



SWEEP

VOLUME TWELVE • MARCH 2014
THE WASHINGTON ROWING QUARTERLY

THE SEASON PREVIEW

A WASHINGTON ROWING PUBLICATION





MISSION OF THE WASHINGTON ROWING STEWARDS:
TO ENGAGE AND CONNECT ALUMNI AND FRIENDS OF WASHINGTON ROWING IN
ORDER TO SUPPORT THE CURRENT ATHLETES AND COACHES IN THE PURSUIT OF
THEIR GOALS.



A LETTER FROM THE STEWARDS

Racing season is upon us! Many of us can't wait to see white blades roll through the cut, and to see both familiar and new faces catch a signature Washington closing sprint.

April brings us great rivalry races with Brown visiting in early April, and Washington State and Stanford visiting us the week after. For Opening Day, we're visited by Great Britain. We're hoping that Husky fans and Seattle will bring our version of the 12th (10th?) man to both sides on Montlake!

We recognize that sometimes getting out to watch can be a special effort that involves a little rain gear! As such, the program is making an extra effort to make the overall race experience more enjoyable with investment and organization. It's hard to improve on one of the best natural rowing amphitheaters in the world, but we've decided to do so in a couple of key ways:

We're most excited about the ability to provide an audio call of the races this year. While we all enjoy scrambling for the twitter feed, speculating on who's in front, or looks to be tiring, nothing will compare to standing on the shore at the canoe house or finish line and being able to hear a coach or announcer call the race. (We'll be holding tryouts for any interested alumni who wants to become the 'Voice of Montlake'!)

In addition, the course was just recently surveyed. The result of this will be very accurate calls of where the boats are at the traditional milestones of 500, 1000 and 1500 meters. The finish line itself will have a wire viewer to call close races. When stake boats are installed, we'll have a completely accurate 2000 meter course. While we may not be able to pull together stake boats for this year's racing season, when we can it will be a great contribution for the athletes (coxswains especially!) and viewers will benefit with races starting right on time.

The coaches and their staff have worked extremely hard to put these improvements in place and the result is that our home course will match up with any world class racing venue, and is one more investment in our mission of being the Best Rowing Program in the world.

Personally, I always leave the races happier for seeing an old friend and remembering a place where my competitive spirits were most alive. If you're a regular regular, I look forward to seeing you again -- and if it's been a while, I hope you make this a year to come and reconnect. See you at the canoe house!

-John Kueber



WOMEN'S SEASON PREVIEW



The 2014 racing season promises to be the most exciting and rewarding in many years, and the team's focus is laser sharp! The leadership of the senior class and Varsity Boat Club officers is outstanding. Our seniors are winning significant races, and getting lifetime best performances on all metrics – ergometer, strength and on-the-water speed. Their dedication and leadership inspire the underclassmen in this year's quest for greatness.

We open our season on the first weekend in April at the San Diego Crew Classic. After a long winter of the “Dark Ages”, our crews will test themselves against several of the Nation's best. California schools have dominated at the Crew Classic in the past few years, and we look forward to challenging races. We will get a good indication of our speed in San Diego, and our performances will be extremely important for the seeding at both the PAC-12 and NCAA regattas. We definitely need to bring our “A” game!

Washington State University comes to race in Seattle on April 12th. The Cougars have a strong squad this year, and (as always) will bring a lot of Cougar Nation supporters to the Cut to watch them race the Huskies.

On Saturday, April 19th we have a bye. This Saturday will be very important to our program. We will celebrate the gift of a beautiful new 8+ shell at a special dedication at 10:00 at Conibear Shell House. The training the following week will sharpen the focus on the California duel on April 26th in Belmont, California.

California's senior class, including World Champions and Olympians, is the most celebrated in many years. And, after losing the Simpson Cup last season to the Huskies for the first time in ten years, they will be highly motivated to seek revenge and return the Cup to Berkeley.

May 3rd brings Great Britain to Seattle for the Windermere Cup. Great Britain has the best National and Olympic rowing Team in the world, winning more Olympic medals in London than any other country, and we are honored to have a team of this caliber coming to Seattle to race our Huskies. We have not faced a team this good since the Soviets visited here in Windermere Cup #1 in 1987! Don't miss the showdown!

The Championship season begins with the PAC-12 Regatta on Sunday, May 18th and will end with the NCAA Championships in Indianapolis on June 1st. We hope you can support the team all season, and we guarantee a great show!

WOOF!

-Bob



MEN'S SEASON PREVIEW



We had one race this autumn to test our speed against our key competitors. The Head of the Charles has become the early season barometer for many programs as well as ours. We placed 9th overall and 5th in the collegiate division. This simply wasn't good enough, but that was our starting point. The experience helped us gain the motivation that seemed hard to find after a long summer.

From that moment we've had total commitment from our student-athletes to develop this team to its potential. Hand in hand, the coaches have also committed to maximizing every ounce of sweat, talent, and skill these athletes have.

This will be critical because this is the youngest team we've had in years. The varsity group has nine seniors, 12 juniors, and 12 sophomores. Many of these returning varsity athletes are coming from the 2V, 3V, 1F or 2F. We began with a lot of young talent, and we needed a different process this year to get to speed. We had to get back to basics: work.

After the Charles, we regrouped and raced the Head of the Lake Regatta in Seattle. Showing significant gains was inspiring and the student-athletes were now believing in the adjusted program. In the past we had focused on "putting the pieces together." This year was different: we liked who we had and saw lots of pieces, but before trying to put anything together we focused on making each piece better.

Heading into winter break we saw this as a time where the athletes could make up ground. They trained hard voluntarily on their own. In my mind this is very hard to do and was really testing their conviction to be on the top of the podium in June.

At the end of winter break we made another adjustment, we decided to have two winter camps. We usually only send the top 18 oarsmen to the Olympic Training Center in Chula Vista, but this year we added a second camp in Seattle for the next 18 athletes. Both had the specific goal of raising the bar on our technique. This gave those next 18 athletes an opportunity to come together and train as a team sooner, in the past those oarsmen have had to wait til the Chula Vista group returned. We had two very successful camps and the camaraderie was really coming together. We were starting to act like a team. I am really proud of our athletes.

