

Navy Crew Newsletter

Winter

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Athlete Spotlight: Ed King

First Class Ed King of the Lightweight Team is a two-time National Team member and now he sets his sights on becoming a Navy SEAL.

Why did you decide to attend the Naval Academy and what was your athletic background in high school?

My desire to attend the US Naval Academy stemmed from a calling I had since childhood to make a difference in the world during my lifetime, even if it was a small one. I never quite saw myself going into work every morning and sitting at a desk in some office building. I've always wanted to be doing something active, working outdoors, and playing with sweet equipment. So, when I found out the Naval Academy was recruiting me for cross country, I came out here in the summer, and it was a perfect fit. Honestly, it was the best decision I ever made. The mission of this school is exactly what I was searching for and I've made probably the best friends I could ever have hoped for during my four years here. In high school, I ran track and cross country and played basketball and tennis.

How has this season gone and what are your goals for the spring?

The fall was full of ups and downs and showed us our speed and gauged the speed present in the competition this year. Keeping in mind what we learned in the fall season, winter training has gone as expected: erging blood, sweat,

King story cont'd on page 3...

Row2k Interview: Alex Lizotte

January 26, 2011— Row2k.com, the world's premier rowing website, kicked off their spring collegiate preview with a story about Navy's Alex Lizotte. Lizotte was diagnosed with cancer during the race season last spring, and has not only made a full recovery but raced in Navy's Varsity 8+ this fall.



row2k - Why did you decide to attend the Naval Academy and what was your athletic background in high school?

I wanted to attend the Naval Academy ever since I was young. Growing up I always heard stories of the experiences of my grandfather Donald and my father Alan as enlisted sailors in the Navy. Stories of the ships they served on, the people they had served with and the places they were able to visit. The way they held themselves in the family was something I always admired and the respect I had for them, when I was old enough to understand what they did by serving, made me want to follow in their footsteps. My father would always tell me that he wanted me to become an officer and it was at that point I knew the Academy would be the best option for me. I grew up with discipline and structure and the Academy offered all of that and more, as well as a chance for me to become a Naval Officer.

Throughout my high school career at Saint John's High School in Shrewsbury I participated in quite a few sports. My freshmen year I rowed both fall and spring, and in the winter I played hockey. When I was a sophomore I decided to change it up and I took the year off from rowing. As a junior at Saint John's in the fall I again ran cross country, then participated in indoor track as well as played hockey for a local team. It was at that point that I realized I missed being out on the water and that spring I went out for the crew team and made the cut. As for my senior year I wrestled in the winter and rowed both fall and spring seasons and my passion for rowing grew.

row2k - You had some major health problems come up during race season of your freshmen year, what happened and when did you start to think something may be wrong?

During the spring of my freshmen year at the U. S. Naval Academy two weeks before racing Harvard I felt a lump on my left testicle. Not sure of what it was I didn't really pay much attention to it because the only thing I could think about was racing. The day before the race we arrived in Boston and as we set up boats I approached a friend of mine on the team Matt Fluhr about what I had found and that I wanted to race and didn't want to let the team down by leaving before the race, he told me to get it checked out as soon as possible. That night, the 23rd of April, I was on the phone in the hotel room, as always the night before the race to talk to my mom in order to get any pre-race nerves out. I mentioned that I had found a lump two weeks prior to the race. She immediately said she would set up an appointment and I told her the only way I was going to the hospital was under one condition, which was after the race was over.

We raced Harvard on the 24th and the very next morning I was sitting in the ER waiting on test results. While in the emergency room at UMASS I still didn't have any feelings of being concerned, I was directed to blood work and an ultrasound. To be honest when something is wrong with your private areas it always makes things awk-

Lizotte story cont'd on page 2

Lizotte Story cont'd...

ward which is why I just kept saying to myself it wasn't a big deal and I probably just crushed myself while rowing. Upon being escorted back to the waiting room after the conclusion of the ultrasound the Doctor said he would be back in a minute. That minute turned into thirty and when he came in he and his assistant both had blank expressions on their faces. The Doctor said to me "I'm so sorry I thought it was post traumatic" then proceeded to tell me that I had a tumor on my testicle and that the veins had grown into the mass, and through the markers in the blood work it was clear that I had cancer.

