

# Case Western Reserve University Crew Club



## Alumni Newsletter

Volume 1 Issue 2

December 2006

### Inside this issue:

<i>Coach Bios</i>	2
<i>Recap of Fall Season</i>	2
<i>Spring Regatta Schedule</i>	3
<i>Novice's Perspective</i>	3
<i>Thanking Our Supporters</i>	4
<i>Row for a Cure</i>	4

### New Erg Room in Veale by Nathan Uber

We returned to campus this fall to a very generous surprise! The Case athletic department converted one of the old racquet ball courts in the Veale Athletic Center into a brand new erg room! The renovations included a new floor emblazoned with the new Case Spartan logo, mirrors on all the walls, a new wave-pattern paint-job on the wall above the mirrors and of course twelve brand new ConceptII model D ergs!

To contribute to the erg room, we restored two old wooden spoon paddles and painted them with the Case Crew oar design. They were installed on the wall in the



new erg room. The room is open for general use and will also be used during a new erg-focused gym class. The next time you visit the campus, come to Veale and take our new ergs for a spin.

## SAVE THE DATE!!!

### The second annual Alumni Regatta is on Sunday, April 22, 2007 at the CRF Boathouse



All Alumni are invited back to join Case Crew on the old Cuyahoga. See the boathouse (and all the new changes) and get reacquainted with old friends and coaches. Families (including dogs) are welcome. More information will be mailed in early 2007. Hope to see you there!

### Fundraising Update by Amanda Bocci

Last Spring Case Crew fundraised by selling naming rights for oars. The fundraiser went well; we sold six oars for a total of \$600. We applied the vinyl letters to the oars this fall and they look great. We are looking forward to getting names on the rest of our oars, there are still six left. We really

appreciate the support of alumni, friends and parents who continue to support us through our various fundraisers. If you are interested in purchasing naming rights for any of our remaining oars email Kellina, our Spring 2007 Fundraising Chair, at [kma22@case.edu](mailto:kma22@case.edu).

Over the fall our primary fundraiser was working Cleveland Brown's games. This spring we have several new fundraisers planned including our first Erg-a-thon in February. A portion of the proceeds from the Erg-a-thon will benefit Cleveland's Row for a Cure organized by rowers from CRF.

## Coach Information

### Coach Chris Sheridan

This is Coach Chris' fifth year coaching at Case and seventh year coaching rowing in Cleveland. Also, this is her fourth year teaching in Case's SAGES program as a Presidential Fellow. Coach Sheridan grew up in Florida and was a competitive swimmer. She graduated from Yale University and has been an editorial writer at The Plain Dealer since 1995. Her son, Connor, is 5 years old. Coach Chris first discovered rowing here in Cleveland.



Coach Chris racing at the Speakmon

### Coach Tim Marcovy

Coach Tim has coached Case Crew from 1993 till 1996 and from 2002 till the present and was one of the five founders of the Western Reserve Rowing Association. Coach Tim is a Case alumnus (LAW '77) and a partner in the law firm of Willacy, LoPresti & Marcovy in Cleveland. He has been rowing off and on since college. His daughter is a former high school rower and former rowing coach. His son, an IRA medal-winning oarsman for Columbia University, is also a former adult and junior rowing coach, and presently competes on the elite squad for Vesper Boat Club of Philadelphia.

### Coach James Mack

Coach Jim is our new novice men's coach. He started rowing for the first time in 1998 here in Cleveland. Since that time he's traveled to the Florida Rowing Center and the Craftsbury Rowing Camp for sculling coaching and instruction. This is Coach Jim's first coaching experience, but he is not new to Case. Coach Mack is an emeritus assistant professor from the department of Psychiatry at Case's Medical School. He first moved to Cleveland when he joined the Case faculty in 1970. Although he's been retired since 2003, he still continues his research in neuropsychology at Case.

## Fall 2006 Season Regatta Results

### Head of the Cuyahoga-9/16/06

Event	Place	Time
Mixed 8+	4 <sup>th</sup>	16:29.10
<b>Women's Open 4+ (A)</b>	<b>3<sup>rd</sup></b>	<b>17:04.80</b>
Women's Open 4+ (B)	5 <sup>th</sup>	18:40.30
<b>Women's Open 8+</b>	<b>1<sup>st</sup></b>	<b>15:58.80</b>
Men's Open 4+	11 <sup>th</sup>	16:58.00

### Head of the Ohio-10/7/06

<b>Women's Club 8+</b>	<b>3<sup>rd</sup></b>	<b>14:24.79</b>
Women's Open 4+ (A)	6 <sup>th</sup>	15:28.30
Women's Open 4+ (B)	15 <sup>th</sup>	17:21.09
Men's Open 4+	12 <sup>th</sup>	15:26.21

