

SWEEP

SEASON
PREVIEW

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W
ROWING

THE WASHINGTON ROWING MAGAZINE

Off the Water

Get to know UW Men's 1st Assistant Coach & Recruiting Coordinator Matt Rung

Matt Rung is in his fifth year coaching at Washington. When he is not coaching, Rung spearheads Washington's global recruiting effort to find the best oarsmen in the world to row for the Huskies. As a student-athlete, he was captain of lightweight crew at Cornell University and majored in English.

Where did you grow up?
Buffalo, NY.

Who is the single biggest influence in your life and why?

I try to absorb and learn something from everyone I meet. Most definitely my family. My mom is very driven and a bit of a perfectionist; my dad has a very unique personality and sense of humor; and my brother is ultra competitive. I think I take after all of them a bit. My coaches Tony Brach, Todd Kennett, and Chris Kerber made me tougher and taught me how to elevate myself and those around me.

Proudest moment as a Husky so far?

PAC 12s in 2017, when the entire boathouse won the championship, really emotional. It was a big year of re-invention, going into new territory - lots of changes, unknowns, driving one another really hard. Good stuff, we all grew a lot that year. Even though it wasn't the final race (IRAs or NCAAs), I believe in that moment, we all knew (together) that commitment and trust made that happen. And it gave us confidence to believe that we could do even bigger things.

Why did you go into coaching?

I got into coaching because it allows me to impact others positively. I wanted to live and breathe what I enjoyed. It's a dynamic profession that requires me to play many roles: part leader, teacher, mentor, scientist, coach, trainer, recruiter, and a few others. Yes, there are times when it feels like "work," but there are few places I'd rather be than on the water working with a crew.

If you could choose one outdoor activity (besides rowing) in Seattle what would it be and where would you go?

Go-kart racing. It's exciting and it requires me to focus and push myself to perform. To do it well, you have to push the limits of the vehicle and be aggressive. But you also have to be smart enough to work the corners and use physics to make you faster. There's an outdoor karting track 45 or so minutes from Seattle. I'd go there, and I'd want it to be pouring rain.

Favorite Seattle restaurant?

Rooster's Tex-Mex BBQ on Capitol Hill.

Favorite movie?

The Original Star Wars Trilogy.

Favorite book?

Endurance, by Alfred Lansing. It's about the failed "Imperial Trans-Antarctic Exploration," and how Ernest Shackleton, with his crew of 27 British explorers, essentially walked 850+ miles to their own rescue, over pack ice, and through some of the most deadly conditions on

Earth...after their boat sank. Trust me, those aren't spoilers. It's a great read!

Any pets?

Currently, a 12-year-old Alexandrine Parakeet, but I'm looking into getting a dog soon.



Read about more coaches at: www.washingtonrowing.com/off-the-water.

THE
WASHINGTON ROWING
1,000



OUR TRADITION
OUR TEAM

Dear Friends,

A large part of the success of this program is the community we have that supports our men's and women's teams. Our alumni, friends, parents — all of you reading Sweep magazine today — you are that community.

The fact we made our Annual Fund goal by January of this year is a testament to the connection you have here, and we thank you. That is the first oar in our "fill the oar" campaign, and it is full. The second oar is participation — and we still have a ways to go there. That is where we need your help.

The "Drive to 1,000" is our effort to bring in *everyone* who has a connection to this program. Recent grad? Seasoned alum? Fan of the sport? Join us. One of the ways the coaches have been encouraging new graduates is to write a check for their class year. That would be \$20.17 for last year's grads, a one cent inflation over 2016. Whatever

the size of the gift, we want you to be part of this, and we want to fill that oar to 1,000 donors by the end of our fiscal year on June 30, 2018. Make your gift at: www.washingtonrowing.com/get-involved/donate.

One of the things we don't do at Washington is rest on our lead. Anything can happen in a boat race, and anything can happen with this program going forward. Come and be a part of it. Community is what this program is about.

See you at the races and Go Dawgs,

Jane Powers and Trevor Vernon
Co-chairs
Washington Rowing Board of Stewards



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Cover: The men's and women's teams power it out in an erg competition at Conibear Shellhouse in January. Photo by: Brian E. Lewis

Inspiration from the 70's

By Yaz Farooq

Empowerment, *noun*: the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

For women, it's been a year of fundamental change. The Hollywood casting couch scandals launched a movement where whistleblowers were commended for coming forth and demanding justice. Voices that had been silenced were heard. Conversations on equality, fairness and dignity were re-born.