That afternoon I was expected back at the Naval Academy, with this news in the back of my mind I had a very quiet flight back, I never felt so alone in my life. Upon my arrival to the campus I went to the boathouse and worked out for a very long time, I had to do something I had control over and working out was something I could control. I worked out so long it was dark when I finally left to go back to my room for the night. Unable to sleep through the night, I waited until the clinic at the academy opened up at 6:00am the next morning and I made my appointment. Then things began to happen very quickly, I arrived at the National Naval Medical Center on that same day on April 26th and the surgery was scheduled for the next morning to remove the cancerous testicle. That night I realized the hospital is not a place for sleep and I was run through a battery of tests chest x-rays, more blood work and CT scans in preparation for the morning. The only thing I remember thinking is being back on the water with my team working hard, I always knew people got sick, but I was performing in the top boat on the Novice team my freshmen year of college and I was taken out just like that.

That night I met another midshipmen who was diagnosed two weeks prior to myself whose cancer had been much more progressed, his name is Blake Lusty. Blake and I spoke that night and became very close over the summer helping each other through treatment after treatment, encouraging one another to push through and laughing whenever we could. The next day was my first surgery, after the first surgery was a success I had some decisions to make as far as treatment. Right when I thought it was all over my feet were taken out from under me. I could go into observation through appointments once a month for five years which for me was not an option because knowing something could still be growing in my body was a very uncomfortable feeling. The second option was chemotherapy, which was also not an option because chemo breaks down the body and to be a collegiate athlete I could not take the chance of not rowing again. So that left one option open which was a major surgery called an RPLND. The date was set for May 26th; the night was spent prepping for the following day's surgery where they would cut me from my sternum to my groin through the abdominal muscle and push my organs to the side in order to collect lymph nodes from the back of my abdomen. I remember coming to from the eight hour surgery and feeling like I had been hit by a train. I have never felt such pain in my life even with the pain medication it



was intense.

row2k - What was the worst part of the treatment and recovery?

It was during the recovery that I would say was the worst part of the whole experience. During the surgery my pancreas, a very delicate organ described as a grapevine, began secreting digestive enzymes into my abdomen and I had a drain which was set at the bottom of my abdomen to drain the fluid. It was then that I learned I could not eat food or even drink water in order to allow the pancreas to heal. For fourteen days I starved living on IV fluids; sugar and salt water, the nurses and I would joke and call it Gatorade in a bag. Unable to keep a feeding tube down due to throwing up two the IV was all I had and I lost 46 pounds. This was the most frustrating part because my body became weak and I could barely walk without assistance and if I couldn't eat I couldn't heal in order to get back in a boat.

row2k - When did you decide you wanted to continue rowing?

Throughout my stay at the hospital I followed my team getting updates on boat line-ups from week to week from my coach and teammates. There were days that were very depressing and knowing my teammates were working hard I couldn't let them down, especially with the support they had given me, they became as close to me as brothers and that gave me the strength to carry on. My most memorable visit is when one of my best friends on the team, Gabe Charette, came into the hospital after my first few days without eating. Standing 6'6", with the build of a college football player he always had a way of making me laugh on the tough days. That day Gabe told me that I would get back in a boat in no time and to continue fighting. I knew that I wanted to get better to get back in a boat, quitting on the people who were there for me in my time of need had never been an option. I was willing to do whatever it took to be on the water with my brothers, working hard.

row2k - How has this season gone and what are your goals for the spring?

This season has gone well so far, I worked hard over the summer after I was checked out of the hospital and began lifting small weights in order to put weight back on and help my body recover, it may or may not have been with the doctors permission, but I'm not at liberty to say. When the first fall crew practice of this year showed up I had no intentions of skipping the workout. In the fall I fought for a spot on the first varsity boat and rowed in the bow seat. My goals for the spring are to work even harder in order to earn a spot in the top boat and to race in the Eastern sprints and IRA's which I listened to results on the phone while lying in a hospital bed one year prior.

