

# ORANGE OAR

Volume XXI // No. 1 // March 2019



SARA  
SYRACUSE ALUMNI  
ROWING ASSOCIATION

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Volume XXI // No. 1 // Spring 2019

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# DEAR SU ROWING ALUMS

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You remember. You remember the endless hours running stadiums, erging, rowing in the tanks, lifting, drilling on the water and doing piece after piece after piece. You remember the seat races, the frozen hands, the wet gear, the blisters. You remember the boat starting to move and glide and pick up more speed with every stroke. Those memories will come flooding back when you read Skyler Rivera's piece.

You remember the "I can't wait to get to the starting line and actually race." It's here. The racing season is about to begin, and you're about to see the result of all that work our men and women have been putting in. And yes, the boats are going faster. Coach McGee's women get things started at the Doc Hosea Invitational in Camden March 30, where they will line up in six-across racing complete with heats and finals. On the men's side, there's going to be a great crowd in Chicago for the Wisco opener, with our guys looking to avenge last year's narrow loss in the V8.

While the athletes have been doing everything they can to make sure our bows are out front, SARA, the Head Coaches and the SU athletic department have been working to help those boats go faster – this year, and in the years to come.

While our horizons stretch beyond the 2019 season, the theme is the same – do the work now, so we can go even faster in years to come. We've been working on facilities, trying to take work off our coaches so they can spend more time recruiting and coaching, and getting them the resources they need to get those recruits into orange. Remember the Crew Room? You won't believe it when you see it this September. Thanks to some terrific work by the coaches, the Athletic Department's facilities folks, and some very generous donors (yes you can be one!). The "Crew Room" will be transformed into one of the best on-campus training facilities in the nation.

Remember Henley? One of this year's top freshmen came to SU after meeting our coaches at the Regatta last year. The women will be racing there in the very near future, and our guys need to go back as well.

SARA's goal is to win men's and women's national championships by 2025. We've made a ton of progress, but we have a lot more to do. Remember the alums who supported you when you wore orange?

Well, it's your turn now.

**Bleed Orange!**  
**Joe Paduda '80 SARA President**



## **MEET SKYLER RIVERA CLASS YEAR 2022**

A first-generation college student, Skyler Rivera reflects on her journey from the Los Angeles area to SU: “I knew it was time to leave home. In the process, I discovered a new home, a new family and a new sport.” Relying on her multi-sport training (karate, softball, tennis, cross-country) as well as her day prep-school background (strong encouragement to follow her dreams through university life), Skyler landed at the S.I. Newhouse School of Public Communications in the fall of 2018.

Following the suggestions on a dorm poster, she visited the annually familiar racing shell and erg strategically placed on the quad. There she was introduced to D1 Rowing by then-assistant Women’s Rowing Coach Jim Lister. Two weeks of rowing and a short conversation with Coach Jim later helped Skyler decide that her interests were better suited to coxing. Not to worry, Women’s 3V Coach Steve Sawyer provided the necessary training and support to her current role as the Women’s 3V coxswain.

Skyler’s adventure east was eased by the quick adoption by her fellow Frosh classmates, as well as multiple seniors reaching out to her. She adds: “I definitely enjoy the changing seasons of Central New York!”

Skyler knows about hard work from her scholastic training endeavors, including earning a black belt in karate. “Rowing is hard core. There is no stopping, no time to relax for 2K.” And Skyler is a quick study in the role of a cox relative to boat success especially when racing, and hopes to make the boats go faster by using language “... to communicate the science of rowing, how to move water and how to get the boat up and running.” She also hopes to help the women set and achieve individual and team training goals.

Skyler already has broadcast communications experience, having worked for MLB’s L.A. Dodgers. At Newhouse, she hopes to expand her experiences into photo-journalism, print communications and social media. And building upon her community service ethic developed at the Vivian Webb School (Claremont, Calif.) and through her local church, Skyler hopes to get even involved more with her rowing teammates through programs such as Young Scholars, which benefit the Syracuse area.

This spring, look for Skyler’s sunny personality to make a big splash with the Syracuse Women’s Rowing team.

Welcome to the OO Team Skyler! – OO

As the days get warmer and pieces become shorter it's a clear indicator that racing season is approaching. Syracuse Women's Rowing finished the 2018 season ranked 13th in the nation. This season our eyes are set on a top-ten spot. With the addition of new head coach, Luke McGee, SU Women's Rowing gained a coach who knows what it takes to win, has a champion mentality and a hunger for success. The emotions are high as the women prepare to line up at the start line on March 30th in Camden, New Jersey for the Doc Hosea Invitational.



"Sun's out, guns out" at Clemson.

Just before the women prepare to face off against their ACC opponents, they took a trip down to Clemson, South Carolina, to soak up some sun and gain some mileage on Lake Hartwell. – Skyler



Sophie Brown '22 and Allie McCale '22 at Ten Eyck.



