

# SWEEP

VOLUME FIFTEEN • MARCH 2015

THE WASHINGTON ROWING MAGAZINE



## SEASON PREVIEW

**W**  
*ROWING*



# Bob Ernst's 40th Anniversary Race Season



Our own Bob Ernst is making history this year as the longest-standing UW coach. He's made an indelible mark on Washington Rowing and we're excited to usher in his 40th race season with him.

"It's hard to find many individuals in life who have devoted 40+ years to their profession, let alone those who have achieved consistent success," said Blake Nordstrom, Board of Rowing Stewards co-chair. "I had the good fortune to have Bob as my freshman coach back in the 1970s and I'm pleased to share with all of you he is now celebrating 40 years coaching at the University of Washington. Every day, Bob is excited about the challenge at hand, working with the student athletes. His commitment, loyalty, and competitiveness have never been brighter. We're all fortunate to be the recipient of his many contributions."

Thank you, Bob, for dedicating your career to Husky Crew. We are forever grateful. Here's to your best race season yet!



To Bob Ernst  
With best wishes,  
Clancy Reagan Ronald Reagan

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The Husky II sits idle, ready for the start of another great season. Photo courtesy La Vie Photography

## Dear Supporters,

We said goodbye recently to a rowing legend who was the epitome of Washington Rowing, Stan Pocock. It is a tremendous honor for the program to be associated with such an iconic figure in rowing, and we'd like to pause to reflect on Stan's many contributions as a rower, coach, boat builder, and champion of our program.

Stan Pocock made history, and we can think of no greater tribute to him than to continue that tradition. Both the men's and women's teams are poised to do just that this season. The men's team has tremendous momentum after winning titles five of the last six seasons, and they're on the cusp of winning five straight National Championship titles, which no program has ever done. We are witnessing one of the greatest athletic streaks in our region's sports history.

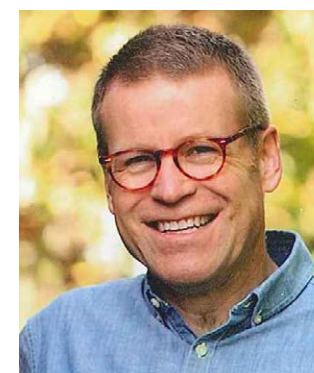
We are also excited about the consistently terrific showing

and potential of the women's team to get back to the top. They are training hard for what will be a very competitive season.

Though our competitors have picked up on many of our winning habits, strategies and tactics, what they don't have is the incredible enthusiasm and level of engagement that Husky Crew supporters bring to each event. Whether it's a race on the Charles, a memorial for a storied boatmaker, or a VBC banquet, we're always in awe of the steadfast, undying support for our program.

Our priority this year is to harness that energy even further, and build upon the success of *The Boys in the Boat* with some enhanced public relations to let more people know what is happening with our remarkable program. We'll be updating you as always through SWEEP and various social media.

Here's to continued success both on and off the water in 2015!



Blake Nordstrom



John Kueber



Sincerely,

*John*  
John

Co-chairs  
Washington Rowing Board of Stewards





# Progress - Inch by Inch & Seat by Seat!

By Bob Ernst

We are all in a hurry to win the Pac-12s and the NAAs!! Last year's women's team made significant progress in our quest to get back to the top and this year's team is training very hard.

Last year, our Huskies finished second at the Pac-12 Championships - helping to take down a California team that had won nine straight titles, and the Varsity finished in the top four at NAAs (.8 seconds between 2nd and 5th). We fell short by not getting all three crews in the NCAA finals because the J's just didn't have enough speed on the right day. The NCAA Championships are all about three fast crews and that is what we are concentrating on and training for this fall and winter.

Right now I feel like an artist with a clean canvas. Lots of the "Big Players" have moved on: Patricia Obee, Ruth Whyman and Kirstyn Goodger are all training for their country's Olympic Teams and we are ready to fill those now empty seats. Our seniors, juniors and young pups are taking this opportunity to step up! Our Novice Teams have dominated the Conference with two consecutive undefeated seasons and we have recruited some super athletic walk-ons

so I am very excited to see what we can accomplish. This group has a wonderful attitude, has been working very hard and really wants to win BIG.

As Dick Erickson always used to say "Washington Rowing is all about Opportunity!"