Once classes started this Winter Quarter we made another adjustment in the development of our team. We started two-a-days twice a week. On Tuesday and Thursday mornings we had technical workouts with the entire team. In the past, we've used this format with our freshmen rowers and recycling it for the varsity team has proven to be one of the best adjustments we've made all year.

We also called an old friend Luke McGee, now coaching the USA Men's Olympic 8+, and asked if we could join them for a scrimmage in late January. This provided a carrot and a chance to test our speed against his Olympic hopefuls, who were eager to have some fresh meat to race. We sent 12 oarsmen and one coxswain, and it gave us a shot of confidence. The Dawgs performed well and I think Team USA enjoyed the sparring partner.

As I write this it's early March and we are testing line-ups for our first race against a familiar foe Brown University on April 5th. Erg records are now falling and pairs and straight fours are moving more swiftly. I don't know what I can say about our speed relative to Brown, but I can say that these student-athletes have trained at a championship level. They are ready to prove they have taken on the challenge of being great. The season has many tests in front of us: Brown, OSU, Drexel, Stanford, Cal, GB National Team, the PAC-12 and IRA. There are many teams with similar or better talent, and rivals are highly motivated to take us down.

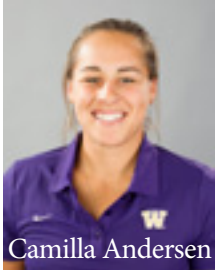
It's impossible to know what other teams will bring to the table, but I can promise you we have done the work. The athletes are no longer a group of individuals with a lot of raw talent and potential, they have developed into a team of oarsmen.

Please come down to the Montlake Cut, Redwood Shores, Lake Natoma and Mercer Lake and watch these Huskies make their legacy.

Woof!

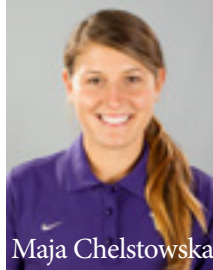
-Michael

GET TO KNOW THE 2014 SENIORS



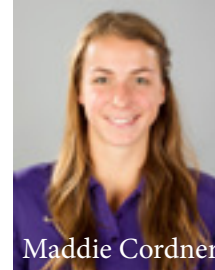
Camilla Andersen

- Favorite race at UW: PAC-12's 2013. We were dropped at the start but were able to fight back and get 3rd place.
- Plans to row after UW: Depending on my back I'd like to go back to New Zealand and just enjoy some time in the single.
- Weirdest family tradition: Christmas lunch on the beach in the sun.



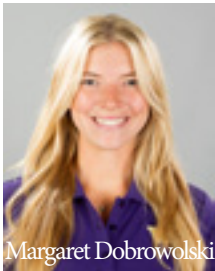
Maja Chelstowska

- Favorite race at UW: Class Day 2013
- Most inspirational senior when you were a freshman: Kerry Simmonds
- Sport you would pick if you weren't rowing: Volleyball



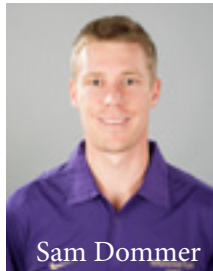
Maddie Corder

- Favorite race at UW: Windermere Cup
- Most inspirational senior when you were a freshman: Kerry Simmonds. She was always very friendly and really led by example
- Plans to row after UW: I would like to see if I can make the national team in Australia, but I see myself staying in Seattle for the next year.



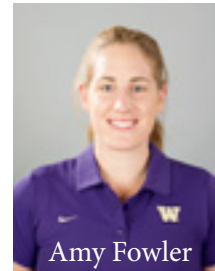
Margaret Dobrowolski

- Favorite race at UW: Winning Crew Classic or winning Class Day
- Favorite athlete: I followed my brother's (Casey Dobrowolski) footsteps and came to row at UW. I wouldn't be here if it wasn't for him
- Plans after graduation: Become a teacher. I plan to get a lot of traveling in too, since I haven't been able to with rowing.



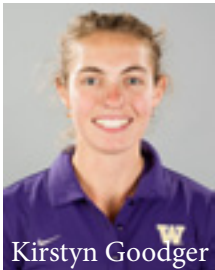
Sam Dommer

- Favorite non-rowing memory at UW: When it snowed for a week my sophomore year
- Most inspirational senior when you were a freshman: Simon Taylor
- Favorite athlete who inspires you: Eric Murray, the dominance he and Hamish Bond have accomplished in the rowing world is amazing.



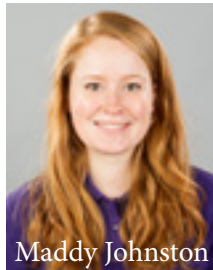
Amy Fowler

- Favorite race so far at UW: Cal Duel 2013
- Most inspirational senior when you were a freshman: Veronica Tamsitt. Her efforts towards her studies and high grades were phenomenal.
- Plans to row after UW: I would like to go back home (Australia) and train for the national team



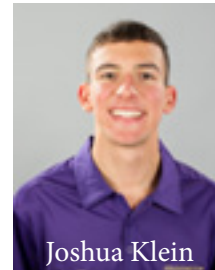
Kirstyn Goodger

- Favorite race at UW: Beating Cal 2013 on our home course. I knew we had made history for UW women's rowing.
- Plans to row after UW: I plan to move back to New Zealand and hopefully train towards the Rio 2016 Olympics.
- Favorite place to eat in Seattle: Molly Moons, I love ice cream!



