

# Navy Crew Newsletter

Spring Recap

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## Lwts Silver Medal

After a strong regular season and lackluster Eastern Sprints the Navy varsity lightweight eight rebounded and took second place at the IRA National Championship Regatta.

The lightweight crews finished 22-8 this spring and headed to the Eastern Sprints ranked 3rd in the varsity, 4th in the second varsity and 2nd in the frosh event. Although they demonstrated great resolve winning the 2F event and finishing third in the 3V and 4V races, the Navy Lights ultimately left Worcester disappointed. The varsity, second varsity and plebes finished fifth – which was not the type of finish we've been working towards this year.

During IRA training, the varsity lightweights spent a lot of time training in fours to solidify a new line-up. After “banging heads” with Coach Friedrich’s plebe heavyweights and a great opportunity to scrimmage Georgetown’s lightweights, it was clear that the eight was moving better.

Last year the IRA began a new format, a straight final for the lights, which was implemented in 2010 again. Navy drew lane 1 of the seven lane course. Georgetown drew lane 0 and Yale drew lane 2. Princeton was in lane 3, Harvard in 4, Dartmouth in 5 and Pennsylvania in lane 6. Off the starter’s flag Yale, Princeton and Harvard bolted to the front of the pack.

Navy was 5th through the 150m mark,

**Lwt Story cont’d on page 2**

## Heavyweights Sink Wisco, Stanford

After three days of tight racing in the heats, reps and semi-finals of the IRA Championships, Navy’s varsity eight lined up against Wisconsin and Stanford among others on the final day. Navy got off to a good start, but Wisco and Stanford pushed hard in the second 500m to pull almost a full length into the lead.

At the halfway mark Navy began to move, taking seats on both Wisco, 2008 gold medalist, and Stanford, 2009 bronze medalist. Momentum from a strong third 500m helped Navy pull even with 400 meters to go, where the Mids unleashed a ferocious sprint to beat Stanford and Wisco by 2.6 and 4.2

seconds respectively. Even though the win was only for the third-level final, placing Navy 13th overall in the regatta, it was great to see the improvements made by the very young crew in the deepest IRA field in recent history.

With a 10th place finish at the Eastern Sprints, narrowly edged out by Cornell, Syracuse and Northeastern, Navy’s varsity was led by a youngster stern four. One of the highlights of the spring for this young crew came at the Adams Cup, where they battled Harvard all the way down the course in Boston, MA. After taking the lead early, Navy settled into a good rhythm and held

**Hwt Story cont’d on page 3**

## National Team Training



Eight current and former members of Navy Crew were selected to attend USRowing training camps this summer. For the heavyweight crew, Team Captain Nate Miller '11, Kyle Browne '12, Matt Fluhr '12, and Chris Gear '12 were sent to the USRowing Development Camp in Philadelphia; while for the lightweight team, Jimmy Sopko '05, Julian Bowling '10, Michael Kerrigan '10 and Ed King '11 (pictured on left) traveled to USRowing's high performance center in Oklahoma City.

Sopko was selected for the USA lightweight men's four to race at the Lucerne World Cup Regatta on July 11<sup>th</sup>, where they placed 13<sup>th</sup> with a very competitive time. This is Sopko's second time on the US team; he was seven-seat of the 2009 silver medal US lightweight eight. At Navy he was seven-seat of the 2004 Navy lightweight eight that won the Eastern Sprints and the National Championship. Originally from Matthews, Va., Sopko recently separated from the Navy, his final post was Navigator on board the USS FORD (FFG 54), to pursue his rowing aspirations. His hope is to stay in the lightweight four to race at October's World Championships in New Zealand.

Both King and Kerrigan earned seats to race at the Under-23 World Championships in Belarus. Avenging a 10<sup>th</sup> place finish in 2009, King's lightweight four won a bronze medal at the U23 Championships, the highest placing ever for the US National Team in that event. Kerrigan won the US selection trials to earn his seat in the U23 lightweight pair, which placed sixth in Belarus. Each season, King has earned a seat in

**National Team Story cont’d on page 5**

# Women Second at Patriots

The Navy Women's Crew produced a first-place time in the varsity four race to earn a second-place team score at the 2010 Patriot League Championship on the Cooper River.