We open our season on Saturday, April 4, at Dexter Reservoir near Eugene, Oregon. We will take on Stanford twice that day in addition to racing several other great crews. Stanford is the reigning 2014 PAC-12 Champions - having won the Varsity & JV 8s and the Varsity 4. They have a good team and we are excited to face them early in the season.

The California Bears come to Seattle to race on April 25 and we hope to see lots of Dawg fans out on the Montlake Cut cheering!

The Huskies are preparing for this level of competition with determination and vigor. This season will be EXCITING - you will want to be a part of it!

WOOF!!!

- Coach Bob Ernst

# On the Verge of Rowing History

By Michael Callahan

We have the opportunity to do something that hasn't ever been done before in intercollegiate rowing history: win a fifth consecutive title in the men's Varsity 8 at the Intercollegiate Rowing Association National Championship and build off our already record-breaking eighth Ten Eyck Team Point Trophy. We are extremely excited and motivated by the challenge.

The team is deeper and more experienced than it has been the last two years. I'm happy to have a large senior class of 14 students. It is led by 2014 contributing Varsity 8 members Henry Meek, Marcus Bowyer, Matt Milner and Lisa Caldwell. The USA Men's U-23 Bronze medal stroke Alex Perkins helps define the rhythm of the group. Alexander Malowany has done a solid job as the Commodore of the Varsity Boat Club. Edward Nainby-Luxmoore is having his best season at UW and leads the team with character. This class is also well represented by Pacific Northwest-ers Eric Ledbetter, Michael Evans, Nicholas Cyprio, and fellow west coast-ers Zach Hershberger, Parker Ksidakis, Sean Raffetto, all of whom help guide this team in the right direction.

We also have a solid junior class with four Varsity 8 veterans: powerhouses Finn Schroeder and Jacob Dawson, stroke Grega Domanjko, and savvy coxswain Stuart Sim. Local talent Phil Walczak has returned to the team after taking a year off to focus on lab sciences, and returning USA U-23 Team member and Tacoma local Jacob Morton are both vying for seats. Snohomish County's Sam Helms is on a mission and taking the best strokes of his career.

The sophomore class is very big and features several local talents. The Gruntie Class of 2018 is also talented and features USA U-23 and Junior National Team single sculler Ben Davison of the Seattle Rowing Center. This is Matt Rung's first class as the 1st assistant coach and his primary duty is to develop the freshmen and recruit the class of 2019!

The 65-man roster is made up of 50 percent from Washington, 25 percent from the rest of the USA and 25 percent from other countries and all are HUSKIES!

I'm really excited about the 2015 race schedule. It could

be the most challenging we have ever had in my tenure. I'm hopeful it will prepare us to perform at our optimum at the IRA. We start off by traveling to Providence, RI, to race the second fastest Varsity 8 at last year's IRA: Brown University on April 4. The following week we travel to Redwood Shores to race Stanford, and later that evening race our Northwest rivals the Oregon State Beavers. The double up in one day will test our oarsmen mentally and physically.

The Cal Bears come to Seattle on April 25! Mark the date on the calendar for this one. The Bears have been building a deep, strong and talented program over the last few years. They were the 2V and 3V champions and Varsity 8 Bronze medalist at the 2014 IRA. They are the only collegiate team to finish in front of our Varsity 8 over 2000 meters since 2011. We want to give them a raucous Husky welcome when they get to Montlake.



Photo courtesy La Vie Photography

The next week we will have an equally, if not harder, Windermere Cup to race at Opening Day. The two-time reigning World Champion New Zealand U-23 8+ is coming to the Cut to square off. New Zealand has been developing this group to go to the 2016 Olympic Games in Rio and they are using the Windermere Cup to test their speed before going to Europe and the World Cup circuit. The IRA 10th place finisher, the Columbia Lions will be coming as the domestic crew and bringing a 2V and 3V to further strengthen the regatta's competition for our students.

