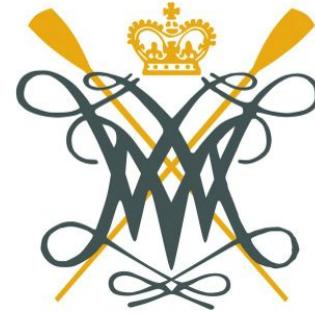




The Backsplash

William & Mary Rowing Club Newsletter
March 2013



2013 Colonial Erg Sprints

By Erin Brown, '15

It is safe to say that during the winter training season, most members of the William & Mary Rowing Club missed the tranquility of the river and the thrill of racing other crews in a competitive setting. By the time February arrived, WMRC members were ready to showcase all the hard work they had put in during the cold winter months, and the 2013 Colonial Erg Sprints offered a perfect setting for fulfilling the team's competitive needs.

This year's event was open to rowers and coxswains of all ages and affiliations, with races including the standard 2,000-meter race, a 500-meter coxswain and coaches' race, as well as a two-person 10,000-meter race. Participants

...perfect setting for fulfilling the team's competitive needs.

hailed from the University of Richmond, Virginia Commonwealth University, James Madison University, Old Dominion University, and the Hickory Rowing Club. Both

W&M's current rowers and rowing alumni participated too.

Following an exciting but very tiring day of 2Ks for each rower, it was time for the more lighthearted events. The coxswain and coaches races were among the most spirited races of the day, with spectators huddling around those erging, eager to cheer on their beloved coaches and coxswains. Take a look at our Coaches' Corner section for a more detailed account of William & Mary's successes at this year's Erg Sprints!



Photo by Mike Bayersdorfer.
Post-Erg Sprints Team Photo

Varsity Women's Squad Ready for Spring Racing

By Emma Rudebusch, '14

After a successful season of winter training, our Varsity Women's squad is excited to get back on the water and see how our hard work indoors will pay off in our spring races.

It's been a long four months of erging, running, lifting, followed by more erging, but our 2K times are better than ever. At the end of February, we were able to put our hard work to the test at Colonial Erg Sprints and were pleased with how we performed.

Several rowers set new personal records at the sprints, which really got our competitive juices flowing. By the time spring break was approaching in early March, we could not wait to get on the water and experience the sunshine and smooth waters

of the Chickahominy River.

However, spring break was full of typical Williamsburg spring weather. We saw hail, rain, snow and lots of wind, which unfortunately meant more erging. Even though a lot of time was spent watching The Weather Channel to determine the perfect time window to get on the water, we were still able to get some solid practice time in on the Chick. Between workouts, we were able to squeeze in inter-squad bonding, including a team potluck, half-priced burger night, team date night and laser tag.

With a solid winter training season and a strong (though cold) spring break behind us, the Varsity Women are prepared for a great spring season!



Photo by Emma Rudebusch.
Varsity and novice women grab breakfast following a chilly morning practice



Photo by Emma Rudebusch. The Varsity women scrimmage in 4's during spring break.

Novice Ladies' Winter Wrap-Up and Spring Goals

By Kiara Earle, '16

The winter season involved lots of intense training for the women's novice team. Each week, six days were spent readying every rower in preparation for the racing season. A lot of time was spent focusing on strengthening our bodies and refining our technique; however, another important aspect was the conditioning of our minds. Although physical power is important while racing, a strong rower without a strong mind is about as useful as a boat with no coxswain.

Continued from page 1

Winter training also taught us how to deal with the many demands of a collegiate rower. How much time do I spend training, or studying, or having a social life? In the end, we got through it as a team. We learned how to fight through the struggles of time management and grew as both rowers and student athletes. Challenging as our winter training was, we emerged a stronger team, ready to unveil our hard work during spring break.

Spring break was the welcoming of the new racing season, which we celebrated with a full week of training. Tiring as it was, spring break's twice a day practices proved beneficial to everyone. In addition, it was a great time for everyone in the Rowing Club to get to know one another. Whether it was enjoying half priced burgers at the Leafe or letting a friendly game of laser tag get a bit too competitive, everyone had an enjoyable time.