Maddy Johnston

- Favorite race at UW: Varsity 8+ at Cal Duel 2013
- Sport you would pick if you weren't rowing: Rock climbing or cross country skiing
- Favorite athlete: Although it's corny I have to say my teammates. I get to see them work hard every day to reach one common goal and make a new history for Washington Women's Rowing



Joshua Klein

- Most inspirational senior when you were a freshman: Mathis Jessen is one of the most talented rowers I have met, and also the kindest. He was always extremely supportive, passionate and selfless.
- Favorite place to eat in Seattle: Paseo's
- Plans after graduation: Working on The Fieldhouse Project before working in management consulting



Will Lytle

- Most inspirational senior when you were a freshman: Max Weaver always had our backs. To see him take a year off, come back, and be Captain was something that stood out.
- Favorite post-practice meal: Spaghetti and OJ from Training Table
- If you could play another sport what would it be: Football or rugby.



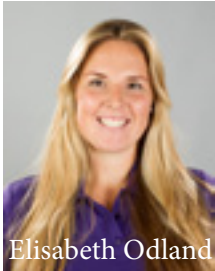
Myles Neary

- Most inspirational senior when you were a freshman: Max "Meat Patties" Weaver
- Sport you would pick if you weren't rowing: Rugby
- Favorite athlete: Mo Farah, humble but scary fast. Mo or Conlin McCabe, I heard he could slam a revolving door.



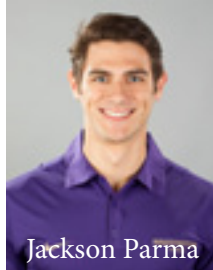
Patricia Obee

- Favorite race at UW: V8+ Cal Duel 2013
- Most inspirational senior when you were a freshman: I was never a freshman, but Maddy Culp inspired me a lot my first year here.
- Plans to row after UW: I'll join back in with the training center in Canada and hope to qualify for the Lwt 2x for Rio 2016



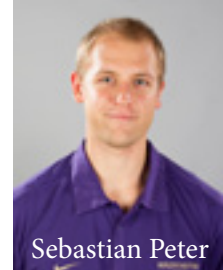
Elisabeth Odland

- Favorite race at UW: Windermere Cup 2013. It is always fun to race through the cut with people cheering for you.
- Plans to row after UW: I hope to still be rowing at the age of 80.
- Weirdest tradition in your family: Watching Jeopardy every night and getting really competitive. We would blurt out answers and stare each other down when we got it right.



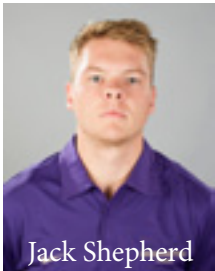
Jackson Parma

- Most inspirational senior when you were a freshman: Hans Struzyna. His strength and determination impressed me the most.
- Favorite post-practice meal: Chocolate milk and chipotle.
- Favorite athlete: Mathis Jessen. He shows rowers that technique needs as much attention as strength.



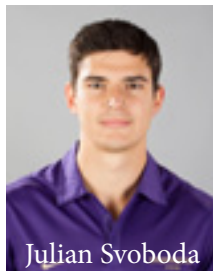
Sebastian Peter

- Favorite race at UW: Setting the collegiate record of 5:21 during the IRA Varsity 8+ final in 2012.
- Weirdest family tradition: Competing with my dad to see who could conjugate Latin words faster.
- Plans after UW: I would like to work in Supply Chain Management or Logistics. My goal is to make a positive impact on people's businesses around the world.



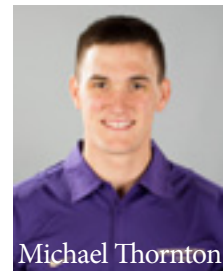
Jack Shepherd

- Favorite race at UW: IRA's 2013
- Do you have a favorite athlete who inspires you?: David Beckham—he's suave, stylish, bloody good at football, and a true gentleman.
- Plans after graduation: I have a marketing/advising internship with TITAN360, hopefully I can find a full-time job as soon as that finishes!



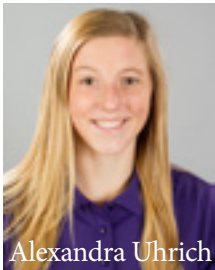
Julian Svoboda

- Most inspirational senior when you were a freshman: Max Weaver and Jeff Gibbs. They were really great role models. Husky legends.
- Favorite post practice meal: Burger bar at training table
- Plans to row after UW: I plan to row for the New Zealand national team. The opportunity to get to the 2016 Olympics would be the ultimate dream.



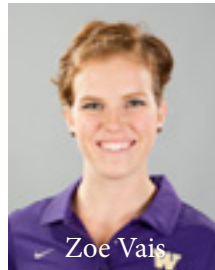
Michael Thornton

- Favorite race at UW: IRA 2013. By far the closest and most emotional race that I've ever experienced.
- Favorite non-rowing related memory: Going home to Victoria B.C. with a few friends for a weekend. My parents were gracious enough to host us, even though we cleared out their fridge and pantry.
- Sport you would pick if you weren't rowing: Soccer or hockey



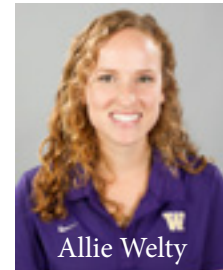
Alexandra Uhrich

- Favorite race at UW: Racing in the sophomore boat for Class Day 2012. We didn't win, but I'll always remember the opportunity I had to race with my class.
- Favorite non-rowing UW memory: Going to the UW football games!
- Sport you would pick if you weren't rowing: I did gymnastics growing up. I would love to get back into that.



Zoe Vais

- Favorite race at UW: Varsity 4+ Semifinal at NCAAs 2012. We were down with 500m to go, when suddenly it clicked and we started flying. In the last 150m we worked through two boats to get 3rd and sent ourselves to the Grand Final.
- Most inspirational senior when you were a freshman: I looked up to Kerry Simmonds a lot. It was clear that the team really respected her and I appreciated that.
- Plans after graduation: I'll be the intern freshman women's coach!



