

Syracuse Alumni Rowing Association, Inc.

ORANGE OAR

Volume XV, No. 2, January 2014



**JOHN NICHOLSON
LETTERWINNER OF DISTINCTION**

**MEN & WOMEN
RECAP THE FALL SEASON**

HALL OF FAME

**Q&A WITH
THE CAPTAINS**



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The Syracuse men and women are just returning from their winter training in Florida, ready for another six grueling weeks of indoor training. Ergs, weights and dome stairs - repeat. The men prepare for the traditional slate of EARC / IRA foes, while the women enter into the ACC with a new set of challengers. Sprint races begin in mid- to late March and extend to early June. Outfitted with the best equipment and led by the best coaching staff, the Syracuse men and women promise to be competitive in the spring.

SARA has had another productive year. SARA started 2013 with its annual meeting in Syracuse and our first ever web streaming of the event. SARA then hosted a reception for the Kris Sanford event in the Jock Stratton crew room. In the SARA Endowment Men's crew campaign, over 165 alumni contributed to raise over \$47,000. SARA provided live race broadcasts, tweeted results, hosted an alumni dinner and sponsored the waterside tent at the IRA at Lake Natoma, California, and recognized the graduating seniors as our newest alumni. In September, SARA hosted an "A Night at Ten Eyck" where over 240 watched nine alumni boats raced to earn the right to race Henley style against the victorious 2014 senior class. During that evening, SARA inducted four Hall of Fame members, including Tom Darling '80 and Bill Purdy '79. In November, we saw our own John Nicholson '68 receive the Syracuse University LetterWinner of Distinction. SARA constructed an area in the Jock Stratton crew room to display the plaques of each of the 80 inductees to the Syracuse Rowing Hall of Fame. Throughout the year, SARA provided communication via the blog and the newly redesigned Orange Oar.

As always, SARA has an aggressive agenda in 2014. We started the year with SARA annual meeting on Saturday, January 18. All alumni were encouraged to attend, and SARA again provided a live webcast of the meeting. Joe Paduda '80 and John Nicholson '68's labor will come to fruition with the publication of Mark of the Oarsmen II - Syracuse Rowing, The Next Fifty Years. Efforts are underway to improve our alumni contact information. In 2014, SARA will continue live broadcasting of the men's and women's races. On September 20, 2014, SARA will host the second annual "Evening at Ten Eyck." There will be alumni racing, food, drink, a boat christening and a Syracuse Rowing Hall of Fame ceremony. Please mark your calendars. Throughout the year, SARA will fundraise and 'friendraise' in an effort to solidify Syracuse University as one of the nations's fastest and well funded rowing programs. SARA would also like to thank everyone for their continued financial support of Syracuse rowing. We need all of our alumni support in making this happen.

At our annual meeting in January, I stepped down as SARA president and handed the reins over to the capable hands of Lynne Pascale '79. It has been a privilege to serve Syracuse Rowing and alumni base for the past two years as President and nine years on the executive board. SARA is one of the strongest and most active alumni organizations in the nation with an over-1,500-person alumni base.

Thank you again for supporting Syracuse Rowing. Go 'cuse.



Pull Hard and Go Fast
Joe Kieffer '88
SARA President

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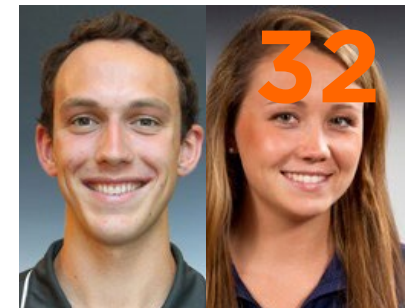


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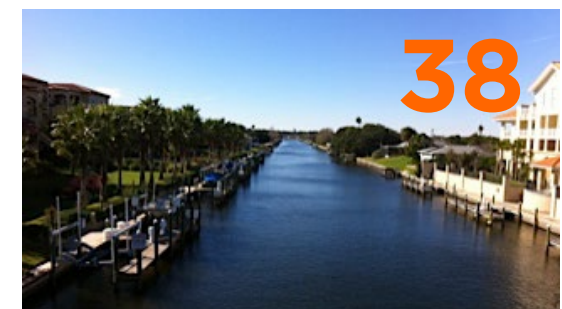


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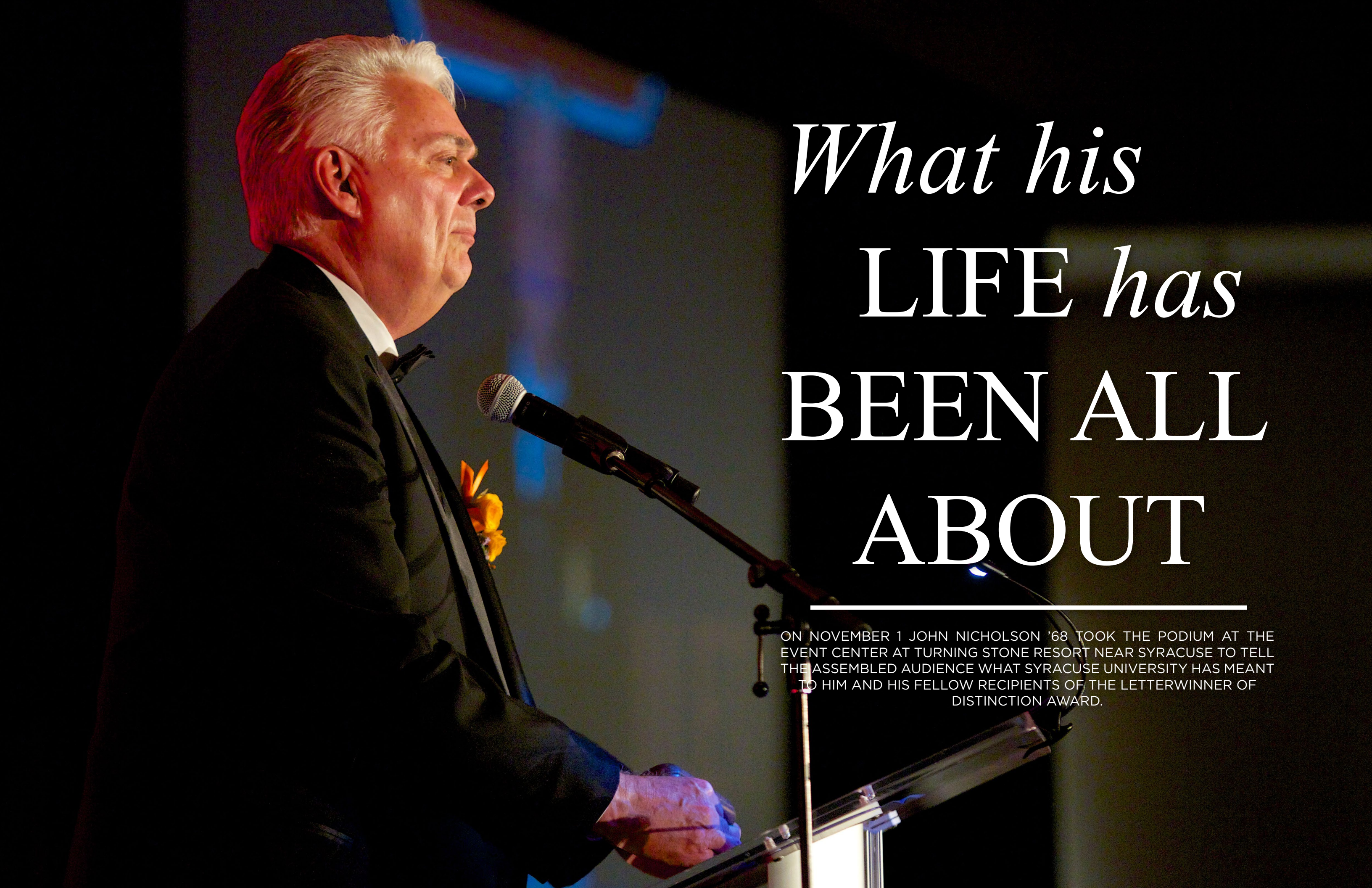
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Editor: Jay Rhodes, '89
Art Directors: Ryan Armstrong '08, Hugh Duffy '80
Contributors: Holly Johnston '15, Tom Darling '81, Tracy Rude Smith '90

A man with white hair, wearing a dark tuxedo and a white shirt with a dark bow tie, is shown in profile from the chest up. He is standing at a podium, speaking into a microphone. A small orange and yellow floral corsage is pinned to his lapel. The background is dark with some blue light accents.