### Head of the Charles-10/21/06

Women's Club 4+	14 <sup>th</sup> /28	21:51.33
-----------------	----------------------	----------

### Speakmon-10/28/06

Men's Open 4+	17 <sup>th</sup>	19:06.28
Women's Frosh/Novice 8+	9 <sup>th</sup>	21:52.36
Men's Open Novice 8+	15 <sup>th</sup>	20:48.59
Women's Open Novice 8+	9 <sup>th</sup>	24:01.32
Women's Open 4+ (A)	5 <sup>th</sup>	19:45.85
Women's Open 4+ (B)	10 <sup>th</sup>	22:05.22
Collegiate Women's Open 8+	6 <sup>th</sup>	18:35.35



Women's Varsity 4+ (B) at the Speakmon (Above, Top)

Novice Men's 8+ at the Speakmon, first race (Above, Bottom)

Women's Varsity 4+ (A) at the Speakmon (Left)

## Winter and Spring Regatta Schedule

- 2.3 Pittsburgh Erg Sprints
- 2.11 Hammer Ergatta, John Carroll University
- 2.23 Erg-a-thon, Wade Commons, CWRU
- 3.24 Home Schools, on the Cuyahoga
- 4.1 URA at Lake Arthur, Moraine State Park, Pennsylvania
- 4.14 Ohio Cup, Hoover Reservoir, Columbus, OH
- 4.22 Alumni Regatta, on the Cuyahoga
- 4.28 Governor's Cup, Charleston, WV



## A Novice's Perspective by Kellina Anderson

I was a runner in high school and had planned on joining the cross-country team when I came to Case this fall. However, after attending a single water practice and learning that college was nothing like high school, I decided to give rowing a try. Five minutes of arms-only in an extremely unsteady boat had me hooked. I started changing my schedule to fit in practices and began to dread every climb up the stairs to my dorm room after a set of squats.

It's not every Saturday that freshmen get up at 3 am, eat breakfast and gather at the ugly statue on the north side of campus. After all, most freshmen are not part of the novice crew team, who rowed in their first regatta on October 28<sup>th</sup>.

When the vans arrived in Columbus at 7am, we were surprised at the intensity of the activities so early in the morning. There were so many people carrying oars, boats and oddly shaped bundles in the dark, trying to find a place out of the wind. We helped the varsity assemble the boats in the dark, checked and double-checked each rigger, and then started the long wait before actually getting in the water.

The race was intense. There were two teams of novice women and both groups found new limits, both

as individuals and as a team. I personally found out that I can keep rowing no matter what if the person behind me keeps screaming encouragement. The best feeling of the day came when M.K., the novice coxswain, finally got to yell, "Paddle!"

Through the fall season, I have gotten to know my teammates very well, both on and off the water. RTA rides were especially enjoyable, with the stories told by Grace and Sophie usually being the most entertaining. I've even found people in my classes, like Jenna, who commiserates with me during workouts about our Calculus teacher, and others, like Francesca, who share my taste in food, even when given the choices at Leutner, our dining hall.

Since then, we joined the varsity women for winter training and



Kellina Anderson (left) Jenna Novak (right)

have been getting used to balancing homework and the increase in practices. We are looking forward to being back on the water in the spring and competing in the ergattas at the end of winter training.



**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**

# Acknowledging Our Many Supporters

by Nathan Uber

As the team roster grows we are investing a lot of effort to raising funds to purchase and maintain equipment. Our club is still student-run and our executive committee and our athletes spend considerable effort and hours on fundraising and organizational tasks. But the successes that we have achieved are in no small measure thanks to the support of many other people.

First we would like to recognize our wonderful coaching staff. Our coaches VOLUNTEER their time for us. They spend hours of time practicing with us on and off the water, they go to all of our regattas, and they advise and assist us with all of the physical repairs on our equipment every year. Working right along with our coaches is our advisor Beth Ann Benetz. Case Crew would not be possible without their support.

Next we would like to recognize the

Cleveland Rowing Foundation. CRF really works hard to provide the facilities we need and to ensure safety on the Cuyahoga. Additionally they are always there to help. This year many Case rowers learned how to skull using CRF shells and CRF helped us find trailer space several times this fall.

The Brown's have been our most reliable contributor for the past several years. This fall we worked a concession stand during every home game in exchange for a percentage of the take. Case USG also supported Case Crew by donating money for equipment upgrades this fall. The USG money will go towards upgrading all of our oars with vortex tips.

Finally we would like to thank all of the Case Crew Alumni. You have contributed in so many ways, and many of you have continued your support since graduation. To recog-

nize our alumni and preserve Case Crew traditions, we started a project this year to memorialize the history of Case Crew. If we don't see you this spring at the Alumni regatta, please send us any pictures or memories from your years on the Case Crew.