Allie Welty

- Favorite race at UW: Windermere 2013. The loud energy from our fans and spectators is like no other race.
- Favorite non-rowing related memory at UW: Going to the football games with my teammates, enjoying snow days, and the night the Seahawks won the Super Bowl.
- Favorite post-practice meal: I really enjoy cooking, so after practice I cook anything that comes to mind!



Ruth Whyman

- Favorite race at UW: Definitely our show down in the Varsity 8+ at the Cal Duel 2013.
- Most inspirational senior when you were a freshman: Kerry Simmonds. And she's gone on to great things. I love that she was once my teammate.
- Plans to row after UW: I'm hoping to go home to the UK and row for Great Britain. There's only two more years until the Olympics [and] I don't want to regret not trying.

2014 SENIOR SUPERLATIVES

MOST LIKELY TO BE A MILLIONAIRE: Allie Welty and Josh Klein

MOST LIKELY TO GET IN A FIGHT OVER A BOARD GAME: Ruth Whyman with Sis Odland, and Jackson Parma

MOST LIKELY TO GET LEFT BEHIND ON A ROAD TRIP: Amy Fowler and, unanimously, Julian Svoboda

MOST LIKELY TO GO HOME FIRST FROM SURVIVOR: Maja Chelstowska and Sebastian Peter

MOST LIKELY TO WIN TOP CHEF: Allie Welty or Maddy Johnston and Michael Thornton or Myles Neary

MOST LIKELY TO ENTER/COMPETE IN AMERICA'S NEXT TOP MODEL: Maddie Corder and Jack Shepherd

MOST LIKELY TO DIE FIRST IN THE ZOMBIE APOCALYPSE: Ruth, Maja, and Amy; and Sebastian, Thornton, and Julian

THE REBIRTH OF THE HUSKY II



Thanks to the generosity of Blake Nordstrom, the work of Brooke Larsson and his crew plus the appreciation of tradition by Bob Ernst and Michael Callahan, UW's 63-year-old coaching launch has been restored. Its unveiling is scheduled for the Windermere Cup Opening Day regatta May 3.

The last time Bob Ernst, Michael Callahan and UW Crew possessed Husky II, the boat's bottom was wrapped in garbage bags. That was so the launch wouldn't sink.

Ernst could put his finger through the wood floor boards 18 months ago, they were so rotted. It seems some of the wood used for a 1990s repair of the Huskies coaches' launch first built in 1951 may have come from fir trees felled by the eruption of Mount St. Helens in 1980 and then salvaged and commercialized as wood.

What a difference a complete renovation makes. Husky II now has Alaska Yellow Cedar in its hull. Most of its deck is made of mahogany. It is trimmed in oak. No ash wood. No way.

"Oh, yeah, this is a complete rebuild of every facet of the boat. It's been built probably 10 times better than when it was first new (in 1951)," Husky II's chief rebuild, Brooke Larsson, said proudly.

He was talking in early March from where he led the remodel, his shop at Larsson Marine on Seattle's Portage Bay around the corner from the Huskies' campus.

"Less than five percent of it is still there from its original parts. The part of the engine stringers. Part of the inner keel. That's about it," Larsson said. What's left is a masterful rebuild of the Huskies' most venerable launch, thanks to the generous financial backing of Huskies crew supporter Blake Nordstrom. Larsson's goal is to have Husky II completed in time for May 3 and an unveiling at the boat parade during this year's Windermere Cup Opening Day regatta through and around the Montlake Cut.

"It's a classic," Ernst, Washington director of rowing, said of Husky II. "It's got some of the same line of the really old coaching launches. You look at the old races at Henley, and those launches looked just like Husky II." The launch is a complete throwback from the approximately dozen fiberglass catamarans with 15-horsepower motors that the UW coaches use daily to exhort their rowers through practices. The driver sits in the back of Husky II, which UW has owned for the last 63 years. There is a cockpit in the front. "It's really cool," Ernst said.

Ernst and Callahan plan on using Husky II as a ceremonial launch when UW gets it back this spring. It is 30 feet long, five feet longer than Ernst's fiberglass catamaran coaching launch and two feet longer than the catamarans Callahan and UW's assistant coaches use each day.

The history of renovations to Husky II is as much a story as this latest, greatest remodel of it. In the 1980s, Ernst and long-time UW rowing coach Dick Erickson were using Husky II when they decided they needed to do some work on its engine and transmission. That's when they and technicians learned Husky II's engine didn't have metal bearings of any kind.

"That's because it was a surplus landing craft from World War II," Ernst said. "It was only built for a one-way trip. You know, you land the troops on the beach, they get off and fight, and you are done with it."

When the wooden planks began rotting on Husky II in the 1990s, Ernst decided it was worth it to continue restoring. But local Seattle boat remodelers wanted \$20,000-30,000 for the job. Ernst instead hired a crane to hoist it and its garbage-bagged bottom from the water onto Styrofoam blocks for indefinite dry docking at UW. "I called up the president of the Northwest Classic Boat Club and asked, 'What do you think? Should we hang onto it or cut it up and have a big bonfire?'" Ernst said. Ultimately, thankfully, they voted against the bonfire.

Instead, the boat club's president told Ernst of a wooden boat-restoration vocational program at Seattle Central Community College. Because Husky II was a state-owned craft, the students at SCCC could work on it and get it back into a condition that the launch could be featured in the wooden boat parade that is part of the Opening Day regatta events the first Saturday of each May in Seattle.

The vocational students had Husky II for about four years. They replaced all the wood and repainted and re-varnished Husky II. "All we had to pay for was the hardware and the lumber," Ernst said. "So it was basically free." When the boat returned in 1998 Husky crew hosted a big party for it.

"We rechristened it. All the guys and gals who worked on it came down," Ernst said. "It was a big whoo-ha."



Alas, except for that Mount St. Helen's, ash-blown wood. Yet it lasted for a good while.