In this same year, Olympic equality officially and finally arrived for Rowing. For many years, men's events were billed as the "premiere" events at the World Championships and Olympics, with a far greater number of male athletes than female. Recently, the World Rowing Federation (FISA) began alternating the men's and women's eights as the final event at the World Championships and Olympics. The women's and men's singles are now run back to back in the same manner with equal promotion. Just a few months ago, FISA and the International Olympic Committee announced changes to the Olympic rowing program for Tokyo 2020, including the reinstatement of the women's four. For the first time in history, Olympic rowing will have equal representation by both sexes.

Women's rowing was added to the Olympic program in 1976. It took 40+ years for women to be able to fully control our destinies and claim our rights in this sport. Washington women rowers played a leading role in the trailblazing efforts in the late 60's and early 70's, fighting for their rights as women and as athletes. Like so many women at the time who wanted the opportunity to participate in an all-male sport, they were ridiculed and taunted for their desire to train and compete for their university. But their love for rowing and their ability to stick together forged a team that persevered and laid the foundation for the team we have today.

I met Washington's "Women of the 70's" last year when they decided to have their yearly team get-together at our annual Alumnae Brunch. They generously shared their stories with our current team. We learned about the humble beginnings of our program. They gave us perspective.

This year at the Brunch, the Women of the 70's returned. Linda (Cox) Fornaciari, '78, took the stage and announced that their era will be donating a new racing shell to the team. As I sat in this room of empowered women, I was struck by the symbolism of this incredible gift, and felt the solidarity that spanned all six decades of this team.

Thanks to them, and more groundwork laid over the next three decades, our women today enter the boathouse as equals. Like their male counterparts, each of them knows that being a Division I student-

athlete is hard work. They expect to be challenged physically and mentally.

They know that they are forging bonds with their teammates "beyond the boat," and that this journey together will prepare them for the many life challenges ahead. And — they don't have to worry about anyone questioning their desire to represent their university as a student-athlete based on their gender.

The beauty of rowing is that all athletes share a greater common bond and experience than in any other sport. The journey from start to finish line is the same for all: power and synchronicity to get off the line, fitness and perseverance in the middle thousand, human will in the sprint, and grit and toughness for the full 2k.

Today we are blessed with a high-energy atmosphere at the Conibear where we are all making one another better. The bond within boats — and across boats — at the boathouse is shared by all regardless of gender. Last month our teams raced together in mixed lineups for the "Mixed City" Ham 'n Egger. In a nod to the "Boys in the Boat" we had a massive team square dance in the Windermere Dining Hall on a Friday night after practice. We have a saying, "We are stronger together." Everyone believes it.

As we head into the spring season, we are inspired by all of the women who came before us. Each decade has its own story and chapter in Husky history. This year our women's team is led by a group of empowered seniors who are proud to carry on the legacy. Commodore Jess Thoennes, Sarah Clark, Phoebe Marks-Nicholes, Brooke Mooney, Chiara Ondoli, Julia Paulsen, Brooke Pierson, Karle Pittsinger, Anna Porteous, Meagan Smith and Kenzie Waltar are a collective driving force that is powering this team steadily forward.

Please join us this spring for words of inspiration and empowerment when the Women of the 70's christen our new racing shell on May 4 — details to come! Thanks to all of you for your continued support and influence on our team today.



Leadership, Excellence, Resiliency

By Michael Callahan

George Pocock knew the truth about rowing. He knew it was not just a sport of winners and losers and next seasons, but of much more. He found that truth early in his life, and it became his life.

We — the coaches — have talked with the team about the intangibles of our sport throughout the year. In fact almost every day. We talk about leadership, commitment to excellence, resiliency; and how these characteristics don't end on the water, but become a part of who we are.

"Harmony, balance, rhythm...these three things stay with you your whole life!" That was George Pocock in 1965, and it was no truer at that time than it is today.

Confidence and character go hand in hand. We strive to build those attributes piece by piece, block by block. We do it in January and February when the days are dark and the rain comes in sideways (all of our alums know what that means!). We do it with the "Beyond the Boat" program. But we also do it in the classroom and in our community; I like to tell our student-athletes "Excellence is fluid." Meaning become excellent as a person — and everything you do will have that touch to it.