What his
LIFE *has*
BEEEN ALL
ABOUT

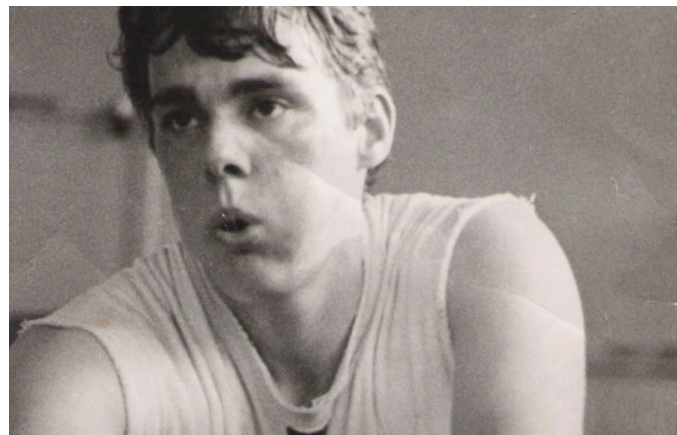
ON NOVEMBER 1 JOHN NICHOLSON '68 TOOK THE PODIUM AT THE EVENT CENTER AT TURNING STONE RESORT NEAR SYRACUSE TO TELL THE ASSEMBLED AUDIENCE WHAT SYRACUSE UNIVERSITY HAS MEANT TO HIM AND HIS FELLOW RECIPIENTS OF THE LETTERWINNER OF DISTINCTION AWARD.

Those fellow recipients were Craig Bingham '82 Football; Eileen (Smith) Edsall '81 Basketball and Volleyball; Art Monk '80 Football; and the 1983 Men's Lacrosse Team.

There were too many attendees to name. Here's a partial list: John's family; Jim Breuer '72, a Syracuse University Trustee and board member of the SARA Endowment; Gerry Henwood '80, a SARA director; Joe Kieffer '88, President of SARA; Lynn Della Pelle Pascale '81, First Vice President of SARA; Joe Paduda '80 Secretary of SARA; Joe Peter '69; Coach Dave Reischman; Coach Bill Sanford '63; and Martha Rowe '82, Vice President of the Varsity Club and Assistant Treasurer of SARA.

For those who weren't there, we can watch [the video](#) produced to commemorate John's award in which he recounted rowing's principal life lesson:

"Everybody who's been an athlete understands part of being a team," Nicholson said. "But I don't think there's anything that's more team oriented than when you're in a boat with seven other guys and a coxswain and you all have to work together or you don't get anywhere. It was a feeling of teamwork, of 'I don't want to let the other guys down because, if I do, for one thing, they'll know it,' and your success working together—that was a wonderful feeling."



What the video does not include are John's remarks that evening.

"Becoming a Letterwinner of Distinction is about so much more than winning a varsity letter at S.U.," he said. "That just makes you eligible. It's more about what you have done since then - representing your alma mater and contributing to it and to society in different ways - enough so that the people who select you feel you are worthy."

Newhouse and NBC Sports icon Bob Costas is

among the people who, as John's friend for 40 years, including a stint together at WSYR in Syracuse in 1973, recounted why John is worthy. In the video, he hinted at a few of the lives John has touched:

"Syracuse has been such an important part of John's life, professionally at Channel 3, all the friendships that endure, myself, Steve Kroft, so many others and then his work at the Newhouse School for many years and all the students and the academics that he's come in contact with," said Costas. "To be singled out in this way, for an award that represents so much of what his life has been about. He's probably too humble to boast about it—I know he is—it means a lot to him."



Kroft, who's a widely recognized part of CBS' 60 Minutes team, said: "I'm happy to say John Nicholson is one of my best and oldest friends. By my calculation, we've known each other for 49 years and worked together in newsrooms in Syracuse and in Jacksonville, Florida. He's a great journalist and a great teacher."

Following the distinguished career in broadcast journalism mentioned by Costas and Kroft, John returned to Syracuse. He was appointed the first director of the Newhouse Sports Media Center at Syracuse University, and for the past 15 years, he has been a professor of practice in broadcast and digital journalism at the S.I. Newhouse School of Public Communications.

One of the greatest measures of a teacher is his/her students' praise. Jason Benetti, Syracuse '05, Wake Forest Law '11, baseball play-by-play announcer and media director for the Syracuse Chiefs and basketball announcer on ESPNU, [has a quite a story of his own to tell](#). He made it clear that John influenced him and his career:

"What I love about John is his honesty," Benetti

"NO ONE WORKED HARDER TO HELP OUR PROGRAM WITH HIS PROFESSIONAL SKILL, WHETHER IT WAS ANNOUNCING RACES OR WRITING THE ORANGE OAR. HE NEVER ASKED FOR ANYTHING IN RETURN, AND TODAY IS CO-AUTHORING THE MARK OF THE OARSMEN II, A VAST, TIME-CONSUMING UNDERTAKING. JOHN WAS AN OVERDUE, GREAT SELECTION FOR THE LETTER WINNER OF DISTINCTION, AND HIS REMARKS ON BEHALF OF HIS FELLOW HONOREES AND HIMSELF WERE OUTSTANDING AND SOME OF THE BEST I HAVE HEARD OVER MY FIFTY PLUS YEARS ATTENDING."

said. "If he reads something that you wrote and he doesn't like a portion of it, he's gonna tell you. If you're the type of person who really enjoys making improvements on what you do, John Nicholson is a need-to-have in your life."

Given John's involvement in and contribution to so many people and organizations, the S.U. rowing community might have simply been content with a little of John's time on occasion. We got much more than that.



On paper he is a past president of SARA and was the longest serving editor of the Orange Oar. (Typically reluctant to comment, much less self-promote, John will not say, but long time SARA members say it is no less than 20 years.) Coach Dave Reischman captured the spirit of what it has been like to have John so involved in Syracuse rowing during Reischman's 11-year tenure:

"I think John, for our alumni group, is sort of a jack-of-all-trades. He's been involved in every aspect of it—certainly the Orange Oar newsletter—but the thing that John is just uniquely qualified to do with his vast wealth of experience in broadcasting is broadcast our race. It's almost like having Bob Costas do a Little League baseball game. John's a real heavyweight at what he does. He's very good at it and to have his voice—that authoritative announcer voice calling out races as we're coming down the canal. I wish that our races [were on a different day] so that I could listen to him."

Bill Sanford '63, freshman coach from 1963-1967 and head coach from 1968-2002, has known John since he arrived on campus:

"John was a tall, good-looking, crew walk-on who any coach would be excited about due to his size," Sanford said. "He was a typical, soft, young, kid in

crew terms, who would develop and become a real contributor. I've had the luxury of watching John grow and develop throughout his life. I became a great admirer of John about twenty to twenty five years ago as I observed his dedication to his profession, as well as our crew.

"No one worked harder to help our program with his professional skill, whether it was announcing races or writing the Orange Oar. He never asked for anything in return, and today is co-authoring the Mark of the Oarsmen II, a vast, time-consuming undertaking. John was an overdue, great selection for the LetterWinner of Distinction, and his remarks on behalf of his fellow honorees and himself were outstanding and some of the best I have heard over my fifty plus years attending."

You can find those remarks on the [SARA blog](#). In closing that speech, John spoke of what has motivated him to be the alumnus we have appreciated so much.

"There is something special about representing your school in athletic competition, whether the public ever learns your name or not," Nicholson said. "And there is something very special about representing your alma mater in everything you do for the rest of your life."

"We are all proud to represent Syracuse University. And we are pleased and humbled that our alma mater is proud of us."



Syracuse Men's Crew Endowment



Join the over 260 Syracuse rowing alumni who have contributed to the SARA Men's Crew Endowment. The Endowment has grown to over \$200,000 within the past three years. Please consider making a donation to the SARA Men's Crew Endowment. Donations are tax deductible and can be made through:

ONLINE: mygiving.cnycf.org/sara

MAIL: Central New York Community Foundation
431 East Fayette Street, Suite 100
Syracuse, New York 13202
*Make checks payable to: CNYCF
memo line: SARA Endowment*

Other Gifts: Donations of stock are also accepted
Please call CNYCF at 315-422-9538.

**Check with your company about a matching gift program.*

This Team is "Right Side Up"



Syracuse was the only team in the SBC to place a crew in the A final of every boat category. In particular, senior Rebecca Soja won the single in 8:08.3 over Annaliese Ionson of Princeton (8:13.54). Junior Sienna DeSantis and freshman Ailish Tinney won the B pair final in a time of 8:02.6. Penn finished second in 8:04.79, and Radcliffe finished third in 8:07.4.

Syracuse won the Varsity 8 and Varsity 4 events at the Foot of the Charles. Moore felt the victories demonstrated that his team now has much more depth and rowing the small boats prepared the athletes well to row in the eight.

"To place all of our fours in the top seven was quite an accomplishment," Moore said. "To put it in even greater perspective, of the top seven crews, Radcliffe Openweights had one, Northeastern had one, Radcliffe lights had one, and we had four. Three years ago, we were battling—and losing—to BU. This year all four of our fours bettered their top crew."

Referring to moving from the fours to the eights, Moore said: "After the SBC, we spent two weeks dedicated to the fours. Our performance at the Foot showed that rowing the small boats translated very well to larger boat speed. It is exciting to think about our potential in the 1V and 2V eight."

Moore is pleased with the performance of his older athletes in practice and fall racing, as well as the make-up of his roster in comparison with previous years.

"The juniors and seniors have been everything I had hoped they would be," he said. "Their actions make clear that they want to be one of the top 15 teams in the country. And our team is 'finally right side up,' meaning our juniors and seniors are leading our younger athletes. When I arrived, we immediately had 4 freshmen in the varsity. We may not have any this year, which is a good thing, because our youngsters are good."

