Women Develop in Small Boats

After a blistering hot summer, the Navy Women’s Crew began their Fall season rowing in mixed experienced boats for the varsity (including experienced plebes) while non-experienced plebes learning to row together under the tutelage of Nicole Stimpson in her 11th year at Navy.

The team's new focus was development in fours. The top 16 varsity rowers began rowing fours every day except the day before a race. The strategy worked very well.

There were four races scheduled for the fall season: Navy Day in Philadelphia, Head of the Charles in Boston, Head of the Schuylkill in Philadelphia, and Head of the Occoquan in Fairfax Station, Virginia.

At Navy Day, the Varsity won the Open/Collegiate Eight Event by 9.6 seconds over second place Penn. The 2nd Varsity won the College JV Event by 11.2 seconds over Drexel, and the 3rd Varsity finished 7th in the same race. The Novice 8 took third in the Collegiate Frosh/Novice Eight Event.

Lwts Win Navy Day

The Navy Lightweight Crews competed well at four regattas this Fall, racing in a combination of even lineups and a first eight by the final competition at the Princeton Chase. Last spring the IRA and EARC changed our eligibility rules, permitting varsity crews to boat freshman/novices in their lineups beginning this Fall.

Ninety-five percent of the EARC Lightweight schools have decided to row up their freshmen into the varsity boats, with the two lone exceptions of Navy and Harvard. These teams decided against this philosophy and continued to operate the way they have over the previous 60 years by keeping freshmen in the freshman crews and upperclassman in the varsity boats.

Navy opened the season at the Occoquan Challenge, where the even varsity crews finished 2nd, 3rd, 5th and 7th, while the plebes, also racing in even lineups, won their event by a country mile. At the Navy Day Regatta, Navy retained last year's title in the eight, while the Plebes raced well but were assessed a penalty for using the wrong arch on the race course. They still placed both crews in the top ten.

The largest regatta for the lightweights was the Head of the Charles in Boston, where Navy entered a lightweight eight and a lightweight four. The four ran into some trouble at the large Weeks Bridge Lightwt Article Cont’d on Page 3...

Hwt 4+ Places 2nd at Princeton

We have entered a new era in men's collegiate rowing. After a new rule was passed, allowing freshmen to race in varsity boats, colleges all over the country have begun mixing their top freshmen talent in all of their varsity crews. Many say this will give a distinct advantage to the scholarship schools, who are importing their recruits from all over the World. Some also believe the development of walk-on rowers may suffer, since the most experienced freshmen will be missing in the novice boats.

Against the mainstream thought process, Navy remains focused on development. Over the past two years, the Midshipmen have placed three rowers on the U.S. Under-23 National Team and two of those athletes learned to row here at Navy. It's evident that using the top plebe rowers in the varsity boats may garner a few more seconds at the Fall races but Navy is looking for long-term development from the plebe group and a great "freshmen" experience to build a love for rowing and class camaraderie. That’s how Navy succeeded in the past and that’s how Navy plans to build a winning team for the future.

Under that theme, the Navy heavyweight squad is as big as ever with five varsity 8's and four plebe 8's training every day on the water. At the Navy Day Regatta, the midshipmen showed off their depth by placing 1st, 3rd, 6th and 11th in the Open Men’s Eight race, while taking the top two spots in the men's collegiate four.

At the Head of the Charles, Navy was the 11th place college in the Men's Cham... Hwt Article Cont’d on Page 2...
Hwt Article Cont’d...

...championship Eight race. Overall, it was not a great race for the midshipmen but they were within seven seconds of Wisconsin and Yale in front of them. In the Champ Four race, Navy was the fifth college in the event behind Stanford, Washington, Wisconsin and Harvard. At the last varsity race of the fall season, Navy raced at the Princeton Chase on Lake Carnegie. The Varsity 8 placed 6th in the main event, only three seconds away from fourth place. Princeton, Northeastern and California took the top three spots in a very competitive event. Navy's 2V and 3V placed in the top five against their respective competition, while Navy's 4V finished third. Considering that most of the schools were competing with their top freshmen in their varsity boats, Navy's Eights were right in the mix and their development for the spring looks promising.