Lily Moffly '21 and Caroline Veraldo '21 at Clemson.

“

*Skyler's a special talent and we are glad she's finding ways to showcase these across SU Rowing! Skyler combines the rare set of skills – competitive zeal, clarity of thinking, keen intelligence, humility, willingness to learn, a positive spirit, and the desire to lead – that make for great cox'ns. Skyler is benefiting from the wisdom and leadership of senior and three-year 1V cox'n Rebecca Spraggins, the competitive zeal and substantial skills of sophomore Ana Lewandusky, and the experiences of junior Izzie Rittenberry.*

*Skyler's athletic background coupled with five years working in broadcast journalism makes us confident that as she gains rowing experience, SU Women's Rowing will have another great cox'n. Along with fellow first-year and experienced walk-on Pawa Osathanugrah, we have a great coxing corps for the 2019 spring rowing season!*

– Women's 3V Coach Steve Sawyer



5 walk-ons and 4 veterans, who make up the 3V, are gaining mileage on Lake Hartwell.

# SARA HOF BOARD

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## 2019 Hall of Fame Celebrants



### 60th Anniversary Remembrance

At this year's Event at Ten Eyck we will especially remember the 60th Anniversary of the Syracuse University 1959 Pan Am Championship Crew.

#### 1959 Pan Am Championship Crew Lineup:

Stroke: Charlie Mills ('60)

7: Jim Kries ('59)

6: Nelson Miller ('59)

5: Ed Montesi ('60)

4: Michael Larsen ('60)

3: Tom Rouen ('60)

2: Bob Schoel ('61)

Bow: Jim Edmonds ('59)

## Loren Schoel, Distinction

Loren was the SU Men's Crew Head Coach from 1956 to 1968. Loren coached SU's 1959 Pan Am Games Championship Men's Crew, which also won the silver medal at that year's IRAs. The same crew nearly won the Olympic Trials.

Previous to coaching at SU, Loren coached at the University of Washington, and was a teacher / athletic director at several Seattle-area High Schools. Loren enlisted in the U.S. Navy at the outbreak of WWII. He earned a commission and at discharge he was a Lieutenant-Commander. He went on to coach at Marrietta College and then on to Cornell University as their Frosh Coach, earning IRA Frosh titles in 1954 and 1955. Originally from Albany, Oregon, Loren rowed for the University of Washington (class year 1932).



Son Bob Schoel with Coach Loren Schoel, June 1959.

Loren “ ... gave a good deal of his life to rowing. The bad times and losses broke his heart, while the good times and wins meant the world to him.”

– Bob Schoel

## Bill Bater, Rowing Excellence

Bill stroked SU's 1979 Men's 2V Crew to a bronze medal at the IRA's. Bill enjoyed a very successful international lightweight crew career, placing 8th in the LtWt Four in 1978, 2nd in the Ltwt Eight in 1979, 4th in the Ltwt Eight in 1980, 5th in the Ltwt Eight in 1981, 6th in the Ltwt Four in 1982, and 5th in the Ltwt Eight in both 1983 and 1984. Bill was also a Ltwt Team Alternate in 1988.

## Jim Edmonds, Rowing Excellence

Jim rowed in the SU 1956 Freshman Eight IRA Championship boat. And Jim rowed bow in the 1959 Pan Am Games Championship boat.

Jim paired with Tony Johnson (SU 1962) to win the Pair w/o cox National Championship in 1963, and then Jim and Tony represented the U.S.A. in the Pair w/o cox at the 1964 Olympics in Tokyo, Japan at which they finished 10th.

Jim was winner of the first ever Head of the Charles Championship 8 event in 1965.

## Margaret Gordon, Rowing Excellence

Margaret has been a rowing coach and administrator for over 30 years. Margaret has been the Radnor Girls Crew Club Head Coach since 2015. Previously, Margaret was Program / Head Coach & Manager at the Bachelor's Barge Club (1997-2014), Head Coach at the Baldwin School (1997-2005), Head Coach Haverford College (1998-2000), Assistant Women's Coach at Columbia University (1994-1996), Women's Varsity Coach at University of Miami (1989-1994), Program Coordinator at Miami Beach Rowing Club (1988-1989), Head Coach at Miami Beach Rowing Club (1988-1989), Rowing Instructor at Florida Rowing Center (1987-1988), and Rowing Instructor at Craftsbury Sculling Center (Fall 1987). Margaret was the Novice Rowing Coach at Syracuse University 1985-1986.

Margaret earned a silver medal rowing in the World Championship Ltwt Four w/o cox in 1984.

See related Q&A with Margaret.

KEN HUTTON

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# BUILDING ON THE VIBE

Plan Now for the 2019 Evening at Ten Eyck!