The Full Alex Lizotte Interview can be found on-line at <http://www.row2k.com/features/features.cfm?action=read&id=519>

Athlete Spotlight: Tina Lanouette

Christina Lanouette is a second class midshipman on the Navy Women's Crew. Along with be a 3-year member of the varsity boat, she was selected to spend a semester at West Point in our military academy exchange program.



Why did you decide to attend the Naval Academy and what was your athletic background in high school?

I decided to attend the Naval Academy because I wanted to be a pilot and I was also interested in engineering so it seemed like an excellent fit. I applied to West Point as well but I chose Navy because of the wider variety of service selection options. In high school I ran cross country in the fall, cross country skied in the winter, and ran track in the spring.

What was it like making the varsity boat as a novice plebe?

At first I was very intimidated by the other rowers (and coxswain) in the boat since they all had so much more experience than I did. I expected every day to be moved back to the 2V so that made everyday that the stickboard didn't change a great day. It was great racing with the other women in that boat and experiencing that level of competition. I learned a lot from my boatmates about rowing and racing and I consider myself very

lucky for having been in the same boat as them.

How was your experience at Army and rowing there?

My first few weeks at Army were a little rough - getting to know my new company, getting to know the team, learning the new military system, and just finding my way around (one thing I will never get used to is saluting in civilian attire). After I got used to being there, though, I had a great time and I learned a lot from the experience. I was fortunate enough to be a squad leader while I was there and I learned a lot about leadership from that and from observing other parts of the cadet leadership system. I also got to take classes in tactics and civil engineering which I wouldn't have been able to take here.

Rowing for Army started off a little rough, too, with an inventory APFT, a 6k test, timed stadium stair runs, and a 2k test all in the first week. Once we hit the water I had to get used to a different workout routine and a different style of rowing in general. They started hitting some high rates on day one and also practiced some 5-stroke starts which was new for me in the fall season. Our first race was the Poughkeepsie Regatta, which commemorates the original IRA regatta and is run like a sprint race (not a head race), where we came in 2nd to Cornell over the 4 mile course. The strangest part of the season, by far, was rowing against my own teammates at the Navy Day Regatta. I treated the race as one big seat race; we (the Army boat) ended up finishing a little less than 20 seconds behind the Navy boat. I missed rowing with the Navy team a lot but I also made some good friends on the Army team and I'm really glad that I decided to go to West Point for the semester.

Lanouette story cont'd on page 5...

King story cont'd...

and tears everyday. There isn't much variation on an erg.

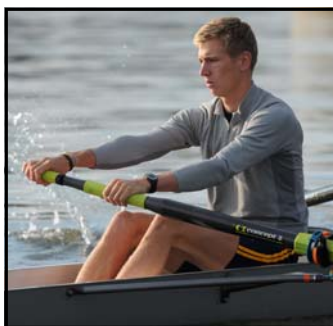
As always, our goal for the spring racing season is to win. Our winter training is definitely preparing us to step up to the challenge of lining up against very talented crews in the league this year, and we know that it all comes down to who wins on race day.

What do you like most about the sport of rowing?

The teamwork, comradeship and brotherhood associated with the team. A lot of other sports can present your body with the physical workout and pain that is so prevalent in rowing, but there are very few that demand that you rely so heavily on your teammates killing themselves alongside you. Without them, you are absolutely nothing.

How do you think racing on the national team has helped you become a better oarsman and teammate?

Racing on the national team for the past two summers undoubtedly expanded my abilities as a rower, improving my technique, understanding, and commitment to the sport. It was truly an honor to be able to sit in the same boat as athletes of that caliber, and training with the equipment and resources of the National Rowing Team was an unbelievable experience for which I am extremely grateful. I was introduced to an entirely new side of rowing, one where I left practice not only physically exhausted but mentally finished as well. The coaches and other rowers on the U-23 team demanded a whole new level of dedication from me and I found that by the end of the summer I



was able to apply my full concentration to a practice several hours longer than anything I was previously used to. I hope that I have been able to bring to Navy this singular drive and focus that I think is so critical if one desires to get the full benefits out of any training session. I also hope that my fellow Navy oarsman see in me a passion to excel and win, a passion that was refined during those long rows in the middle of the summer.

What was your motivation behind selecting Navy SEALs as your military service?

