

Case Western Reserve University Crew Club



Alumni Newsletter

Volume 2 Issue 2

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Head of the Charles 2007

By Nina Ma

The 43rd Head of the Charles held in late October of this year marked a great day for the Case Crew club. It was the first time we were sending two boats to the large regatta. And the women were prepared to defend their place with an automatic bid resulting from a top 50% finish from last year.

Two months before, both the men's and women's A boats were selected through grueling seat races, 5k times, and test pieces. The winners emerged and earned their seat in a boat that was headed to one of the most historic and famous regattas in the world. Practices were plentiful and daily, ranging in times from dawn till dusk.

The weekend of the 20th arrived quickly and both boats were off on their 10 hour drive to Boston, MA. The morning of the race, the women and I drove down to the Community Rowing Inc. boathouse and performed our pre-race rituals: studying the river map, taking bathroom breaks, getting coffee, etc. My 4+ and I sat in our trailer and we mentally went through the race. As any other prepared coxswain, I had a detailed and specific plan for the entire race. I had warm-ups and drills that Coach Chris and I had discussed previously, ideal situations for the first 20 power strokes through the often disastrous Weeks and Anderson turns, the tree and the apartment building landmarks, down to the last half mile after the Eliot Bridge turn. I had the perfect race in my head, but just like any good regatta, the race was not so ideal.



From coxswain back: Rebecca Carter, Christopher Shoemaker, Zach Fredin, Chris Denzel, Ben Lawler

Heading down around the Big Turn and towards Eliot Bridge, we were in the company of two other boats, all neck to neck. Knowing we were approaching the last half mile of the race, we fought hard and insisted on taking the route of least distance around the Windsor Boathouse. We maneuvered past any oar clashes or collisions and rowed the last twenty strokes for our team watching at home and our coach who was not able to make it this year. Just as we passed the finish line but before we collapsed, we exchanged congratulations and good luck with the men as they rowed up to the start.

Though we had yet to see official results, we all agreed that it was a good race. There was power, effort, and will throughout all 3 miles. The excitement and adrenaline was worth all the frustrating practices and after class practices put together. I came off the water never having needed to think and strategize so much during a race. We ended the day placed 17th/32 and the men placed 24th/31 after a well fought battle.

3rd Annual Alumni Regatta Set April 12 by Christopher Shoemaker

Attention all alumni. Set the date now, April 12, 2008 will be the 3rd annual Case Crew Alumni Regatta. This event is a fantastic chance to come and catch up with old friends and teammates. The alumni will even have a chance to get back into a shell and race against the current team. We then finish the day out

at Great Lakes enjoying all that this fantastic establishment has to offer. What could possibly be better than seeing old friends, meeting new ones, racing, and Great Lakes? This event has in the past drawn previous members of the team from all over the nation and we plan this year to be better than ever. The current

members of the team look forward to this regatta every year as we get to meet those that made our club what it is today. Even if you are unable to make it let us know how you are doing as we love to keep up with our alumni. So mark it on your calendars and make the plans now because we expect to see you all in the spring.

Erg-a-thon 2008 by Kellina Anderson

As many of you know, the ergathon last year was a great success. With very little time to prepare, the club managed to raise almost \$2400. This year, with the added support of local businesses and pledges collected over several months, we hope

to raise more than \$3000 to help with the purchase of a new 4+. The ergathon is a 24 hour event where at least one member of the team will be rowing at all times. Rowing begins at 6 pm on February 29th and continues until 6 pm on March 1st. In

addition to the entertainment provided by rowers sweating over ergs, there will be baked goods for sale and a raffle of prizes donated by local businesses. We hope to see many of you there to cheer us on!

The Leadership of the Club by Christopher Shoemaker

To be a leader of a **student** run club sport is really something special. It requires a little bit more than a typical club, because, although we have coaches, our coaches are not meant to run the club. They are simply here to coach, running the club lies in the hands of the students. Even though anyone who has ever been coached by Tim Marcovy would certainly have heard the chain of command; god, coach, coxswain, rower that I believe is a little bit different. The students in the club elect the executive members to run the club. They put the responsibilities of organizing events and planning which regattas to go to on a select few members of the club. They rest the very future of our organization on the shoulders of these select individu-

als. It is for these reasons that I feel it is important to dedicate this article to recognizing these people who run this club.