After finishing the Eights race in Princeton, the top 16 rowers also raced in the Fours Event. Navy's top four had an inspired row to finish second overall behind a speedy Cornell boat and ahead of the top crews from Princeton, Northeastern, California, BU, Syracuse and all others. The Navy B Four was caught on the outside of both turns while they were passing crews and placed 16th overall. The Midshipmen's second-place finish in the fours event is Navy's best placing ever. The plebe group is both strong and deep. There are a few exceptionally, experienced rowers who are already pulling ergs that would place them near the top of the varsity squad. Plus, we have a great group of novices that are tall and athletic.

At the Navy Day Regatta, the plebes posted the fastest freshmen time but got tapped with a steering penalty, relegating them to third place overall.

Women’s Article Cont’d...

The Head of the Charles became a game of bumper boats as both NWC’s Champ Eight entry and Champ Four entry experienced crashes under bridges, resulting in obvious poor finishes. In Philadelphia, at the Head of the Schuylkill, the Varsity finished second by 0.2 seconds to Michigan State, beating the other 25 colleges in the Open Eight Event by substantial margins. The 2nd Varsity also finished second behind Trinity, beating the other 29 boats in the Club Eight Event, while the 3rd Varsity finished 12th in the same event. The Novice Eight finished second in their 27-boat event behind Old Dominion.

In NWC’s final race of the Fall season, the Head of the Occoquan, all three varsity eights rowed in the Collegiate Women’s Eight Event. The Varsity finished second to Georgetown by 2.4 seconds over the 3-mile course in the 34 boat event. The 2nd Varsity finished fourth overall, beating two first Varsity boats and all the 2nd Varsity’s in that event. The 3rd Varsity finished 23rd in the event. The plebe women won the Novice Event, placing first of 26 crews, almost 19 seconds ahead of 2nd place Duquesne.

“This was really special since the plebes are the future of Navy Women's Crew,” remarked Mike Hughes. “Overall, we really had an excellent Fall racing season. We have some excellent athletes with the best overall ergometer scores in Navy Women's Crew history. Things are looking extremely positive as we move into our Winter training in preparation for our Spring championship season.”

After the Rutgers Fall Classic was canceled due to Hurricane Sandy, Penn graciously hosted a freshmen (even-boat format) race on the Schuylkill. Navy placed first and second overall to post the fastest combined time and won the race. Navy's third and fourth plebe boats place 8th and 9th overall among 14 crews, showing Navy's depth on the plebe squad.

During the first few weeks of winter training, the team is already posting some of their best individual scores, as the focus has changed to land workouts. The team is working hard on the ergs and in the weight room, while taking advantage of the new tank in Hubbard Hall.

With Princeton back on the schedule as Navy's first spring race, the athletes are determined to meet their goals and hit the challenge head on. “Damn the torpedoes, Full Speed Ahead!”
Lightweight Article Cont'd...

turn, colliding with Pennsylvania and three other entries. The crew rebounded well and moved away from the pack of three boats over the second half of the course but ultimately were assessed a one-minute penalty. The eight finished eighth in the lightweight eight event - sixth among colleges - in a clean row.

At the final race of the Fall, the Princeton Chase, Navy entered three eights in the Lightweight Eight event and finished seventh among A crews, fifth among B crews and fourth among C crews. In the lightweight four, Navy had four entries finishing 6th, 15th, 19th and 26th, respectively. The Plebe Lightweights also competed in the Freshman Eight event as the only lightweight boats racing two even crews. The even plebe boats finished 3rd and 6th among the freshmen lightweight field!

The next event for the lightweight crews will be Spring Break in Oak Ridge, TN. Following the week of training, the team will stop over in Charlottesville, VA to scrimmage the UVA Men's crew in preparation for the season opener on March 23rd versus Princeton University in Princeton, NJ.

In our next newsletter...

First Class Service Selection
Navy Crew Athlete Interviews
State of the Navy Crew Excellence Fund
Team Updates and more...

Buy Custom Midshipmen Crew Gear From Boathouse For A Limited Time!
Portion of the proceeds benefit US Naval Academy Rowing
Made in Order by Boathouse

Online Store Open Now to November 26th
http://navycrew.boathousegear.com
Women’s Christenings: Crews of 1992 and 1994

On Saturday September 29, 2012 Navy Women’s Crew christened two eight-oared shells in honor of successful crews from the 1990’s. The Crew of 1992 was christened in honor of the team that won the Seitz Trophy at the 1992 Dad Vail Regatta. In that year, the varsity eight captured a gold medal at the Dad Vail and the second varsity eight won its fifth-straight gold medal. The gold medal by the varsity eight allowed the women to claim the Division II national championship in the sport.