My desire to be a Navy SEAL stems from my desire to serve my country to the best of my ability. After everything I have been given and all the opportunities that have been available to me, I feel that I have so much to be grateful and willing to die for. I believe the current military operations that the United States is involved in require the skill-sets and capabilities of special rather than regular conventional forces. So the way I see it, if I truly want to make the most profound impact on the fight that I can possibly make, the only option for me is to be a member of the elite brotherhood of Naval Special Warfare. The SEALs are the ones getting jobs done and making a difference daily on the ground, something I long to be a part of.

Hubbard Hall: Boathouse Renovation Update

After 15 months, the boathouse is really starting to take shape. The new docks went into the water recently and were connected to the expanded apron with our new 60-foot-wide ramp. After firming up the foundation under the boathouse, the contractors installed steel beams under a newly poured boat bay floor. The custom-designed boat racks will be installed within the next week and with almost all of the new government-regulation “blast-proof” windows and doors now in place, the progress can be seen on the outside of the boathouse as well.

On the second deck, the erg rooms and locker rooms are nearing completion. The finishing touches are being made in the locker rooms with the installation of the blue and gold tile in the showers and the custom-designed Navy Crew lockers. Paint is going up on the walls and new workout flooring is being laid down in the erg areas. New wood paneling is going up in the N-Room, along with two 14-foot trophy cases to display Navy Crew’s history.

There have been delays in the tank facility but will soon be back on track. The hope is to move the shells back into the bays and row off the new docks after spring break in March. Once there is a better timeline on the completion of the tanks, we will know when we can move into the remainder of the boathouse. Presently there plans to be a fall-season grand opening that we will announce later this summer.



Newly installed dock and ramp for Hubbard Hall



New 3rd Deck Erg Room/Visiting Team Locker Room



Expanded Apron and new ramp access



New Small Boat's Bay in old tank area



One of five shower areas in the expanded locker rooms

Lanouette story cont'd...

How has this season gone and what are your goals for the spring?

So far this season has been going well; I thought it would be much harder to get back into the erg season after relatively little volume on the ergs at Army. I think there is a lot more motivation on the team here and we have another stellar plebe class which keeps us varsity rowers on our toes and pulling harder than ever.

Our goals for this season are to win the Patriot League Championships and to get a better finish at Eastern Sprints which means making either the petite or grand finals.

What do you like most about the sport of rowing?

The best part of rowing is the bond that rowers form and how that bond pushes you to be your absolute best. My friends on the team are my best friends at the Academy and every day I am pushing myself to the limit (on the ergs, on the track, in the classroom, etc) because I don't want to let them down.

What are you studying and what are your plans for after graduation?

I am an ocean engineering major and I hope to service select Navy pilot upon graduation.

<http://navycrew.boathousegear.com>

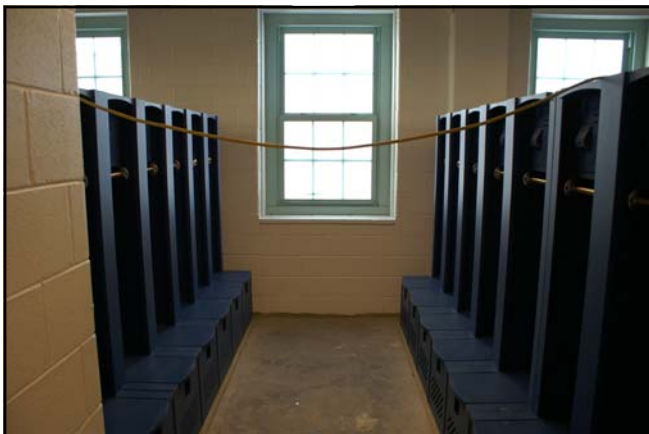


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More Boathouse Renovation Pictures



One of the many locker aisles



Custom Built Lockers with N-Oar Emblem



Renovated Erg Porch with new ventilation system

NAVY CREW DISTINGUISHED GRADUATES: 1895-1905

Navy Crew has a rich and storied history on the banks of the Severn River. The Navy Crew coaches have tried hard to teach the new midshipmen what it means to be a Navy rower and the legacy they are following. It's easy to remember the iconic names of The Great Eight, Alan Sheppard, Wendy Lawrence and Rusty Callow. The athletes are also reminded of our recent fallen heroes: Mark Hamilton '87, Erik Kristensen '95 and Kelly Haney '01.