How good are they? Moore took note when S.U.'s D four (Hattie Taylor, Saydee McQuay, Lexie Gill, Ailish Tinney and coxswain Lily Powers) finished



sixth at the Foot of the Charles in 14:02.3, narrowly edging Syracuse C (14:03.1) and beating Radcliffe B (14:11.4).

"The D four was a frosh crew," Moore said. "These guys are young, fairly raw, and have a ways to go before they reach their potential. If they can finish sixth now, I am excited to see what they can do in three years—provided they commit to training."

Moore was excited when many athletes rowed competitively over the summer, including 12 women who raced in the Royal Canadian Henley Regatta. Now he is eyeing a more aggressive winter training regimen.

"This winter we are making a commitment to increase the volume of our training," Moore said. "In my first two years, I did not feel that the women were prepared to take on a high-volume training program. Now, with our squad right side up, and having the necessary depth, we are in a place where we have the physical and mental maturity to add volume. To this end, we are having 24 women lactate tested, to ensure that our training paces are 100 percent accurate for this essential period. It is another step in the evolution of our training."

As the Orange Oar went to press, the team was returning from its training trip to Florida. Nevertheless, Moore was feeling like time was short. "We have eight weeks until we leave for Clemson, South Carolina and our first race (Saturday, March 15 against Boston University,



Clemson, Indiana and Purdue)," he said. "This period is broken into two four-week micro-cycles, with a weekend off at the conclusion of each. There will be lots of ergometer miles during this period. This is where our increased volume will be felt."

Syracuse's move from the Big East to the Atlantic Coast Conference (ACC) offers S.U. two opportunities to square off against Clemson, and Moore likes the prospect of the second encounter.

"What is great about this year is that we will see Clemson again at the ACC Championships," he said. "In past years, I always felt that we were in a very difficult position, because we were always closely ranked with Clemson. I want to row as much as possible on our spring training trip, but that means that, at the end of the trip, we race against Clemson when we are deeply fatigued. Now, with our move into the ACC, we can race with free hearts, knowing that we will get another crack at Clemson at in May at the ACC. Championships."

That first race date is Saturday, March 15 against Boston University, Clemson, Indiana and Purdue in Clemson, South Carolina.



Syracuse women's head rowing coach Justin Moore was happy with the team's results in small boats in the fall, the way small boat rowing translated into rowing in eights and the age breakdown of his roster.

At the Head of the Genesee the open eight and open four won their events, and the team had first-, third- and fifth-place finishes in open doubles. At the Head of the Charles, the Orange recorded a fifth-place finish in the championship double and had boats finish ninth and 12th in the championship fours.

Still, Moore felt the team delivered its best performances at the end of the season at the inaugural Collegiate Small Boat Sprint Championship (SBC) and the Foot of the Charles.

"The SBC was our 'target race' for the fall," said Moore. "We dedicated the majority of our training time to the singles, doubles and pairs, and it showed at the race. We are very excited to see this race grow and have it become a major event on the fall calendar."

Hard Work and Attention to Detail

Syracuse men's rowing head coach Dave Reischman looks for three types of results in the fall: how the boats finish in fall races, how they row those races and how the athletes carry themselves in practice. The fall of 2013 demonstrated that the athletes are working hard, the athletes competing to be in the varsity boat raced well for the most part and the other boats have yet to take shape.

"First off, I need to give my official fall disclaimer," Reischman said. "We only look at fall results in a very general sense as most everyone in our league doesn't place a huge emphasis on fall results. Having said that, though, the two results that have some validity are the Head of the Genesee and the Princeton Chase for the varsity eight."

Under the Head of the Genesee format, crews row a 5000-meter head race in the morning, and then based on that time, match up for 1,500-meter racing in the afternoon. The Syracuse A eight finished second to Brown A with an overall time of 28:59.97 compared with 28:45.55.

The post-race analysis identified positive and negative segments in those pieces, yet Reischman was content with the final margin. "Too often in the past at this race, we let Brown get away from us, and as you can see from the times, we fought pretty well," he said.

Reischman had a very succinct recap of the Head of the Charles: the lone eight, which finished 24th, did not handle a head wind well.





Of all three fall races, Reischman liked the three-mile Princeton Chase best for the purposes of evaluating his team. Three eights of varsity rowers raced in the morning, and members of the A and B eights rowed fours in the mid-day race. Reischman liked the way S.U. finished in relation to Cornell, Penn and Navy. Cornell A finished sixth in 13:23.6, Penn A finished eighth in 13:28, Syracuse A finished ninth in 13:30.3 and Navy B and Navy A finished 16th (13:53.278) and 17th (13:53.286), respectively.

Reischman evaluated the B and C eights on their race performance at the Head of the Genesee, their practice pieces leading up to the Princeton Chase and their race there.

In Rochester those two boats finished behind Brown's B and C eights because "the B boat had good effort but wasn't very efficient, and the C was a bit low on their cadence."

"During the week prior to the Princeton Chase, the C eight was giving the B eight a good tussle in practice and race day was no exception as the B boat beat the C by only five seconds," Reischman said. "I think that is a pretty good indication that we haven't quite sorted out these two line-ups."

Reischman has noted the importance of a competitive JV to push the varsity boat, so the battle among the athletes from the B and C eights will be important as spring approaches.

Looking at overall depth, the 2012-13 team had four senior oarsmen and this year's squad has four senior rowers and two senior coxswains. The junior, sophomore and freshman classes are bigger, which suggests the team will have more seniors next year.

"The make up in the varsity was three seniors, three juniors and two sophomores, so it was a nice cross section," Reischman said. Those athletes were seniors Jake Martens (a co-captain and stroke) Mike Sparta (coxswain) and Mac Zink, juniors Samuel Jasper, Pat O'Shaughnessy-Hunter and Doug Wetzell and sophomores A.J. Abell and Bryce VanderBerg.

"The biggest battle of all just might be the coxswain's seat," said Reischman. "Liz Abraham (also a senior) and Sparta both coxed at a really high level."

Since coaches and athletes talked about a renewed commitment in August, it was important to check in with Reischman on progress toward that goal.

"I am hesitant to point out individuals in a team sport, but I think our two captains, Jake Martens and Kyle Rogers, have done a very nice job of reinforcing our expectations of hard work and attentiveness



to detail to the squad," he said. "There was a lot of intent at practice on a daily basis, particularly among the top group.

"I think the oarsmen who were in the varsity boat were there, in large part, due to their work ethic. There are two or three guys in the JV boat who, if they keep working hard, will get a shot in the spring."

As the Orange Oar went to press, the team was returning from its training trip to Florida, where it became clear whether the commitment of the fall carried through the period between Thanksgiving and New Year's when the coaches had little contact with the athletes.

"NCAA rules prohibit us from doing anything other than making workout recommendations to the athletes," Reischman said prior to departing Syracuse. "No collecting workout logs or erg scores. We are going to find out how serious we are about winning boat races by how much work we've done during this time."

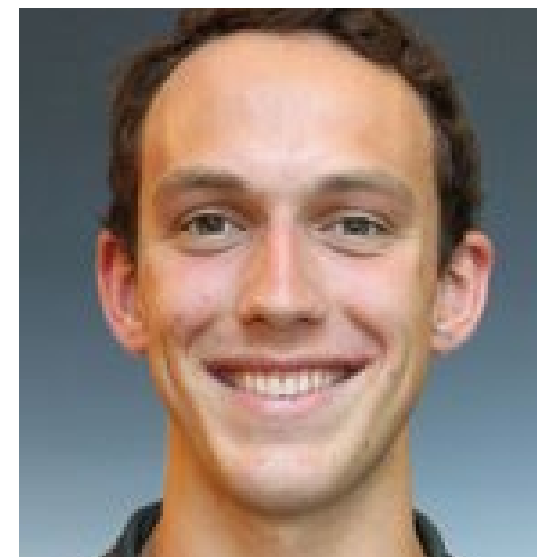
The freshmen rowed separately in the fall and will integrate with the varsity during winter training. They raced at the Head of the Fish in Saratoga and in a scrimmage with Cornell in Ithaca. In Saratoga Syracuse finished fourth and fifth out of 32 entries in the four and eighth out of 25 entries in the varsity eight. In Ithaca the teams rowed two 5,000-meter pieces. Cornell won the first piece by a bit over six seconds. Syracuse won the second one by around 20 seconds.

The men's team opens the spring racing season Saturday, March 29 against Princeton and Georgetown in Princeton.

FALL

QUOTES

THOUGHTS ON THIS PAST FALLS RACING SEASON.



JAKE MARTENS
SENIOR
AUSTIN, TEXAS

"I think the fall represents a big step in the right direction. We needed to come back from our disappointing outing at the IRA with a fresh attitude, and I think that for the most part, we have. On a personal level, this atmosphere reminds me more of the one we had in the 2011-2012 season, and I hope we can return to winning ways this spring."

