Rowing Club and its head women's coach, Justin Farrington. Farrington, who is a rower at West Side himself, was instrumental in supplying boats at the Buffalo Invite, Row Ontario Regatta and Royal Canadian Henley while also happily offering help and advice to each boat racing. Under the guidance of Farrington and Lister, who attended Henley as the pre-elite coach, 12 Syracuse athletes raced at Henley—a total that has not been seen for years in the Syracuse program.

When asked about being involved in such a dynamic event, Lister stated: "I am very excited to get to work and build upon the training that the team has invested in themselves and the program. To me this says a lot about the teams desire to be an elite program."

Leading the charge with exciting results was sophomore Maddison Leitch, who won two Henley gold's in the under 23 double and quad events. Also competing in this event were senior Maggie McCrudden, juniors Anna Kaszycki, Holly Johnston and Kari Tomeny and underclassmen Emma Allen and Claire Meyers. In the under-23 eight, seniors Miranda Williams and Ashley Marsh, along with McCrudden, Johnston and Tomeny, claimed a tough second place finish behind a highly polished Vesper Rowing Club crew. Rising sophomores Eliza Frank and Morgan McMullen also featured throughout the summer with their respective programs while junior Georgia Hamilton was selected to be in the competitive Canada Summer Games Team, which raced in Quebec during mid August.

Knowing the difficulty and costs involved with attaining memberships and racing, Moore proudly reflected on the summer season, stating: "I am so proud of so many athletes for finding a way to race this summer. We know it is not easy to find boats, to get coaching and get to regattas. The effort that has been put forth this summer will show itself come spring time."



BACKSPLASH

NEWS OF OUR ALUMNI



PAUL IRVING '45

August 7th was Paul Irvine's 90th birthday. His one request was to row his single in front of family and friends. His son Peter gave his account of the day: "Saturday turned out very well! The Lord blessed us with sunshine, reduced wind when my dad was on the water, and minimal boat traffic. Most of all, we were very appreciative of Joe [DeLeo, volunteer assistant coach] and the young man from your team [Doug Wetzel '15], for their help and encouragement in coming out to assist my dad. Wonderful! So a thanks to you, Dave, and all who made it possible. The whole family is grateful."

ISAAC BUDMEN '12

Do you know how 3D printing works? If not, you should pick up the new book from Isaac, a designer and artist in Syracuse, and Anthony Rotolo, assistant professor of practice at the School of Information Studies (iSchool): *The Book on 3D Printing*. A "3D printer" produces objects through the layering of plastic or another polymer in ultra-thin coats, ultimately forming the object according to specific digital directions. The book is available on Amazon in paperback and Kindle formats. (Courtesy J.D. Ross of the iSchool.)

JOE PADUDA '80

The Padudas are in Maine for the fall; daughter Molly is a senior at Bowdoin College. We live up here in the fall so we can go to her field hockey games; she thinks it is so we can do her laundry. Son Cal is a sophomore at SU; alas he is not rowing, but playing lacrosse. Daughter Erin is an ER nurse at a Level 2 trauma center in Bridgeport. Bought a place on Lake Skaneateles, expect to be rowing on the Lake next summer!



CLASS OF 2007

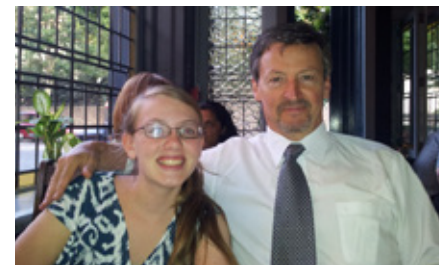
Matt Morrow, Andrew Ross, Jimmy Bader and Mike Beck '07 - We had a great climbing trip out in the North Cascades mountain range in Washington State this summer. We had a great summit of Mt. Baker via the north ridge route and even sported some Syracuse rowing gear on the summit (see photo). We challenge other alumni to put up some Cuse rowing swag in awesome places!