Former Husky coxswain Erin O'Connell, UW Class of 1996, later Huskies rowing assistant and now the athletic director at Seattle Pacific University, got married in Husky crew's Conibear Shellhouse. Just before the ceremony, Ernst and Callahan took Husky II across Union Bay to pick up the bride and groom. "We picked them up on the other side of Laurelhurst, Michael and I did. Had buckets of champagne and we brought them in on the launch to the wedding," Ernst said, still smiling over that voyage.

Husky II has also hosted Dr. Mark Emmert, when the president of the NCAA was the president of UW from 2004-10.

Then a couple years ago the launch started to leak. Actually, the wooden planks on the half-century-old boat were mush, like ancient corrugated metal pipes that turn to putty. "They were all rotten. You could stick your finger through them," Ernst said of the floorboards and sides. "Mushrooms were growing in the bottom of it."

That's when Ernst learned of the salvaged wood of the 1990s from fallen trees around Mount St. Helens. He's heard of other wooden boats, some far longer, more opulent and more expensive than Husky II, that developed the same mushy problem from volcanically altered wood.

Eventually Nordstrom, the long-time supporter of UW crew and Husky athletics, referred Ernst to Larsson and his wood-crafting skill. Nordstrom and Larsson had seen in Lake Tahoe, Calif., the exquisite way the University of California's venerable launch the "Oski" had been restored. "That was the genesis for Blake taking Husky II to Brooke to make it right," Ernst said.

In addition to replacing the wood, Larsson had to "true" Husky II. Turns out its keel wasn't straight. That isn't the greatest thing on any water craft, especially one out running lines next to fiendishly training, world-class crews. "We jacked the boat around so it would be true," Larsson said.

He also replaced the launch's windshield and re-wired it with cloth-covered wiring that matches the period wiring from when Husky II first debuted at UW more than 60 years ago. He re-did the engine valves; Husky II had a small, four-cylinder gas engine, a marine version of the old Chevy II engine. Ernst noted because it is longer and has a smaller engine, Husky II produces a small wake, a welcome feature for the exhausted rowers already churning through the water alongside their coach's launch.

"I can go two weeks on five gallons of gas in Husky II," Ernst said, smiling.

Larsson has located and installed period gauges for instruments. The hardware aboard is brass. Larsson searched nationally to find a new, old-fashioned steering wheel he estimates is now from the 1920s or '30s.

He estimates he's had two ship workers on the Husky II project full time since July.

"It's a dynamite boat," Larsson said.

"And this was a huge project."

Not to mention a hugely rewarding and appreciated one.



SENIOR SPOTLIGHT: KIRSTYN GOODGER



By Katie O'Driscoll

Her dream was forged early. Huddled in front of an old, rabbit-eared television in the middle of a New Zealand winter, a seven-year-old Kirstyn Goodger watched the Summer Olympics and was transformed. "I saw someone get a gold medal, and remember seeing the expression on their face and I was just overcome in that moment," she said. "I knew right then that I wanted to go to the Olympics."

At the time, the Goodger, or "Goodg" as she's called, had yet to try rowing, the sport that she hopes will lead her to Rio in 2016. The Auckland native has already tasted success on the international stage, winning a silver medal for her home country at the Junior World Championships in Brive-la-Gaillarde, France in 2009. Now in her senior year at the University of Washington, she intends to bring the training discipline and mental fortitude learned in her four years in Seattle back home when she competes for a spot on the New Zealand national rowing team.

"Here [at Washington], every day is a test," Goodger said. "The varsity and the JV boats are rowing alongside one another every day, so every day is a test of your ability."

That ability is tested across multiple boat classes. Washington rowers learn to excel in eights, coxed and straight fours, and, the team's wheelhouse, the pair. And on a squad filled with internationally successful rowers, the daily demand for high performance in each of these boats is perfect practice for the challenges Goodger will face in her bid to make the national team.

"You never know on any given day what boat you'll be in, or what seat you're going to sit," she said. "But every day, I have to perform to prove I deserve that seat, otherwise I could lose it."

The need to adapt will serve Goodger well in the environment of post-collegiate rowing. "When I go back home, there will be no situation that is unfamiliar," she said. "Whether I'm in the eight or the pair, I'll know how to be focused and on my game, and in a good state of mind."

Washington head coach Bob Ernst has watched Goodger grow as a stronger and more fit athlete in four years she has rowed for him. "When she came here, she was a tremendous athletic talent and a very motivated person," Ernst said. "Now, not only is she a better athlete, but, because of all the time we spend in the pair, she's developed a lot of confidence in her boat-moving abilities."

That confidence is no doubt bolstered by her success in the pair; regardless of the rower with whom she is paired, Goodger has yet to lose a pair race in her time at Washington. "My nickname for her type of rower is the universal donor," Ernst explained. "She makes everybody else she rows with row better. She helps you blend, and helps you become more effective, and helps you feel the boat."

"If you're with her, you'll probably row better than you would anybody else," he said.

When Goodger returns home after graduating in June, she will not only be equipped with a world-class Washington education, but she will also have gained a unique perspective on how a national team trains. (Ernst, a former Olympic coach, trains his crew at an extremely high level, and even inserts current US national team workouts into the team's schedule.)

"In New Zealand, it's about kilometers, kilometers, kilometers, and here, it's a different kind of training," Goodger said. "I think if I told some of the girls over there about the intense training we do here, they'd tell me I'm crazy."

Goodger knows the training program at Washington has made her faster, and she says she won't soon abandon those training principles in her pursuit of making the team. "There are definitely some training practices I've learned here that, if I made the national team, would take back home."

"Even if they all think I'm crazy."