The second shell to be christened was the Crew of 1994. In 1994, the Navy women won the Anita DeFrantz Trophy for overall performance by women’s crews at the second annual Champion International Collegiate Regatta. In this event, the varsity eight placed first and claimed the honor of being the national champion in women’s crew at the Division II Level. The first novice and second novice boats also earned first place showings at the Champion Event. It was the second time in three years that the varsity eight was recognized as national champions.

On the day of the christening, members of the Crews of ‘92 & ‘94 gathered with NWC coaches and rowers to reflect on the accomplishments of the crews during the early days of the program. Senior Associate Athletic Director Dave Davis opened the ceremony with a look back on where the program began and how it has grown into a large team that thrives in its new state-of-the-art facility.

Following the ceremony, the members of the Crews of ‘92 & ‘94 got a chance to interact with the midshipmen. It was a great way for the current rowers to learn about life at the boathouse during the program’s early years. Maria Pallotta, member of the Crew of 1994, commented on the event, “It is amazing how much more, with time, I cherish and am grateful for those years on the water together at USNA. You just don’t meet so many incredible, smart, accomplished women in one place. Working that hard for four years with my teammates is a special type of intensity I have not found anywhere else.”

The christening served as a celebration of the accomplishments of our past rowers as well as motivation for the future of Navy Women’s Crew. From now on, when crews get “hands on” the Crew of 1992 and the Crew of 1994, they will not only know who rowed in those boats but also the trail they blazed for future generations.
## 2013 Navy Crew Captain’s Outlook

**HWT Captain:** Ted Baumgardner  
**Service Selection:** Marine Ground  
**Major:** Quantitative Economics  
**Hometown:** Longport, NJ

**Did you row in high school?**  
Yes, I rowed for St. Augustine Prep in New Jersey.

**What are your expectations for the Spring season?**  
Our goal is to beat Harvard for the Adams Cup and win a medal at the Eastern Sprints.

**What piece of Navy Rowing History motivates you and the rest of the team?**  
We talk a lot about Erik Kristensen ’95. We have the responsibility to uphold his sense of honor, courage and commitment. Rowing for Navy is not about us, not about the individual, and Erik Kristensen is a great reminder of that.

**Women's Captain:** Kerri Bortz  
**Service Selection:** Marine Ground  
**Major:** Electrical Engineering  
**Hometown:** Mohnton, PA

**Did you row in high school?**  
I did not row in High School. I was a swimmer and water polo player.

**What are your expectations for the Spring season?**  
We will win Patriots and go to NCAAs.

**What piece of Navy Rowing history motivates you and the rest of the team?**  
The story of Kelly Haney always motivates our team.

**LWT Captain:** James (JC) Russell  
**Service Selection:** Marine Pilot  
**Major:** Computer Science  
**Hometown:** Vancouver, WA

**Did you row in high school?**  
Yes, I swept and sculled for Vancouver Lake Crew.

**What are your expectations for the Spring season?**  
I expect to strive for a standard of winning, and not accept or be complacent by defeat on any level.

**What piece of Navy Rowing history motivates you and the rest of the team?**  

**What are the expectations of the plebe class and their role for the future of your team?**  
The plebe group has a lot of talent. They have been developing well and there is no doubt that many of them will be key players in the varsity boats very soon. We expect the plebes to medal at the Eastern Sprints but they will also be expected to embody the legacy of excellence that is being created here at Navy.

---

**What are the expectations of the plebe class and their role for the future of your team?**  
The plebe group has a lot of talent. They have been developing well and there is no doubt that many of them will be key players in the varsity boats very soon. We expect the plebes to medal at the Eastern Sprints but they will also be expected to embody the legacy of excellence that is being created here at Navy.

---

**What are the expectations of the plebe class and their role for the future of your team?**  
Every year the plebe class gets stronger. There is so much potential in the entire class of 2016 and a few of them are expected to be in the Varsity boats in the Spring season.