KIRK ORNSTEIN '89

My baby boy, John Jerome Ornstein, was born June 20 at 1:29pm, weighing in at 7.78lbs! My wife is a super star!

KEN HUTTON '69

The initial Evening at Ten Eyck brought many alums back from near and far. My wife, Jeanne, and I were pleased to host Drew & Lee Harrison (both '68 graduates) from Victoria, BC, Canada and Nils ('70) & Donna Peterson from outside DC. Not only did I row with Drew and Nils, but they were also fraternity brothers at Lambda Chi Alpha, which held a reunion over the same weekend. The six of us had a great time at both events, reminiscing and re-living glory days. Go SU.



STEPHEN COSTELLO '77

The above photo is me with daughter Eliza in London this summer.



TYSON BRY '10

Sharon Bry reported: "I wanted to send you a picture of the Syracuse alumni rowers participating with 'Team Bry' in the Prouty Race for a Cure 2012 out of the Dartmouth boathouse to raise money for cancer research at the Dartmouth-Hitchcock Norris Cotton Cancer Center. This was our first year for our own team after Brian Bry (father of Tyson Bry '10) died of brain cancer on January 2, 2012 and in memory of their friend Bartosz Szczyrba '07, who died from cancer in 2011.

The crew included: Tyson Bry, Jack Muttly '10, Brian Azeff '08, Noah Chase '07, Vince Berry '11, Ryan Patton '10, Mark Vyzas '10, Matt Sisk '11 and Ashley Neuhof (UVM). A great event with a great group of guys (and girl!!)."



Vallerie (Peck) Bettini '99

Vallerie was recently promoted to Senior Vice President within Arnold Worldwide's Boston headquarters. In this role, she is responsible for the day-to-day management of the Progressive Insurance advertising campaign. Val is a 14-year veteran of the advertising industry and has been with Arnold since 2005."