Spring break served as a reminder of why we all enjoy rowing so much; not only do we get to push ourselves physically each day, but we also gain lifelong friendships. As a member of the women's novice team, I can proudly say that we are greatly thankful to our coach, the varsity rowers, and all the alumni—we wish to make everyone proud in this upcoming season!

A Special Thank You

We would like to extend a special thank you to David Covin for his donation to the William and Mary Rowing Club in sponsoring the naming rights to the Varsity Women's 4, the newly named "Beth Sala Covin '83."

We would also like to thank Beth Covin and Dr. Karen Pollok Baluyut for their generous donations which, over the next five years, will lead to the purchase of a new Varsity 8. We truly appreciate your generosity towards our program!



Photo by Graham Ludmer.
Members of the WMRC Varsity Women's Squad unveil the Beth Sala Covin '83

Spring Regatta Schedule

March 16 – Duel Against Fordham University
Williamsburg, Virginia

March 30 – Rockett's Landing Regatta
Richmond, Virginia

April 20-21 – SIRA Championship Regatta
Oak Ridge, Tennessee

TBD – Liberty Duel (details to come)
Williamsburg, Virginia

May 10-11 – Dad Vail Regatta
Philadelphia, Pennsylvania

May 25-26 – ACRA National Championship
Gainesville, Georgia

*All results can be found on our website:
www.wmrowing.org*

Novice Men Hungry for Spring Racing

By Adam Mullet, '15

There's a storm coming. For months the novice men have been grinding out erg piece after erg piece under the watchful eye of our beloved Coach Mike and our two trusted coxswains. We've grown as a team. We've questioned the need for so much pain. And most importantly we've questioned the need for 5 x 5's every Friday morning. In short, we loved every minute of it. It's all about novice team chemistry, folks.

Good team chemistry doesn't even begin to describe how much I love the guys (and girl) on my team. We've come to deeply appreciate our longtime and excellent coxswain Katie, and we're already falling for our new coxswain Nick. We've picked up two new teammates, Martin and Will, over the winter that have seamlessly incorporated themselves into the novice "work hard, play hard" attitude (inspired by our Diet Dr. Pepper, bearded, grit-



Photos by Mike Bayersdorfer. The novice men hard at work on their Erg Sprints 2Ks.



inspiring coach of course). We've had team campfire singing sessions, and we've compiled the most fantastic erging playlist the crew world has ever seen. We know how to laugh off a grueling day in the Rec. Humor is our closest ally.

Don't get fooled by our fun though. We are a very confident bunch. We know we have worked as hard as any team out there, and we're ready to prove it, which brings me to the approaching storm.

Sure, we're novices, but we're out to do some major damage this spring. In the end, only one word can describe our mental state right now. Hungry.

The Varsity Men's Winter Training Review

By Alex Sullivan, '13

For the varsity men, practices during winter training frequently ended long after we had passed exhaustion. Yet, we remained undeterred as we persevered through intense erg pieces, long runs, and demanding lifting sessions. While there were some days where walking seemed to be an impossible task, we are very excited to have completed Coach Jason's

challenging winter training schedule. Well over half the squad recorded personal best times at Colonial Erg Sprints in February, with some breaking their previous best by up to ten seconds.

...intense erg pieces,
long runs, and
demanding lifting...

Now that we have returned to the water, we are reaping the benefits of countless hours of technique work and are excited to show off our hard work over the course of the racing season.

Coaches' Corner

Jason Mitchell, Varsity Men's Coach & Graham Ludmer, Varsity Women's Coach

This year, the Colonial Sprints drew in 119 athletes from six different schools, all wanting to show off their winter training efforts. The lower courts in the student Rec Center were filled with rowers and coaches alike, all waiting patiently for the first "sit ready, attention...ROW!" call.

This was each rower's first opportunity to show how much they improved since moving indoors for the winter months.

The women's side of the William & Mary Rowing Club put together a strong showing, competing in 5 different events. The first event was the novice women's open event, in which Jessie Viss (7:57.9) and Kelsey Mix (8:07.3) placed third and fourth, respectively. The next event was the Varsity Lightweight Women, in which Ashley Koontz (8:08.9) placed second. In the Open Weight Women's division, W&M rowers Christine LaRoche (7:39.5) and Erin Brown (7:51.1) placed second and third, with William & Mary holding four of the top seven erg scores. The last event the women competed in was the coxswain race, in which Charlotte Dobry, a Varsity women's coxswain, took home the gold!