President - Lauren Boucher

Vice President - Nina Ma

Secretary - Jessica Schneider

Treasurer - Jenna Novak

Regatta Chair - Katie Menosky

Fundraising Chair - Kellina
Anderson

Equipment Chair - Chris Denzel

Webmaster - Ben Lawler

Historian - Chris Shoemaker

Advisor - Bethann Benetz

The men's team has also has an elected captain - Chris Shoemaker

The women's team believes that each of the varsity members is a leader and this job should not rest on any one individual. For this reason they have no captain to mention, but view their entire team as leaders.

Leading this team is not by any means a simple job and these people put a lot of time and effort into ensuring that there is a team to come back to each year. They each deserve our thanks for what it is that they choose to do for us.

Fall 2007 Season Regatta Results

Event	Place	Timed
Head of the Cuyogaha		
Mixed 8+	2/7	16:39.0
Men Open 2x	3/5	18:42.0
Women Open 4+	1/8	17:12.0
Women Open 8+	1/4	15:53.0
Men Open 4+	6/8	16:31.0
Head of the Ohio		
Men Club 8+	4/5	14:55.15
Men Open 4+	5/14	16:39.39
Women Club 8+	3/7	16:42.51
Women Open 2x	1/3	18:32.71
Women Open 4+	10/22	18:55.2
Women Open 8+	14/15	18:21.49

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Spring 2008 Schedule

February 2 - Pittsburgh Erg Sprints - Pittsburgh, PA
 February 24 - Hammer Erg Springs - Cleveland, OH
 February 29 - March 1 - 24 Erg-a-thon - Cleveland, OH
 March 30 - URA - Lake Arthur, PA
 April 5 - Home School - Cleveland, OH
 April 12 - Alumni Regatta - Cleveland, OH
 April 19 - TBD - We will be sure to let you know
 April 26 - Governor's Cup - Charleston, WV
 May 9-10 - Dad Vail Regatta - Philadelphia, PA



The Head of the Cuyahoga by Sophia Houghton

Welcome to Cleveland. It is mid-September and all week there have been sunny skies. Sadly, this Saturday is no normal Saturday. This Saturday is The Head of the Cuyahoga, and in true Cleveland style, the temperature drops to a chilly forty-five degrees. The parking lot is jam packed with high school girls jumping around, college kids sulking at the early morning within the safe confines of the boathouse, and the inexplicably chipper masters chatting outside over coffee.

The Case Team however, yet again manages to stand out. Chipper as the masters, but as cold as JCU, we wait inside with baited "frozen" breath waiting for our time to shine. In groups of four and eight we stretch and then walk out to face the chilly day. One by one our boats row up to the starting line, dodging novice eights and flip-catching out of the wind. There we encounter Tim, who is yelling as if at visiting crews, but we row right by like old pros, through the chute and onto the course. You can close your eyes and just hear how good we are. Each "chunk" of a feathering blade, each "suck" of a buried oar, and the sound of tiny bubbles as we force our boats forward is in near unison.

As we approach the blue bridge we are tired, but the crowd

roars and the announcer yells, and we know our coach is watching so here are our perfect strokes, to prove ourselves. On we go, our bodies and we begin to grunt. Our coxswains scream and we push on. Boats are coming; boats are going, but we push on. Surely the finish line must be close. And it is, only 20 strokes and we are done, heaving and exhausted.

You see we are a rough water crew. This is our river and our course. The hardware from the day proves it, with almost every boat medaling. We know the cold, and the waves and the chaos and on it, we thrive. On those balmy mornings when scullers clog the river, we never have our perfect rows. No, that would not be Case Crew form. We need to rise to the challenges that only our river, the Cuyahoga, can provide.