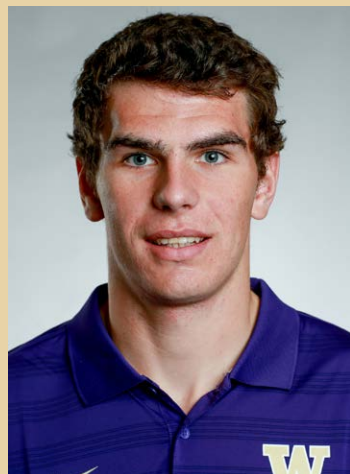
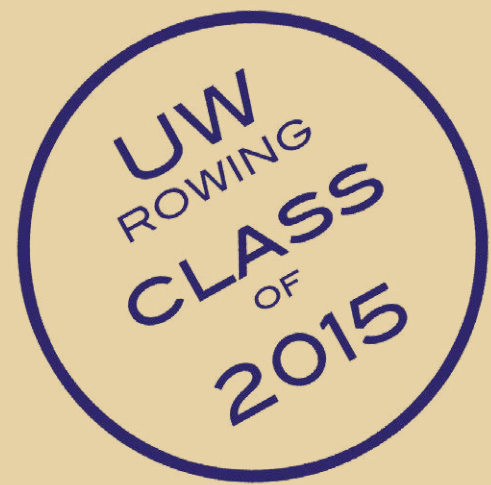
After our first weekend off, we will then head to the Pac-12 Championships to race for a conference title and get more familiar with our friends the Bears, Cardinals and Beavers. We finish off with the challenge of making history on May 29, 30 and 31 at the National Championships at Mercer Lake, NJ.

We are excited to see you on the Montlake Cut supporting your team!

Woof!

- Coach Michael Callahan





**Marcus Bowyer**  
Astronomy  
Most likely to win an Olympic medal  
"Way she goes"



**Lisa Caldwell**  
Political Science &  
Communications  
Most likely to write next great  
American novel  
"Committing is everything"



**Eric Ledbetter**  
Latin America & Caribbean Studies  
Most likely to be sent home first  
from Survivor  
"Get the Ergs"



**Hanna Lukanuski**  
Art History and Comparative  
Literature  
Best nickname  
"Woof!"



**Aleksander Malowany**  
Finance  
Most likely to be a millionaire  
"No free lunch"



**Giuliana Chilczuk**  
Psychology  
Most likely to be sent home first  
from Survivor  
"Incredible"



**Nicolas Cypri**  
Neurobiology  
Most likely to be the next Jeopardy  
champion  
"Let's go faster"



**Michael Evans**  
Applied Physics  
Most likely to help colonize Mars  
"Full throttle"



**Katie Garlock**  
Speech and Hearing Sciences  
Best movie-quoter  
"One day better"



**Henry Meek**  
Political Economy  
Most likely to win an Olympic medal  
"Never give up"



**Matthew Milner**  
Mathematics  
Most changed since freshman year  
"Dont overthink it"



**Edward Nainby-Luxmoore**  
Honors Anthropology &  
Communications  
Most likely to get in a fight over  
a board game  
"Everything is competitive"



**Danielle Olson**  
Biochemistry  
Most changed since freshman year  
"Mental toughness required"



**Fiona Gammond**  
Geography  
Most likely to win an Olympic medal  
"Amazing"



**Zachery Hershberger**  
Psychology  
Most likely to marry a movie star  
"Win in training"



**Kenzie Jorgenson**  
Biology (Physiology)  
Most likely to marry a movie star  
"Exceptionally unforgettable"



**Parker Ksidakis**  
Communications  
Most changed since freshman year  
"Life changing"



**Alexander Perkins**  
History  
Most likely to write the next great  
American Novel  
"Never give up"



**Sean Raffetto**  
Applied Physics  
Most likely to be left behind on a  
road trip  
"An amazing experience"



**Megan Smith**  
Communication, plus Sales  
Certificate  
Most changed since freshman year  
"Challenging and rewarding"



**Elizabeth Vogt**  
Biology  
Most likely to help colonize Mars  
"Woof!"



# A Commitment to Excellence

*UW Medicine CEO Paul Ramsey’s passion for rowing is paying off for Husky crews*

By Mark Moschetti

Former Husky coxswain Laura Denman remembers thinking that she didn’t regard herself as anyone particularly special during her days as a pre-med student. Then she met Dr. Paul Ramsey – CEO of UW Medicine, Executive Vice President for Medical Affairs and Dean of the School of Medicine at the University of Washington. “You feel like you’re one of a thousand pre-meds,” Denman said. “It’s pretty incredible to be an undergrad and sit down with the dean of your top-choice medical school. To have him take time out of his incredibly busy schedule and listen to your aspirations, it made the UW seem attainable – provided I worked really hard.” Denman kept working hard, kept coxing the Husky men, finished her undergrad degree in public health in 2012, and now is a first-year med student at UW’s School of Medicine Spokane.