---

**What are the expectations of the plebe class and their role for the future of your team?**  
I expect the plebe class to adopt and uphold the varsity’s work ethic, mental toughness, and desire for victory.
Navy Crew Alumni Return to Hubbard for Fall Reunions

This Fall, the Navy Crew Coaching Staff hosted a series of Reunion Brunches, inviting the alumni back to Hubbard for a gathering to catch-up, reminisce and go for a row in College Creek.

This year, we welcomed back the classes ending in 2’s and 7’s. Groups from the 57’s up through the 07’s came home to Hubbard and had the chance to see the new tanks, marvel at the refurbished Trophy Room on the second deck and, of course, to take a trip or two in the creek.

While a lot of eights did shove off each weekend, not all the rowing was in big boats, nor did each class need a full eight to join in the fun: Dan Lyons ’82 and Brian Hodd ’82 hit the Severn in a pair, and also took the new tank for a spin to make the day a full workout, while a group of 2007 heavies led by heavyweight volunteer coach Vince McCall ’07 got their strokes in with a pretty sharp looking four lineup.

The ’82 reunion crew was a few guys short of an eight, so a few empty seats were filled by plebes, giving Brian Newton ’82 the chance to row in the stern pair with his nephew David Sands ’16--a nice inter-generational moment sure to make their family’s scrapbook.

There were a few classes that rowed together: the 87 heavies and lightweights turned up with nearly two eights worth of guys and joined forces to row in mixed weight boats. They even rounded out their second crew with a bow pair’s worth of 97’s. The ’02 Lites needed a fourth for their crew, and Steve Hall ’75 jumped in for his second “reunion” row in as many weeks, after spending the weekend before at the ’74-’78 Navy Lites reunion.

The Reunion rows were extra special for the Women of ’92 and ’94, who christened shells in honor of their Dad Vail and Champion Regatta victories in those years. Led by Jennifer (Lasswell) Albers ’92 and Maria Palotta ’94, the women took Coach Hughes up on his offer to take the new shells for a spin to complete the occasion.

Not all the reunion groups rowed, as the Class of 1962 celebrated their 50th by hosting a dinner at the Severn Inn. Over 30 rowers and their wives were in attendance, as they paid tribute to Navy Crew and the ties that held them together.

The Class of ’67 are already planning their return in five years for their 50th, which sounds to be a huge event in the making.

Classes celebrating notable reunion years included a number of IRA champions on the Men’s side, too: the ’62’s, ’67’s, ’82’s, and ’92’s all gathered this Fall, and a number of them had the chance to talk with the current teams about how Hubbard Hall launched them to national titles.

For every former oar who made it back to Hubbard, whether to row or just to remember one of those long, “can you believe we went out in that weather” sort of rows that unite the men and women who pulled for Navy, the Reunions were a great chance to come home to Hubbard, and more than a few alums called their morning at the boathouse the “best part of the weekend.” Hubbard hopes to see your class reunited--and in a shell--when your next reunion rolls around (and, remember, it is never too early to start training!)
Head of the Charles Alumni Row

by Nicki Stimpson

For the first time in Navy Women’s Crew history an alumni boat raced at the Head of the Charles Regatta. The idea of having an alumni boat was the brainchild of some of our recent graduates while they were working at the boathouse this Summer as our Temporarily Assigned Duty Ensigns. Tina Lanouette ’12, Shelby DeLaMora ’12, and 2012 Team Captain Caitlin Schemenski approached me and asked what it would take to enter an Alumni Boat at the Head of the Charles. Tina Lanouette took on the task of submitting the entry and getting the word out to fellow NWC alums. Tina, Shelby, and Caitlin had hoped to row in the Alumni boat but were unable due to their schedules as Navy Pilots in Flight School. Tina remained the point of contact for the group which led to a great day of racing on the Charles.