FROM THE ARCHIVE



Stephen Costello '77 with Coach Sanford



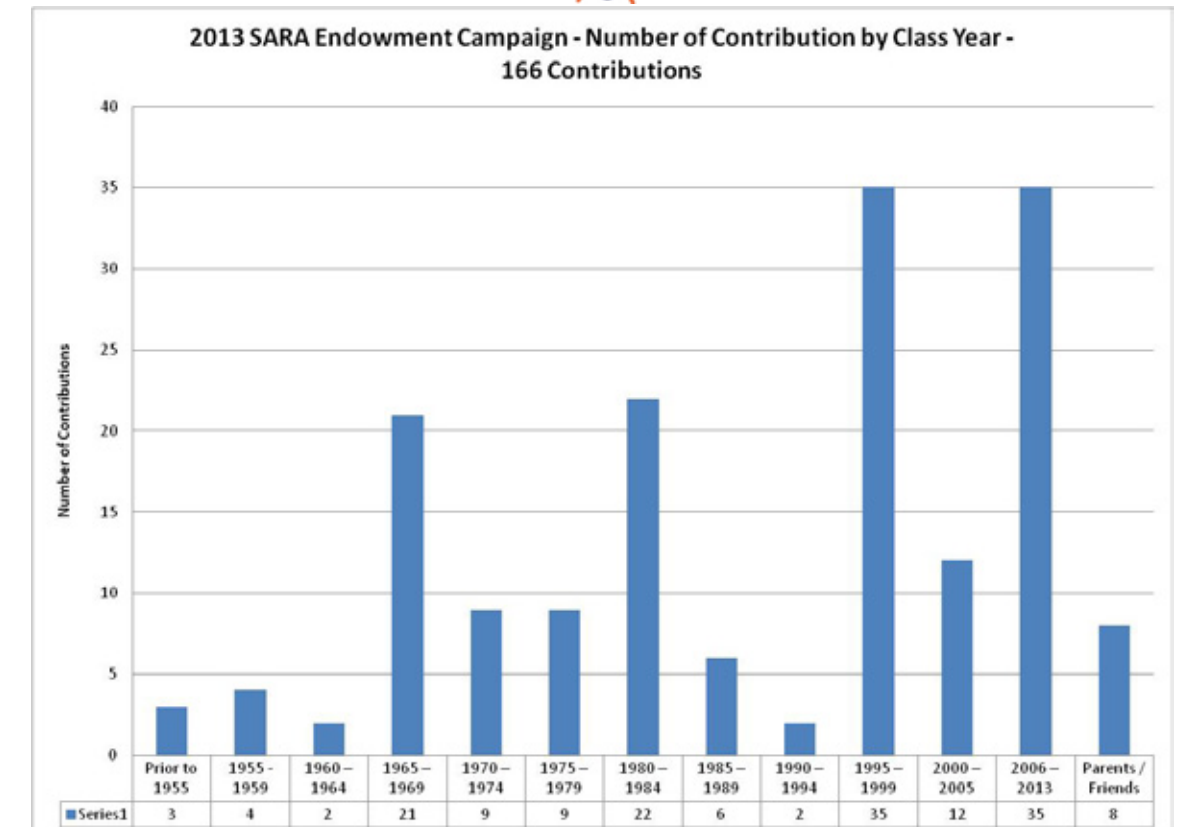
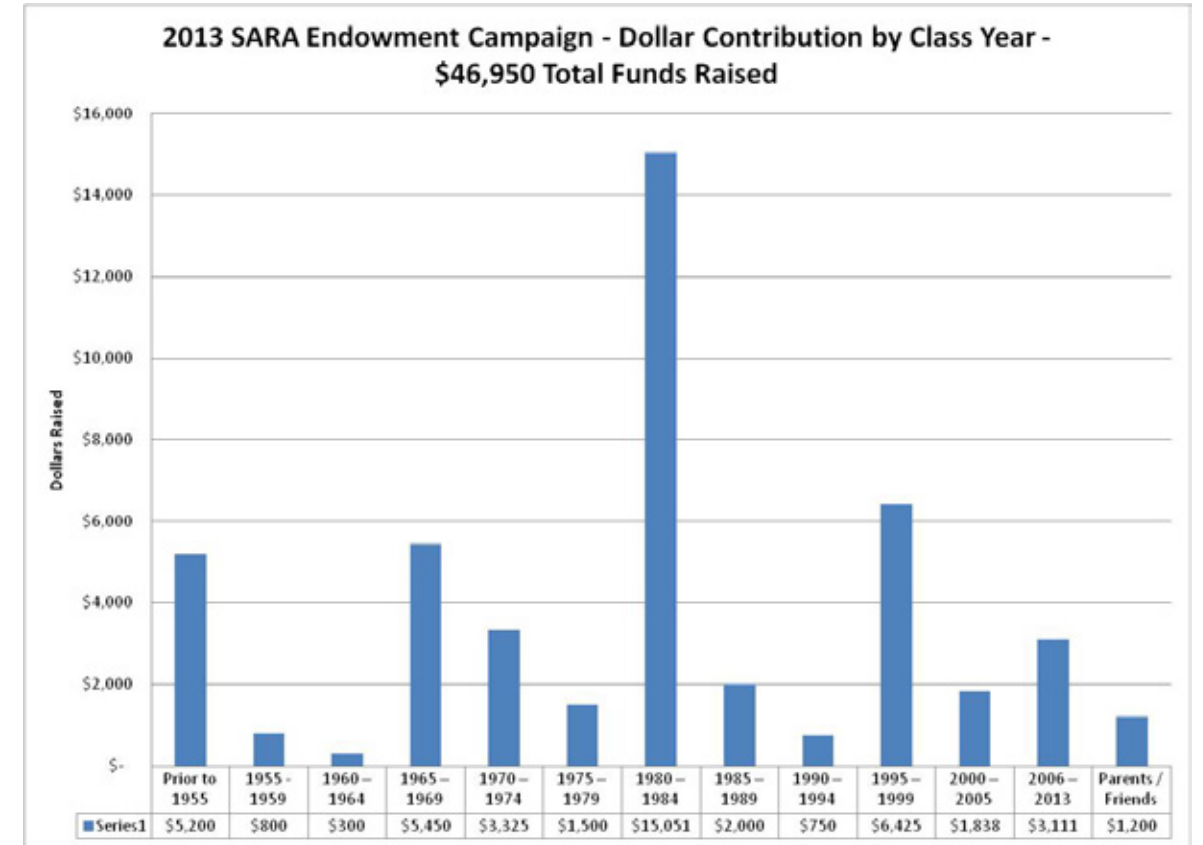
SARA Men's Crew Endowment Campaign