On the men's side of the house, the novice men set the tone for the event finishing first (Scott Klein - 7:01.3) and second (Marshall Irby - 7:02.0) in the Novice Lightweight Men category. In the Open Novice Men event,

William Plews-Ogan pulled a 6:43.0, putting him in fifth place, just 1.8 seconds behind the top finisher. Moving on to the Varsity Men, Jamie Lewis finished second place in the Lightweight Varsity Men category with a 6:39.4 personal record. The last singles event of the day was varsity men.

...waiting patiently for
the first "sit ready,
attention...ROW!"

With a close battle for position, William & Mary put three rowers near the top of the standings: Connor Finch in fourth with a time of 6:40.8, Alex Sullivan in sixth with 6:42.6 and Danny Otto in seventh, clocking in at 6:44.9. The day culminated with a two-person 10k event. The pair of Jamie Lewis and Ryan Fliss provided the team with another win by completing the race in a time of 34:29.7, just ahead of William & Mary alums Denton Woodward and Tom Martineau, both with the class of 1993. (36:41.7).

All together, the event was very successful. We are looking forward to seeing Colonial Erg Sprints grow over the coming years.

Pictures from Winter Training and Spring Break



Introducing the 2013-2014 WMRC Executive Board

Shortly before the end of last semester, WMRC held elections for its new Executive Board. Here are the results!

President: Logan Ferrell, '15
(right)



Vice President of Team Fundraising: Cathy Merritt, '15
(left)



Secretary: Lauren Piulson, '15
(left)



Outreach Coordinator:
Erin Brown, '15 (right)

Vice President of Transportation:
Matt Everett, '15 (left)



Vice President of Individual Fundraising: Bryan Monroe, '14
(right)

Treasurer: Ashley Koontz, '14



Quartermaster: Danny Otto, '14



William & Mary Rowing Camp

Registration is now open for WMRC's annual summer camp program! Under the supervision of a student-athlete staff and head coaches Mitchell and Ludmer, rowers will learn to enhance their technique and increase their speed.

...enhance their technique and increase their speed

Young women and men ages 13-18 are invited to register at www.wmrowing.org/camp for one of three week-long sessions. Weeks 1 and 2 are for intermediate rowers (with at least one semester of sweep rowing), and Week 3 will be reserved for advanced rowers. Hurry...spots are filling quickly!

Camp Dates

Week 1: July 7 - July 12
Week 2: July 14 - July 19
Week 3: July 21 - July 26



2012 Campers

Getting to Know Our Rowers

Kate Nolan, Varsity Women's Team Captain

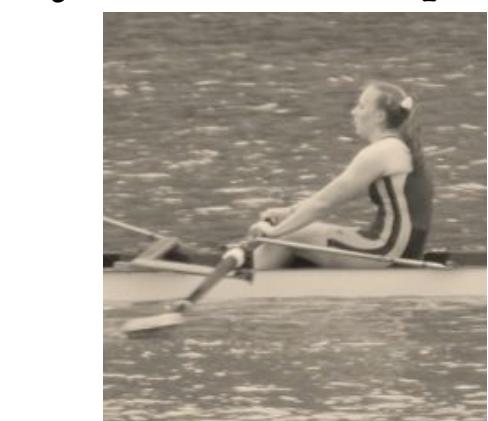
Major: Biology

Graduation Year: 2013

Hometown: Redding, CT

What does rowing mean to you? Rowing is a passion and an outlet. I can always count on the fact that the stresses and worries of the day vanish as soon as I get into a shell and row in synchrony with my boat mates. The combination of power and delicate precision makes it an art as well as a sport, which I find particularly fascinating.

Fun Fact: I started rowing in college after hearing many friends rave about the sport all through high school!