SENIOR SPOTLIGHT: JOSH KLEIN

The Fieldhouse Project

Many, including Coach Callahan, advocate that there is no off-season in the sport of rowing. However, last July I had extra time on my hands and found myself thinking about the value one takes from being on our team. Rather than itemizing the physical relics such as the medals, championship rings, or letterman jackets, I thought qualitatively. There are implicit lessons I've learned at the Conibear Shellhouse and on the Montlake Cut that cannot be found on the shelves of Odegaard or in the auditoriums of Kane Hall. Being a part of this team gave me insight into collectivism I would not have experienced at any other American university. This team is a compilation of hard working athletes with positive attitudes. Having not made a boat for the IRA last year, I specifically thought about how the process and being part of the team shapes us as individuals. Living up to the expectation of commitment to the rowing team has prepared me to undertake challenging tasks that on some days seem absolutely daunting. In July, I felt ready to take something on. A teacher of mine always said, "You can be part of the solution or part of the problem." In the context of this this mantra, along with my reflection on rowing, what came next made perfect sense. I founded The Fieldhouse Project, a nonprofit organization with a mission to facilitate economic empowerment and community development through education and sports. Working with a team of peers I met in my classes at the Foster School of Business along with other friends of mine from high school, and two former UW rowers, Olivia Rogers ('16) and Philippe Enos ('14), we set out to create strategies that build community around the power of organized athletics.

First, our team designed The Fieldhouse: a modular, two-room center for sport and community. A classroom will be home to awareness seminars for education, personal finance workshops, and a rehabilitation program for children reentering the school system. An attached storage unit will house athletic gear to be used by six local schools to start extracurricular athletic programs and hold recess during school hours. Ultimately, it will yield community development through character development. Through strong partnerships and a model for community ownership, the Fieldhouse will provide an alternative to the activities that lead to kids' absenteeism and a viable avenue back into the education system for years to come. The Fieldhouse programs will foster inclusivity, healthy competition, recreation, and academic success.

Secondly, we are helping these schools create a soccer league in which teams are ranked by their successes both on and off the field. In addition to wins and losses, the league standings consider the total "points" earned by individuals of each team. These can be earned in three ways.

1. Academic: Earned by being in school each day. If a team member isn't there, his or her teammates are motivated to encourage him to attend.
2. Leadership: Earned by helping run the league, by attending workshops hosted by local NGOs, or by setting an example of compassionate citizenship. The boy and girl with the highest number of leadership points will receive scholarships.
3. Community: Earned by participating in community service events such as clean ups or by volunteering with a partner NGO operating in Ghana.

The league champions will be commemorated on a Wall of Winners at The Fieldhouse, similar to what we have at Conibear. For me, the strongest link between my experience rowing at UW and the Fieldhouse Project is the concept of a community. While I go to a university with over forty thousand other students, it certainly doesn't feel that way. Four years rowing at UW and participating in this athletic department means familiar faces everywhere I go and the regularity of coming down to the lake each day has largely defined my notion of community.

Part of what makes the Washington Rowing family so incredible is that when people leave the school, they don't leave the program. To me, this is citizenship. Along with a handful of metrics gauging academic impact and success, my goal for The Fieldhouse Project is to create institutions that compel citizenship in places that desperately need the compassion of those who benefit from their schools and foundations.

To learn more about our work or donate, please visit Fieldhouseproject.org. If you would like to further discuss this project, have any comments, questions, or advice, please reach out: josh@fieldhouseproject.org As of March, we are pending 501c3 approval from the IRS. All donations dating back to October will be tax deductible.

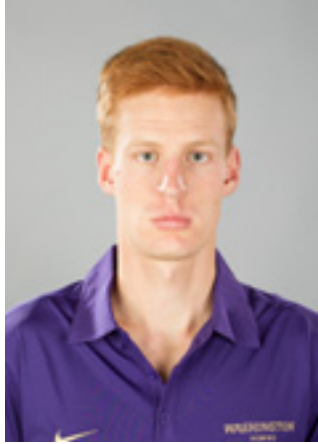
I hope to see you at the races this spring. Go Huskies!

Sincerely,
Josh Klein
Class of 2014

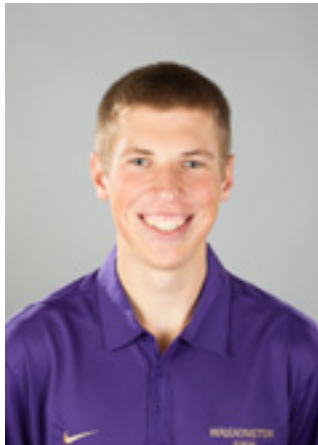


THE LIFE OF FRESHMAN ROOMMATES

This issue, Husky Crew sat down with men's freshmen roommates Jernej Markovc, who was born and raised in Slovenia, and Corban Nemeth, who grew up a mere hour away in Olympia, Washington. Then we met with women's freshmen roommates Jen Wahleithner and Quinn Fredrickson. They provided us with some great first-person insight on what it's been like to live with the other and what it's like to be part of the freshman class of 2017 here at UW.



Jernej Markovc



Corban Nemeth

HUSKY CREW: What is your roommate's funniest habit?

CORBAN: He watches a lot of WWII documentaries. He also loves eating canned fish.

JERNEJ: He's always closing the window when I try to leave it open, and he's locked me out about five times.

H.C.: What do you think the biggest cultural difference is between your culture and that of your roommate?

C: Definitely the consumer culture. For example, Costco! Jernej's first time to Costco was with my Dad and I, and he said he'd never seen anything like it. All the bulk food—they don't have anything quite like that in Slovenia.

H.C.: How about for you Jernej, what's the biggest cultural difference?

J: Slippers! People wear them much more in Europe than here. There are no shoes allowed in the house back home; when Rick and Conor came to my house I told them "Not one more step with your shoes on!" Another big cultural difference is at home, no one eats peanut butter. Here, they eat it on everything! I've started eating it just because it is convenient.

H.C.: Yeah you're right, I'd say a pretty classic American lunch is a glass of milk and a P.B.&J.

C: Yeah whereas a classic Slovenian lunch is canned fish and saltines.

J: No don't put that, it is not a classic Slovenian meal at all!

H.C.: What's the most interesting thing you have learned from your roommate so far?

C: European perspectives on different historical events. Also how to pronounce his name. And where Slovenia is on the map.

