NWC Season

Strong senior leadership from Navy Women’s Crew Captain Cate Oakley, Katherine Ashton, Becca Friehofer, Allyn Bennett, Ana Ioane, and Caitlin Bryant led the way for one of the most successful seasons in Navy Women’s Crew’s history, noted Head Coach Mike Hughes.

Hughes went on to say that, “Even though Captain Cate Oakley fell during a PRT training run, breaking both her elbows, she came back to take charge of the team with two huge heavy casts on her arms as soon as she was out of the hospital and had some physical therapy. She wasn’t really able to row again until January but still was able to earn a seat in the Patriot League Champion 2nd Varsity 8. Quite amazing!”

January and February saw the team working extremely hard on the ergs and in the tank, resulting in the best erg scores ever. Katherine Ashton led the way with a 6:45.4 2k erg score (the fastest erg score ever for Navy).

Navy Women’s Crew trained in Norfolk over spring break out of the Hampton Roads Rowing Club on the Lafayette River. Not quite as warm as Miami Beach, where they used to spring break, but great water and plenty of it. After a week of solid training NWC prepared for their opening race, the Murphy Cup on the Cooper River in Cherry Hill, New Jersey.

At the Murphy Cup, Navy entered three Varsity Fours coached by Sidney Thorsten in her first year at Navy. In three separate heats, each 4+ won and then moved on to...Story cont’d on Page 3

Heavies Earn 2 Medals at Sprints

The heavyweight season was highlighted by strong finishes from the 2nd Varsity boat at the Eastern Sprints and the IRA. Ranked 6th in the final EARC regular season poll, the Navy 2V shocked the field by blasting off the start and getting out to an early lead with Northeastern in the grand final of the Eastern Sprints. Navy was in contention for first place through the halfway mark, when Princeton came up to challenge the leaders.

After Brown came up to challenge as well, the four crews were within two seconds at the finish line, with Navy winning the bronze medal behind Northeastern and Princeton. It was Navy’s first medal in the event since 1992, when Navy also earned the bronze.

At the IRA, in one of the tightest semi-finals of the regatta, Navy’s 2V placed third to join California, Princeton, Washington, Northeastern and Brown in the grand final of the event. Finishing 6th overall, Navy’s 2V ended one of the more successful seasons for any Navy boat in recent history. With only three seniors in the boat, the younger athletes gained great experience for their future years on the varsity.

“The bronze for the 2V was a great accomplishment,” said Head Coach Rob Friedrich. “I couldn’t be more proud of the...Story cont’d on Page 4

Inaugural Alumni Dinner

First Spring Kickoff Banquet Sets New Tradition

Navy Crew held its first Alumni Reunion and Spring Kickoff Banquet this spring, sponsored and arranged by Kit Vallhonrat ’93, Mike Pero ’63, the coaching staff and the NAAA. The evening offered a chance for former teammates, friends and family to gather, regroup, celebrate the past, and toast the class of 2014 rowers as they approach graduation and a bright future in the Fleet. The event was a resounding success with nearly 240 attendees. Director of Rowing, Rob Friedrich exclaimed, “We’re very excited to start a new and meaningful tradition to celebrate the great past and present of Navy Crew."

The dinner program, which was moderated by Vallhonrat, featured a welcome by Athletic Director Chet Gladchuck and was highlighted by guest speaker ADM John Richardson ’82, Director of the Navy’s Nuclear Propulsion Program and a former lightweight oarsman. Admiral Richardson remarked that three members of his ’81 Varsity 8 had made Flag rank! He reminded us, “It’s our shared commitment – the sum of our work that binds us together.

It starts in Hubbard Hall, and extends to our current fleet time and back again, after your rowing and active duty Navy days are over.”

Later in the evening, Rusty Yeiser ’74 gave an update on the status of the Navy Crew Excellence Fund managed by the Foundation. Finally wrapping up the ceremony, the graduating Midshipmen were introduced by their respective coaches and...Story cont’d on Page 5
Lightweights Qualify for the IRA Regatta

The character and drive of the Navy Lightweight squad was tested early this year, as the winter of 2014 would extend all the way into our Spring Break Training Trip to Oak Ridge. Without a single stroke on the water between Thanksgiving and Spring Break, the Navy Lights knew that the focus and pressure would be on to maximize their indoor winter training, and establish a foundation for the program to move forward on.