Kate Nolan, '13

Ryan Fliss, Varsity Men's Team Captain

Majors: Chinese and English

Graduation Year: 2013

Hometown: Medway, MA

What does rowing mean to you? I've had an idea about rowing in my head for a long time. Aside from the physical benefit and the athletic thrill of a fast boat, something about rowing has to be really special to keep so many people on the ergs through the winter season. Rowing is the boats, the rowers, the coaches, the river, the run. But rowing would still just be a means of transportation without a camaraderie that is as strong off the water as it is in the boat.



Ryan Fliss, '13

For access to additional updates and exclusive content on the team, go to <http://williamsburgrowing.org/news/>





Surge!!

Friends of Williamsburg Rowing Newsletter
March 2013



New to Surge???

Welcome to Surge!!, the newsletter of The Friends of Williamsburg Rowing (FWR). For those readers who are unfamiliar with FWR we are a qualified 501(c)(3) organization created in 1993 as a booster organization for the William and Mary Rowing Club (WMRC). We have since expanded our goals to include promoting the sport of rowing in the Williamsburg/James City County area and serving as the alumni organization for WMRC. However, our core goal remains financially supporting WMRC.

March Madness Fundraiser

FWR is hosting its first NCAA Basketball Bracket Challenge Fundraiser! Using Yahoo! Fantasy Sport's Turney Pick 'Em, you can fill out a bracket that will compete exclusively against other FWR entries. In the end, the best bracket will receive two custom WMRC pint glasses and most importantly, bragging rights

The entry fee is \$10. To register, simply make your payment securely online at the link below. After confirming payment, you will be taken to a page with instructions on how to fill out your bracket through Yahoo! Sports (Yahoo!, facebook or gmail account required). All entries are welcome before March 21st. Registrants do not have to be FWR members. Invite your friends!



Please direct any questions to
vicepresident@williamsburgrowing.org.

Ready to enter? Please visit:
<http://williamsburgrowing.org/2013-wmrc-march-madness-bracket-challenge/>

We Updated Our Website

By T.J. Wallin

There was a change in FWR's web presence this winter. Still located at williamsburgrowing.org, we revamped site by utilizing some recent and more powerful web designing tools.

For the board of directors, this shift allows for ease in updating and management while remaining cost free. Our website is now linked to our facebook pages and twitter feeds, sharing information seamlessly. Adding new posts, pages, and a photos can be simply accomplished without the need for heavy coding (many thanks to Michael Duarte who served as our de facto web designer in the past).

For friends, this switch translates to a much more comprehensive website. While still accepting online donations, donors now have access to more information about the different fundraising campaigns. The "Guide to Giving" describes how to maximize your gift through corporate donations and tax deductions. There's also an itemized wish list put together by WMRC coaches that allows you to directly donate specific items to equip the team. Thanks to our treasurer, Travis Moore for making all this important material easily accessible.

Parents will also appreciate our update. In addition to the detailed "About" section that

explains the organization and operation of FWR, there is an dedicated "For Parents" page. Here, the ways in which they can contribute are explicitly outlined. Lastly, parents will always know about the next race now that they can view and subscribe directly to our calendar's feed. This allows for FWR events to automatically sync with google, outlook, android or iphone calendar programs.

Alumni will most enjoy our website's "Archives". Newpaper articles, Colonial Echo coverage, Surge and Backsplash Newsletters, FWR meeting minutes are all available and organized by year. Also, accessible are race results (1994-present), coach's summaries (2003-present) and almost 6000 photos (1989-present)! Definitely worth perusing. Many thanks to contributors Travis Nels, Dr. Charles Ehrlich, Rose Dziedzic, and to FWR secretary Liesl Voges for coordinating. If you wish to add to these growing archives, please email friends@williamsburgrowing.org.

Moving forward, we hope to continue to employ these new web capabilities with more frequent updates, new features, and exclusive member-only content for donors. For more information or feedback on our new site, please email friends@williamsburgrowing.org



Above: 2007 Augusta Invitational

Officers & Directors

President - Mark Miller ('08)
Vice President - T.J. Wallin ('10)
Treasurer - Travis Moore ('06)
Secretary - Liesl Voges ('09)

Anthea Medyn ('05)
Michael Duarte ('08)
Justin de Benedictis-Kessner ('11)
Sean Blaney ('06)
Steven (Woody) Woodward ('05)
Travis Hall (Former WMRC Coach)
Sean Koebley ('08)
Emily Schultz ('12)

FWR

Annual Meeting



SATURDAY
3-30-13

Mark your Calendars!!!