The 7th-Annual Syracuse Rowing Community's "Evening at Ten Eyck," will be held September 20th – 22nd, 2019. This year's EAT will feature an emphasis on 'milestone anniversary groups,' those groups that are celebrating approximate (~) five-year anniversaries. In 2019, those groups would be 2014, 2009, 2004, 1999, 1994, 1989, 1984, 1979, 1974, 1969, 1964, 1959, etc. As always, however, all are welcome!

Jason Premo's milestone anniversary crew (~1999) is slated to make a big splash with about 30 combined rowers and spouses returning to The Hill and The Boathouse.

And the SU 1959 Pan Am Championship Crew's victory will be especially remembered at its 60th anniversary!

1959 Pan Am Championship Crew Lineup:

Stroke: Charlie Mills ('60)

7: Jim Kries ('59)

6: Nelson Miller ('59)

5: Ed Montesi ('60)

4: Michael Larsen ('60)

3: Tom Rouen ('60)

2: Bob Schoel ('61)

Bow: Jim Edmonds ('59)

Coach: Loren Schoel

Be on the lookout for a special reach out from one of the SU Rowing Team Captains. It is not too early to start planning around your busy professional and family schedules! Maybe this year is a special year in your life to celebrate what Syracuse Rowing meant to you ... or maybe to introduce your family to your experiences while at Syracuse ... or maybe you have not connected with your teammates in a while.

Building on the vibe felt at the Ten Eyck Boathouse in 2018, please plan on reconnecting with your SU rowing / crew teammates. Reunion crews will gather Friday night, September 20th, for class year events.

While in Syracuse:

1. Experience the transformation of Archbold Gym into a state-of-the-art health, recreation and wellness complex, including a remodeled Tank Room.
2. Reconnect with your teammates for the day ... or over the weekend at a lake cottage on the water as several did in 2018.
3. Celebrate those honored as Syracuse Rowing Hall of Fame inductees:  
Men's Head Coach Loren Schoel (1956 – 1968)  
Jim Edmonds '59  
Bill Bater '79  
Margaret Gordon (1981 – 1984)
4. Dip the oar again either for a gentle row with teammates or experience the thrill of a 500-meter sprint against your colleagues.
5. Applaud those who have given back to SU Rowing as new boats are christened in their honor.

Saturday, September 21st, 2019 at the Carrier Dome will feature the Orange hosting Western Michigan University on the gridiron.

## Hall of Fame Overview

A handful of years ago SARA proudly unveiled our Syracuse Rowing Hall of Fame. The unveiling process consisted of the revelation of our first wave of inductees, and the “Wall of Fame” – a wall in the Archbold Crew Room filled with plaques recognizing each of our inductees. In the time since, several questions, clarifications and thoughts have been submitted by our alumni regarding the Hall of Fame.

Here is what the SARA Hall of Fame is all about!

### Hall of Fame Committee

A committee of five volunteers was put together to craft a charter document for what the SARA Rowing Hall of Fame is about, who shall be honored, and how we can use it as a tool to curate our history and help with recruiting. The committee was also tasked to handle any subsequent logistics, candidate vetting and approval, Hall of Fame / Wall of Fame upkeep and honoree celebrations. By rule the committee will always include at least one Men’s team alumni and one Women’s team alumnae, and will utilize the coaching staff and our fellow alumnae in advisory roles. The current committee is: Jason Premo (Chair, ’98), SARA President Joe Paduda (’80), Coach Bill Sanford (’63), Tracy (Rude) Brown (’90) and Tom Darling (’81).

Outreach for questions and suggestions was made, and the charter voted upon / approved by the Board in June of 2013. Then we really got moving!

### Hall of Fame Member Identification

Initially, the committee scoured the earth for candidates: We interviewed coaches and influential alums from through the years, re-read Mark of the Oarsmen and other historical documents, and sifted through SU Rowing and University archives. What elevates Syracuse rowers to the Hall of Fame? We determined that our Hall of Fame Members would fall into two categories:

**Rowing Excellence:** The Charter decrees that if you were a rower, cox or coach for SU for at least one full year, and (a) Won a National Championship for the top Varsity boat, or (b) Were a member of the top rowing squad for your country in international competition, you are an automatic qualifier for the Syracuse Rowing Hall of Fame.

**Alumni of Distinction:** Candidates are those who contribute(d) greatly to the programs while at Syracuse or beyond. This can be through monetary gifting, volunteerism, continued dedication and presence among our team / community, or otherwise leaving a mark on the Syracuse Rowing Community. Alumni of Distinction candidates are vetted by the Committee, then put to a vote by the SARA Board of Directors and Advisory Board. A 51% vote results in induction into our Hall of Fame.

“Rowing Excellence” plaques are Navy Blue, and “Of Distinction” plaques are Syracuse Orange. Each Hall of Fame Member has a plaque hanging on the Wall of Fame in the Crew Room, and is awarded their own plaque during their celebration.

