



Alumni Banquet



Growth

5 Coxswains

2 Women's 8+s

2 Men's 8+s & 1 Men's 4+

4 Coaches

**37 athletes. Only 7 CWRU
varsity sports are smaller.**

Performance

- ***Blood lactate testing***
- ***Individualized H.R. training***
- ***Weight regimen***
- ***Visualization exercises /
guided meditation***
- ***Nutritional Supplement***



New Challenges

- ***Head of the Genesee***
- ***Head of the Hooch***
- ***Don Lubber's Cup***



Head of the Genesee

- *Men's novice win x2*
- *Marquee win: WV4+*
- *Cup previously held by:*
 - *Cornell, Brock, Syracuse, McGill, Queens, etc.*



CASE
SPARTANS



Head of the Hooch

Men's Varsity 8+:

5th

Women's Varsity 8+:

4th

***Second largest head
race in the world***

Lubber's Cup

- ***Invitation only by top-10 teams***
- ***Re-invited***
- ***Respectable performances all around***
- ***Novice Men's 4+ Champs***



Coach Aaron,

Truth is I was very impressed with what CWRU has accomplished thus far; this year. It is an "epic flood" watermark compared to past years.

CWRU was the lowest seed. Our oversight!

You and your team deserve a MOST IMPROVED Lubbers Cup performance. PLEASE share that sentiment with your coaches and athletes.

Your student-athletes helped make this a better event and we hope you return in force next year.

I expect you will continue to improve speed with water time. "Mileage Makes Champions"!

Your colleague,

John

John M. Bancheri, Head Men's and Women's Rowing Coach
Grand Valley State University Rowing Club

Winter Training



Hammer Ergatta

...they did OK.



New Equipment

*Raising necessary funds
In record-breaking time*



Spring Training

*Lake Lanier
Olympic Course
Gainesville, GA*



Upcoming Goals

- 5-10% collective speed improvement***
- Top 3 finish at MACRA***
- Dad Vails Finalists in the 8+***



Thank you, Alumni!

We couldn't have come this far without your support