Bucknell claimed its fifth-consecutive title with a team score of 35 points, just four beyond Navy's 31-point showing. Holy Cross came in third with 18 points, followed by Colgate's 16 points, MIT's 15 points and Lehigh's six points.

In the varsity eight race, Bucknell posted a first-place time of 7:11.60, just 2.20 seconds ahead of Navy's 7:13.80 clocking. The Midshipmen were 6.30 seconds faster than third-place Colgate.

"Bucknell took the lead in the first-1000 meters of the race, but we began to narrow the deficit in the next 500 meters and were within a couple of seats by the end of the race," stated Navy head coach Mike Hughes. "It was a barn-burner of a race. Two seconds is just a whisper."

The Midshipmen also placed second in the second varsity eight competition with a time of 7:32.09, which was 9.26 seconds behind Bucknell's 7:22.83 showing.

At the Eastern Sprints, Navy's varsity

was regulated to the third level final, where they produced the top time with a 6:59.103 clocking, which was 3.487 seconds faster than second-place Boston College.

Navy's second varsity eight boat also won its third-level final to place 13th overall with a time of 7:04.711, which was an impressive 5.314 seconds better than second-place Syracuse.

The varsity four 'A' boat for the Midshipmen delivered a first-place time in the petite final to finish seventh overall with a 7:35.969 performance, which was 4.734 seconds quicker than second-place Northeastern.

"In general, we are happy with the results of our afternoon races," said Hughes. "The morning heats were tough. Some of the best teams in the country were paired in our heats. There were no second chances, no repechage races. When you're in the third level final, winning is what you need to do. The varsity four 'A' crew won its petite final and beat some very highly ranked teams



in the region in the process."

The Navy women's rowing team placed 20 members of its program onto the Patriot League Academic Honor Roll to recognize their academic excellence attained during the recently completed school year. The league office announced the complete list of 108 student-athletes from the sport who earned the laurel this week.

To be eligible for the accolade, student-athletes must have earned a 3.20 grade-point average for the 2010 spring semester.

## Lightweight Story cont'd...

while Penn and Dartmouth held onto Harvard's coat tails while Yale blasted for the lead. Princeton lengthened first then moved out on Yale. Harvard responded and moved with Princeton. Navy lengthened with the pack but as soon as they hit 36spm the Navy eight jumped and found a very good gear.

500m down, Princeton 1st, Harvard 2nd, Yale 3rd, Dartmouth 4th, Navy 5th, Penn 6th and Georgetown 7th all within 7 seats of one another. Navy took 15 strokes at the 500 to set a tone and faster pace for the middle 1000m and in that move took 4th position from Dartmouth. Navy was now moving the same speed as Princeton and Harvard while Yale started to slip.

The 1000m pole is the last stand for many crews. All boats normally make some sort of push at halfway down and this race was no different. Harvard pushed hardest and took the lead from Princeton. Navy pushed too and broke their bow ball out in front of Yale, taking 3rd place over from the Bulldogs.

Positions 5 thru 7 began to fade. Princeton, smartly, switched gears at the 1250m mark and overtook Harvard to regain the lead. Harvard attempted to rally, but Princeton, remembering this as the spot that Harvard pushed to beat them at the HYP's four weeks earlier – was unrelenting. In a savvy move, Navy pressed to hang onto both crews by pushing out more lead on Yale, who were now 3 seats back to the midshipmen.

At the 1500m mark, 500m to go, there was overlap on the top four crews. Princeton, running 1st, held a three seat lead on Harvard who owned a 4 seat lead on Navy. Yale was struggling to eat into Navy's 4 seat lead on the Bulldogs. Princeton went first and took a few seats on Harvard, Navy went with them. Yale fell back further and with 300m to go Navy began to fly. Navy executed their steps and uncorked an epic sprint that rocketed them past Harvard and into 2nd place with 5 strokes to go. Princeton



Navy Lights placing 2nd at IRA's

wound up edging Navy by one second (5:36.0 to 5:37.0), while Harvard placed third at 5:38.0 with Yale in fourth (5:39.2).

The IRA was the final race for seniors Alex Duncan, Kevin Mott, Julian Bowling, Michael Kerrigan, John Paul and Colin Edwards. Their commitment, as well as the rest of the class of 2010, to excellence for the program has been magnificent.