On behalf of Syracuse Alumni Rowing Association and SU coaching staff, we would like to thank those who contributed as part of the 2013 SARA Endowment campaign. Your financial support of SU Men's rowing ensures the long term health and competitiveness of the program. As of September 1, the SARA Endowment has grown to over \$200,000. As this grows over time, the Endowment will provide an annual cash flow to the rowing program to fund a range of needs including, coaching positions, equipment, away regattas and facilities. We have targeted a lofty goal of \$1 million by 2015. Your continued support will allow us to achieve this goal.

The 2013 SARA Endowment Campaign generated over \$47,000 over a 2,000-hour or 83-day period. The average donation was just under \$300, with several large leadership gifts received. Over 165 alumni and friends of Syracuse rowing contributed (30 more than last year) to the Endowment during this period. More impressively, 46 class years participated - 5 more class years than last year. Our objectives for this campaign were to have broad participation (150 contributor and 45 class years targeted - achieved) and \$75,000 (close). The cost of the campaign was funded by private donations and the SARA operating fund. Expenses for the fund raising campaign were not from the SARA endowment.

Special congratulations to the class years of 1980 - 1984 for raising the most funds contributed with just under \$15,000 and the class years of 1995 - 1999 and 2006 - 2012, who tied for having the highest participation, both with 33 people contributing. Participates from these class years are receiving an SU racing shirt! A special thanks to Charlie Clark '83, campaign chair, the class year captains and their drafted lieutenants for their time and energy in making this year's campaign a success.

Joe Kieffer '88 SARA President
Charlie Clark '83 Endowment Campaign Chair
Dave Reischman SU Men's Head Coach



THANK YOU

Thank you for your contribution to the Men's Crew Endowment. The Men's Endowment was established over in the Summer 2010 and has grown to over \$200,000 with over 280 alumni and friends contributing. Thank you again for all of support of Syracuse Men's Rowing and keeping them fast.

Jayon Abbott '01
Liz Abraham '14
Cecil B. Adams '77
Allianz Global Assistance*
Nick Alexander '04
David Altman '99*
Robert Angelucci '57
Stephen Anthony '80#*
Ryan Armstrong '08*
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AXA Foundation*
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Gordon Bain '88*
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Dr. Bruce Baker '59
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Bill Bater '79*
David Beckett '80*
Michael Beck '07*
Jim Behr '12
Bob Beier '52
Rick Benners #
Harold Bender '99*
Vince Berry '11
Andrew Berster '02*
James Bettini '99#*
Mark Bickford '81
Chris Bickford '12
Carl Blixt '57
Kevin Boyle '03
Paul Blacharski '72
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Noah Chase '08*
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Virgilio Ciullo '66*
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Terence J. Connors P'12
Stephen Connor '12
Andrew Cooley '05*
Matthew Costigan '03
Randy Cramer '98
Robert Curren '54*
John Curtain III '98#*
Austin Curwen'91
Tom Darling '81#*
Paris Daskalakis '98*
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Dr. Tim Daughton Jr '98*
Tom Davies '98
John & Beth Delaney P'16*
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Michael Dietrick '11
Drew Doscher
Paul Dudzick '67#*
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Troy Duff '99
Dale Ellis '98*
Brian Elsts '96
Martin Etem '09*
Tom Evancie '78#*
Mike Fegley '97#*
Jason Ferreira '99*