But how do we measure that? How do we translate personal growth to the water? Making the move last year from 4th in the Varsity 8 at the 2016 IRA to 2nd in 2017 was a big step for us. But the step from 2nd to 1st is even bigger. It is a real challenge, but there is nothing we like more at Washington than a challenge.

Our season begins this year in Las Vegas with a 2k race against Dartmouth on March 3. This is one of the earliest beginnings to the race season in recent memory, but it is an opportunity to get out, get the racing jerseys on, and face some real competition in early March.

Class Day weekend promises to be one of the best ever, and I cannot thank our alumni and parents enough who have volunteered their time to plan and make this weekend what it is. From the Banquet to the Alumni rows, the Class Day Cruise to the Stewards' BBQ, this weekend is a strong reminder of what it means to be part of the Washington

Rowing family. See you there!

The UW/Cal Dual—the 107th running of this tradition—will take place on California's Redwood Shores course this year, and it will feature two of the strongest all-around (men and women teams combined) collegiate programs in the country. We know we have a strong following in the Bay Area, so Husky fans north and south, we hope to see as many of you lining the course on April 21 as can make it. We want to hear your "Bark in the Bay!"

The Windermere Cup will be one for the ages and you will not want to miss it. Oxford-Brookes — the defending 2017 British Collegiate National Champions and 2017 Henley Ladies' Plate Champions — is coming out to race us. Not only are we thrilled they accepted Windermere's invitation, this sets up to be one of the most competitive men's collegiate rowing races of the year, anywhere. Just consider it a Henley Final, only on the Montlake Cut. Mark May 5 on your calendar and let's "Pack the Cut" again for this exceptional, global event.

As we prepare for the season, I want to thank all of you who have supported our program this year. We cannot train and compete at the level we do without you. And all of us here recognize that, and thank you for being a part of this truly special program.

"In a sport like this — hard work, not much glory ... well, there must be some beauty which ordinary men can't see, but extraordinary men do." This is George Pocock at his finest. He knew firsthand what rowing means to the soul and spirit. He knew how it built the oarsman to be a whole person—an extraordinary person. And that is, ultimately, the entire objective of Washington Rowing. Thank you for being a part of it.

Woof!

Our Values In Action



Nordstrom Talk



CPR Training



Tiny Trees



History Talk with Eric Cohen



At Washington, we are committed to developing extraordinary young adults — on and off the water.

In the fall, we introduced the "Beyond the Boat" life skills program. The program is centered on the concepts of personal accountability to teammates, valuing the University (and the academic and cultural opportunities that abound here) and contributing to the Seattle community in which we live.

Since the program launched, we have had 15 speakers on topics ranging from CPR training to workplace culture to healthy relationships, nutrition and responsible alcohol consumption. We also conducted workshops on the core values and history of the program so everyone understands the legacy they are helping to uphold as a Washington rower.

A highlight of fall quarter was a service project helping to improve our community at the Tiny Trees Preschool clean up. In addition to the speakers' series, we plan to do a full-team service project per quarter and other group activities so our student-athletes can put what they learn into action.

"Beyond the Boat is awesome!" said freshman Nick Everett, '21. "It's really brought our teams together and helped us focus on living the values of the program as well as our own personal values."

"It's really amazing that the UW is investing in a program like this that we will benefit from not only while we are here but for the rest of our lives," continued Tea Federspiel, '21. "It's a really unique opportunity that I am very grateful for."

Introducing Student-Athletes Against Sexual Harassment and Assault

By Maggie Phillips

Time's up.

The recent cultural awakening to the prevalence of sexual violence triggered by the "#MeToo" social media campaign and countless celebrities sharing their stories is evidence that time is running out for misogyny and sexual violence in our society.

Washington Rowing received its own wake-up call last spring, when the program had to address allegations of sexual assault. These incidents led to a clear and unanimous feeling that something had to be done.

A coalition of leaders from the men's and women's rowing teams came together to form Student-Athletes Against Sexual Harassment and Assault (SAASHA).

SAASHA's mission is to promote a culture of healthy relationships that is free of sexual violence by driving cultural change through the leadership of student-athletes.

"Enough is enough. We are taking a stand. We will address the issue within the team, within athletics, and within college campuses by using SAASHA to increase education and active awareness," states SAASHA student-athlete board member sophomore Marley Avritt.

