



The Backsplash

William & Mary Rowing Club Newsletter
March 2014



Colonial Erg Sprints 2014

By Kate Kalaris, '14

No one on the team will ever say that winter training is their favorite time of year. With daily erging, lifting, running and sometimes even yoga, we all push ourselves past what we think our bodies are capable of. From mid-November to late February, we spend hours on the ergs, thinking longingly of the breeze on the Chic and the glide of the boat. Each year, our winter season culminates with Colonial Erg Sprints, where we invite several other schools to erg 2ks alongside us with a big screen and virtual boats inching their way down a course. This year, all the miserable months spent in the erg room paid off for William and Mary Rowing. On February 15th, over 100 athletes from at least 10 different schools came to compete in the MAC court at the Rec center. Along with numerous PRs, each squad had a considerable showing in the top 5 results of their respective events. The novice women took 4 of the 5 top places while the novice lightweight men earned third and fourth. The heavyweight novice men faced incredible competition but still had three rowers finish at or below seven minutes. In the Varsity events, William and Mary's own Camila Fishtahler won the women's lightweight category with Marshall Irby and Bryan Monroe coming in fourth and fifth in Varsity lightweight men's. The varsity women swept the top five with Jessie Viss, Christine LaRoche, and Kate Kalaris coming in second, fourth and fifth, and Danny Otto coming in fourth for the Varsity men.



**Camila Fishtahler '16 and Gabby Negus '17 show off their hardware.
Photo by Connor Kee**

After the rowers forfeited all their energy to the ergs, the coaches and coxswains had a go as their rowers rallied behind them, returning the motivating words they so often hear. The last event of the day was a partner 10k, in which both men's squads bravely entered teams.

Alongside the endless hard work and training sessions leading up to Erg Sprints, another factor of our success is the teamwork and support visible throughout the entire season, particularly during that day. The friendship and devotion of the team was almost palpable as members of all squads gathered around their teammates fighting for those inches. I know personally that the shouts and anticipation of the rest of the team behind me helped carry me through the entire 2k. Some rowers reported that they could barely hear their coxswains sitting directly behind them because their other teammates' supporting calls and cheers were so deafening. Colonial Erg Sprints really showed how strong the WMRC is, not only on the ergs, but also as a team and as a family. Though winter training is certainly not fun, it brings us together and makes us strong. Just like at Colonial Erg Sprints, WMRC looks forward to dominating the races this spring season.

For more results from this year's event, go to <http://www.wmrcrowing.org/erg-sprints/2014-colonial-erg-sprints-results>



**Brendan Sawyer '17 sits ready to race.
Photo by Ashley Koontz**



Far left: The women's novice squad smiles after their 2ks.