LIZ ABRAHAM
MEN'S COXSWAIN
SENIOR
PRINCETON, NJ



"By the time we get to our senior years, we feel a new pressure to leave our mark on this program. The decision to fully commit for your final year is a no-brainer - the end is within reach. This fall, the team really seemed to come back with a vengeance, and I am proud of the way we are reacting to undesirable results. The atmosphere this fall has been one of just good, hard competition and I am excited to see that intensified this spring."



CONOR KELLEY
SOPHOMORE
CINCINNATI, OHIO

"This fall season has taught me that our team has the potential to compete with the best teams in the country and that the difference between winning and losing is how much effort we are putting in to making ourselves better every race. My goal for the team is that we are able to get back into racing in the grand final at the IRA and eventually get to where we are medaling. Personally, my goal is to earn a seat in the top boat and help my teammates make the boat move as fast as we possibly can."



DOUG WETZEL
JUNIOR
GAINESVILLE, FLORIDA

"While we didn't have the best showing at the Charles, we were still able to have a strong showing in other regattas and challenges. The head of the Genesee was an exciting first race because it was essentially a duel race against Brown, a top team in the nation. We were able to show how well we prepared over the summer and gain a slight gauge of where we place early on in the season. Another high point this year would be the addition of two new coaches to the men's team adding to the already great dynamics of this team. This season has been a blast with events like the alumni race and filled with hard work leading into the sprint season. We will keep it up and look forward to bringing pride to Syracuse."

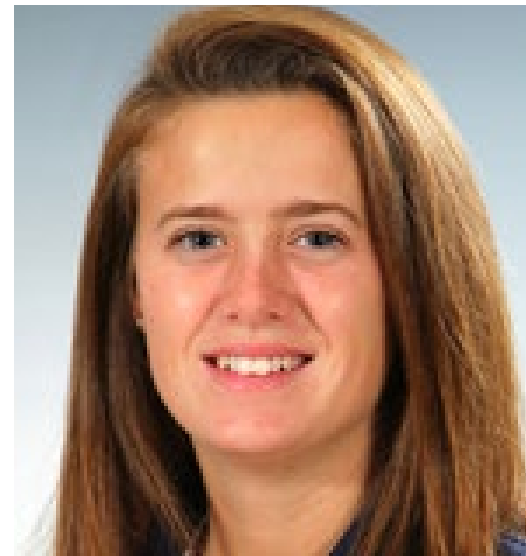
MIRANDA WILLIAMS
SENIOR
NEWTOWN, VICTORIA,
AUSTRALIA

"This fall I was nervous about getting into small boats, but I ended up loving it. Training in the small boats was competitive, but it was fun to learn which combinations worked, and then transition these combinations into fours. The small boats regatta was definitely a highlight for me. It was great seeing so many schools there, and I'm excited to see how this regatta expands and grows in the next few years. One of my most memorable moments this fall was Foot of the Charles. It was great to have four 'Cuse boats in the top seven. For me personally winning with three of my fellow seniors was a great way to end my last fall with Syracuse."



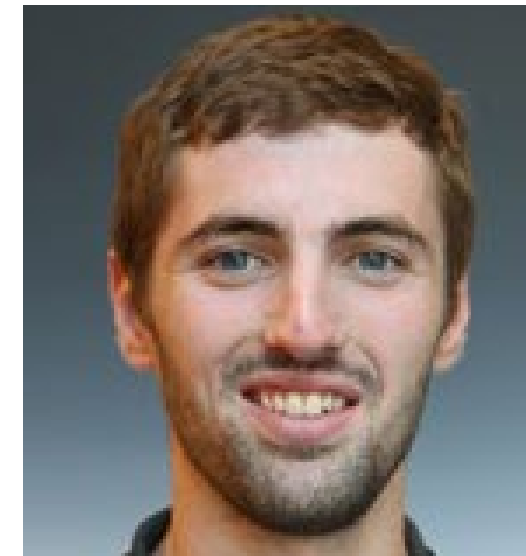
TOSCA WILSON
SOPHOMORE
HAMILTON, NEW ZEALAND

"The training program has gotten exponentially more difficult, so there were really no "easy" days. This year being my second at Syracuse, I feel that I have developed a far greater base fitness as well as gaining a better sense of discipline both with my schoolwork and the training sessions. Additionally, the team itself is so much more competitive this year, and we continue to push each other further to do our best work during each training session."



GILLIAN CARLUCCI
SENIOR
NORTHBOROUGH, MASS.

"This fall has been the most exhilarating fall season of my coxing career. In years past, we have struggled to compete against our opponents, but this year we secured a spot in the upper tier of competition. A pivotal moment was the repeat victory of the Foot of the Charles, which was an indication that last year's win was not a fluke; we are a team to be reckoned with."



CONOR FINNEGAN
SENIOR
HARVARD, MASS

"This past fall season had its ups and downs. The results from racing were definitely more positive than the previous year, but we still have a long way to go as a team and I think we all recognize that. I think we are ready to take on the challenge, set some goals, and get Syracuse back on track for a successful spring season. It seems like the motivation to achieve those goals is back, and everyone is determined to move forward from a disappointing spring season last year."

MAGGIE MCCRUDDEN
SENIOR
RIDGEWOOD, N.J.

"This fall has been different than in past years because of the team atmosphere. Girls were showing up ready to work and fired up, all at 6:30 am each day. We made an atmosphere where working hard was all we did, steady state was at a higher level than ever before and we were having fun doing it. I think our fall results showed the work we put in and the intensity that was there each day. The biggest highlight for me was racing in the 4 at Foot of the Charles, with my fellow seniors and opening the gap between Radcliffe and Syracuse. I'm excited to line up this spring with our tight knit team and surprise some teams."





CHELSEA FRAWLEY
JUNIOR
MELBOURNE, AUSTRALIA

"Well for starters, I have never had a fall season in my life! This has been completely different to my past racing experiences. Coming from training in the single for the past two years and jumping into a squad full of extremely fit athletes has shown me how much more there is to a team experience than an individual one. The highlight for me was definitely the Head of the Genesee. This was our first race to go out and show Harvard what we were made of, and boy, did we do that!"



YASMINE HEMIDA
SOPHOMORE
MOMORONECK, N.Y.

"This fall I have learned a lot about myself as an athlete and person. Spending a lot of time in small boats this fall gave the opportunity for each athlete to become more independent and hold more accountability. Just from this fall I have realized that sometimes it's really just not going to feel good or things might not go the way you planned, but how we handle these situations will allow us to move forward. Becoming a top team in the country is no longer a thought, but something we are going to accomplish."



ALISH TINNEY
FRESHMAN
SYDNEY, AUSTRALIA

"My first semester at Syracuse has been an extremely enjoyable couple of months. Fall rowing at Syracuse University compared to high school athletics is on a completely different level. It is physically and mentally more demanding in many ways ranging from volume to personal accountability. The journey of realizing our true potential as individuals and collectively as a team is something so exciting to be apart of."



ROSE ASCHEBROCK
JUNIOR
AUCKLAND, NEW ZEALAND

"This fall was different to the two falls previous as this year I knew exactly what to expect and I could plan and really utilize the training program accordingly. I now have a lot more knowledge under my belt of heart rates, rest, recovery and nutrition which really helped me get the most out of the training while staying on top of my school work. Unfortunately I didn't perform as well during the testing ergs as I had hoped, but it has just made me all the more determined to attack the training this winter so that in Spring I can set some new personal records."



CAROLINE HABJAN
JUNIOR
NEW MILFORD, CN

"I felt like this fall the stakes were a lot higher than in previous years because we know we belong at NCAAs. The training in small boats developed everyone's fitness and made us much more effective. I'd say one of the biggest highlights of the fall for me was being part of the fours group that swept Radcliffe pretty handily at The Foot of the Charles. To finish on top of Radcliffe is a huge accomplishment for our team and something to fuel us this winter."

MEN'S CREW

2014 SPRING SCHEDULE

MARCH 29 (SAT)	PRINCETON/GEORGETOWN <i>PRINCETON, NJ</i>
APRIL 5-6 (SAT-SUN)	SAN DIEGO CREW CLASSIC <i>VARSITY EIGHT</i> <i>SAN DIEGO, CA</i>
APRIL 19 (SAT)	GOES TROPHY (CORNELL,NAVY) <i>ITHACA, NY</i>
APRIL 26 (SAT)	CONLAN CUP (BU, COLUMBIA) <i>SYRACUSE, NY</i>
MAY 9 (FRI)	PACKARD CUP (DARTMOUTH) <i>HANOVER, NH</i>
MAY 18 (SUN)	EASTERN SPRINTS <i>WORCESTER, MA</i>
MAY 30 - JUNE 1 (FRI - SUN)	IRA REGATTA <i>MERCER LAKE, NJ</i>

WOMEN'S CREW

2014 SPRING SCHEDULE

MARCH 15 (SAT)	CLEMSON, BU LIGHTWEIGHT <i>CLEMSON, SC</i>
MARCH 29 (SAT)	CORNELL <i>SYRACUSE, NY</i>
APRIL 5 (SAT)	ORANGE CHALLENGE CUP (NORTHEASTERN, PENN) <i>BOSTON, MA</i>
APRIL 6 (SUN)	KITTELL CUP (BU, MINNESOTA) <i>BOSTON, MA</i>
APRIL 19 - 20 (SAT,SUN)	CLEMSON INVITATIONAL / O'LEARY CUP <i>CLEMSON, SC</i>
APRIL 26 - 27 (SAT,SUN)	MONTICELLO INVITATIONAL (DUKE, MICHIGAN STATE, VIRGINIA) <i>CHARLOTTESVILLE, VA</i>
MAY 17 - 18 (SAT,SUN)	ACC CHAMPIONSHIP <i>CLEMSON, SC</i>
MAY 30 - JUNE 1 (FRI - SUN)	NCAA CHAMPIONSHIP <i>INDIANAPOLIS, IND</i>



HALL OF FAME

SARA DIRECTOR JASON PREMO '98'S PASSION WAS EVIDENT AS HE RECAPPED THE CREATION OF THE HALL OF FAME FOR THE ORANGE OAR.