But rarely do we hear the names of Navy oarsmen from the turn of the OTHER century. As we prepare for the final stages of our boathouse renovation, we tasked ourselves to document and display the history of Navy Crew in our new facility. During our research, we have rekindled the storied past starting in the late 1800's.

Not many people know that ADM Chester Nimitz stroked the Navy varsity crew in 1904. Fewer people know that ADM John Halligan was the six seat of our 1896 varsity crew. We hope their experiences in rowing helped in their success as naval officers and in their post-military lives. These are the stories of our early distinguished graduates.

Joseph Mason "Bull" Reeves was born on November 20th,



ADM Joseph Reeves

1872 in the village of Timpico, Illinois. Reeves, a graduate of the Class of 1894, was a two-year crew letterman as well as being a prominent player on the Navy football team. In addition to his on-field heroics, he is credited with the invention of the modern football helmet. Reeves, who rose to the rank of admiral, was an early and important supporter of U.S. Naval Aviation. Though a battleship officer during his early career, he became known as the "Father of Carrier Aviation" for his role in integrating aircraft carriers into the Fleet as a major part of Navy's attack capabilities. He retired in the mid-1930's but was recalled to active duty during World War II to serve in high-level staff positions within the Office of the Secretary of the Navy. He retired again in December 1946 with the rank of full admiral.

John Halligan Jr. was born on May 4th, 1876 in South Boston, Mass. Halligan graduated from the Naval Academy at the head of his class in 1898. He served during the Spanish-American War in *Brooklyn*, flagship of Commodore Schley. During World War I he was chief of staff to Commander, U.S. Naval Forces, France, and for his outstanding performance of duty he received the Distinguished Service Medal. He served as Assistant Chief of Naval Operations in 1930, and in 1933 became Commander Aircraft Base Force. Appointed Rear Admiral in 1930, Halligan died at Puget Sound, Wash. on December 11th, 1934, while serving as Commandant of the 13th Naval District.

Chester William Nimitz was born on February 24th, 1885 in Fredericksburg, Texas. He left high school early to enter the Naval Academy in the class of 1905. At the Academy Nimitz was an excellent student, especially in mathematics, and graduated with distinction, seventh in a class of 114. Known to be a great athlete, he stroked the Navy varsity crew in his second class year. The Naval Academy's yearbook, "Lucky Bag", described him as a man "of cheerful yesterdays and confident tomorrows."

Early in his naval career, Nimitz was court martialled for grounding the *USS Decatur*, an obstacle which he worked hard to overcome. In 1907 he was ordered to duty under instruction in submarines, the branch of service in which he spent a large part of his sea duty. It was during his command of the submarine *E-1* (formerly *Skipjack*) that he was awarded the Silver Lifesaving Medal for his heroic action in saving W.J. Walsh, Fireman second class, USN, from drowning. Nimitz dove into the water and kept Walsh, who could not swim, afloat through strong tides until both were picked up by a small boat.

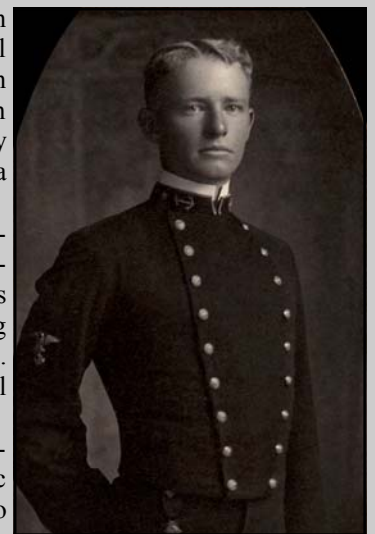
Leading up to World War II he successfully commanded multiple small and large ships. However, in December 1941, he was designated as Commander in Chief, Pacific Fleet and Pacific Ocean Areas, where he served throughout the war. On December 19th, 1944, he was advanced to the newly created rank of Fleet Admiral, and on September 2nd, 1945, was the United States signatory to the Japanese surrender aboard battleship *USS Missouri* in Tokyo Bay.