SAASHA is currently focused on opportunities for change within the rowing team and UW athletic environment. The goal is to move beyond lectures and training to create innovative programming that educates

and changes cultural perceptions towards sexual violence. So far, events have included a lecture from professor Pepper Schwartz about healthy relationships, a "speed meet" event between the men's and women's rowing teams, and a documentary screening and discussion of "The Hunting Ground" for the entire UW athletic department.

Senior and SAASHA leader Mason Pollock states, "We are using Washington Rowing to plant a seed. Our hope is that SAASHA's mission will take root in our athletic department and grow to affect change across campus and the eventually the nation."

Moving forward, SAASHA will be partnering with other student groups on campus for events and fundraisers to strengthen the message of ending sexual violence within athletics and beyond. SAASHA hopes to build a program that will be transferable to other rowing teams and athletic communities throughout the nation.

Washington Rowing has long set the highest standard in terms of innovation on the water and in the classroom. This is the next level where the program can demonstrate leadership beyond the boat.

"Our athletic department offers robust sexual assault and harassment education and programming, but what makes SAASHA unique is that it is owned by student-athletes," Erin O'Connell, Senior Associate Athletic Director, said. "To see students taking ownership and accountability for this issue is inspiring, and a trend we hope catches on throughout campus."

SAASHA presents another opportunity for alumni to engage with the development of Washington Rowing student-athletes and have an impact on the development of the team culture. If you have any ideas, connections, or resources that relate to our message to end sexual violence please contact us at: saasha.uw@gmail.com.

“Our hope is that SAASHA's mission will take root in our athletic department and grow to affect change across campus and eventually the nation.”

Follow along on our journey at: www.saasha.org

: @saasha_uw



Class of 2018



Sara Clark
Political Science
Newport Beach, CA



Braedan Daste
Finance
Redmond, WA



Luke El Khoury
Chemical Engineering
Long Beach, CA



Harry Fox
International Studies
Melbourne, Australia



Samuel Goertz
Physics
Bellevue, WA



Emmiline Nordale
Communications
Seattle, WA



Chiara Ondoli
Business/Economics
Angera, Italy



Blake Owen
Applied Physics
Kirkland, WA



Julia Paulsen
Psychology &
Medical Anthropology
Seattle, WA

"I love rowing for Washington because of the culture around the team and the support that we get from the community. It is incredible being around a group of people so dedicated to what we are all working towards everyday and people that love the process."

"When representing the W, you are not pulling for yourself, you are pulling for your crew. I believe this deep motivation and purpose allow Husky crews to attain remarkable speeds. I love rowing at UW because our boathouse has remarkable culture that I will take with me the rest of my life."



Samuel Pettet
Sociology
Seattle, WA



Brooke Pierson
Biochemistry & Global Health
Oak Harbor, WA



Robert Karlen
Political Science
Everett, WA



Sean Kelly
Political Science
Princeton, NJ



Arne Landboe
International Studies
Shoreline, WA



Luca Lovisolo
Public Health
Torino, Italy



Karle Pittsinger
Philosophy &
Entrepreneurship
Lake Chelan, WA



Viktor Pivac
Sociology
Belgrade, Serbia



Mason Pollack
Physiology
Los Angeles, CA



Anna Porteous
Spanish & Russian
Kingston Upon Thames, U.K.



Nancy MacGeorge
Public Health
Seattle, WA



Phoebe Marks-Nicholes
Medical Anthropology
& Global Health
Seattle, WA



Rielly Milne
Communications
Woodinville, WA



Brooke Mooney
Medical Anthropology
Peru, VT



Jessica Thoennes
Communications
Highlands Ranch, CO



McKenzie Waltar
English
Kirkland, WA



Weston Brown*
Earth & Space Sciences
Piedmont, CA



Meagan Smith*
Accounting & Marketing
Newport Beach, CA

* student manager

Chris Carlson: A Rare Transfer

By Jeff Bechthold

Transfers are common in most college sports. The end of each football and basketball season is commonly peppered with news of student-athletes leaving one program for another. It's a regular occurrence in nearly every sport.

But not in rowing. Which is why the presence of Chris Carlson in Conibear Shellhouse represents a rare thing. The junior from Bedford, N.H., started his college career at Marist, located in historic college rowing mecca of Poughkeepsie, N.Y., but decided to leave after last year, when he rowed in the Red Foxes' top boat at IRAs.