accountability, identifying goals and ways to achieve them. And it’s based on trust and trusting the other person in the boat with you.” Ramsey, a Pittsburgh native and Harvard graduate, has always enjoyed working with students, and often has been engaged in some aspect of teaching since starting his career in the 1970s. Ramsey said it was about 10 years ago when he began mentoring some of the UW rowers. “He has been incredible for our program and for rowing in the Northwest, and for the hospital system,” men’s rowing head coach Michael Callahan said. “He’s dean of the medical school, a vice president of the university, and it’s refreshing to know that someone in those seats is interested in students on campus.” “Being a competitive rower in an elite program is a major commitment. You have to put in the work, organize your

time, and work with others,” Ramsey said. “It’s not only about training yourself, but training yourself to work with others. “There’s no doubt in my mind that the type of discipline, work, teamwork and trust that go along with success in an elite rowing program are those same characteristics that are needed for success in healthcare.” Former UW rower Colin Phillips, ‘06, who was mentored by Dr. Ramsey said “To have Dr. Ramsey around was an amazing example of someone who had done both things very successfully. I had a chance to meet with him and discuss the best way to go from an intense rowing, scholastic, undergrad experience to a medical school experience that was equally intense.” Phillips is now a cardiology fellow in Boston, and—just like Ramsey did—is teaching med students.

What Ramsey does and how he does it, whether as a dean, fellow rower, or as someone who is just there for people, isn’t lost on Phillips. “I thought through rowing I had accrued enough exercise to not work out for the next 10 years,” he said with a laugh. “But Dr. Ramsey told me that no matter what you do, you need to work out for an hour every day. Those are words I still live by.”



Current rowers Philip Walczak, '16, (left), who is studying bioengineering, and Nicolas Cyprou, '15, who is pre-med and studying neurobiology, along with Men's Head Coach Michael Callahan present Dr. Paul Ramsey with a National Championship oar.

And Paul Ramsey? He has kept reaching out to Denman and other members of the Huskies’ national-caliber crews who are interested in medicine. This is one dean and CEO who hasn’t forgotten his days as an undergrad – or as a rower. “A bunch of what you learn in rowing fits very well in medicine,” said the 65-year-old Ramsey, who still rows regularly – and competitively. “It’s based on teamwork,



From left to right: Dayna Hansen, Melanie Barstow, Allison Barstow, Giuliana Chilczuk, Bella Chilczuk, Phoebe Spoors, Grace Spoors, Liz Vogt, Val Vogt, Katie Garlock, Sarah Garlock. Not pictured: Dani Hansen

## Sisters of Swing

*The UW Women’s family of rowers includes 6 sets of sisters, including 2 pairs of twins!*

By Genevieve Carrillo

Before the sun has fully risen, kept warm by multiple layers of spandex, the women of the University of Washington’s rowing team make their way to Conibear Shellhouse. This season the almost daily predawn journey is made by nearly 65 rowers, including six sets of sisters. Like many collegiate rowers several of these sisters walked on to the team with little experience. But for underclassmen such as Sarah Garlock the advantage of having an older sister on the team helps push her toward excellence. Sarah took up rowing the summer before her senior year of high school after her older sister Katie had been recruited by UW. For Sarah, having the chance to row with her sister brings out a level of competitiveness that is unfamiliar to athletes who have never had the opportunity to compete side-by-side against a sibling. “I want to learn from her, but also beat her eventually,” Sarah Garlock says. “Having an older sister that has better numbers than me really encourages me to always get better.” One important part of the team is maintaining a strong sense of closeness and trust between all the women in the boat. To achieve success on the water, being together off the water is important, and after practice many of these sisters can be found performing their afternoon workouts together

along with other teammates. Through wins and losses, these sets of sisters are all cheerleaders for each other. Whether it’s big hugs after a race or motivating the other through an erg test, sisters Valerie and Liz Vogt both take comfort in having a sister to make them feel at home. Sophomore Valerie Vogt cherishes her hugs and cheers with her sister after races or hard practices and her older sister, Liz, loves watching her sister grow as a rower.