**Left: The coaches sit ready to battle it out in only 500m.
Photos by Connor Kee**

Captains' Corner

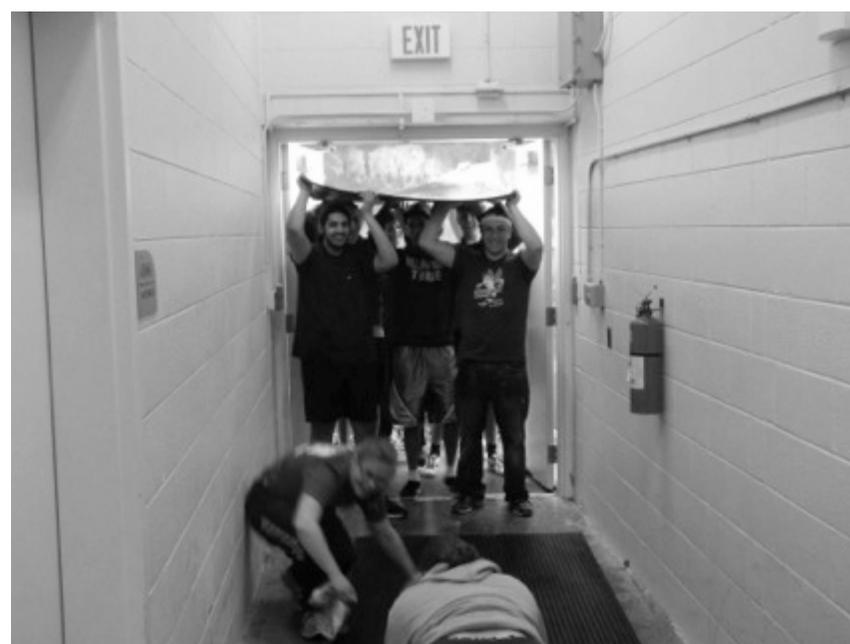
Ashley Koontz, Varsity Women's Captain

Several months of winter training has left the women's squad excited to get back on the water! Over the past several months, we have trained hard with our normal routine of erging, lifting and running; additionally, this winter season has brought some new and challenging workouts with senior Kate Kalaris taking the lead in cross fit style circuits. This was a fun change up each Thursday morning and we thank Kate for all the hard work put into making those! By mid-February, we were already seeing the results of this hard work as many of our rowers achieved personal records at our annual Colonial Erg Sprints! Soon after, we looked towards spring break to put our hard work to the test on the Chick. However, this winter's series of extremely cold temperatures and snow left us on the ergs for the majority of two-a-days. Despite this frustrating situation, our squad made the best of rough conditions and looks even stronger as we move into the water this week. Looking forward, the varsity women will be racing a four and a pair throughout the season. Coming off a second place finish in the four at ACRA's last year, we are all ready to take on the challenge this season of grabbing gold at ACRA's and grabbing some hardware at SIRAs too! Tribe Pride!



Left: The women crank out those erg meters and dream of spring. Photo by Ashley Koontz

Right: The men help out during a bout of spring cleaning in the erg room. Photo by Connor Kee



Danny Otto, Varsity Men's Captain



Sore muscles, early mornings, mountains of omelets at the Caf, thousands of meters on the ergs; it's easy to distill the winter season down to a few snapshots. You can fill them out for a little flavor with anecdotes like the "blizzard" DOG Street run during the first snowstorm of the season or the 101 faces of David Barnisin on the Colonial Erg Sprints camera feed. The men's winter season was all this and more, but more than that, it was about building a winning culture.

The coaches made clear their intention when they hung Vince Lombardi's list of characteristics of a winning team. Lessons are learned quickly when underscored by Coach Mike's "Chief's and Bears" workout or Coach Jason's favorite, 8x8s. Each had their place; after all, hardware is won in spring, but paid for in winter. Erg Sprints gave the men's team the first taste of success, as the day ended with multiple PR's and our momentum has carried us through to spring break and highly anticipated water practices.

Even with the rain, snow, sun, and ice (and that was just the first 48 hours of spring break), the team roared out of the blocks, attacking water practices with drive and focus. For the novices, it has been a chance to finally taste what the sport is about after two long months inside; for the old hands it's a chance to watch another iteration of the

team shake off the cobwebs of winter and assemble itself. Where there were hanging catches and botched starts there is a new rhythm... the swing of a team collectively finding its motion.

Coach talks about creating a team culture. Whether it's the novices eating 10 pounds of Coach Mike's jambalaya and cracking jokes over a team viewing of *Indiana Jones*, Adam's thanking his teammates profusely after each practice (according to him, Lombardi says winners are thankful after all), or speeches and faux-marriage proposals on Chili's date night, I believe the culture of the men's team is emerging as a tight knit, and a winning one. From here, we go into next season, for us seniors, our last, knowing that we trained hard, prepared well, and embraced our teammates to create a group that can, and will achieve success on and off the water.

Novice Men Bid Winter Goodbye

By Arjun Nandra, '17

Winter training is a dreaded but essential part of rowing. We forsake beautiful sunrises on the water for a concrete box staffed by rowing machines and the novice men's coach. Four long months of conditioning and test pieces; our only consolation is the distant promise of victories in the spring. Having rowed in high school, I fortunately understood the mental and physical toll winter training exacts. Upon joining the team, I was pleasantly surprised by the similar determination I found in my teammates, many of whom had never rowed before. As I spent more time with them, I found myself increasingly grateful for their support and company through our long separation from the river.

A long winter training season can only be countered by one thing: spring break practices. After spending four months off the water, getting back on twice a day without any classes is a welcome relief. Besides valuable team bonding, the almost 5 hours per day on the water serve to refresh experienced rowers and bring up to speed new ones. While the weather this year was not ideal, we still made a lot of practice and look to continue improving into racing season.

