



CASE WESTERN RESERVE UNIVERSITY

EST. 1826

Notes from the Hammer Ergatta

Upcoming Events & Activities:

- Erg-a-Thon—Feb. 21-22
- Spring Break—March 7th—15th
- Alumni Regatta—April 5th

STOP! *(Hammer time)*

From the Coaching Launch:

In short: amazing. Three weeks ago, CWRU completed its first 2K “baseline assessment,” yielding, in many cases, personal records. Typically athletes must train for extended lengths of time before making that leap to seeing their best performance again. The vast majority of CWRU rowers did it again...and rather than try to laud their accomplishments with words, we are proud to let these results speak for themselves:

Abby Sevier	7:32.7	PERSONAL BEST	1st Place Finish
Valerie Michael	8:07.4		3rd Place Finish
Rachel Horetzky	8:24.2	PERSONAL BEST	
Colleen Kennedy	8:28.9	PERSONAL BEST	
Patrick DelBarba	6:18.7		3rd Place Finish
Matt Holdren	6:28.8	PERSONAL BEST	
Doug Brubaker	6:31.7	PERSONAL BEST	
Steffen Christoffersen	6:53.1	PERSONAL BEST	
Gavin Brown	7:17.2	PERSONAL BEST	
Christian Juengling	7:18.7	PERSONAL BEST	
Chris Ryu	6:53.0	PERSONAL BEST	3rd Place Finish
Liam Hoyer	6:40.6	PERSONAL BEST	1st Place Finish
Luke Fakult	7:11.7	PERSONAL BEST	
Lucas Vroege	7:18.0	PERSONAL BEST	
Masato Miyagi	7:31.7	PERSONAL BEST	1st Place Finish
Peter Choi	3:48.8	PERSONAL BEST	2nd Place Finish

We are remarkably proud of our Spartans, and hope you are too. Thank you for your support!

Tim & Aaron Marcov, Coaching Staff

“Favorite” Workout

- Warmup
- 2 x 5K, with each middle 1K = 2K pace-0:02 splits
- Cool Down

www.spartanalumnirowing.org

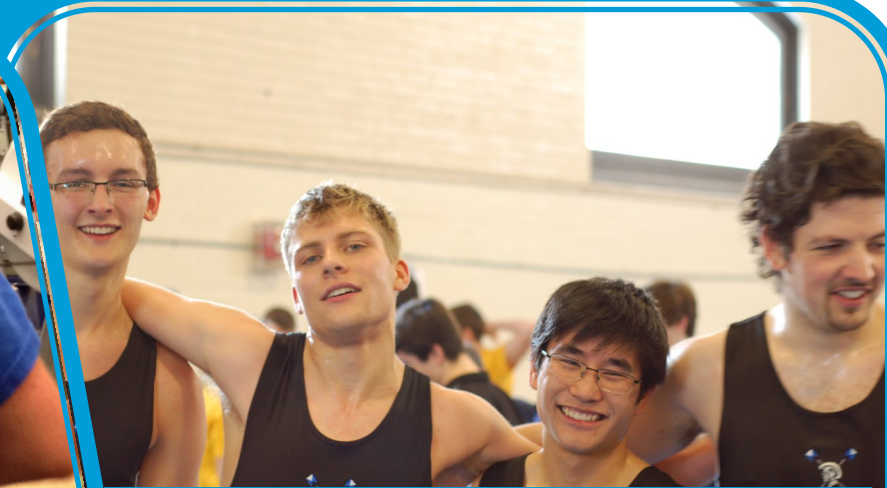


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Solid Steady State Training



Novice Men Victorious



President Abby Sevier Winning

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