A self-admitted late bloomer who didn't reach his current height until after high school, Carlson earned a spot on the U.S. National Team, rowing in the men's eight at the Under-23 World Championships last summer, a sure indication that he was ready for a greater challenge.

Having decided to make a move to a top-level rowing program, and with an Under-23 National Team slot on his résumé, it's fair to say that Carlson had options. So, why Washington?

"I wanted to be surrounded by the best, and Washington is the best place for that," he explains. "Early on, when I was first talking to [UW assistant coach and recruiting coordinator] Matt Rung on the phone, within the first five minutes, he was talking about this idea of the 'Washington Way' and having to earn your spot on the team – that nothing was going to be given to anyone," Carlson says. "For some reason, I really liked that. I remember getting off the phone and talking to my mom," he continues. "I told her about how it was a lot different than any of the

other conversations I had with other programs. It wasn't something that was going to be handed to me. That really intrigued me about the possibility of rowing here."

Carlson has had a good landing thus far. Despite never having even visited the Pacific Northwest before taking what amounts to a recruiting trip, he's been quick to settle in.

"It's been great," he says. "It's been really smooth. The guys have definitely embraced me and showed the way."

Carlson rowed in the Huskies' eight at the Head of the Charles last fall, not too far from his home, but despite rising to that level so soon, he knows nothing is set in stone.

He also continues to grow as a rower and get better. "I feel like I learn new things every day about the sport here," he says. "It's really opened up my eyes tremendously to the sport."



“
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Katy Gillingham: From Rowing Crew to Fire Crew

By Kimberlie Haner

Fresh off of a national championship with the UW women's crew, Katy Gillingham didn't take the summer off. Rather, she worked harder than she has any summer to fight the fires burning in the Pacific Northwest.

In 2017, Gillingham, a junior from Seattle, and the Husky rowing team dominated the competition. She rowed in the five seat in the first varsity eight, winning the Pac-12 and NCAA Championships. Afterwards, instead of sticking around Seattle to train for next season, she pursued another dream of hers: firefighting.

"It has been my life goal since I was three years old to be a firefighter," Gillingham said. "At that point it seemed like something fun and epic, almost like being a superhero. I want to be the first person on the scene when somebody is having the worst day of their life. I want to be someone that people can count on to save them, their families and their life."

There is a history of firefighting in the Gillingham family. Her great-uncle was a wild land firefighter, and his son fought the fires in southern Oregon last summer. Additionally, her cousin and her aunt's sister were firefighters for a couple of summers.

Following her sophomore year at Washington, Gillingham applied to be a wild land firefighter. She got a call for an interview, which she drove five hours to attend. She ended up getting hired onto a hand crew.

This was uncharted territory for Gillingham. She has worked hard to become part of the best rowing team in the nation, which lends a lot of credibility for those who know the intensity that sport requires. But as for firefighting? "The closest thing I had to experience in this kind of work is helping my parents around the yard," Gillingham said. "And helping my grandparents clean up fallen trees and branches after windstorms."

The first of the many fires in the Pacific Northwest last summer began at the end of June. Gillingham spent most of her time near Loomis and around Colville. She helped fight a fire near the Mount Rainier National Forest, one in Cle Elum and one north of Bend.

Most days started at 5 a.m. and ended at 10 p.m. The crew averaged about six hours of sleep each night, often sleeping in a field, a school's football field or a wheat field.

Gillingham and her crew worked on the "initial attack". Part of this process involves cutting trees and underbrush to construct the fire line to give the fire less fuel, lessening the chances of a fire spreading past that point.

With about a month left until she had to return to Seattle, she sprained her ankle and had to sit out for four days. Despite the injury never fully healing, she continued to work. She was part of a team. Like she learned from rowing, she knew she couldn't let the crew down.

"It never got much better, but that's the name of the game," Gillingham said. "The crew needs you and a little bit of pain wasn't going to stop me from making sure I had those guys' backs."

Throughout the summer, Gillingham worked hard. Not only was she the third youngest, but she was one of three women in the crew and was occasionally underestimated.

"There were a lot of small things that people would do or say that implied that they were more capable of doing something than I was," Gillingham said. "Strength was never an issue for me. I could get the job done."

Innovation On Lake Washington: UW Rowing's W.E.T. Program

By Jeff Bechthold and Eric Cohen

Hunter Simpson, '49, knew a few things about innovation. Simpson, who passed away in 2006, was one of the most influential Washington Rowing Stewards of his generation, and a pioneer in mobile heart defibrillators at Physio-Control throughout the 80's and 90's. He was a staunch believer in teamwork and giving back. To him, rowing was the purest of team sports, and philanthropy was a way of life.