## Induction and Celebration

In the committee's research, we saw that all major sports' Halls of Fames began with large classes, given the years of history leading up to their creation. As Syracuse Rowing had over 140 years' worth of amazing athletes and contributors in its history, we, too, had a large initial class! 68 honorees became Syracuse Rowing Hall of Fame Members. Where we chose to diverge from the traditional Hall of Fame ceremony structure was, we inducted all honorees at the same time, immediately, but we would celebrate those inductees a few at-a-time each year. We felt this was a better way to shine the spotlight on folks as they deserve, versus just herding them in all at once where they get lost in the wash.

Celebration times are determined generally around a significant anniversary. For example, one of this year's celebrants – Bill Bater – celebrates the 40th anniversary of his graduation. In 2018, we celebrated the 40th anniversary of the Men's 1978 IRA Championship. The time and location of these celebrations is the third weekend in September, at the annual Evening at Ten Eyck event at the Boathouse. This offers a predictable time and location for the celebrations – one we can set our calendars to.

## Statistics

Presently there a total of 76 Hall of Fame Members (individuals or boats). To date, we have had celebrations for 33 men and six women. We still need to celebrate 32 men and five women over the coming years (plus any new inductees). There are 40 "Rowing Excellence" and 36 "Alumni of Distinction" members. Eight Varsity boats have been inducted. While there may seem to be a disparity in the male-to-female member ratio, readers must remember that the men's team has a 104-year head start on the ladies!

The committee is always keeping an eye out for new candidates. If you have someone in mind that we should consider, let us know! With the caliber of athletes our coaches are recruiting and crafting, we suspect we will have a wealth of candidates in the years to come!



*I have always had some selfish motives in helping develop the Hall of Fame. For those of you who never had the privilege of rowing with me, I can tell you, I wasn't very good (Coach Bill can back me up here!). But I have always had a great deal of reverence for the sport, and Syracuse Rowing in particular. I respect our history. This includes all rowers that came before me, those I rowed with, and those who have worn the Orange since.*

*My hope is that the Plaque Wall in the Crew Room will be a place where past, present, and future oarsmen can reflect on our greatness and history. For me – and I hope for all of you as well – it reminds me that I rowed for the same team as the greats. I rowed on the same water that Coach James A Ten Eyck looked over for 34 years. I wore the orange jersey just like Bill Purdy. I spilled sweat here just like our first National Champions from 115 years ago. I shared the water with Tracy Rude. I may not have made much of a difference out there, as these folks did. But I can always say I'm part of this team. All of us are. And that's pretty neat to me.*

*– Jason Premo*



# QUESTIONS — AND — ANSWERS

WITH COACH DAVE

**OO: Talk briefly about the composition of this year's crews.**

We have 45 athletes currently on our squad – 39 rowers and 6 coxswains – which breaks down to 8 seniors, 11 juniors, 9 sophomores, 18 freshman. It is interesting to me how each class takes on a personality as they progress through their time with us. This year the seniors are probably the quietest class. They've done a lot of hard work over their four years here and they just go about their business and get their work in with minimum drama. Forrest Sears, our captain, is the most vocal of the group, and each of the seniors provide leadership in their own way. They are more the lead-by-example type. The junior class is kind of quirky. All of them are hard workers but some really disparate personalities. Somehow they all get along and make it work. Our sophomores are the exact opposite. Very similar in personality and they bring the energy every day. And they bring a lot of it. They are always hooting and hollering during indoor workouts and have a bunch of inside jokes that nobody on the team really gets. That is probably a good thing. We have a lot of frosh. We thought this group would gradually decrease in size over the course of the year but they are mostly still here. Winter training is always tough on the frosh but they have officially survived it. We keep telling them that winter training gets more manageable after your frosh year but I am not sure they believe us.

**OO: How is recruiting going for the Class of 2023?**

We are still in the process of finishing up this recruiting class. We currently have ten athletes committed for this coming year but we still have several athletes that are still in play for signing later this spring (admissions and financial aid letters go out in April). Of the currently-signed athletes we think three of them can impact our top two eights in some

fashion during their first year and the other seven are young men we think have high development potential. Most of the kids in any recruiting class fall in this category. They have something about them that makes us think we can develop them into athletes that can contribute to our top two boats by their junior year. In general, I would say our varsity speed depends on the impact guys we can recruit but our 2nd and 3rd boat speed depends on our ability to develop the rest of these guys by their junior and senior years.

**OO: Talk about winter training.**

Our winter training was actually a lot of fun. We didn't do anything drastically different—maybe we added a bit more volume—but it was our typical 8 sessions a week with a mix of endurance, threshold, and a little bit of work to start the transition to 2K speed. In general I would say our sophomores kept the energy in the room up but our seniors were the ones leading the way on the ergs. We had a lot of PR's across the board on our March ergometer testing and that is a testament to the good work these guys put in. It was very apparent when the squad showed up to winter training that a lot of the guys put in some hard work during the five weeks we were not allowed to have practice from the week before finals until the start of our Florida camp.