J: A lot of history about Seattle and the state of Washington. For example, I didn't know that Seattle was the not the capital city.

H.C.: What's it like to live in the dorms?

J: The rooms are small. And they get the heating wrong, it's never on when it's cold and then once the weather changes and starts to heat up they turn it on, so the rooms are always very cold or very hot. It was also very hard to hang my Slovenian flag because there is no duct tape allowed on the walls and nothing else will stick.

C: It's kind of cramped, but it's nice having the whole team there together. It gives it a great community aspect. There's also a dining hall right downstairs, which really can't be beat.

H.C.: What's been the biggest change living on your own after moving away from home?

C: You don't have someone to do your laundry and change your sheets, but you do get to make choices more on your own.

J: You have to take care of everything yourself now: doing your laundry, getting groceries, trying to get a doctor's appointment or get any kind of medicine.

H.C.: What is the biggest difference between your rowing experience in high school and your experience at Washington so far?

C: It couldn't be more different, they're basically polar opposites. Here there's more volume, more resources, more everything. It's a much bigger commitment here. But it's already a lot more rewarding, even before racing. The little stuff is more rewarding.

J: The size of the team is very different, and the attitude during training is different. There is no quitting here. The practices are harder, longer, and there is much more conditioning here.

H.C.: Why did you choose to study and row at UW?

J: It's actually been quite a long story. I first heard about UW because Carlos Dinares (a long-time friend, fan, and sometimes assistant of the team) added me on Facebook. He had been in the World Championships in Bled and I saw he posted some pictures. I had always wanted to study in the U.S., so I reached out to him asking if he had any suggestions on how to get in touch with rowing coaches that could help me. He forwarded my message on to the freshman coaches at UW, and the next year when I was old enough we started talking.

C: I came here because it's the best! Jackson Parma, a current varsity rower, rowed at the same club as me in High School, and we overlapped for a little while. Plus there's such a legacy to this program and I'm really excited to be a part of that.

HUSKY CREW: Thanks for sitting down with us girls. First question is about your roommate, what's their funniest habit?

QUINN: This is just like the newlywed game!

JEN: Yeah, and I already know exactly what your answer about me is going to be!

Q: She smacks her lips really loudly in the middle of the night. I throw shoes at her all the time when it happens.

J: Quinn's is that she watches You-Tube videos. Like video blogs of people from around the world. She's always watching them and they're such a waste of time!

H.C.: So Jen, you grew up in Denver, and Quinn you grew up in Gig Harbor. Have you noticed any big differences about the ways you grew up based on where you lived?

Q: I would say the biggest divide was that there was some serious tension during the Super Bowl!

J: The one thing I've noticed that's pretty different is that there is just so much water here. Everyone is a water person and everything seems to revolve around the water. I'd never taken a ferry before I came here!

H.C.: What's the most interesting thing you've learned from your roommate so far?

Q: Jen leads an inspirational life. She's on top of it all the time! She goes to church every Sunday, she's nice to everyone—she really lives a life to be proud of.

J: She's taught me a few dance moves! She's introduced me to reggae music too. She's also taught me how to be a better friend. She's always so kind and generous with her time for other people.

H.C.: Have you guys told each other any funny stories from back home?

J: I love listening to her mom's texts whenever they come in. She always gives her some random, nonsensical alliteration nickname. Like "Purple Panda" or "Happy Hula-Hooper."

Q: It's not so much of a story, but there's this picture of her parents in our room from a vacation to Cancun. They've got these huge smiles on and are wearing sombreros and look so happy! It faces me when I'm in bed, so I end up waking up looking at the Wahleithners a lot.

H.C.: What's the best time you've had around Seattle this year outside of rowing and school together?

J: We always make big plans to explore, but then get out of practice and are way too tired to go.

Q: Maybe the very first weekend. My parents took us to breakfast, but they thought it would be funny to make us walk all the way there; it was miles! We didn't know each other that well yet, so it was quite the experience together.

H.C.: What's it like living in the dorms and being away from home?

Q: I have SO much laundry to do!!

J: But we don't really have to clean our room ever. Bella [Bella Chilczuk, fellow freshman rower] always comes over and cleans it for us. It's awesome.

Q: Hagget Hall doesn't have a dining room or anything like that, which can be a little inconvenient. But it does have bigger rooms, and I'm really glad I ended up here.

H.C.: So you're both walk-on rowers this year. Tell us a little bit about how rowing compares to your past sports and how you came to row at UW.

Q: I used to race flat water canoeing, so we raced in the same kind of lanes, with the same starters, and the race plans are very familiar. However canoeing is all upper-body and rowing is all lower-body: it's physically the total opposite. In theory it's kind of similar though, you're trying to get from point A to point B as fast as you possibly can. Whereas Jen's sport is totally opposite.

J: Yeah racing sports versus ball sports seems very different. Practices are very different, strategy is very different, and on race day there is no coach there with you which I'm really not used to. There's also no physical contact with other crews.

Q: Yeah racing is really all up to you and your training. It's more of a personal challenge.

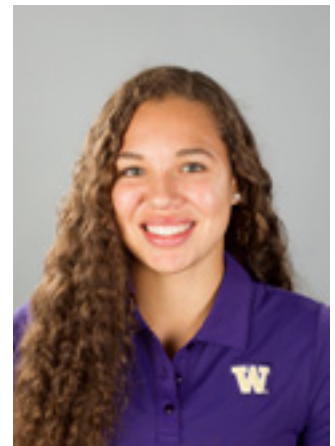
H.C.: How did you end up choosing rowing?

Q: My dad rowed here in the very late 60s, so I knew about the sport. There isn't a lot of domestic opportunity for canoeing, and I wanted to stay close to home. I feel really blessed that this program happens to be so amazing so close to home.

J: I'm a transfer student, and I was really burnt out on basketball. A friend of mine from back home had a mom who rowed and had been a transfer from basketball afterwards, and another friend played soccer and walked on to a rowing team and loved it. I knew I wanted to be back on the west coast so I looked into it and found UW had a great program, and I love Seattle, so I emailed Conor and here I am!