It is in that spirit of teamwork and community — coupled with the technology that Simpson revolutionized — that the Washington Rowing program has teamed with Seattle Fire, the Seattle Police Department, the Nick of Time Foundation, the boating community and UW team physician Dr. Henry Pelto to establish a new on-the-water lifesaving protocol called Water Emergency Training, or W.E.T. The program — a first of its kind in the rowing world — seeks to dramatically cut the response time to a major on-the-water athletic incident requiring life-saving technology.

"This puts us at the forefront of on-the-water safety," UW men's coach Michael Callahan said.

"Huskies have been innovators since the Conibear Stroke, Pocock Shells, training...and now emergency cardiac science."

"A fairly standard pillar of athlete medical care is emergency planning," said Dr. Pelto. "It's really well researched that if you get to people early and start CPR, every minute you miss that, people's chances of

surviving go down."

The process of designing a plan uncovered the many variations, and complicated scenarios, that can exist on the water. "How do you even get to somebody? How do you pull them out of the boats?" said Pelto. "We wanted to make sure that we are as efficient and effective and communicative as possible."

To that end, the medical staff, UW coaches and local authorities set about building procedures for these unique scenarios, addressing the challenges associated with giving aid to someone in a rowing shell. That included each type of boating configuration (8, 4, pair, single), the water conditions, the launch type, the personnel available, the location, and the emergency type.

UW coaches' launches are each equipped with AEDs (automatic defibrillators), made possible by the David McLean '67 Scholarship endowment.

“
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water safety.**
”



Above: Members of the women's team conducting a Water Emergency Training exercise.

Dave passed away of cardiac arrest, and his son, Pete, has been in the AED field for much of his career. Pete, and his wife Heather, started the endowment in his father's name.

"My dad highly valued his time at the UW and on the rowing team here, and this was an opportunity to give back to a program that meant so much to him. AED's are a mainstay in any athletic forum...just because rowing is out in the middle of a lake does not mean an AED can't be readily available and usable. We are glad to be a part of this, and to make this part of Dad's legacy."

Together with local fire and police, the Huskies' coaches and athletes were instructed in CPR, trained in various on-the-water scenarios, and recorded videos for future training. They drew up maps in each launch showing docks to meet EMT's, trained the coaches and athletes in athlete extraction, and set up detailed plans.

"Seattle Fire and Police have always been at the leading edge of emergency medicine and Seattle is a hub of AED technology," Callahan continued. "It all came together in this project. It not only makes Washington

Rowing safer, but allows others to use this as a successful model."

"We want to make this broadly available," said Dr. Pelto. We don't want to have this be some hidden UW thing." To that end, the UW is actively offering to any rowing program their complete plan. "Call us or write us," said Callahan, "We want this out there."

Hunter Simpson's spirit of teamwork, innovation, and community is still alive and well at Conibear Shellhouse.

News & Announcements

2018 Windermere Cup

It will be an “across the pond” men’s collegiate rowing event that will rival any in the world this season: Oxford-Brookes (2017 British National Champion and 2017 Henley Champion) vs. Washington vs. UBC. “This is as big of a collegiate rowing race you will find this year, anywhere,” stated UW men’s head coach Michael Callahan. A perennial Henley champion, Oxford-Brookes is a collegiate program that excels at a level similar to or higher than the best in the U.S. Already lighting up social media in collegiate rowing circles, the race promises to be special. “I expect it to be one for the ages,” said Callahan.

On the women’s side, the Dutch National team — an Olympic-level squad — will challenge the defending National Champion Huskies for the women’s Windermere Cup. “The level of competition Windermere brings here continues to amaze me,” said Yaz Farooq, UW women’s head coach. The Dutch team finished 6th at the 2016 Olympics, with the same A-Final finish at the 2017 Worlds. “This will be as tough a race as we will face this season, and it is right here on our home course. The entire team is looking forward to this challenge, made even better that it is in front of our hometown fans,” Yaz said.



Class Day Weekend

The 117th annual Class Day weekend events kick off at the Washington Rowing Banquet on Friday, March 23, at the Don James Center at Husky Stadium. The Class Day Regatta starts at 10 a.m. the next day. Come out to the Montlake Cut and cheer on the crews! For more information about all of the Class Day weekend events, visit www.WashingtonRowing.com.