**OO: Does last year's experience / success bode well for this year?**

I think what the guys gained from the 2018 season was confidence. Our lower boats won a lot of boat races and had some good showings at Sprints and the IRA's and that improves everyone's willingness to put in the work and gives them confidence that it is the right work.

Other than that we try to ignore previous results. You earn your results by the effort and attitude you show up with every day. Everybody in our program knows we are training to make Grand Finals (and then take a shot at the medals) but we try and spend the vast majority of our time focused on developing the traits we think will allow us to do that. Attention to our work ethic in and out of practice. Contributing to a positive team culture that allows ALL of our athletes to be successful. Teaching our athletes to pride themselves on their ability to make technical changes. I find that a lot of young athletes will put more effort into thinking about the end results than they do about the daily things that lead to those end results. We try to reverse that thinking and spend more time thinking about the everyday habits that lead to fast boats. I have noticed over the years that the athletes who can do that tend to get better results and find more enjoyment in their sport. Working hard is fun right?

**OO: Talk briefly about overall program (facility) needs to help reach the National Championship podium by 2025.**

I get asked that question a lot and it all comes down to recruiting. We are fortunate here at Syracuse that we have a lot of the basic equipment and facilities we need to train our athletes at a high level once they get to Syracuse. In fact, a lot of our yearly fundraising dollars go to maintaining that equipment and those facilities to keep them in a functional state. The question is how can we continue to recruit better and better athletes? There are many layers to this that include facilities, how we make Syracuse affordable and trying to cast a wider recruiting net. At Syracuse we have some of the most functional rowing facilities in the country. But did you know our facilities have gone the longest of all the top rowing programs in the country without major renovations?

It is time to invest in these crucial facilities. College recruiters often say that 85% of prospective students form their opinion of a college within 10 minutes of being on campus. This first impression is exactly why we are currently fundraising to be a part of the major Archbold renovations currently in progress.

We want the first impression of any recruit that walks in to our Archbold Tank Room to be twofold: (1) Wow, these people take rowing seriously!, and (2) Any long term goal I have in rowing can be achieved here—from a great college career to a gold medal at the Olympics.

After that we can hopefully address a few things at Ten Eyck Boathouse which has gone 32 years without renovations! Obviously there is more that plays into recruiting but Coach McGee and I believe it starts with facility upgrades.

**OO: What do you anticipate the benefits of facility upgrades would be for Men's Crew to help them to compete in a Power 5 Conference?**

Certainly our renovations to the Archbold Tank Room are part of the department facility upgrade plan. Each athletic program will be fundraising for improvements in their own areas. There will be some exciting announcements coming from our athletic department in the next six months about some other upgraded facilities down at Manley that will benefit all of our sport programs. These include but are not limited to upgrades to Academic Services as well as the training and weight room facilities. There are some pretty exciting things in the works and much of this will be a direct benefit to our student athletes and ability to recruit.



# Let's Get Social...

## ONE OF SARA'S MEMBERSHIP GOALS FOR 2019 IS TO INCREASE THEIR PRESENCE ON SOCIAL MEDIA.

SARA's primary communication goal is to increase our presence on social media. Our emerging generation of athletes and their families, as well as friends and supporters of Syracuse Rowing are connecting on social media more and more.

SARA's presence there will help us achieve our membership theme of "staying connected, reconnecting ... and cherishing memories!"

You can connect with SARA on Instagram, Facebook and Twitter to receive timely information such as getting directions to races, race reports and host tent information. You can also make connections with your teammates in advance of your attendance at a race or a SARA-hosted event. And you can make professional connections on LinkedIn.

See you there!





# QUESTIONS — AND — ANSWERS

WITH COACH LUKE



**OO: How did winter training go?**

Winter training went well for us this year and we are excited to now be back on the water in Syracuse. The big goal for the winter training was to increase mileage and intensity on the Ergs and RowPerfects. We had a positive January training camp in Sarasota, Florida where all of the boats started to find some nice rhythm and take long, powerful strokes. At the conclusion of that trip we returned to Syracuse and were immediately brought back to reality with some cold weather and hard erg sessions. I have been encouraging the women to risk failure in order to find out how hard they can truly go. We are pushing high volume and high intensity, but they are excited to do the work with real purpose. I think we still have another gear to go but we have a team that will embrace the challenge. They have responded well to the new demands and the boats are now in the process of converting all of those long meters on the erg into speed on the water.