Alumni rowers joining us at the HOTC

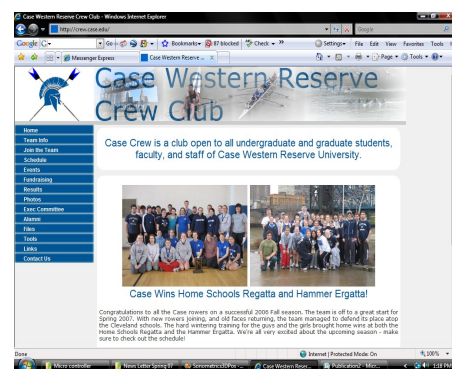


Want to share a Case Crew memory?

Want your name on an oar?

Want directions to a Case Crew event?

Want some Case Crew gear?



We want to hear from you!

Track us down on our homepage at

crew.case.edu

Extending Our Thanks by Christopher Shoemaker

The Case Crew Club has managed to grow and do a lot over its many years of existence. The club is able to buy new shells every couple of years, and send those shells to world renowned regattas to race against the best there is. Of course this sort of thing would simply not be possible if it were not for those many people that help us along the way.

Our first thanks without a doubt needs to go to the coaches, who volunteer countless hours for practices on and off the water and who give entire days to regattas that our team chooses to go to. Without these wonderful people we would most likely have no team at all.

We next need to extend out thanks to the CRF, Cleveland Rowing Founda-

tion. They provide us with ever improving facilities from which to practice out of. CRF also graciously allows the team to use some of its shells and other equipment. The CRF is also key to our existence.

Next we come to our fundraising, which allows us to buy those shells and go to all those races. The Brown's have proven to be a reliable and large contributor to our team. The Undergraduate Student Government also provides funding to our team to help us purchase some of the more basic equipment needed, such as a new cox box.

Next we would like to thank Case Western Reserve University, the Case Athletic Department, and of course Patrick Kennedy for all the support

and assistance that our team requires. They are all a very important part of our team for countless reasons.

Finally, we especially need to extend our sincere thanks to the Case Crew Alumni. Even after graduation you are all still Spartans and continue to show it will all of your support. The Case Crew Team has started the tradition of the Alumni Regatta and this very news letter just for all of you. We hope to see all of you in the spring. If you are unable to attend than we wish you safe and happy rowing.

Thank you all for your support of Case Crew. Thanks to you, we'll be seeing you on the water for many seasons to come.

My First Rowing Experience At The Speakmon Regatta

By Michael Czigler

At first glance, the world of rowing can seem like a pretty scary place. I remember the first moment that I had stepped out of the van that took us to the Speakmon, looking at the chaos that was unfolding before me: coxswains giving commands; rowers scrambling to unload boats off of trailers and boats swinging about. None of this seemed like a reality until I found myself getting yelled at by one of our own coxswains. The anticipation before the race wasn't any better. Nothing is scarier than the thought of getting into a novice four-man with three other guys, knowing that they have no more idea about rowing than myself. I remember one of the biggest fears racing through my mind at the time was that we would somehow capsize the boat on the way up to the starting line and have to be towed back by a launch. Luckily, that fear didn't become a reality.

Most worries from before absolve from your mind once at the starting line. First,

the coxswain gives the order to paddle at a light pressure, then half-pressure, and then as soon you enter the chute, everyone is off at full pressure. The beautiful scenery that you noticed on the way up bordering the river exits all conscious thought as your mind becomes fixed on perfecting each stroke: keeping your back straight, the slide slow, and, once at the catch, putting every single ounce of energy into pushing off with your legs. With the adrenaline pumping, time seems to fly and the time spent in the boat seems much shorter than in reality. As soon our as boat pulled into the dock at the end of the race, all I remember thinking was that I wanted to roll out and have my team mates carry my body, instead of the boat, back to the slings.

The Speakmon Regatta, gave me my first real insight into the next four years of what I have to look forward to. Although this was probably one of the most intense moments of my life, I thoroughly enjoyed it. I loved feeling like was part of something bigger, part of team that had goals, and relying on the fact that everyone had trained just as hard as myself for that moment. There is also some kind of thrill that comes with being on the water and watching life rush by you with each stroke.



Contributors to this Alumni Newsletter

Christopher Shoemaker

Nina Ma

Sophia Houghton

Kellina Anderson

Michael Czigler

Below: Case Crew and Alumni at 2nd annual Alumni Regatta

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