In Memoriam: Timothy Carl Mickelson (1948–2017)

It is not often you will read about an oarsman who did not row at Washington on these pages, but Tim Mickelson — a Wisconsin Badger who passed away last year of ALS — was a trusted friend to Washington Rowing for decades and a true, complete oarsman.

The Celebration of Life for Tim was held at Conibear Shellhouse this past December, and Mike Hess, '77, led the event as emcee. “In Tim’s and my era, we believed Washington and Wisconsin guys were cut out of the same mold,” said Mike. “Think Boys in the Boat: pioneer spirit, resilient, team before self...and tough. That was Tim all the way. You couldn’t ask for a better teammate or friend.” Tim embodied the fiercely competitive yet selfless athlete that we find in this sport; a 1972 Olympic silver medalist in the US 8; gold in the 1974 US World Champion 8; gold in the 1975 Pan Am Games 8 (with Mike Hess) and an ambassador of the sport in retirement. His self-motto, “higher and harder,” was a direct reflection of his work ethic and honest belief in the full potential of everyone he met.

Washington Rowing extends our condolences to Tim’s family and friends, and the entire Badger Rowing community, on the loss of this consummate oarsman.



Out & About



1) Peg Achterman, '82, right, with Dani Hansen, '17, gave a moving keynote speech at the Women’s Alumnae Brunch emphasizing three things that are key to being successful as a rower and in life: fierceness, persistence and wisdom. 2) Team captains (left to right) Kathy (Bulger) Camber, (Capt. '76, '77), Linda Cox Fornaciari, (Capt. '78), and BJ Connolly, Capt. '75), were recognized at the Women’s Alumnae Brunch for their dedication to the program. 3) The women of the 70’s had a great showing at the Women’s Alumnae Brunch on February 3 at Conibear Shellhouse. Linda Cox Fornaciari, '78, announced that the classes from the 70’s are donating a new racing shell. 4) More than 2,000 worldwide Tableau sales team members packed the Washington Convention Center for the keynote discussion led by Dan Miller (Tableau Executive VP) with coaches Michael and Yaz. “Values play an important role in our program, laying the foundation for who we are on the water. Just like in business, our team culture is visible in what we do,” said Michael. 5) Head coaches Michael Callahan and Yaz Farooq at the Tableau Global Sales Kick-off event at the Washington Convention Center January 24 with (left to right) Dan Miller, Tableau EVP of Worldwide Field Sales; Kimberly Shay Morton, Tableau Enterprise Account Manager; and far right Nate Vogel, Tableau Senior Director, Global Sales Readiness. Seattle-based Tableau is a global leader in data analysis and business intelligence software. 6) Alumni gathered to celebrate Washington Rowing’s historic sweep of the NCAA’s at a tailgate at the ASUW Shellhouse on October 7 before the UW-Cal football game. The women’s team was honored during half-time. Pictured here in George Pocock’s shop, from left to right, are Lisa Caldwell, '15, Taylor Lasecke, Jenna Sanders, '15, and Remy Arevalo '14.



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ROWINGU

2018 Washington Rowing Schedule

EVENT	DATE	LOCATION
USC (w)	Mar. 3 All Day	Lake Las Vegas, NV
Dartmouth and Santa Clara (m)	Mar. 3 All Day	Lake Las Vegas, NV
Washington Rowing Banquet	Mar. 23 5 PM	Don James Center, Seattle, WA
Class Day Regatta	Mar. 24 10 AM	Montlake Cut
Husky Open (m)	Mar. 31 8 AM	Montlake Cut
Husky Open/ WSU (w)	Mar. 31 8 AM	Montlake Cut
Stanford/OSU (m)	Apr. 7 8 AM	Montlake Cut
Texas/U of Michigan (w)	Apr. 14 All Day	Lake Las Vegas, NV
California	Apr. 21 8 AM	Redwood Shores, CA
Windermere Cup	May 5 10 AM	Montlake Cut
PAC-12 CHAMPIONSHIPS	May 13 All Day	Lake Natoma, Sacramento, CA
NCAA Championships (w)	May 25-27 All Day	Sarasota, FL
IRA National Championships (m)	Jun. 1-3 All Day	Mercer Lake, NJ

www.WashingtonRowing.com

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