The season kicked off at Lake Carnegie against Yale, and in driving wind and rain, the team showed off its depth by being within one length of the 2013 National Champion runner-up, and winning the 3V and 4V races.

Battling “biblical” winds at Overpeck Lake against Princeton and Columbia, the Mids were not as prepared for the conditions but returned to Annapolis determined to get their first victory of the year. The following weekend, in ideal conditions, the Navy Lights overpowered and under-stroked the Hoyas of Georgetown to sweep the Forster Cup at home. It was a fantastic morning for the program, as the entire 2004 National Champion Lightweight 8+ was in attendance for their 10 year reunion. The 2004 Varsity Lightweight 8+ was honored for their season and setting the standard of excellence for the Lightweight Midshipmen.

With another tough test, the Navy 150’s battled the defending national champion Harvard at home the following weekend and ultimately fell just 2.7 seconds short of the upset. Watching the exciting 1V battle from the launch was former N150 oarsmen VADM Terry Benedict ’82 and ADM John Richardson ’82. Although the team poured out their souls to try and reclaim the Haines Cup that Saturday, their confidence was bolstered by that effort, and it led to a great wire-to-wire victory over Penn to reclaim the Callow Cup and 1918 Points Trophy in Philadelphia to round out the regular season.

In the championship segment of the spring season, the team would need to have their best racing, and all boats delivered. Led by an outstanding victory by an all novice 2nd Plebe 8+ gold medal, the team achieved nearly all of their year-end goals, and most importantly, qualified the team for the 2014 IRA. The IRA would prove to be a strong stepping stone to the future, as the 1st Varsity 8+ and Varsity 4+ both won their Petite Finals by open water. The coaching staff continues to be excited about the future, as many of our 2014 squad will be returning, and is complimented by a talented incoming Plebe Class.

2nd Plebe Lightweight Crew with Coach Ryan Archer on the medals dock.
Women’s Story cont’d...

the final to finish 1st, 2nd, and 3rd, well ahead of the rest of the field. With help from their volunteer coaches, Steve Root and Erin Moffitt, the Novice 8+ won their heat and went on to win the final easily. The 2nd Varsity 8+ also won their heat but went on to finish 3rd in the grand final. The Varsity 8+ won their heat and went on to win the final by 10 seconds over Bucknell and the rest of the field.

At the Occoquan Sprints in Virginia, Navy entered a Novice 4+, three Varsity 4’s, a Novice 8+, a 2nd Varsity 8+, and a Varsity 8+. NWC swept the event, winning every heat and every final in every event. A GREAT NAVY DAY!!!

The George Washington Invitational in Washington DC is a series of three dual races over Friday afternoon, Saturday morning, and Saturday afternoon. Friday afternoon Navy swept Georgetown in every event with the Novice 8+ rowing as a 3rd Varsity 8+. On Friday morning Navy swept every event against George Washington and the same against Duquesne on Saturday afternoon. ANOTHER GREAT NAVY DAY!!!

Next NWC raced St. Joseph’s University and Rutgers University on the Schuykill River in Philadelphia. Another clean sweep of the races capped off the end of a perfect regular season of racing. On to the championship races! WOW!

At the Eastern Association of Women’s Rowing Colleges (Eastern Sprints) Navy won five out of six gold medals and the points trophy to take home the Sprints title. The Sprints have separate races for all three Varsity Fours categories (Varsity 4A, Varsity 4B, and Varsity 4C). The 4’s went on to win all three events in their category. The Novice 8+ went on to win gold in their event and the 2nd Varsity 8+ finished a disappointing 5th in the final. The Varsity 8+ made the grand final and raced to victory by open water over Columbia, Northeastern, Georgetown, Boston University, and Boston College. (SOMETHING TO WRITE HOME ABOUT!)