Novice Women Look Forward to Spring

By Ashton Chappell '16

All I can say is "Amen!" that winter training is finally over! At the beginning of this season we attracted three serious potential new rowers, but for various reasons none of them decided to stick around long enough to find out why we were working so hard. In the end there were eight of us on the novice women's team, six rowers and two coxswains. For seven weeks we erged, ran, planked and pushed together. There were highs and lows for each of us. When it was freezing outside and a warm bed at 5:30 in the morning was so much more appealing than the prospect of another brutal practice, we still went and gave it our all. We all improved our 2k times on the erg, our 5k times running through CW and how long we could tolerate the pain of executing the perfect plank. As each week passed we became stronger, faster and more excited for our days indoors to end. After cold, dark weeks we thought would never end, spring break finally arrived. The so highly anticipated week got off to a rough start when nature decided that we hadn't had enough snow over the previous few months and that we needed some more. With temperatures hovering in the 20's and snow covering the ground three inches thick, our much fantasized about spring break was not turning out as we had hoped. But by Wednesday the winds had died down enough for us to brave the frigid air and get on the water to row. The moment the boat made contact with the water nothing else seemed to matter. It marked the beginning of a new season. No more endless days inside erging. Now we are on the water. Now it's show time. It's time for us to harness and refine all of the strength we spent the whole winter building. Winter training was difficult and rewarding, but a necessary investment for our future success. Our small team laughed, cried (some of us), sweat and worked together all winter. And now we are ready to work harder than ever to chase the dream every rower has: to win.

Team Photos



Update: WMRC Spring Season

WMRC will no longer be attending the Rockett's Landing regatta—due to the lateness of the regatta and its potential to interfere with spring exams, we have removed it from the racing schedule. However, we are adding a duel with VCU and UMD to the schedule, where we will race these two clubs at VCU's rowing site in Rockett's Landing.

Here's the updated spring schedule:

March 16-22 — Fordham Visits
Williamsburg, Virginia

March 30 — Duel at VCU
Richmond, Virginia

April 6 — Occoquan Sprints
Occoquan, Virginia

April 18-19 — SIRA
Oak Ridge, Tennessee

May 9-10 — Dad Vails
Philadelphia, Pennsylvania

May 24-25 — ACRA
Gainesville, Georgia

Results will be available on our website:
www.wmrowing.org

Save the Date! End-of-Year Banquet

Come celebrate the end of the season at the annual WMRC banquet! This year's banquet will take place at 1:00 PM on Saturday, May 3rd at the Boathouse, right by our rowing site in the Chickahominy Riverfront Park. We will be reviewing the season, presenting awards, and bidding the year a fond farewell. Parents—this is a great opportunity to come see the Boathouse your rower keeps talking about. There is no charge to attend, though we will be collecting donations. If you are interested in attending, RSVP to Mairin Haley (mehaley@email.wm.edu) with your name and the number in your party. We look forward to seeing you!



The one
and only
Boathouse

Photo
by WMRC

Getting to Know Our Rowers

Jessie Viss, Varsity Women's Team

Major: Biology
Graduation Year: 2016
Hometown: Stockton,
CA



What does rowing mean to you?

On its most basic level, rowing to me means pain. It's blisters and sore muscles and horrible erg pieces. It's rushing from practice to Sadler before they close only to find most of the food put away. It's little sleep and early mornings—sometimes the sun sets before we've returned to the dock only to rise and find us already back on the water.

Any sane person would ask, why do it? Fortunately rowing saps your sanity, so though the thought may occur (particularly when ergs are involved), it carries no weight. The truth is rowing means so much more to me than the pain it causes. It's learning over and over again that I have more to give than I thought. It's breakfasts and dinners and occasionally adventures with some of the best friends I could ask for. It's sunrises and sunsets splashed across the sky so beautifully they take my breath away no matter how many I've seen. It's busting my butt on the erg not simply to beat the person next to me, but also so I don't let them down on race day.

But all of that is just a bit too cheesy. So to me rowing means being able to complain vehemently to people who understand that, despite what I say, I can't imagine life without it.



Connor Kee, Varsity Men's Team

Major: Geology
Graduation Year:
2014
Hometown:
Virginia Beach,
VA

What does rowing mean to you? For a dedicated rowing program to flourish, you need a group of very special people: people who will stand by each other through the early wake up calls and soaking rows on blustery days. The camaraderie and unique enduring spirit that rowing fosters is more than enough to fuel and inspire me to dedicate my time and energy to it every day. To me, rowing is a means of personal expression that has allowed me to show both my drive to reach my full potential and my compassion for my teammates and friends.