In 1872, two freshman named Charles Holden and George Hine saw an opportunity. Tapping into the physical and human resources around them—along with their own ingenuity—they worked creatively and tirelessly to build the foundation for rowing in Syracuse. In 1874 they and the Syracuse Navy drew up the original constitution that declared, “We go into boating.”

One hundred forty years of Syracuse Rowing history later—which includes six national championships, dozens of national team oarsmen and women, hundreds of high quality individuals who set forth to make their mark in the world and thousands of enduring memories—these two industrious young men have been inducted into the Syracuse Rowing Hall of Fame. Their plaques will reside in the crew

room at Archbold Gymnasium alongside those of 58 other great individuals and seven outstanding boats.

Discussions have progressed over the last several years on the topic of celebrating our history and honoring those who have shaped it. This past summer SARA approved the Syracuse Rowing Hall of Fame charter, which lays out what it is we are looking for in our Hall of Famers, how we officially induct them and how we honor them. It was determined that there will be two types of Hall of Famer.

“Rowing Excellence” inductees are those who have exhibited rowing greatness during their time at Syracuse, or beyond. “Rowers, Alumnae and Coaches of Distinction” are those who may not have won a championship at Syracuse or rowed for a National

Team (though some have achieved these as well), but whose impact as members of our program has been equally impactful through enduring presence, support and inspiration. Voting by the SARA Board of Directors and Advisory Board concluded just before the holidays, but we are always on the hunt for new candidates.

It is our hope that the Syracuse Rowing Hall of Fame will serve as a place of reflection for alumni—peers of Hall of Famers, and the inductees themselves who might someday show their plaque off as they tell a story to their grandchildren; as a source of inspiration for current oarsmen—those who might see the National Team members who’ve rowed before them and find strength to give a bit more during their next erg test, as well as the third boater who sees ‘there

IS a way for me to be as impactful as my first boat mates, and it doesn’t end after my four years; and as a message to recruits visiting our campus—you can get THERE, from HERE.

....Or, maybe I get a bit carried away with my sentimentality, and to some it is just a bunch of pretty pictures to spruce up our facilities! The goal is that everyone gets something out of this effort.

Before you read the our list of Hall of Famers, I ask that you take a moment to consider this: YOU are a part of this program. We are all bound together as brothers and sisters in Orange. From Holden and Hine through the rest of time, we ALL share something special with the Hall of Famers listed.

THE HALL OF FAME

1904 IRA NATIONAL CHAMPION 8

(MILLER, PACKARD, RICE, STONE, DEMPSTER, ANDERSON, KIMBERLY, SALISBURY, SQUIRES)

1908 IRA NATIONAL CHAMPION 8

(ELDREDGE, TEN EYCK JR, FISHER, CHAMPLIN, HEMENWAY, DUVALL, ROBERTS, SHIMER, DODGE)

1913 IRA NATIONAL CHAMPION 8

(GOES, THURSTON, HILFINGER, RICH, PROPST, ROBBINS, KUEHN,
JOSLYN, MAHON)

1916 IRA NATIONAL CHAMPION 8

(JAYNE, WHITSIDE JR, WILLIAMS, WORDEN, HOPKINS, OSMAN, WALLIS, GLASS, SPRAGUE)

1920 IRA NATIONAL CHAMPION 8

(JORDON, RAMMI, GALLAGHER, LOSKAMP, BUSCH, HOOPLE, GRIMSHAW, NICHOLSON, PAGE)

1959 PAN AM CHAMPION 8

(WINKELSTEIN, MILLS, KRIES, MILLER, MONTESI, LARSEN, ROUEN,
SCHOEL, EDMONDS)

1978 IRA NATIONAL CHAMPION 8

(STREET, SIBLEY, REID, EVANCIE, PURDY, TOWNSLEY, SHAMLIAN,
MOGISH, HENWOOD)

EMME ARONSON (1985) – OF DISTINCTION
DR. BRUCE BAKER (1959) – OF DISTINCTION
WILLIAM BATER (1979) – ROWING EXCELLENCE
GEORGE BLUM (1937) – OF DISTINCTION
JIM BREUER (1972) – OF DISTINCTION
ERNIE BUFF (1933) – OF DISTINCTION
DR. BRUCE CHAMBERLAIN (1941) – OF DISTINCTION
BILL COMPSON (1929) – OF DISTINCTION
ANDY CROSBY (1984-1985) – ROWING EXCELLENCE
TOM DARLING (1981) – ROWING EXCELLENCE
BERNARD DAWSON (1922) – OF DISTINCTION
JASON DORLAND (1983-1984) – ROWING EXCELLENCE
JIM EDMONDS (1959) – ROWING EXCELLENCE
FRANK ELDREDGE (1910) – OF DISTINCTION
MARTIN ETEM (2009) – ROWING EXCELLENCE
STEVE GLADSTONE (1964) – ROWING EXCELLENCE
TIP GOES (1914) – OF DISTINCTION
ANNA GOODALE (2005) – ROWING EXCELLENCE
ALLAN GREEN (1990) – ROWING EXCELLENCE

DREW HARRISON (1968) – ROWING EXCELLENCE
BILL HIDER (1961) – OF DISTINCTION
MARTY HILFINGER (1914) – OF DISTINCTION
DR. GORDON HOOPLE (1916) – OF DISTINCTION
DICK HORSTMAN (1957) – OF DISTINCTION
JERRY JACOBI (1981) – ROWING EXCELLENCE
BEN JOHNSON (1920) – OF DISTINCTION
TONY JOHNSON (1962) – ROWING EXCELLENCE
TED KAKAS (1965) – ROWING EXCELLENCE
DR. TOM KERR (1939) – OF DISTINCTION
JOHN LAIDLAW (1929) – OF DISTINCTION
CHRIS LIWSKI (2002) – ROWING EXCELLENCE
CHRIS LUDDEN (1991) – ROWING EXCELLENCE
MARK LYVERS (1975) – OF DISTINCTION
VIC MICHALSON (COACH 1950-1961) – OF DISTINCTION
FIRST SYRACUSE NAVY (1874) – OF DISTINCTION
DAN O'SHAUGHNESSY (2006) – ROWING EXCELLENCE
ARTHUR OSMAN (1907) – ROWING EXCELLENCE
EDWARD PACKARD (1906) – ROWING EXCELLENCE
JOE PETER (1969) – OF DISTINCTION
MICHAEL PLUMB (1976) – ROWING EXCELLENCE
BILL PURDY (1979) – ROWING EXCELLENCE
HOWARD ROBBINS (1914) – ROWING EXCELLENCE
CHARLIE ROBERTS (1961) – OF DISTINCTION
JAMES ROSCOE DAY AND L.C. SMITH – OF DISTINCTION
BILL SANFORD (COACH 1968-2002) – OF DISTINCTION/ROWING EXCELLENCE
KRIS SANFORD-MILBURN (COACH 1997-2010) – OF DISTINCTION
LOREN SCHOEL (COACH 1956-1968) – OF DISTINCTION
KATHARINE SIBLEY (1883-1967) – OF DISTINCTION
DON SMITH (1990) – ROWING EXCELLENCE
TRACY SMITH (1990) – ROWING EXCELLENCE
HUBERT "JOCK" STRATTON (1926) – OF DISTINCTION
BARTOSZ SZCZYRBA (2007) – ROWING EXCELLENCE
HELEN TANGER (2001) – ROWING EXCELLENCE
JAMES A. TEN EYCK (COACH 1903-1937) – OF DISTINCTION/ROWING EXCELLENCE
JAMES A. TEN EYCK, JR. (1908) – ROWING EXCELLENCE
NED TEN EYCK (COACH 1939-1946) – OF DISTINCTION
DAVID TOWNSLEY (1978) – ROWING EXCELLENCE
ANDREW WASHBURN (1975) – ROWING EXCELLENCE
FROUKJE WEGMAN (2001) – ROWING EXCELLENCE

FUNDRAISING: STRIVING TOWARD GOALS



Head coaches Dave Reischman and Justin Moore have been pleased with the alumni support of the past 12 months. Not unlike the way they talk with their crews, both men said it is important to acknowledge success and keep the targets in mind.

“As of September, the men’s endowment has grown to \$200,000,” Reischman said. “It gives you a sense of the security the endowment will provide for the program when it is fully funded. The goal is to reach the \$1-million mark by 2015.”