**“I want to learn from her, but also beat her eventually.”**  
**- Sarah Garlock**

“It was really cool to see her succeed [in the freshman 8+]”, Liz Vogt says. “Being able to see her work really hard was motivating.” Out of the six sets of sisters on the team are also two sets of twins, including identical twins Melanie and Allison Barstow. The Barstows have three years of experience on UW’s team and have been there for each other through every early morning wake-up and rowing pairs. Although some might be hesitant at the idea of sharing everything with their

sister, according to Melanie she and her sister are attached at the hip. “You always have your buddy right next to you at every moment of practice,” Melanie Barstow says. “This is my family. I have my twin, and the whole team are my sisters, too.”



# The Story Behind ‘The Book’

The *New York Times* bestseller *The Boys in the Boat* has captured the hearts and minds of millions of people and has cast a spotlight on the sport of rowing and Washington Rowing in particular. “The Book” as it is affectionately known, has generated a tremendous amount of interest in our program. Recently we asked author Daniel James Brown for his impressions on what makes this story so wildly popular.

**Q: Why did you decide to write *The Boys in the Boat*?**

**A.** Well, the story came to me and I just couldn’t resist it. My neighbor Judy came to me and asked me to come down to her house to meet her father. He was in the last couple of months of his life, living under hospice care at her home. He was also the #7 man in the boat that won gold at the 1936 Berlin Olympics. That was Joe Rantz. When I sat down with Joe and he began to tell his story I was just mesmerized by it. It wasn’t just that these guys won a gold medal against a German boat in front of Hitler. It was so much more, beginning with Joe’s own heartwarming and heartbreaking personal story. By the end of that first visit with Joe I asked him if I could write about him and he said, “No.” But then he said, “But you could write a book about ‘the boat.’” And of course by “the boat” he meant what all of them—those nine young men—had done together and what they had become together seventy-five years before in Berlin.

**Q. What is the true essence of this story?**

**A.** On one level it’s the personal struggle and ultimate redemption of Joe’s incredibly difficult personal and family life. That is really the emotional heart of the story and in many ways his story stands in for the stories of a whole generation of both young men and young women, I think. Though Joe’s circumstances were particularly challenging, the cruel circumstances of the Great Depression really presented nearly everyone in his generation with huge obstacles they had to overcome. In that way Joe, and the other eight guys as well, are representatives of their generation. Beyond that it is really a story of how great teams come together—the qualities that made them great. Among these qualities were their incredible perseverance, their focus, their earnest belief in what they were doing, and above all the extraordinary humility they displayed and how that enabled them to build strong bonds of trust. It’s those last two things—humility and trust—that I think most defined them and got them to their goal.



Author Daniel James Brown

**Q. You’ve said that you had a series of revelations while you were writing *The Boys in the Boat*. What were they?**

**A.** There have been literally dozens if not hundreds of revelations. One of the most important I think was the huge role that the boat builder—George Yeoman Pocock—played in the story. He was really the spiritual guide for these young men as they set out on this audacious quest to win a gold medal and it’s hard to overstate how much his wisdom meant to everyone on the crew. (And indeed how much it meant to legions of young men who rowed for UW in those years.) And of course, each of these boys in the boat was a revelation as I got to know him, mostly through his children and grandchildren.

**Q. What surprised you most while researching the story?**

**A.** I was somewhat surprised by the extent of the Nazi efforts to deceive the world at the 1936 Olympics. I had always known that the games were a propaganda coup for the Nazis, but I had no idea how cynical and sweeping their efforts to create an alternate version of Germany were in the years before the war. We all know, of course, what happened shortly afterwards in Germany, but the way in which the Nazis turned the truth on its head in the mid-1930s was staggering. And that’s really the context in which the gold medal race at the end of the book becomes not just a boat race but a clash of two very different ways of looking at the world.

**Q. What are the similarities between the 1936 crew and the current program? How about the differences?**

**A.** I’m far from any kind of expert on the contemporary rowing scene, but there are some obvious differences and similarities I suppose. The boats are lighter now that they aren’t made of wood, and the men and women who row them are bigger overall so the boats go faster. Rowers at UW and at other major programs tend not just to be local kids from the farms of Western Washington. They are recruited from all over the world. But Washington crew is again at the forefront of American collegiate rowing just as it was in the mid-1930s. And in many ways, the sport is the same—the mechanics evolve and techniques improve but ultimately it’s still all about nine young men or women pulling together with their whole hearts. It’s still one of the toughest things in the world you could choose to do. And it’s still one of the most beautiful, especially when a crew finds its swing.