Best rowing memory: Perhaps one of the more memorable moments in my time rowing with the WMRC was the shared 2nd place victory among the seniors at the Head of the Hooch this past fall season. The race itself was exhilarating, but I look back on it so fondly not just because I got to take home some hardware. What made it truly special was the fact that I accomplished what I did by rowing passionately with my fellow seniors and teammates: those who had shown a firm dedication to the sport of rowing with me for all four years of our undergraduate experience. Sharing such special moments with my teammates and close friends reminds me how right it is that I row with WMRC and is something I look forward to this upcoming season and throughout all avenues of life.



Surge!!

Friends of Williamsburg Rowing Newsletter
March 2014



March Madness Fundraiser

FWR is hosting its second annual NCAA Basketball Bracket Challenge Fundraiser! Using Yahoo! Fantasy Sport's Tourney Pick 'Em, you can fill out a bracket that will compete exclusively against other FWR entries.

In the end, the best bracket will receive a WMRC sweatshirt (or winner's choice of WMRC apparel) and most importantly, bragging rights, second place will also receive a prize and finally a consolation prize for the worst bracket in the league!

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/2014-march-madness-bracket-challenge/>



Above: WMRC at Crawford Bay 2000-2001 Season

Where are they now??

Sean Blaney '06

- Living in Branford, Connecticut
- Currently teaching special education at an alternative high school in Waterbury, CT and in his 6th Year Degree in Educational Leadership at Southern Connecticut State University



Emily Schultz '12

- Living in New York City
- Currently attending Columbia Law School, c/o 2015



Beth Magill '06

- Living in Austin, Texas
- Currently a Campus Minister to the Episcopal Student Center community at the University of Texas, Austin



Amelia Hunter (Ebel) '08

- Living in Ashburn, Virginia
- Currently a 1st Grade Teacher for Loudoun County Public Schools



Chris Bennett '10

- Living in Fairfax, Virginia
- Currently the Manager of Government Relations and Administrative Services at the Navy League of the United States



FWR

Annual Meeting



**Saturday,
April 12**

Mark your Calendars!!!

Friends of Williamsburg Rowing is hosting their annual meeting in Williamsburg, Virginia on April, 12! Alumni and friends are invited to join a WMRC-hosted event in the afternoon, attend the FWR meeting and finish the day with the traditional social evening on campus. More details will be released soon, including a draft agenda.

Please RSVP via Facebook or email Friends@williamsburgrowing.org

Financial Update

By: Travis Moore

FWR finished out 2013 on a high note by collecting over \$10,000 of donations during the year with nearly \$4,000 of that amount going towards the WMRC Endowment Fund. In addition to these long-term endowment donations we were able to support WMRC with new equipment from the WMRC Wish List and contribute \$700 to WBC!

The first two months of the year have built upon the prior year's momentum with an additional \$2,000 of donations including \$800 of corporate matching gifts. Just a friendly reminder, if you're employer matches donations of time or money, let's talk! These donations are a great way to maximize the impact of your support and allow FWR to have that much larger of an impact.

For a brief recap of our finances in 2014, the Financial Dashboard is shown below.

Financial Dashboard

Endowment fund balance:	\$7,200
Donations in 2014:	\$2,000
Disbursements in 2014:	\$1,000
Number of monthly subscribers:	16
Donations of monthly subscribers:	\$260

We are particularly excited about the progress that the WMRC Endowment Fund made last year and continues to make in 2014. With a current balance of \$7,200 we optimistically believe we will surpass \$10,000 by the end of this year which will be over 20% of the way towards our Phase 1 endowment goal of \$50,000.

FWR launched a WMRC Ergometer Wish List this winter to support WMRC's equipment needs in advance of the 2014 Colonial Erg Sprints. Thanks to donations during 2013 and our dedicated donors who bought items off of this wish list, we were able to purchase nearly \$1,000 of equipment for the team! This wish list is a subset of our overall WMRC Wish List and is something donors can look forward to seeing more of in the future as we coordinate with WMRC to generate the donations which will be the most valuable for the team.

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



Surge!!

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

Levels:

Benefactor \$500

Patron \$300

Sponsor \$150

Member \$50

Contribution Amount:

Designation:

_____ % FWR General Fund

_____ % William and Mary Endowment Fund

_____ % William and Mary Rowing Club

_____ % Williamsburg Boat Club

_____ % Other _____

Name(s) _____

Address: _____

Phone: _____

Email: _____

Would you like more information about the Williamsburg Boat Club? Yes NoWould you like more information about the William and Mary Rowing Club? Yes NoAre 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 NoI / 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 501(c)(3) of the Internal Revenue Code. Donors may deduct contributions as provided in section 170 of the Internal Revenue Code.