Quinn Fredrickson



Jen Wahleithner

MEET THE ASSISTANT COACHES



When it comes to athletes, Washington has no shortage of talent down in Conibear these days. The same is very true of the Husky Crew coaching staff. You hear Bob's and Michael's names all of the time, but they have a lot of help out in the Cut. Rick Gherst, Conor Bullis, Colin Sykes, Max Weaver, Katie O'Driscoll and the newest assistant Niles Garrat, round out the amazing UW coaching staff.

The amount of time they have spent coaching the Huskies varies greatly, from just a few months to 12 years, but the dedication to the tradition of Washington Rowing runs as deep through the six assistant coaches as anybody and it shows with the boats they put out on the water.

National Championships and undefeated seasons are par for the course for this group. That's because they put in the work to get there.

"Typical spring day goes like this: Arrive at the boathouse at 5:30am, coach morning practice, have an unhealthy breakfast with the coaches, recruit the future of Washington rowing, hassle the compliance office staff, rig boats, more recruiting, and then I eat lunch," Rick said of his mornings.

"After lunch I'm busy planning and preparing for the afternoon practice. When I walk through the erg room door at 2:30 it's all about hassling the guys and getting them to laugh and smile a bit before we pummel the heck out of them for the next 3 hours. Practice ends at 5:40, and I might bang out a couple of emails or phone calls and then head home."

His fellow assistants echoed this story with a few minor twists, depending on the team they work with, but Katie made sure to add, "I promise it feels more exciting that it sounds just reading that!"

But they don't mind the hard work, because it pays off in spades for the program, and every single one of these coaches has seen it first hand. "My favorite race was last year at the San Diego Crew Classic against Cal. Well, a lot of people, but really just Cal. It came down to like .12s between us but we ended up winning. It was a turning point for our freshman group, they then knew it was possible. From then on they just got faster and faster through out the season," said Bullis.

"It all becomes worth it whenever either team wins a national championship. Watching that become the standard here has been really great," Sykes said.

"Sharing in the success of everyone around you is so amazing. It's fun to be around," Niles added.

They also make it a point to make their own fun to try and break up the daily grind. In between practices and paperwork the spaces are full of fun that comes in more ways than one.

"My biggest pet peeve, hands down, is whistling. I don't know why, but it's like nails on a chalk board to me. And boy, do Bob and Colin like to whistle. Like, all the time. And now Conor whistles too, because I told him I hated it. And because he's a jerk," said O'Driscoll.

"Sometimes Niles and I like to play pranks on each other. So I'll come back to my desk and my mouse will be unplugged. My keyboard will be unplugged. The printer will be unplugged. It's just a LITTLE bit of a pet peeve," Weaver, who rowed and graduated with Garratt, added about the office environment.

"My pet peeve is Max Weaver. But honestly, it's a really fun group. Being around these guys is the best," Niles.

The men's staff has even instituted a few hours of "Mandatory Fun Time" where the foursome will get out of the boathouse and shake-off the stresses of running such a high caliber team.

All said and done, though, there is no place they would rather be. These coaches are dedicated to this program and the culture they have built surrounding it. What do you get if you ask them where they want to be in five years? The answers won't really come as a surprise.

"Here. Coaching at UW. There is nothing I would rather do. Except maybe win more races and continue to develop our team to be the best program in the country. But I see myself right here. It might be at this desk or it might be down the hall at a different desk, but it doesn't matter to me. This is where I want to be," Bullis, who recently got married, said of his future.

"In five years I will either be here making boats go faster or I'll have been fired. It will only be one or the other Seriously," finished Colin.

2013-14 SCHEDULE

Sept. 23, 6:00 pm	Steward's Steering Committee	Conibear Shellhouse
Oct. 05, 8:00 am	Burnaby Lake (W)	Burnaby, B.C., Canada
Oct. 09, 4:30 pm	Spike Eikum	Montlake Cut
Oct. 11, 4:30 pm	Board of Rowing Stewards Meeting	Conibear Shellhouse
Oct. 11, 6:00 pm	National Championship Celebration	Conibear Shellhouse
Oct. 20, 2:55 pm	Head of the Charles (M)	Boston, Mass.
	<i>Alumni, Friends & Family Tent</i>	
Oct. 26, 8:00 am	Head of the American (W)	Rancho Cordova, Calif.
Nov. 3, 8:00 am	Head of the Lake	Montlake Cut

Feb. 12, 6:00	Steward's All-Comers Meeting	Conibear Shellhouse
Mar. 8, TBD	National Championship Donor Breakfast	
Mar. 28, 6:00	Varsity Boat Club Banquet	Conibear Shellhouse
Mar. 29, 10:00 am	Class Day	Montlake Cut
	Class Day Cruise*	
	Class Day BBQ	
April 5, 8:00 am	Husky Open	Montlake Cut
	<i>Alumni, Friends & Family Tent</i>	
April 5-6, 7:00 am	San Diego Crew Classic (W)	San Diego, Calif.
April 12, 9:00 am	Washington State & Stanford	Montlake Cut
	<i>Alumni, Friends & Family Tent</i>	
April 26, 9:00 am	at California	Redwood Shores, Calif.
	<i>Alumni, Friends & Family Tent</i>	
May 3, 10:20 am	Windermere Cup	Montlake Cut
	Opening Day Stewards Enclosure**	
May 17	Pacific Coast Rowing Championships	Rancho Cordova, Calif.
May 18	Pac-12 Championships	Rancho Cordova, Calif.
	<i>Alumni, Friends & Family Tent</i>	
May 30-June 1	NCAA Championships (W)	Indianapolis, Ind.
May 30-June 1	IRA Championships (M)	Mercer Lake, N.J.
	<i>Alumni, Friends & Family Tent</i>	

*Contact Dwight Phillips at 206.550.0245 for more information

**Contact Sandy Erickson for more information



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