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.

Thank You  
Thank You

## Case Crew and Row for a Cure

by Nathan Uber

This year several members of the Cleveland Rowing Foundation organized Cleveland's 5th annual Row for a Cure to raise money to benefit the Northeast Ohio Breast Cancer Coalition Fund. Case Crew members contributed by raising the cost of the entry fee to enter an 8+ in the event. All of the area college rowing teams joined the event and the OSU rowing team came up from Columbus to participate as



well.

This year Row for the Cure raised \$8,600. Case Crew will contribute to Row for a Cure next semester by sharing a portion of the proceeds from our first Erg-a-thon.

## Contributors to this Alumni Newsletter

- Kellina Anderson
- Amanda Bocci
- Lauren Boucher
- Nina Ma
- Chris Shoemaker
- Agata Toborek
- Nathan Uber



**CASE WESTERN  
RESERVE UNIVERSITY  
CREW CLUB**  
Veale Center  
Case Western Reserve University  
Cleveland, OH 44106



**2<sup>nd</sup> Annual Case Crew Alumni Regatta  
April 22nd, 2007**

**Location:** Cleveland Rowing Foundation; 1948 Carter Road; Cleveland, OH

**Event Time:** This year's regatta is on Sunday, April 22, 2007 at 8:30 am. The first race launches at 9:00AM, with races running every 10-15 minutes through early afternoon. Those coming from out of town should have plenty of time to make it home at a reasonable hour.

**Dinner:** The night *before* the regatta, join us once again for a great time at the Great Lakes Brewing Company at 6:30PM. Great Lakes Brewing is located at 2516 Market St. in Cleveland by W25 and Lorrain.

**Cost:** Participation in the Case Crew Alumni Regatta is FREE. Individuals will need to cover their own travel lodging and dining expenses. If you would like to make a financial contribution to the club, checks may be made to "Case Crew."

**Children/Pets:** Please feel free to bring children and pets! The boathouse property is much safer than it used to be. There is now plenty of free space for them to play. We are happy to supervise your kids while you are racing.

**Contact Info:** Please detach and return the completed RSVP Form by March 25 to:

Case Crew  
C/O Brian Chorney  
1596 E115 St #801C  
Cleveland, OH 44106

Please contact Brian Chorney if you have any questions:  
Phone: (207)-232-9510  
Email: brian.chorney@case.edu

-----Cut Here-----RSVP Form-----Cut Here-----

**Name:** \_\_\_\_\_

**Email** \_\_\_\_\_ **Phone** \_\_\_\_\_

**I will    will not    be able to attend the Case Crew Alumni Regatta.**

**I will    will not    be able to attend dinner at the Great Lakes Brewing Company**  
**No. of Guests Accompanying Me:** \_\_\_\_\_

**I am a    Port Rower    Starboard Rower    Coxswain**

**I    WOULD    would not    like to be contacted about future Case Crew events.**

**Directions to the CRF boathouse (Incuse it has been a while):**



**FROM THE WEST:** Take I-90 to the W 25 St Exit. At top of ramp, turn left\head north. Stay north on W 25 St, cross a small bridge, then immediately veer to your right onto Columbus St. Stay on Columbus, go down a steep hill. Before the next bridge, turn right down Carter Road. Cross the railroad tracks and the driveway will be on your left. If you pass the blue bridge you've gone too far.

**FROM THE SOUTH:** I-71 North to the W 14 St Exit. Straight on W 14, past Lincoln Park to light at Kenilworth, turn left. Turn right onto Scranton Road. At the end, make a left turn down Carter Road. The first driveway on the right after the blue bridge is the CRF.

**FROM BUFFALO, ERIE:** I-90 East, drive through downtown Cleveland and head south. First exit is the W. 14 St Exit, be in the left lane. This exit splits, take the W14 split. You will loop under the freeway. Drive one block to Kenilworth. Turn right on Kenilworth then right onto Scranton. At the end of Scranton, turn left down Carter Road. The first driveway on the right after the blue bridge is the CRF.

**FROM PITTSBURGH:** I-77 to 480 west, then take the 176 Jennings Road exit North to downtown. As you get close to I-71, you will be driving on the lower level of a double-decker freeway. Stay in the right lane; look for W 14 St exit. Take W 14 exit up to top, ramp splits at top but stay straight you will be going north on W14 St. Once on W 14, heading north, drive past Lincoln Park and turn left on Kenilworth at the light, then right onto Scranton. At the end of Scranton, turn left down Carter Road. The first driveway on the right after the blue bridge is the CRF.