The women’s team has added eight shells to its fleet thanks to recent donations. “The donations by recent graduates have created a physical connection between the alumni and current student athletes,” said Moore. “Our current annual goal is \$40,000 in donations to the equipment fund.”

By way of background, Moore explained the critical balance between university support and alumni support. “Since my arrival in the fall of 2010, [Director of Athletics] Daryl Gross and Syracuse Athletics have been fantastic in their support of the rowing program,” Moore said. “In addition to committing funds to hire an additional full-time coach for both the men’s and women’s teams, they have increased their support of crew at the operating level in a manner that supports our transition to the A.C.C. at a championship level.

“The one critical area that remains is equipment. The market value of our shells in today’s market exceeds \$750,000 per team. Alumni contributions bolster university funding so we can service and expand our fleet.”

Accordingly, alumni have been directing women’s team donations into the equipment fund named after former coach Kris Sanford Milburn. The fund was introduced in February 2013 when the first in a perpetual line of shells by that name was christened at the Carrier Dome. Moore made it a point to mention the Iacovangelo Family Foundation, which was the major supporter behind the purchase of the shell.

“Fran Iacovangelo, and her father, Frank, have been the biggest team supporters in the history of the program,” Moore said.

Recent graduates’ contributions have enabled another eight, three pairs and three fours to join the women’s fleet. The Class of 2002 has donated an eight. The Classes of 2011, 2012 and 2013 have each donated a pair. The *Patricia Grace*, donated by Tracy Rude Smith ’90 in honor of her mother, is one of three four-oared shells affiliated with or named for Syracuse Olympians in the boathouse.

Smith won a silver medal for the U.S. at the 1992 Barcelona Games, and Anna Goodale ’05 won gold for the U.S. at the 2008 Beijing Games. The Flying Dutchmen shell honors Helen Tanger ’01, who won bronze at the 2004 Athens Games and silver in Beijing for the Netherlands and Froukje Wegman ’01, who joined Tanger in that Dutch boat in 2004.





Moore said the Class of 2002 was a "leadership class. Those 11 women pledged \$250, \$500 or \$1,000, and the shell is in the boathouse. It was awesome to see that every single woman could contribute. Other alums can take note. When grouped together, donations go a long way."

The men's endowment has an added benefit. Contributions are invested and generate additional income. "\$1 gives forever," Reischman said. "On the other end of the spectrum, reaching our goal of \$1 million in the fund would enable us to buy a new eight every year if we needed to."

The endowment is not limited to equipment. It could support any number of initiatives, including scholarships, trips to regattas like the San Diego Crew Classic or operating expenses. In each of the endowment's four years of existence, the Endowment Board has decided to forego withdrawals in favor of reinvestment to spur growth in the fund.

In the 2013 endowment campaign 46 classes donated over \$47,000. In the 2012 campaign, 41 classes gave close to \$55,000. In both campaigns, the Classes of 1995-1999 made the most contributions: 31 in 2012 and 35 in 2013. (Thirty-five alumni from 2006-2013 also donated in 2013.) The classes that gave the most money in a single year were 1980-1984 (\$15,051 in 2013) and 1990-1995 (just over \$15,000 in 2012).

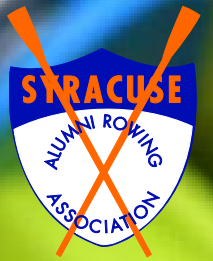
The Central New York Community Foundation, Inc. administers the endowment. It is a blind trust; the SARA Endowment Board, separate from the main SARA Board, does not make investment decisions. SARA has the ultimate discretion over the use of the funds.

"I want to thank the SARA Board, led by President Joe Kieffer, for creating the endowment," Reischman said. "And I want to express my gratitude to the alumni

who have made donations, whether it's through one of our funds or simply writing us a check. In the end, it all helps the athletes have an experience like the one you did."

The men's team has received boat donations of its own. The *Joseph E. Peter #4* shell in the boathouse is the fourth boat to bear the name of the coxswain from the Class of '69 who has been a mainstay at races, including home duals, national regattas and the Henley Royal Regatta in England.

Editor's Note: To ensure your donations are earmarked for men's crew, please write one of the following memos on your check: "Men's Rowing Head Coach's Fund" or "Men's Crew Endowment." To ensure your donations are earmarked for women's crew, please write the following memo on your check: "Women's Rowing Head Coach's Fund."



THE KRIS SANFORD EQUIPMENT FUND



Your pledge will not only serve to honor Kris Sanford's contributions to the Syracuse Women's Rowing Team, it will serve to enhance the experience of the generation of women to come!

- In February 2013 the S.U. women's team christened the first Kris Sanford Milburn shell.
- The Classes of 2002, 2011, 2012 and 2013 have donated shells.
- Three recently purchased four-oared shells honor S.U. Olympians.

Who's next? Donations big and small help the team pursue its goal: a perennial competitor at the NCAA Championships.

For more information, contact Head Coach Justin Moore, jmoore06@syr.edu or 315-443-2336.

A photograph of several rowers in orange and black athletic gear, captured in motion on a boat. The rowers are leaning forward, gripping their oars, and the boat's hull is visible in the foreground. The background shows a body of water and a blurred shoreline.

calling all captains

Q&A with the Captains

To get a little insight beyond their official bios, the Orange Oar caught up with women's co-captains Miranda Williams and Maggie McCrudden and men's co-captains Kyle Rogers and Jake Martens and asked them a few quick questions.

Kyle Rogers

Graduate Student
Haverhill, Mass.

Q What one or two aspects of S.U. and S.U. Crew prompted you to choose Syracuse as your university and team?

A I love the companionship throughout the entire Syracuse squad. Rowers at Syracuse aren't just teammates, they're best friends. Not only do we all spend hours training together every week but we spend all of our free time together. And from my relationships with alumni, I can tell that the lasting friendships do not end after graduation.

Q What were your first impressions/first set of expectations when you were going through your first year on the team? How have those expectations changed over time?

A I thought the expectations were very high when I joined the squad. The transition from high school rowing to collegiate athletics was an eye opener. The volume increases and the expectations for every workout are elevated. As I have grown as an athlete I have come to view those expectations not as high, but as necessary and, in fact, the bare minimum. Friendships do not end after graduation.

Q What are you looking forward to the most this year?

A I am most looking forward to racing. Last year was a huge disappointment for us. We didn't win a single dual race and we were not competitive at either the sprints or the IRA. This year we think we have done some good work and we want to show the rest of the league that we're a program to be reckoned with.



Jake Martens

Senior
Austin, Texas

Q What one or two aspects of S.U. and S.U. Crew prompted you to choose Syracuse as your university and team?

A I found a combination of academics that fit my standards and interests, an athletics program with success and heritage in the Whitman School of Management and the crew team, respectively. It wasn't any one aspect for me, but the total package of high quality that drew me to the school.

Q What were your first impressions/first set of expectations when you were going through your first year on the team? How have those expectations changed over time?

A When I got to S.U., my first impressions of life on the team were of raised expectations. It was very obviously a different game than high school, and it forced me to cope immediately. As I've progressed, the goal has transitioned from "survive" to "contribute" to "win." Win has always been an understood goal, but I've put myself into better and better positions to move the team in that direction over time, so that goal has become much more real.

Q What are you looking forward to the most this year?

A I'm looking forward to some measure of redemption after last year's poor performance. That was especially hard after having such a good year in 2012, and I want us to experience some of that success again.



Miranda Williams

Senior

Newtown, Victoria, Australia

Q What one or two aspects of S.U. and S.U. Crew prompted you to choose Syracuse as your university and team?

A Speaking with Alicea and Kris was really what convinced me to come to Syracuse. I didn't visit, or know much about the school, but I spoke quite regularly with Alicea over the phone. Her genuine nature, enthusiasm and passion for the team came through on these long distance phone calls, and I wanted to become a part of it all.

Q What were your first impressions/first set of expectations when you were going through your first year on the team? How have those expectations changed over time?

A My first impressions of the team were positive and exciting. There were so many different personalities to meet on the team, and Justin brought a lot of excitement and enthusiasm. Racing was hard in this first year. Racing is always hard, though, and it gets harder every year as we get faster, but it also gets a lot more exciting.

Q What are you looking forward to the most this year?

A I'm looking forward to training this winter where the team is at a different place physically. We are all training with specific targets and goals, so it will be good to see how these play out. Most of all I'm looking forward to racing in the ACC, against some of the fastest teams in the country, and getting to the NCAAs.



THE ORANGE OAR

Maggie McCrudden

Senior

Ridgewood, New Jersey

Q What one or two aspects of S.U. and S.U. Crew prompted you to choose Syracuse as your university and team?

A When I was a sophomore in high school, I was already following the SU rowing team because my older sister, Natalie, had just been accepted to Syracuse. By my junior year, I was traveling to all the races with my parents to watch her compete on the freshman rowing team. I became close with the members on the team and the coaching staff.

Q What were your first impressions/first set of expectations when you were going through your first year on the team? How have those expectations changed over time?