On December 15th, 1945, Nimitz relieved Admiral E.J King as Chief of Naval Operations for a term of two years. After retiring in San Francisco, he became honorary president of the Naval Historic Foundation. He died on February 20th, 1966.

In the next installment of Distinguished Graduates, we will cover the years leading up to the 1920 Navy Olympic Crew.



Nimitz signs Japanese surrender aboard *USS Missouri*



Nimitz as a 1/C Midshipman



Lightweight Team Service Selection

<u>1/C Name</u>	<u>Major</u>	<u>Service Selection</u>
Gavin Callies	Economics	Naval Flight Officer
Bill Francis	Mathematics	Naval Aviation
Alan Friedlander	Chemistry	Surface Warfare (Nuclear)
Ed King	Oceanography	SEALs
Steve Krajewski	Oceanography	Marine Corps Ground
Chris Medford	Aerospace Engineering	Submarines
Matt Murphy	Political Science	Naval Aviation
Drew Parker	History	SEALs
Jon Schneckenburger	Quantitative Economics	Marine Corps Aviation
Steve Snow	Systems Engineering	Submarines
Tucker Witt	Political Science	Naval Intelligence

Women's Team Service Selection

<u>1/C Name</u>	<u>Major</u>	<u>Service Selection</u>
Michaela Amore	Aerospace Engineering	Marine Corps. Aviation
Vicky Crabbe	History	Marine Corps. Ground
Amy Davis	Quantitative Economics	Naval Aviation
Lauren Ellefson	Applied Mathematics	Surface Warfare
Alex Lado	Electrical Engineering	Surface Warfare (Nuclear)
Ashley Myers	Oceanography	Marine Corps. Aviation
Michelle Romero	Economics	Surface Warfare
Allison Scott	International Relations	Naval Intelligence

Heavyweight Team Service Selection

<u>1/C Name</u>	<u>Major</u>	<u>Service Selection</u>
Steve Betzler	Pure Mathematics	Submarines
Caleb Burrow	Systems Engineering	SEALs
Andrew Butte	Oceanography	Marine Corps Aviation
Alex Clark	Mechanical Engineering	Naval Aviation
Matt McGowan	Quantitative Economics	Marine Corps Ground
Nate Miller	Systems Engineering	Submarines
Alex Ryan	Applied Mathematics	Marine Corps Ground
Mike Shea	Mechanical Engineering	Submarines
Nate Stump	History	Naval Aviation
Nick Viola	Mechanical Engineering	Submarines



2011 Spring Racing Schedules

Heavyweight Schedule

April 8-9	George Washington Invitational	Washington DC
April 16	Syracuse and Cornell (Goes Trophy)	Ithaca, NY
April 23	Harvard and Penn (Adams Cup)	Philadelphia, PA
April 30	Columbia (Stevenson Trophy)	Princeton, NJ
May 15	Eastern Sprints	Worcester, MA
June 2-4	IRA National Championships	Camden, NJ

Women's Schedule

March 26	Murphy Cup Regatta	Philadelphia, PA
April 3	Princeton and Rutgers	New Brunswick, NJ
April 8-9	George Washington Invitational	Washington DC
April 16	Georgetown	Washington DC
April 24	Patriot League Championships	Worcester, MA
April 30	ECAC Metro Championships	Camden, NJ
May 15	Eastern Sprints	Camden, NJ

Lightweight Schedule

March 26	Princeton (Murtaugh Cup)	Princeton, NJ
April 2	Yale (Johnson Cup)	Princeton, NJ
April 9	Columbia	Annapolis, MD
April 16	Georgetown	Washington DC
April 23	Harvard (Haines Trophy)	Cambridge, MA
April 30	Penn (Callow Cup)	Annapolis, MD
May 15	Eastern Sprints	Worcester, MA
June 4	IRA National Championships	Camden, NJ

Navy Rowing Camps

Offering residential and day camps in June and July 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

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Boys Crew Camp

www.navycrewcamp.org

410-293-3658