### Heavyweight Story cont'd...

strong against the Crimson. At the half-way mark, Harvard pulled through Navy to a six-seat lead. With 500 meters to go, Harvard stopped moving and the relentless Navy crew began another attack. Seat after seat, the Midshipmen continued to walk over the last 300 meters, when they ran out of race course two seats behind the Crimson.

With Penn 10 seconds behind, it was clear that this young Navy crew had

Harvard tried to remain calm and pushed at the half-way mark to pull within two seats of the Midshipmen. After waiting for Harvard's move to end, Navy put on their own attack to open the gap back to four seats.

Navy put everything on the line with 500 meters to go, trying to hold off the undefeated Crimson. It was clear that Harvard would need to start their sprint early and with 300 meters to go, the two boats were even. Harvard was able to

was immediately sent to Navy's Medical Center in Bethesda, MD. Luckily, the cancer was caught very early and two surgeries later, Lizotte is cancer-free and on the road to an expected full recovery.

Losing Lizotte hurt the crew more than expected and Navy was disappointed with a 10th place finish for the 1F at Eastern Sprints and a second place finish for the 2F. The top plebe boat picked up some steam for the IRA's and managed to better some of the crews



grown up a lot and is ready to turn the corner in the Eastern Sprints league.

To help the depth of the varsity squad, the team is looking towards a strong plebe program that showed great results throughout the spring season. Leading up to the Sprints, the top plebe boat (1F) was ranked third in the league, while the second plebe boat (2F) was ranked first.

Heading into the Harvard race, the two plebe boats were undefeated and ready to take on the Crimson's top-ranked crews. At the start, the Navy 1F rocketed out to a six-seat lead on Harvard with Penn even further back.

raise their rate in the final 20 strokes better than the strong plebe crew and pulled out to a four-seat victory.

In the second plebe race, Harvard put everything they had into the first 500 meters but it was no match for the talented Navy crew who had open water by the 1000-meter mark and eight seconds by the finish line.

The two boats had combined for a 9-1 regular season record, when disaster struck. The day after the Harvard race, Navy's top plebe rower, Alex Lizotte was diagnosed with testicular cancer. Lizotte was the best erg on the plebe squad and six-seat in the first boat. He

that had beat them at Sprints, for another 10th place finish, this time against tougher competition.

Overall, the depth of Navy's varsity will be much better than in recent years. From that depth comes healthy competition within the squad and development for our walk-on rowers. As our younger athletes gain some great experience rowing in development camps during the summer, we are closing the gap on our competition. And with only 1-2 seconds differentiating the grand final and the 3rd level final, every opportunity counts.



# Boathouse Renovation Update

The boathouse renovation is coming along well and the inner structure is starting to come together. Much of the duct and pipe work is complete, as the inner walls are being erected.

The engineers have been hard at work designing an HVAC system that can support the daily use of 200+ Midshipmen during practice. After considering the humidity of the workouts rooms, boat bays, and new tank facility, they are installing multiple air handlers that can service a large hotel. With government regulations mandating that we use a geo-thermal system, Hubbard Hall will become the “greenest” building on the Yard.

The floor was torn up on the West side of the building, revealing the old tank structure which used College Creek water. After divers inspected the foundation on that side of the building, they noticed much more erosion than they initially expected. With the weight of the new tank in mind, the contractors will repair and reinforce the foundation beams before pouring new concrete slabs in the boat bay and tank room.

On the East side of the building, the old “above ground” tank was removed and the space is now divided into a new shell repair shop and a new shell storage bay. To make these two rooms accessible from the dock, two new bay doors are being installed and the apron is being extended.

The locker rooms and workout areas on the second deck are really starting to take shape. With the old catering kitchen and storage rooms removed, it is surprising how much more space we have gained for new erg rooms and meeting areas, all while maintaining the integrity of the “N” Room. Completion of the boathouse renovation is planned for Spring of 2011.



Old Tank Pools which used College Creek Water



Recent Tank Room Split into Boat Shop and Boat Bay



Men's Locker Room and New Ventilation System



Dock and Apron Under Construction

# 1960 Olympic Reunion and Christening



On April 16th, the 1960 Olympic Crew returned to Annapolis for their 50th Reunion and to dedicate a new racing shell named in their honor. Many Midshipmen, alumni, and guests were on hand for the christening, where Navy Athletic Director Chet Gladchuk and Director of Rowing Rick Clothier remarked on the tremendous feat this specific group had made by winning the 1960 U.S. Olympic Trials and representing our country at the Rome Olympics.