# The Wonders of Windermere Cup

By Justin Green

We are excited to welcome an outstanding field to the 2015 Windermere Cup, the 29th edition of this storied race, scheduled for Saturday, May 2, 2015, in the Montlake Cut.

The field will include the two-time defending world champion New Zealand U-23 Men’s National Team and traditional power Columbia University on the men’s side. The University of Virginia Women’s Crew will face the Huskies in a dual race on the women’s side.

“This is one of the great spectacles in rowing,” UW women’s rowing head coach Bob Ernst said. “It’s a great opportunity for us to bring world-class competition to the Northwest and give all these rowers the chance to perform in front of the great Seattle rowing community.”

Columbia University will make its first appearance at the Windermere Cup, bringing a team rich with tradition. The Lions have won four IRA National Championships in team history, dating back to the late 1800s and early 1900s.

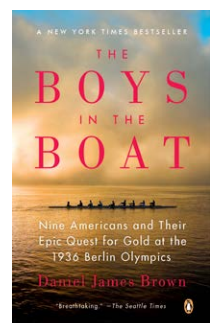
The New Zealand Men’s National Team is one of the most talented U23 squads in the world, having won six medals in

2014. Among their three gold medals, the Kiwis took first in the Men’s 8 with a time of 5:28.82. The same group won the 2013 U23 World Championships in the Men’s 8’s as well.

Virginia Women’s Rowing has a strong history of NCAA Championships, most recently winning the Team Championship and the Varsity 8 in 2012. The Cavaliers won a team title in 2010 and have won the Varsity 4 NCAA Championships four times since 2004. Last year, Virginia took fifth at the NCAA Championships.

Windermere’s heritage of supporting collegiate crew racing began in 1987, when the company sponsored the first Windermere Cup regatta in Seattle. More than 800 rowers compete in this prestigious event. The races are held as part of the celebration of Seattle’s Opening Day of Boating Season and are followed by the Seattle Yacht Club’s Opening Day Boat Parade.

Following the races, fans are invited to join the regatta champions for an awards ceremony and presentation of the Windermere Cup Trophy at the Conibear Shellhouse, followed by a special christening ceremony for new shells.



Did you know?

The Husky Clipper raced at the 1936 Olympics was made of spruce and northern ash and was built by George Pocock. It weighed approximately 235 pounds and cost \$1,150. Today’s carbon fiber racing shells weigh approximately 211 pounds and cost about \$45,000.

  
Windermere  
REAL ESTATE

A special thank you to Windermere Real Estate, John and Roz Jacobi, OB Jacobi, and Jill and Geoff Wood for their continued support of Washington Rowing and the Windermere Cup.



# International Superstar

*Rowing across the pond from home has proved nothing short of spectacular for one senior Dawg.*

By Justin Green

University of Washington women's rowing has a reputation for producing world-class talent, a tradition upheld by senior Fiona Gammond and her stellar career as a Husky.

"She's a special athlete," UW women's rowing head coach Bob Ernst said. "There's no question in my mind that she'll be an Olympian for her country. She came here as a really good junior athlete and she'll leave here as a finished product and ready for the top level of competition."

Gammond started rowing when she was 11 years old. It was a club activity at her school and all her friends joined, so she tagged along and was hooked immediately. Gammond rowed throughout middle and high school in Bucknell, England. When she was 17, she competed at the 2010 Junior World Championships, winning a gold medal. She won a gold medal at the Youth Olympics that same year.

Gammond wasn't sure she wanted to row in college until she was nearing the end of her high school years. When she was 18, she decided to focus her efforts on finding a place to row collegiately in the

U.K. A casual conversation with UW coaches at the Women's Henley in 2010 convinced her to give Washington a chance.

"It just seemed like an offer that I couldn't turn down," Gammond said. "I visited that August, and the facilities, the staff, the athletes, the campus—everything just sold me. The coaches are fantastic and the facilities are amazing."