**OO: Please talk briefly about overall program needs to help reach the National Championship podium in 2025.**

If we are going to achieve the 2025 National Championship, then we must do everything between now and then at the highest standard. The University is committed to supporting Women's Rowing at a high level, but if we want to take it to the top then we need to grow the Women's Head Coach's Fund in order for us to make additional racing, equipment and recruiting purchases. We have to travel and race against the best competition both domestically and internationally in order to help attract the next recruits. We need recruits to see us in the newest equipment and to have them come visit us on campus at upgraded facilities. We have to be able to get out on the road in order to chase down all of the top recruits and to sit in the living room with their parents. And we have to be able to achieve all of this while continuing to expand the experiences of our current student-athletes.

**OO: Talk briefly please about your transition to coaching a D1 Women's program.**

There are big differences between collegiate teams and the national team. The biggest standout for me is how student-athletes have a much greater life balance than Olympic hopefuls and how that balance helps foster strong friendships and a great team atmosphere. I have enjoyed getting back into collegiate coaching this year and being a part of that strong team dynamic of athletes who are excited to be a part of a competitive D1 team. The transition to coaching at Syracuse has been great thanks in large part to the great group of athletes and coaches who were in place before my arrival. I found a team eager to work hard and improve themselves and a coaching staff committed to the success of the team.

**OO: What do you anticipate the benefits of facility upgrades would be for Women's Rowing to help them to compete in a Power 5 Conference?**

The biggest benefit and most pressing project for us is the new Rowing Performance Center in The Arch. This is going to be our on-campus Boathouse and it will play a big role in our recruiting efforts. Prospective student-athletes will be able to walk into The Arch and immediately understand the importance of rowing at Syracuse and the type of support they will receive. The facility will be a competitive and recruiting advantage for us and a space where both current and prospective student-athletes will recognize that the men and women are one team with the same goal of winning National Championships for Syracuse University.

# ZACK & ZOE

## Shared Memories

In May of 2015, Coach Lister and Coach Stangel sent out the official list of recruited athletes for the class of 2019. Not knowing who anyone really was other than their pictures from Facebook and where they rowed in high school, we were excited to just get to know everyone within our recruiting class and later the whole team. That summer Zoe was training across the globe in her home country, Australia, until it was time to go to Syracuse and experience her first “real winter.” Zack was traveling and getting into coxswain shape for his arrival to campus in the fall. Neither of us could have predicted the stories we would have or the unforgettable memories we would make that would shape us into who we are today and how we will move forward.

When we first unpacked our things and moved into Sadler Hall and Lawrinson Hall the excitement was contagious, looking forward to the events and friends we were about to make. However, we were surprised to learn that the men’s and women’s teams were not as close of friends as we had thought and that they didn’t communicate that well. Our class, we feel, took a step towards changing that, as we quickly realized that we share the Boathouse and the same dreams. So, why shouldn’t we share our college experience also? Freshmen year all of our class would spend lots of time in the Sadler dining hall together, making the friendships which have ultimately have lasted until today.

Outside Sadler and in practice, we kept growing the bonds we made which made all of the things we experienced so memorable. Our funniest memory was when we couldn’t agree on a costume for our class day boat sophomore year, with some of us wanting to go as parts of a chef’s salad and others, pirates. So we compromised and went in all black as ninjas, where Pat Shober (’19) showed us all how to make masks out of our t-shirts.

As we look back on this year we can laugh about our last Evening at Ten Eyck, the Duke game we went to as a team, taking up almost four rows in the Carrier Dome between the 60 men and women sitting together, and our joint formal in the depths of a cold February snow.

And while we worked hard to change things outside of rowing, so did the captains and coaches. This year we’ve enjoyed doing numerous events together including class day racing where the seniors, dressed as double stuffed Oreos, came in first over all of the other classes. The Turkey Trot where two of the women ran as an inflatable cow and dinosaur, respectively. And Connor’s Erg Challenge where we raced 100 km as a team and raised more than \$5,000 for brain cancer research, the number one cancer killer of young people in the United States.

Looking back on our four years, we are proud to say that we both invested in each other’s success and the rest of our classmates to each other. The women remember watching on-line as the men competed at IRA’s, coming to the Boathouse to cheer on their home race against Wisconsin last year and some even went to watch the Henley boat in England last year. The men remember cheering from the Boathouse while streaming the Women’s NCAA final. The fact that we shared this success is a reminder that we were able to see the bigger picture, realizing that we work better when we work together.



*“We grew up and became more mature as a team. We learned what was right and wrong and we are hoping that it stays that way.” – Senior Kyle Leimeister*



Indeed, both teams have made significant strides in overall success in our time here. The men have jumped from 19th to 8th in the Varsity eight at IRA's. And the women have gone from not receiving an NCAA bid for years to placing as high as 13th and continuing to chase whatever success 2019 may bring. A lot of this success comes from a big culture change. When we were freshmen, the seniors set the standard that they were tired of not performing well enough come time for NCAAs and IRAs. They were ready for a change and we were ready to take the step forward with them. In the years following, we were determined to replicate this message and mindset to the newest team members so that we could continue the trend of improvement.