This Olympic crew joins the ranks of alumni groups who have recently donated enough money to help perpetuate a new shell in Navy's boathouse and to guarantee there will always be a "1960 Olympic" racing boat in the rowing fleet.

After the christening, many of these Olympians joined the heavyweight varsity crew members to row their new shell up and down College Creek in front of the many spectators. "The special bond from our rowing experience, repeated by many classes afterwards, has kept its strength through the years," Peter Bos, captain of the 1960 crew, said. "At this reunion we funded a perpetual "1960 Olympic" shell that we hope inspires future Navy men and women rowers to commit just a little more in their pursuit of excellence - in rowing and in their careers."

Later that evening, the coaches and their families joined the crew for a dinner at the Football Stadium banquet facility. Stories were told and history filled the air, as the Olympians reminisced about their times on the banks of the Severn River. The night

culminated with a wonderful slideshow put to music about the team's journey and friendships leading up to and beyond the 1960 Olympics.

In attendance, pictured with last spring's varsity crew, from left to right: Mike McMahon '61, Mark Moore '61, Skip Sweetser '60, Gayle Thompson '61, Joe Baldwin '61, Peter Bos '60, Howard Winfree '61, Bruce Wilson '61, Lyman Perry '60 and Paul Quinn '48 (former Navy Varsity Coach 1961-1967). Olympic teammate, Jim Hitchborn '62, could not make the reunion.



## National Team Story cont'd...

the varsity eight and is intending to select Navy SEALs as his service selection this next academic year. Kerrigan is currently serving as a 2ndLt in the USMC and obtained a special assignment to train with the US team this summer.

After the U23 Worlds, selection began again in Oklahoma for the lightweight eight which will represent the US at the World Championships in New Zealand later this Fall. Right now, Bowling and Kerrigan have gained spots in the eight although selection will not be complete until September. In 2009 Bowling rowed at the U23 World Championships with fellow midshipmen Chad Healy '09 and Ed King. Bowling serves as a 2ndLt in the USMC and has also been assigned to train with the US Team.

The youngest group of Mids who are rowing this summer are the Class of



2012 heavyweights. Fluhr, Gear and Browne, pictured

at right, were the stern three of the Navy varsity heavyweight eight as youngsters this past year. Along with coxswain and team captain Nate Miller, who has been pre-selected for the submarine community, the group earned eight medals at the Independence Day Regatta and the US National Championships. Their hope is to move on to the U23 selection camp next summer after one year in the development system.

On the horizon, the heavyweight team is seriously recruiting five athletes who have been selected for the US Junior National Team, who will compete in Racice, Czech Republic later this month. Four of these athletes have just finished their junior year in high school and have already started the candidate process for admissions.

U.S. Lwt Four on medals dock in Belarus



# 2010 Fall Racing Schedules

## Heavyweight Schedule

October 9	Navy Day Regatta	Philadelphia, PA
October 24	Head of the Charles	Boston, MA
October 30	Head of the Schuylkill	Philadelphia, PA
October 31	Princeton Chase	Princeton, NJ
November 6	UVA Invitational (Plebes Only)	Charlottesville, VA

## Women's Schedule

October 9	Navy Day Regatta	Philadelphia, PA
October 30	Head of the Schuylkill	Philadelphia, PA
November 6	Head of the Occoquan	Fairfax, VA

## Lightweight Schedule

September 12	Brazilian Naval Academy Regatta	Rio de Janeiro, Brazil
October 3	Poughkeepsie Regatta	Poughkeepsie, NY
October 4	Occoquan Challenge	Fairfax, VA
October 9	Navy Day Regatta	Philadelphia, PA
October 24	Head of the Charles	Boston, MA
October 31	Princeton Chase	Princeton, NJ
November 6	UVA Invitational (Plebes Only)	Charlottesville, VA

## More Boathouse Pictures



New Erg Room replacing King Room and Catering Kitchen



N-Room will become the Team's Awards and Banquet Facility



Construction lay-down area in front of Hubbard Hall



Temporary Docks and Boat Storage Area