Directly following cheering on WMRC at the Rockett's Landing Regatta in Richmond, Friends of Williamsburg Rowing will be hosting their annual meeting in Williamsburg, Virginia. Draft agenda can be found [here](#) on the website!

Alumni can also compete in the alumni event at Rockett's Landing Regatta.

Please RSVP via [Facebook](#) or email Friends@williamsburgrowing.org

FWR & WMRC Collaboration Meeting Overview

By: Mark Miller

In early February of this year the Friends of Williamsburg Rowing joined with the William and Mary Rowing Club in an interactive video conference to strengthen communication and develop a mutual understanding of both organizations. There were about twenty people in attendance, including both executive boards, current WMRC coaches, and the FWR directors.

Led by the FWR's executive board, the call started off as a general overview explaining the structure and function of FWR as a nonprofit, alumni organization aimed at supporting and assisting the sport of rowing in Williamsburg, namely through the William and Mary Rowing Club. In the past, FWR has purchased equipment, created the Williamsburg Boat Club, advocated and fundraised for the boathouse, aided in the coach hiring process, and put together the Surge! article that you're reading now.

It's all about communication and awareness.

towards alumni, family, and friends where members can sign up to donate a certain amount each month. This streamlines the donation process and keeps funds coming in month to month. The endowment fund is the next long-term goal after the boathouse where upon raising \$50,000 FWR will be able to invest the money with William and Mary's endowment fund and generate a sustainable, long lasting source of income. Finally, the WMRC wishlist presents supporters with an itemized list of the team's immediate, tangible needs and the ability to conveniently donate the value of a specific object (See article below).

A few of the other current projects that FWR has in the works has been a pint glass donation, NCAA bracket, and expanding the donor base. The WMRC cipher was printed on several dozen pint glasses and donated to WMRC to sell for profit. These collectibles have generated a great deal of interest among rowers and alumni and will be available for purchase soon. Another fundraiser coming up is for the NCAA tournament where participants will be able to buy a bracket and see how they fair against other alumni or rowers in "March Madness" (See article below). Finally, FWR is attempting to expand our donor base by working in conjunction with the W&M Alumni Magazine. This is still in the early

stages but has great potential for better exposure.

The last portion of the conference call was geared towards how FWR can help WMRC and also how WMRC can help FWR.

The Friends of Williamsburg Rowing assists WMRC in many capacities but the two most influential ways are financial support and providing insight from our broad base of knowledge and experience. This semester alone, FWR has been able to disburse \$1,500 for equipment and coxbox purchases sponsored through the WMRC wishlist! Beyond dollars and cents, the institutional memory and knowledge possessed by FWR members has also helped to advise the current WMRC board in matters of team budgeting, fundraising ideas, coach hiring, advertising, etc.

WMRC can also help FWR by updating and sharing contact information, scheduling events between the two organizations, informing current rowers of FWR, maintaining collaboration with our newsletters and by giving frequent updates from the coaches on race performances. It's all about communication and awareness. The more FWR and WMRC can work together the more we can accomplish.

To see the full presentation click [here](#)

The next topic in the presentation was a financial update outlining the subscription campaign, endowment fund, and the current WMRC wishlist. The subscription campaign is geared

Financial Update

By: Travis Moore

The first two months of the year have been a good start to 2013. FWR has seen a significant new donation opportunity come to life in the form of the WMRC Wish List and has also passed the \$2,500 milestone on the path to our Phase 1 endowment goal of \$50,000. In addition, corporate matching gifts have recently increased and will be a boost to our activities during 2013. For a brief recap of our finances in 2013, see the Financial Dashboard on the right.