Since the Patriot League Championship is an automatic qualifier for the NCAA Championship the only boats to race in it are the three boats that could qualify for the NCAA Championship: Varsity 8+, 2nd Varsity 8+, and Varsity 4+. The Varsity 4+ and the 2nd Varsity 8+ boat won gold in their championship events by open water. The Varsity 8+ had trouble for the first time this year. After winning their heat and leading in the first 1000m of the race, they hit a really tough headwind that hurt them in the second 1000m of the race and they finished 4th, giving the team title to BU. Navy finished 2nd overall in team points.

“Even though it wasn’t as perfect a season as we had hoped for, it was still a fantastic season winning 30 of 33 total events. A 90% winning record,” mentioned Coach Hughes.

23 athletes were named to the Patriot League Honor Roll, while four midshipmen were selected as College Rowing Coaches Association Scholar Athletes: Katherine Ashton, Catherine Oakley, Rebecca Greenberg, and Kathleen Heinbach. Ashton was also named a NCAA 2nd team All-American.
Heavyweight Story cont’d...

senior leadership in that boat and the tenacity of the younger athletes. They hit the competition head on and surprised a lot of people.”

The 1st Varsity boat was even younger than the 2V and exciting to watch as they gained boat speed throughout the season. In the first and only home race on the Severn, Navy’s Varsity pushed Princeton to the wire, coming from a length down to within one second at the finish line. Three weeks later, they rowed Harvard down at the Adams Cup, only to lose, again, by one second. Harvard was ranked #1 among the EARC schools at the time, so it seemed like Navy’s young varsity was starting to find their rhythm.

In the heats of the Eastern Sprints, Navy’s 1V lined up against an undefeated Yale crew, #6 Northeastern, Dartmouth, George Washington and Georgetown. Northeastern led from wire to wire, while Yale sat in second place for 1500 meters. Navy, once again, came from behind to pull within two seats of Yale at the finish line, narrowly missing the second qualifying spot for the grand final. It was a disappointment for Navy’s young boat but a learning opportunity, nevertheless.

At the IRA, Navy’s Varsity raced well but lacked their closing speed from earlier in the season. Even though they finished 12th overall, they showed similar speeds to Wisconsin, Cornell, and Stanford throughout the regatta.

One of the defining stories of the year was Navy’s depth on the varsity level, when both the 3V and 4V finished the regular season undefeated. Unfortunately, they lost two of their rowers right before the Eastern Sprints, which forced brand new lineups the day before the big regatta. Both crews persevered with the 3V finishing in 5th place and the 4V winning a bronze medal in their event.

The plebes had a strong race at the Sprints, winning the petite final, while the 2nd plebe boat finished 2nd in their final-only event. After a disappointing season, the plebes showed some great signs of speed late in the season. They should be ready to add great depth among the varsity boats next year.

Navy finished 7th in the Rowe Cup Team Standings at the Eastern Sprints and were only four points from 3rd place behind Harvard and Brown.

Navy was also deep in the classroom, with eight members of the heavyweight rowing team named to the second-annual Intercollegiate Rowing Association’s All-Academic Team. Rising seniors Luke Aleksandrovicius, Brandon Karpf, Patrick McDonald, Keefe Raferty and Ethan Scully were joined on the team by rising juniors Chris Lent, Mike Hamp and Tim Tracey as honorees.

To qualify for the All-Academic Team, a student-athlete must maintain a cumulative grade point average of 3.35 or better, be at least a sophomore at their respective institution and be a varsity letterwinner.

“We are only graduating five rowers and one coxswain from our IRA squad, so we are looking towards the future,” remarked Friedrich about his departing senior class. “With that said, our seniors (Ethan Palmer, Alex Hayano, Jordan Bowman, Bo Joost, Grant Buckley and AJ Blazevic) were the ones to get us to this point. They had the best finish of any freshmen boat (2011) in the last decade and their leadership was key all season. They are now off to start training with the Marine Corps, Naval Aviation and Nuclear Power before heading to the fleet. We wish them all fair winds and following seas.”
Reunion Dinner Story cont’d...

received an insignia box for their devices and decorations with either a Marine or Navy emblem to signify their service selection. “It was really a great evening for us to see the alumni and see a bit of the future in the Navy Crew family,” said Midn 1st Class Katherine Ashton, who rows in the varsity and competed for the US U23 Team in the World Championships last summer.