The coaches amped up the volume and intensity knowing that there was potential to do something big. For the men's team, doing a 4x10 min. workout was a hard day freshmen year and senior year we have changed that workout to 6x10 min. and it's sustainable. We ramped up our training intensity to row 100 min. of steady state in on Saturday mornings during the winter months coupled with two more 80 min. steady state days during the week and three "go hard" days. On the women's side, with new Head Coach Luke McGee, the workouts have changed to a hard 2x6 km on a Tuesday, 3x3 km on a Thursday and intense short pieces on a Saturday.

Looking back on these most recent eight weeks of winter training, both teams saw the improvements in our most recent 2 km. Eager to get to Clemson for some seat racing and racing season prep, our final year is coming to an end and both classes are excited to lead their teams to the best placing finishes they can.

Without the foundation that we set freshmen year we wouldn't be looking back on our time now and saying how much fun we had in college while also doing well athletically.

We have a lot of shared memories together, and are happy to say we don't feel like we missed out on each other's friendship. From the time we spent together in Palm Coast, Florida and Clemson, South Carolina over the past four years, it is clear that our friendship will help us remember our time well beyond college. We are proud of our shared progress, trajectory and respective rowing successes. And when we finally are off campus, all of us will be confident that we contributed equally towards the ultimate goal: leaving this team and this place better than we found it.



**Editor's Note:** Many thanks to Zack and Zoe for their fine work on the Orange Oar Team these last few years. Best hopes for your respective futures!  
– OO Editor



# QUESTIONS — AND — ANSWERS

WITH MARGARET GORDON

**OO: Syracuse Rowing Hall of Fame Reflections?**

I am a behind-the-scenes kind of person and feel rather uncomfortable in the spotlight. I am about my athletes and not myself. I hate being the person in charge ... really, any of my teammates would say so! I am really honored to be recognized by my wonderful Syracuse Rowing peers. I am slightly shocked and so surprised but so wonderfully glad that people took notice of my endeavor at Worlds! Luck, timing and hard work contributed to that success. I am blessed to have had that opportunity.

**OO: What does it currently mean to you to have rowed for SU?**

I am grateful for having experienced the incredible support that the SU Rowing program gave to its athletes which really enabled so many of us to compete at an elite level. I also think that that kind of commitment to excellence really resonated with probably all of us, the mentoring we got from our wonderful coaches, the relationships with our teammates, the University itself. I feel lucky to have cut my adult teeth there, even in the midst of being an adolescent bonehead! Syracuse Rowing alums are very obviously successful and creative people who contribute so much to the culture in which we inhabit! There is certainly a wide swath of influence! I appreciate so much my SU Rowing peers acknowledging my rowing accomplishments!

**OO: Describe your path towards coaching rowing.**

I majored in English and thought I would end up in either publishing or editing, except for the fact that the then-SU Women's Coach, Gary Jordan, reached out to me to see if I would coach the novice squad in the fall of 1985. Since this was my only offer of employment, I took it! I never intended on a career of coaching rowing. So coaching found me. I had many high school coaches that taught me what NOT to do. Having an all women coaching staff in the fall of 1980 as a college freshman was truly novel and entirely inspiring! It was fantastic for SU to be a front runner for women's sport equality! To be a woman coached by women, and exceptional women, was great!

**OO: Talk about your coaching philosophy.**

Since coaching found me I have had a 35-year love / hate relationship with it. It is amazing to inspire and affect young people; to teach them work ethic, discipline and self confidence! To see them grow, blossom and find their genius is even more so amazing. They may never row in college or go to a development camp but my goal is to help them learn something essential about themselves. I was not really prepared for the level of intensity needed to invest into others. I have since learned poignantly that you can lead the horse to water, but ... . I guess I was hoping for a more detached, intellectual kind of job.

My proudest effort with my athletes of all ages has been teaching basic mindfulness meditation under the guise of optimal sports performance since the early 1990's. It has had by far, the greatest impact, of all of my offerings.

**OO: What are your most cherished memories of SU?**

1. The streaker on Valentine's Day sprinting across the Quad.
2. Walking down to Abbey's del Este on Westcott Street to get chips, salsa and margaritas while passing the sign that says 'Laundromat and Funeral (Parlor?) Parking Only'.
3. Slicing cheddar at the Syracuse Real Food Co-Op.
4. Standing in line in Hendricks Chapel to get a mocha and muffin to eat in class.
5. Bands at the Jabberwocky.

**OO: What are your most cherished SU Rowing memories?**

1. Rowing through silent sideways snow on the Erie Canal.
2. Stretching with my teammates prior to practice on the concrete apron in front of the boat bays at the Boathouse.
3. Doing the Drumlins run.
4. Lifting tons and tons of weights!
5. Totally trusting every single woman in the boat to give everything they have and more!