A Justin always tells the story about his first speech to the Syracuse team; he introduced himself and talked about the 6k-erg test we were about to have as our opening assessment. Justin always talks about how much our team has changed from that meeting and how someone was crying. It was me.... It's funny to look back at how nervous I was to be a Division I athlete and not yet familiar with the coaching staff. Yet, it only took me a few days to get comfortable with Justin because of how energetic, positive and motivating he was.

Q What are you looking forward to the most this year?

A I'm looking forward to training this winter with the team again and to continue on the path we were on this fall. There is a lot of excitement at each practice, hitting splits we as a team have never done (while I've been here). The team has a positive attitude and is extremely driven. This year the atmosphere is different. There is low drama and we're a tight knit group of women training for the same reason: to go to NCAA. I'm excited to race in the ACC to compete against different teams and to see how we stack up with some of the fastest teams in the U.S.



JANUARY 2014

TIMES...THEY ARE A CHANGIN

CLEARLY OUR STORY ON THE FRESHMEN ON THE MEN'S TEAM IN THE OCTOBER ISSUE ASSUMED THAT ALUMNI ARE FULLY AWARE OF RECENT CHANGES IN THE WAY MEN'S TEAMS ARE STRUCTURED. READERS WANTED TO KNOW, WHY ARE FRESHMEN NOW ROWING WITH THE VARSITY?

Beginning last year, men's rowing regattas stopped requiring freshmen to row in separate events, and one major factor was a surge in the number of freshmen arriving on campus already possessing considerable experience.

(In 1972 the NCAA eliminated separate competition for men's football and basketball, prompting Kareem Abdul-Jabbar to recall in April of 2012: "The rules of the NCAA stated that freshmen were ineligible to play varsity. My freshman team was very good, so good that we beat the varsity team in the season-opening freshman-varsity game. So to begin the 1965-66 season, the Bruins varsity was No. 1 in the country but No. 2 on campus. Coach John Wooden had an embarrassment of riches.")



Coach Dave Reischman explains it best:

"High school rowing in this country has absolutely exploded in the last 20 years, and along with that, we are seeing more highly skilled freshman rowers," Reischman said. "Add the internationally recruited athletes, and you are now bringing in freshmen oarsmen who have experience at the U-23 and Senior World Championships. There were even a few Olympians in frosh boats prior to the rule change."

Each school has made its choice in boating its freshmen. Reischman 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.

"While traditions are very important to our sport, does it make sense to have high caliber athletes rowing in frosh boats, or does it make more sense to be allowed to put your fastest eight people in your top boat thus giving your school the best chance to do well at the IRA?," Reischman said.

"I KNOW, AS A COACH, I WANT TO PUT MY FASTEST EIGHT PEOPLE IN OUR VARSITY EIGHT, AND IF A FROSH CAN MAKE IT, SO BE IT."

"Another important question to consider is, what is the best way to develop your student athletes?," Reischman added. "Do we have enough depth in the frosh program to ensure the top two or three guys have a quality experience and get the right kind of development? If the answer is 'yes,' we most likely will boat a frosh eight. If the answer is 'no,' we most likely will mix our frosh in with the varsity so we ensure all our athletes are being challenged by rowing with athletes of like ability."

The final factor in Reischman's analysis has been a substantial decrease in the number of novice walk-ons who come to the boathouse in the fall of their freshman year. "It has been almost an inverse relationship to the growth of high school rowing," he said.



NEITHER SNOW NOR RAIN... AN UNORTHODOX FLORIDA TRAINING TRIP

Holly Johnston '15 of the Syracuse women's rowing team, who wrote the Orange Oar's account of the Evening at Ten Eyck, filed this travel diary from the men's and women's teams' winter-break trip.

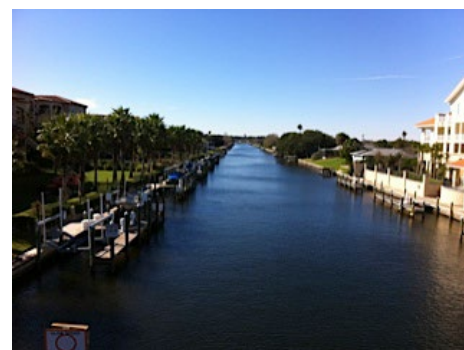
With two trailer loads of boats en route and everyone returning from their holiday festivities, Syracuse men's and women's rowing was all geared up for its annual winter training trip on Florida's tranquil Palm Coast. Mother Nature, however, had a different plan in mind.

Come 11 a.m. Friday morning in Syracuse, a bus was brimming with athletes and luggage when assistant coach, Alicea Kochis, received the dreaded call from Jet Blue to say that the flight had been cancelled.

As a little New Years treat, New York had been graced with heavy snow, ice, wind and rain. Conditions were treacherous to say the least and New York City airports were grounding all flights—no one was going anywhere.

While Alicea spent hours on the phone with Jet Blue, coaches Justin More, Justin Stangel and Jason Cottingham rallied together the athletes who were already in Florida and started camp in a slightly less conventional manner.

Proving to be “fladaptable,” a term coined by Justin Moore himself, Syracuse rowers did what they do best: they rowed. Whether it was on the erg in Syracuse



or on the water in Florida, both coaches were determined not to let the weather prevent their athletes from completing the amount of training that this coming spring season will require.

Taking turns between the erg room and the tanking facilities, coach Kochis and coach Reischman ran two-a-day sessions in the 'Cuse aiming to complete 30 kilometers of work, while the balance of both teams in Florida unloaded the trailers and put in some on-water mileage. Coach Stangel said that, while the situation was frustrating, "having the tanks for the group in Syracuse really helped them just hop in boats without much of a hitch once they got down to Florida." On the other hand, Coach Moore, who had seven rowers and two coxswains with him, even dared to try a lazy eight and went cruising the resort-lined waterways



without a three-seat on board.

With two and a half days of lost water time, however, Syracuse based athletes were getting antsy and were ecstatic at the news that flights had been secured for a Monday departure. It was with an enormous sigh of relief that everyone stepped off the plane and made the trip north from Orlando to the Palm Coast Villas. Surprisingly, the cold weather seemed to have followed the plane south with temperatures stooping as low as 29 degrees and high winds making conditions even more challenging. However, while the locals were retreating inside, the Syracuse rowers embraced the chilly temperatures in true Upstate New York style and got to work.

Eager to make up for lost time, both head coaches had big plans for the five remaining training days and hit the ground running. Dividing down into three training groups, rowers had the opportunity to work with each coach during at least one training session. Knowing how precious water time is to a northeast-based program, both coaches and athletes accepted the challenge of long endurance rows and committed to a regiment of 30-35 kilometers each day.

On Friday afternoon, the women's team nervously strolled down to the launch area to prepare for seat racing. Coach Moore said there could be as many as seven four-minute pieces, so the athletes knew that this afternoon was all about the survival of the fittest. Lining up side by side in the long awaited flat water and 70-degree sunshine, racing began with a hiss and a roar. The intensity and vigor of each athlete was clear as both boats fought to get their respective bow ball in front of the other.

On the men's side, coach Stangel admitted that the goals of the trip changed slightly with the initial glitches, but was impressed with the intensity right through the end of the week, saying, "The spring season is what everyone is building for, and we are just making sure we keep putting in the work that is necessary to race every stroke in the most competitive league in the country."

With another successful, albeit unconventional training trip in the books, it was all hands on deck for the great and often infuriating challenge that is trailer loading. Having spent a week in salt water, every boat, oar and rigger had to be scrubbed, rinsed and oiled so that all the equipment is ready to go on spring break in Clemson, South Carolina.

Saturday morning meant an early departure back to Syracuse with buses picking up the teams at 8:15 a.m. sharp. While some women went to watch the sunrise on the beach, coach Reischman made sure not to miss another training opportunity and coordinated a beach run for his team in the morning fog. After many thank-you's to the warm and welcoming staff at the Palm Beach Villas, both teams were off once more back to the cold and ready to brace themselves for the next eight weeks of winter training that produce blood, sweat and tears—but most importantly, speed.

Article By Holly Johnston '15



SARA Needs Your Involvement



"Do you know how to build a website? Are you creative? Would like to have a voice in the Syracuse Rowing Community? Then you're the perfect fit to what SARA needs in 2014!"

- 1.** Help us transfer info from **saracrew.org** onto a new website
- 2-** Build a platform that uses better technology and functionality
- 3-** Leave your mark on a necessary and valuable part of the team





ALUMNI SPOTLIGHT

DR. JENNIFER SACHECK-WARD '94

Profile contributed by Tracy Rude Smith '90

A Rowing Romance Success Story: Jennifer married her college sweetheart Chris Ward, who also rowed for S.U. and graduated in 1992. They live in Concord, Mass., and have two children, Tess (7) and Austin (5).

Do you want to be Thinner This Year? Well, so do a lot of people and I had the pleasure of catching up recently with a very busy Jennifer Sacheck-Ward '94, one of the authors of *Thinner This Year*, who is getting ready for a nationwide radio tour. (The book was released in hardcover in 2012 and was just released in paperback this past month.) The book has been featured on segments on the CBS Morning News, MSNBC and the Today Show on NBC.