The day before the regatta I spoke with the coxswain, Kristin Lyles ’10. Like all good coxswains she wanted to make sure everything was in place to ensure a successful row. Boat? Check. Riggers? Check. Oars? Check. Cox Box? Check. Rowers? Nearly all here. Kristin told me that due to their busy schedules some of the women would not be arriving until the early hours on Sat morning. The group stayed in the same hotel and met up the next morning to walk down to the race course, meet with Coach Hughes, and rig the boat. The crew was made up of recent graduates that spanned from 2008-2012:

B. Elizabeth Phillips 2010 Captain
2. Stephanie Rockford ’10
3. Michaela Amore ’11
4. Ashley Myers ’11
5. Sarah Brown ’12
6. Vicky Crabbe ’11
7. Marycate Walsh ’12
S. Fiona McFarland 2008 Captain
C. Kristin Lyles ’10

After racing in Saturday’s Alumni Eight event I got a call that night from a very exuberant Kristin who gave me a recap of their 10th place finish (out of 34 crews). She said that during the warm up the set was perfect and it felt as if the crew hadn’t missed a beat since graduating. Having raced at the Charles three times while at Navy, Kristin has the race course committed to memory and walked me through their pitch perfect race step by step. I always make it a point to tell the team that they only have four years to row for Navy - that four years goes by very quickly and you can never get it back. After talking to Kristin that night I realized that for one day these alums got a chance to go back and relive their time rowing for Navy.

Placing 10th has ensured the Navy Women’s Alumni Boat an automatic bid in next year’s Head of the Charles. We will look forward to seeing our Alumni pulling for Navy in future Head of the Charles Regattas.

Navy Rowing Camps

Offering residential camps in June at the historic United States Naval Academy. Campers will be thoroughly schooled in all aspects of rowing and coxing by experienced and talented coaches from across the country.

Please visit our websites for detailed information

Girls Crew Camp
www.navyrowingcamp.com
navycamps@gmail.com
410-914-7686

Boys Crew Camp
www.navycrewcamp.org
friedric@usna.edu
410-293-3636
### Heavyweight Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 6</td>
<td>Princeton (Smith Trophy)</td>
<td>Princeton, NJ</td>
</tr>
<tr>
<td>April 12-13</td>
<td>George Washington Invitational</td>
<td>Washington DC</td>
</tr>
<tr>
<td>April 20</td>
<td>Syracuse and Cornell (Goes Trophy)</td>
<td>Annapolis, MD</td>
</tr>
<tr>
<td>April 27</td>
<td>Harvard and Penn (Adams Cup)</td>
<td>Boston, MA</td>
</tr>
<tr>
<td>May 5</td>
<td>Columbia (Stevenson Trophy)</td>
<td>Princeton, NJ</td>
</tr>
<tr>
<td>May 19</td>
<td>EARC Sprints Championships</td>
<td>Worcester, MA</td>
</tr>
<tr>
<td>May 31-June 2</td>
<td>IRA National Championships</td>
<td>Sacramento, CA</td>
</tr>
</tbody>
</table>

### Women’s Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 30</td>
<td>Murphy Cup Regatta</td>
<td>Philadelphia, PA</td>
</tr>
<tr>
<td>April 7</td>
<td>Occoquan Sprints</td>
<td>Woodbridge, VA</td>
</tr>
<tr>
<td>April 12-13</td>
<td>George Washington Invitational</td>
<td>Washington DC</td>
</tr>
<tr>
<td>April 20</td>
<td>St. Joseph’s and Rutgers</td>
<td>Philadelphia, PA</td>
</tr>
<tr>
<td>April 28</td>
<td>EAWRC Sprints Championships</td>
<td>Camden, NJ</td>
</tr>
<tr>
<td>May 17</td>
<td>Patriot League Championships</td>
<td>TBD</td>
</tr>
</tbody>
</table>

### Lightweight Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 23</td>
<td>Princeton (Murtaugh Cup)</td>
<td>Princeton, NJ</td>
</tr>
<tr>
<td>March 30</td>
<td>Yale (Johnson Cup)</td>
<td>Princeton, NJ</td>
</tr>
<tr>
<td>April 6</td>
<td>Columbia</td>
<td>Annapolis, MD</td>
</tr>
<tr>
<td>April 13</td>
<td>Georgetown</td>
<td>Washington DC</td>
</tr>
<tr>
<td>April 20</td>
<td>Harvard (Haines Trophy)</td>
<td>Boston, MA</td>
</tr>
<tr>
<td>April 27</td>
<td>Penn (Callow Cup)</td>
<td>Annapolis, MD</td>
</tr>
<tr>
<td>May 19</td>
<td>EARC Sprints Championships</td>
<td>Worcester, MA</td>
</tr>
<tr>
<td>May 31-June 2</td>
<td>IRA National Championships</td>
<td>Sacramento, CA</td>
</tr>
</tbody>
</table>