David Fish '80*
Brian Fitzgerald '94
Jon Flynn '07*
Tom Foote '99*
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Nathan Graff '96*
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Tim Griffin '10
Sam Haines '98
Perry Hamerla '88*
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Joel Harrison '07*
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Drew Harrison '68*
Scott Hansen '88
Jason Hegener '98*
Rob Heinsteine '89*
Gerry Henwood '80*
Peter Henriques '80#*
John Hession '72
Mathew Heumann '02
Glenn Heyer '01
Bob Hick '54#*
Jason Hillebrecht '99*
Andy Hobbs '83#*
Steve Hobson '95
Rick Holland '83
Michael Horvath '04
Reid Howe '82*
Jim Hubbell '09
Gordon Hull '83#*

Adlai Hurt '04#*
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Tom Lotz '57#*
Marc Lopez '83
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Tom Lowe '83
LPL Financial
Murry Lukoff '77#*
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Douglas Markel '99*
Matt Marsh '97
Carl Mather '86
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John McGhee '84
James McKay '82
Richard McNamara '88#
Skye Michiels '98
Linda Miller *

Don Miller '86*
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Arthur H. Mittelstaedt '58
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Joey Peter '69#*
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Whitney Philbrick '89
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Andrew Powers '96*
Jason Premo '98#*
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Bob Price '88
Will Russo '03
Paul Sanford
Bill Sanford '63*
Rich Sangillo '98
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Evan Scott '99*
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Rachael Seabrook
James Segaloff '59
John Sekas '84
Vince Sera '99*
John Shamlian '79*

Dr. Peter Sheerin '83*
Art Sibley '80#*
Matt Sisk *
Richard Skomra '83*
Don Smith '90#*
Tracy Smith '90*
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Thomas M. Rouen '60
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Josh Stratton '01*
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Dave Swenton'87 #*
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IMO Bartosz Szczyrba '07
Nina Rayfield Tate '99
John Thomas '67
Julian Thomka-Gazdik '90
Rick Tremblay '78*
Tremont Street Foundation#*
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Todd Wilkinson '96*
Jerry Winkelstein '61*
Dick Yochum '68*
Pat Young '90*
Mr. Conrad Zink
and Mrs. Lynda del Castillo
Dennis Zutant '66*

As of September 1, 2013

has contributed \$1,000 or more to the Sara Endowment * has contributed more than once

has contributed \$1,000 or more to the Sara Endowment * has contributed more than once



2014 SARA ANNUAL MEMBERSHIP MEETING

SATURDAY, JANUARY 18, 2014

8:30AM – 3:00PM

MELO CENTER – MANLEY FIELD HOUSE

SYRACUSE, NEW YORK

FOLLOWING MEETING:

MEN'S BASKETBALL



SYRACUSE UNIVERSITY

VS



UNIVERSITY OF PITTSBURGH

SAT, JAN 18, 2014 - 4PM TIP OFF

IN MEMORIAM



BILL LAIDLAW '59

SARA sends its condolences to the family of Bill Laidlaw '59 who passed away in June in Savannah, GA. A Nottingham High School grad and member of Delta Upsilon fraternity, he rowed in the 1956 freshman boat that won the IRA, marched with the S.U. band at the 1957 Cotton Bowl and served as a U.S. Army helicopter pilot in West Germany and Vietnam before embarking on a career in sales and management. He is survived by his wife Mary, three children and grandchildren.

DONATE

Keep SU fast on the water by giving to the SARA Men's Rowing Endowment

Donation can be sent to:

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

Or donate via credit card or PayPal to: www.cnycf.org/sara
All donations to the SARA Endowment are tax deductible

FINAL THOUGHTS

LETS GET SOCIAL



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Womens Coach: Justin Moore - jmoore06@syr.edu
Orange Oar Editor: Jay Rhodes - jayrhodes24@gmail.com