Jennifer is an Associate Professor in the Friedman School of Nutrition Science and Policy at Tufts University in Boston. Following her undergraduate degree at Syracuse, Jen received a master's degree in Exercise Science and a Ph.D. in Nutrition Science from Tufts University and also completed a post-doctoral fellowship at Harvard Medical School in muscle physiology.

Jen's research focuses on the intersection of diet, physical fitness and health. Past studies include examining the effects of nutrition and exercise on muscle physiology in young and older adults and on cardiovascular disease risk factors in children.

Jennifer has authored several important reports on obesity and physical inactivity in New England and was an appointed member of the Institute of Medicine's committee on Fitness and Health Outcomes in Youth. With funding from The Boston Foundation, she is currently researching links between physical activity and academic outcomes in several of New England's most needy communities. The Boston Foundation is using this research to help influence public policy in the Commonwealth of Massachusetts. With funding from the National Institutes of Health, Jennifer is also currently conducting a large clinical trial on vitamin D deficiency and associated health risks in children.



QUICK FACTS

Hometown: Winter Park, FL

Favorite SU Race Memory: Racing at Eastern Sprints at Lake Waramaug, CT

Favorite Syracuse University Memory: The Navy Ball!

Most vivid SU rowing memory: Wet launching the boats from the boathouse during the park flooding her senior year. "Physically awful!"

Where she lived: Lawrence, Sadler and then an off-campus apartment on Euclid

Besides being a mother of two young children, a published author and busy researcher, Jennifer also finds time to continue to row regularly and has competed in several recent Head of the Charles Regattas and finished 5th in the senior master single in 2013. She keeps her single at Cambridge Boat Club and occasionally will hop in a quad with another S.U. pal, Molly Tibbetts Scannell who also rows out of CBC. Jen and Chris stay in touch with SU teammates including Holly Krapp Borsodi, Carrie Collins Elliot, Sylvester Rowe, Jen Simpson, Roby Totten and Mark Toomey, but they have not returned to S.U. in several years. Sounds like it's time for another Navy Ball!



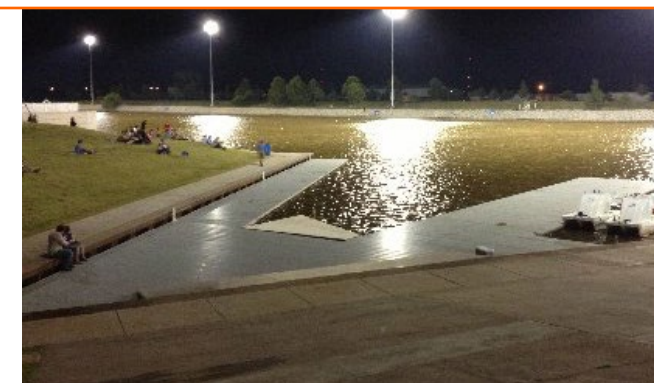
GUEST COLUMN

ROWING IN OKLAHOMA CITY:

“WE’RE NOT IN KANSAS ANYMORE, TOTO.”



Syracuse Rowing Hall of Famer Tom Darling '81 penned the Orange Oar's first Guest Column after being thoroughly impressed by his experience at the Oklahoma Regatta Festival—including the mural-sized photo of an eight containing two S.U. alumni in the boathouse entryway: Justin Stangel '07 (before he became a coach) and Martin Etem '08.



The Oklahoma Training Center is an amazing facility that rivals any rowing facility that I have been to in the US or in Europe. The Devon and Chesapeake boathouses are beautifully built architectural masterpieces that store 100's of racing shells, canoes and kayaks and house state of the art weight training and cardiovascular equipment. The Chesapeake \$7 million finish line tower is incredible. It has 4 floors, two of which are used as function rooms that overlook the racing course.

The 2013 Oklahoma Regatta Festival was a spectacular four-day event held from Thursday October 2-6. In the evening, crowds of spectators sat along the well groomed, sloped, grassy shoreline to watch corporate groups race Dragon boats and Olympic-caliber junior kayakers and rowers race sprint events that were held under powerful stadium lights that illuminated the last 1,000 meters of a buoyed, six-lane race course.

All day and into the evening, bands were playing, and kids were using a zip line and climbing walls, permanent pieces of a theme park which will shortly add a white water kayak course. Food trucks with everything imaginable were parked nearby while fancy cocktail parties were going on in the boathouses function rooms overlooking the course. Each evening culminated with spectacular fireworks for all the locals and athletes's families to enjoy.

The head racing was fun on Saturday as well. I was fortunate enough to win the senior master single in a rowing shell that the organizers kindly loaned me. Coaches Dave Reischman and Justin Moore have a good idea of running our alumni weekend in September under the flood lights. We just need to add Dragon boats, canoes, kayaks, night sprints and fireworks!



Article By Tom Darling '81

JANUARY 2014

BACKSPLASH

NEWS OF OUR ALUMNI

GLENN

HEYER '00

Has taken a new job as Corporate Manager with Thruway Fasteners, Inc. in Baldwinsville NY.

DON

PLATH '69

Fall Reunion, Evening at Ten Eyck Belated as it may be, still basking in the reunion weekend that couldn't have been better. It was known that the Boathouse evening Saturday was going to be out of the park. With so many returning, the thought was to provide a gathering at house Friday to round things out, rather than some commercial location. A cookout with almost everything that could go with it seemed right.

Even with all that was going on that weekend, several able to make it: Paul Buff '70, Jeff Harriman '68, Chuck Harris '70, John Hession '72, Duane Hickling '70, Rich Kortright '69, Bill and Nancy Sanford '63, Pappy and Mary Ann Yochum '68. (Memory being what it is, pardon to those not mentioned). Relaxed time to re-connect, resurrect stories with absolutely no embellishment... Coach Bill held court.

Rich Kortright, sommelier that he is, upped the ante with wine(s), single malt(s) and Punch cigars. He, Jeff and Paul arrived a day early, bunked in at house and took a chance to cruise around Skaneateles Lake—in a boat without oars. I put together a breakfast hash which is still being recovered from. Twelve-gauge practice in a side field with an O.J. jug. Golf outing Sunday at Vestal Hills was wet and brisk—still fun. Also bumped into Bob Portmess '75.

Next time, we plan on a cook out again, golf, water skiing and/or tubing, sailing, 12-gauge practice, restaurants in the village and even a row.

GEORGE "WOODY"
CHAPMAN '73

Is happy to announce the birth of his first granddaughter, Quinn Chapman Moore, to daughter Stephanie Chapman and husband Troy Moore on May 15, 2013. The argument over what sport she'll do has begun in earnest between oarsman grandfather and lax player father. So far, after six months, Quinn is giving no inclination towards either sport. I have contacted a child developmental specialist for a consult (kidding.)



TRACY RUDE
SMITH '90

Reports her daughter, Grace, has signed a letter of intent to row at UCLA. Coach Justin Moore said he would've loved to have had Grace at S.U., but something about Southern California weather was a factor in Grace's decision.



JASON
PREMO '98

SARA Director Jason Premo '98 wrote this first-person account of the Head of the Schuylkill.

It was sunny and 55 degrees at race time, but the wind was blow-

ing so fiercely that it felt like 35 as we waited to get ready. Thanks to Joe Kieffer '88's affiliation, we had shelter and nice equipment provided by Fairmount Boat Club on Boathouse Row.

Tension was very low. We knew we were about to compete, but were all just happy to be out there together again. And the race announcer was John Curtin '98, saying things like: "Have a good look, race fans. This is likely the last time you see this boat rowing well, and with all eight men still alive."

As we rowed by, along with a race official in Troy Duff '99 giving us a hard time in the starting chute, the mood was light. As we built up to full power, coxswain Joe Peter '69 shouted that we had three strokes to go before we crossed the line, and our fearless stroke Pat Daughton '99 took a complete air-stroke! No more missed strokes after that, but we rowed in very rough conditions with the sounds of John Curtin over the loud speakers shouting, "Well, they don't look horrible!"

We finished 12th out of 25 (10th raw time). We were OK with the result. There were a lot of very young crews, over which we did not have a good handicap, and a few older crews who had ex-

ponentially high handicaps, so it was a disadvantage we couldn't overcome. It was just nice to be back out there with the boys again.

Left to Right, bow to stern are: Brian Calandro '85, Skye Michaels '99, Dick Yochum '68, Justin Burgess '05, Josh Stratton '01, Mike Cellucci '98, Jason Premo '98, and Pat Daughton '99, with Joe Peter '69 at Cox.

JOE
KIEFFER '88

A Family Affair - At this year's Head of the Charles, Joe Kieffer '88 and his son Harrison competed in the Father / Son double and finished 12th. Joe's daughters, Gwynedd and Lawren, competed for Brown University and finishing 2nd in the Club Eight and 8th in the Alumni eight respectively. Overall, a good day on the river!

LETS GET SOCIAL



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SAVE THE DATE

9.20.14

2ND ANNUAL EVENING AT TEN EYCK



EVENING AT TEN EYCK
SATURDAY, SEPTEMBER 20, 2014

- Racing under the lights!
- Get back in the boat with your old teammates!
- Dinner afterward to bring back all the memories!
- 240 people attended last year. Don't get left out!



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