The WMRC Wish List was launched in February as a new way to make contributions towards WMRC's equipment base. FWR worked with the coaches and executive board of WMRC to understand the team's key needs and have made these items available to donors for purchase on our website using Paypal. The wish list has seen early success with donations coming in for a new Vespoli fin, portions of Cox Boxes using the "Donate Other Item" option and even a one very generous donation for a brand new Cox Box! These donations have been put to immediate use as WMRC recently went back out on the water.

The endowment fund continues to gain additional support through new subscribers and individual donors. Currently,

we are fundraising towards our Phase 1 endowment goal of \$50,000. This goal is the baseline amount of money FWR needs to establish an endowment where the

principal will remain intact and earnings will be paid out to support the activities of WMRC. Until the Phase 1 goal is met, all endowment fund donations are maintained in a designated account which is segregated from general funds and other donations. The endowment fund will prove to be the next major step forward for the team and will provide a solid financial foundation for the next generation of W&M rowers.

Corporate donations are set to increase during 2013 thanks to year-end 2012 donations of time and money from two alumni. Thanks to the generous donations of these alumni and the two philanthropic companies they work for, FWR has been approved for total donations of \$1,000. These funds should be received within the next few months and will provide a substantial boost to our general fund and the endowment fund. Corporate matching gifts are a great way to double the impact of your donation, so we urge all of our supporters to investigate what options your employers provide. As a 501(c)(3), donations to FWR are tax deductible and should meet most requirements established for corporate matches. If you would like assistance in determining whether your employer provides matching gifts, please contact us at treasurer@williamsburgrowing.org

If you have any questions about our finances or would like to discuss a donation, please contact Travis Moore at treasurer@williamsburgrowing.org

Pictures of the Past



Above: 1992 SIRAs



Right: 2010 Head of the Charles Varsity Men

Financial Dashboard

Endowment fund balance:	\$2,500
Donations so far in 2013:	\$1,500
Disbursements so far in 2013:	\$1,415
Number of monthly subscribers:	13
Donations of monthly subscribers:	\$211

Spotlight on Sean Koebley



Sean Koebley '08

I currently work in Williamsburg as a Ph.d. student following three years teaching middle school math in inner city Boston and DC. Back in the 'burg, I work in the Nanomaterials and Imaging Lab studying the nanoscale features of spider silk.

While I don't get out on the water as much as I'd like, rowing continues to pervade my life in unexpected ways. Somehow, I still find spandex in the back of my drawers. Some mornings, when the miasma of Williamsburg swamp vapor is pierced by a sprawling pink sunrise, it takes me back to those transcendent, brilliant practices out on the Chick. And luckily, I'm still able to waste time with good rowing friends, whom I still count among those dearest to me.

After all the sweat, passion, and time (oh, so much time) that I dedicated to this infernal sport, it's impossible that rowing will ever cease to be a part of me.



Above: 1999 Head of the Charles Varsity Women

Surge!!

*Newsletter of the Friends of Williamsburg Rowing
a not-for-profit 501(c)3 corporation, organized for charitable purposes*

Levels:

Benefactor \$500

Contribution Amount:

Designation:

% FWR General Fund

Patron \$300

% William and Mary Endowment Fund

Sponsor \$150

% William and Mary Rowing Club

Member \$50

% Williamsburg Boat Club

% Other _____

Name(s) _____

Address: _____

Phone: _____

Email: _____

Would you like more information about the Williamsburg Boat Club? Yes No

Would you like more information about the William and Mary Rowing Club? Yes No

Are you a W&M Graduate? Yes No Graduation year: _____

Former crew member? Yes No Years _____

Are you a parent/relative of crew member? Yes No

Student _____ Graduation _____

The name/address or other information above is new or corrected: Yes No

I / we wish to remain anonymous: Yes No

Return this form and check payable to "Friends of Williamsburg Rowing" to:

**Friends of Williamsburg Rowing
PO Box 2276
Springfield, VA 22153-2276**

Or donate online at: <http://williamsburgrowing.org/for-donors/donate-online/>. You can choose to pay by credit card, debit card, or PayPal.

Friends of Williamsburg Rowing is a non-profit organization incorporated in the Commonwealth of Virginia, and is exempt from Federal income taxes under section 501c(3) of the Internal Revenue Code. Donors may deduct contributions as provided in section 170 of the Internal Revenue Code.