Many notable alumni and former coaches were recognized, including VADM Terry Benedict ’82, crewmate of ADM Richardson, and RADM Ed Kristensen ret. ’65, father of the late LCDR Erik Kristensen ’95. Many classes were represented ranging from Ruth and Max Mattesson ’53, a member of the 1952 Navy squad, to a host of members from the 1960 Olympic crew: Peter Bos ’60 captain, Lyman Perry ’60, Skip Sweetser ’60, Mark Moore ’61, Gayle Thompson ’61 and Howie Winfree ’61. The oldest living Navy Crew Oar, RADM Paul Schultz ret. ’38, who stroked the 1938 IRA championship crew, sent regards and congratulations from his home in Florida. Retired Director of Rowing Rick Clothier and his wife Stephany were also in attendance to support the event along with more than two dozen former varsity and assistant coaches.

It was an occasion for decades of Navy rowers to gather, laugh, renew lifelong friendships and share old times. Stu Lockhart ’91 commented, “An OUTSTANDING event… to see alumni from the various classes and across the teams was absolutely superb!”

Vallhonrat, also president of Navy Masters Rowing Club, mentioned that “we hope the success will bring more folks next year and spark even more support. We are starting the planning right away.” The Navy Masters Rowing Club exists to support Navy Crew’s three teams in Hubbard Hall and to offer alumni opportunities to row in club and Masters events to continue the Naval Academy’s rowing heritage! Look for fall rowing opportunities and a date for next year’s banquet to come out soon.

For more pictures from the banquet and to see other albums from Navy Crew’s rowing season, please visit our Facebook album page: https://www.facebook.com/navycrew/photos_stream?tab=photos_albums
Navy Still Producing National Team Talent

Hubbard Hall’s ability to produce rowers of the highest caliber in the nation was recognized again this spring by the US National Team coaches. This year, two Heavyweight rowers were invited to USRowing’s U23 Selection camp, and they headed to California right after the IRA to try and make the team for the 2014 U23 Championships.

Tim Tracey ’16 and Ethan Scully ’15 joined a group of 27 hopefuls at the California Rowing Club, and spent two weeks training and seat-racing. Navy was one of the only schools to have multiple athletes invited and--with two more Navy rowers receiving wait list consideration this year (Luke Aleksandrovicius ’15 and Julian Hagberg ’16)—it is clear that the National Team coaches see a lot of potential in the athletes here at Navy.

Competition was intense at the Selection camp, with just 12 seats up for grabs in the eight and straight four. Neither Tracey nor Scully made the final cut this year, but the Navy oarsmen impressed the coaches and learned a great deal. Both Tracey and Scully came to rowing as walk-ons here at the Academy, and neither had ever heard of rowing before Plebe Summer. At the camp, they were racing much more experienced rowers and held their own, drawing off their fitness and this past year’s hard training with the team at Hubbard Hall. The camp was particularly challenging for MIDN Scully, who switched sides and did all of the selection on starboard after racing as a port in this year’s very successful HWT 2V.

Tracey (pictured left) and Scully (pictured right) were hoping to follow in the footsteps of last year’s U23 Navy rowers, Ted Baumgardner ’13 and Katherine Ashton ’14, but the experience they gained through the camp will set them up for greater success in the coming year for Navy—and both have an excellent chance of being invited again next summer when they will be even more ready to earn a seat and represent the USA.

In the past three years, athletes from all three Navy squads have been able to earn invitations to the U23 camps, including Austin Bentley ’15’s invitation to the small and thus very elite LWT Four camp in 2013. So far, the Navy “medal count” at the U23 World Championships stands at two--Baumgartner’s silver in the 2014 eight and Alex Kornick’s 2012 silver in the four with coxswain—and it is exciting to see our younger athletes coming up for consideration as it gives the Academy the chance to build a real tradition of sending MIDN to a World Championship every year.