**OO: Open Mic**

For me SU and SU Rowing has always been a place for honest effort, with no entitlements or entitled attitudes ... doing the hard work ... seeing the results and growing in integrity. In the three-and-a-half decades I have coached rowing I have seen clearly the philosophy shifting towards getting the most while making the least effort. I hope that SU and its student-athletes do not succumb to that perniciousness.

**Editor's Notes**

Margaret Gordon is currently the Head Coach of the Radnor Girl's Crew Club, a sweep club team in Wayne, Penn., where she has presided for four years. The Radnor Girl's Crew Club is in their 24th year, and is consistently ranked in the top three scholastic girls sweep teams in the Philadelphia area, occasionally winning medals. The Radnor Girl's Crew is a year-round program, with a fall season, a winter training program, as well as a spring racing schedule.

The OO Editor recently connected with Margaret via e-mail in anticipation of her celebration of her induction into the Syracuse Rowing Hall of Fame at the 2019 Evening at Ten Eyck. I hope you agree that Margaret deserves a little time in the spotlight!



Margaret-Stroke, Kathy Webster-7, Sheila Roock-6, Linda Zembsch-5, Emme Entwistle-4, Kathryn Schaab-3, Kristine Jensen-2, Joyce DiBiase-bow, Cox-Megan Waldron or Kelly Prezlepa. Head of the Charles, likely 1982.

# BACKSLASH

## Gregg Weinglass 1981

*I am enjoying time with my new grandson Leo, a future coxswain! – Gregg*

We all hope Leo leans how to swim! – OO Editor



## Tom Darling 1981

Tom continues to excel on the erg, setting a new age group record at the C.R.A.S.H.-Bs.

## Ryan Knapp 2008

*I married Brittany Batterton of Ridgefield, Conn. on September 29th, 2018 at Candlelight Farms Inn in New Milford, Conn. Dr. Ryan Planer (2009) served as my best man. I will be returning the favor at his wedding to Dr. Sara Fox in June 2019. – Ryan*



# ADLAI HURT & JOE KIEFFER

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## Making a Splash Financially

### **SU Rowing Fundraising Priorities: Immediacy & Legacy**

In 2019, SARA members and other alumni, parents, and friends at-large may be contacted about one or more of the following opportunities to support Men's Crew and / or Women's Rowing at Syracuse University.

### **Gift Recognition Opportunities**

When you reflect on it, would it be meaningful to you to see a space in the renovated Archbold Tank Room dedicated in your name or in honor of someone special to you? Major gifts in support of the Head Coach's funds may be eligible for select gift recognition opportunities for areas such as Head Coach offices, conference room, tank area, erg area, etc. To learn more about how your major philanthropic investment in SU rowing can translate to impacts on program operations and recruitment while also establishing a visible legacy within a hub of program activity, please contact Tiffany Macon within the Orange Club at 315-443-9282 or [tnmacon@syr.edu](mailto:tnmacon@syr.edu).

### **'CUSEFUNDER: Crowdfunding for Men's Crew**

As we know from experience, when we pull together good things happen. Your participation helps the boats go faster! Your gift during the 2019 'CUSEFUNDER campaign helps Coach Reischman make a difference in the areas of recruitment, training, coaching, and competition. SARA, in coordination with the Orange Club, is grateful to have use of the SU 'CUSEFUNDER platform. Watch your e-mail inbox for campaign progress updates. Based on our combined generosity in previous years, the goal this spring is \$100,000!

### **SU Head Coach's Funds**

Charitable gifts to either the Men's Crew Head Coach's Fund or the Women's Rowing Head Coach's Fund catalyze a process of impact upon the immediate priorities and funding gaps of the varsity programs, driving performance-oriented outcomes on the water.

Visit <https://cuse.com/> or send check payable to Syracuse University (memo fund) to:  
SU Orange Club  
Manley Field House  
1301 E. Colvin Street  
Syracuse, NY 13244

### **SARA Endowment within the Central NY Community Foundation**

SARA's endowment to support and promote the sport of rowing in Syracuse provides a resource base from which SARA, over the long-term, can impact rowing at Syracuse. Grants, which must be approved by the SARA Endowment Board, may support future strategic priorities and capital projects.

Visit <https://cnycf.org/sara> or send check payable to Central New York Community Foundation (memo SARA Endowment) to:  
The Central New York Community Foundation  
431 E. Fayette Street, Suite 100  
Syracuse, NY 13202

### **Charitable IRA Rollovers**

Charitable IRA Rollovers may benefit you financially while also benefiting SARA and Syracuse Rowing. Please contact your financial advisor and / or IRA administrator if you have questions.



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# ORANGE OAR



Name this 20th-century SU Men's Crew coxswain!