Nat’l Champions Reunion

On a beautiful, sunny morning on the Severn in April 2014, the 2004 Eastern Sprint and IRA National Champion Lightweight 8+ returned home to Hubbard Hall to reunite and meet the current N150 team. Motivated by their presence, the Navy Lights completed a sweep of the visiting Georgetown Hoyas, and brought the Forster Cup back to the N-Room. The current Mids were lucky enough to meet with the ‘04 Varsity 8+ after a ceremony that saw their championship season oars presented to them individually on the boathouse apron by former Navy Lightweight oarsman and plebe coach, Kit Vallhonrat, ’93.

In his remarks, Lightweight Head Coach Shawn Bagnall noted that, “The men of the 2004 Lightweight Varsity 8+ allows our current team, coaches, alumni, and supporters to dream big and know 4 simple words: “IT CAN BE DONE.”” It was their passion, hard work, and attitude that allowed them to line up next to anyone, and have confidence that they would win. Led by Head Coach Friedrich, they marched through the 2004 season and said “Why not us?”

Coxswain Doug Fitzpatrick, Stroke Hunter Washburn, 7-seat Jimmy Sopko, 6-seat Kevin Flaherty, 5-seat Jay Michel, 4-seat James Smith, 3-seat Carlos Rivera, 2-seat William Vuillet, and Bow Brian Barlow have all gone on to accomplish great things since their time at Hubbard Hall, but it is their efforts in 2004 that set the standard for future Naval Academy Lightweights to strive toward.
In the fall of 2002, a young 23-year-old rowing coach, Nicole Stimpson, with only two years of coaching experience came to the Academy to be the women’s assistant and stayed 11 seasons. Last year, Nicky moved on to coach at The Gunston School and to spend more time home with the family. For her many years of dedication, Navy Women’s Crew named their newest racing shell in her honor.

During her tenure with the women’s team, they won two Patriot League Championships, tied one, and never finished less than 2nd in all the others. In 2013, the first year of automatic qualifiers for the NCAA Championship, she helped Navy win the Patriot League Championship and went on to see her 4+ compete at the NCAA’s in Indianapolis. Her main jobs were teaching inexperienced novices to row in the fall and then she would take over the reins of the varsity fours in the spring. The varsity fours are an essential part of the NCAA and Patriot League championships since they are the 3rd leg of the point scoring boats.

“Nicky was a tremendous assistant coach. After a while she could finish my sentences and knew exactly what I was thinking most of the time,” noted Mike Hughes, Head Women’s Rowing Coach.


The new shell was christened the “Nicole Stimpson” on May 19th on the Hubbard Hall Apron. Many friends and family were in attendance, including Nicky’s husband, Rick; her two sons, Will and Matthew; her parents and many current and past Navy rowers. The new shell was proudly financed by the Navy Crew Excellence Fund and raced last spring as the Women’s Varsity 8+. 
Navy Crew Alumni Weekends

We invite all of our alumni back to Hubbard Hall for their reunion weekends this fall. Please join us for a reunion row and coffee/bagels at the boathouse on Saturday morning (10AM) before the Navy Football game. Family and friends are welcome to ride in the coaches’ launch for the creek row. If you would like to organize your class gathering for the event, please e-mail Coach Rob Friedrich at friedric@usna.edu

Here are the fall reunion weekends:

September 27: Classes of 1984, 1979, 2004

Navy Crew Fall Racing Schedules

**Heavyweight Schedule**

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<th>Date</th>
<th>Event</th>
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<td>September 28</td>
<td>Head of the Potomac</td>
<td>Washington DC</td>
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<tr>
<td>October 11</td>
<td>Navy Day Regatta</td>
<td>Philadelphia, PA</td>
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<td>October 19</td>
<td>Head of the Charles</td>
<td>Boston, MA</td>
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<tr>
<td>October 26</td>
<td>Princeton Chase</td>
<td>Princeton, NJ</td>
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<tr>
<td>November 1</td>
<td>Rutgers Invitational (Plebes Only)</td>
<td>New Brunswick, NJ</td>
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<td>Navy Day Regatta</td>
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<td>October 19</td>
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<td>October 25</td>
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<td>Fairfax, VA</td>
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**Lightweight Schedule**

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