She began racing with the Huskies in the fall of 2011 and has been impressing her coaches and teammates ever since. Along with her talent, Gammond possesses many qualities needed to become a world-class rower.

"She has a really pleasant personality that makes her a natural leader," Ernst said. "She has incredible work ethic. She was raised on a farm and their family home is in the middle of 200 acres of wheat. She brings that agrarian work ethic to rowing. Fiona is no nonsense, she gets the job done, and she always goes the extra mile."



Fiona Gammond, '15, (right) and former Husky Madison Culp at the 2013 U-23 World Championships. Gammond took home a silver with Great Britain and Culp won a gold medal with the U.S.

In between seasons rowing for the Huskies, Gammond has been representing her country during the summer months at the U-23 World Championships. She has been selected the past three years to compete with Great Britain's U-23 team, winning silver medals in the women's eight each of the past two World Championships.

Heading into her final year at Washington, Gammond wants to enjoy a successful season before continuing her career in rowing. She plans on returning to the U.K. and rowing full-time for a year and pursuing opportunities that come from that. She knows her time at Washington has been well spent in preparing her for what is to come.

"The competition at UW

is really strong," Gammond said. "It is always a race to the line. Everyone is so good here; it really pushes your standards higher. You really have to be the best to compete well."



The year after taking 3rd at the 1947 IRA Championships for UW in the Varsity 8 Stan began his lifelong career in coaching. He coached at UW until 1955.



Stan and his father George spent many hours together in the Pocock Boat House.



When he founded the Lake Washington Rowing Club in 1958 Stan was also mastering his skills in boat building. In 1961 he created the first full fiberglass racing shell.

## A Final Goodbye to Stan Pocock

By Charlie McIntyre Jr. and info from the Pocock Foundation

Stan Pocock's accomplishments in the rowing world are unprecedented. There is evidence of his handiwork across the country, from fiberglass racing shells to Olympic gold medals to oarlock spacers. Stan did more than just leave a path of amazing innovations and objects; he left an indelible mark on all the athletes he coached, the men and women he worked with, and the young athletes he inspired.

To many, he was a mentor, a coach, a craftsman, and a legend. He was a visionary and a philanthropist who gave



everything he accomplished back to the rowing community. Before he ended his boat making career, Stan became one of the founders of the George Pocock Rowing Foundation and helped nurture it into existence. Ten years later after working hard to garner support and funding, he with several close friends, completed construction of the George Pocock Memorial Rowing Center.

Stan passed away on Dec. 15, 2014 at the age of 91. After a lifetime dedicated to the sport of rowing, his life was honored Jan. 3, starting with several emotional speeches by friends and family. Mr. Kent Mitchell, a long-time friend of Stan's who won a gold medal under Stan's coaching as a coxswain for the pair of Ed Ferry and Conn Findlay at the 1964

Olympics in Tokyo, opened the service by listing the many medals that were won under Stan's tutelage. He pointed out that no other coach in the history of American rowing has coached more Olympic champions.

Numerous other people stepped up to the podium to express their gratitude for a man that forever changed rowing, not just for the UW, but in large, for the world. Bill Tytus, torchbearer of the Pocock boat building tradition, expressed the awe he felt as a young man watching the Pococks build their racing shells. I also had the chance to remember Stan and reflected on the wonderful insights and encouragement he shared with young rowers he coached.

Stan's granddaughter Sarah shared memories of her Poppa, ensuring there was not a dry eye in the house. Speaking from the heart, Sarah told of her deep love and admiration for Stan.

The memorial finished with a Remembrance Row through the Montlake Cut to place Stan's ashes at the finish line of the racecourse, as he had requested. The boats came pouring out of the Conibear Shellhouse, reminiscent of the old days of the Husky armada. Gleaming wooden Pocock shells, rowed by the Port Townsend crew, Rat Island Rowing Club, graced the waters to commemorate the Pocock legacy. After a bit of organized pandemonium, all the shells met in The Cut.

The boats circled en masse around the finish line, as taps was played to commemorate the passing of our dear friend Stan. In one of the boats sat Stan's granddaughter Sarah, oar in her lap, holding Stan's ashes. She placed the ashes into the water, and watched as Stan returned to the earth. Each boat then paraded past Stan's remains to pay their last respects. The rowers cast white flowers into the water as they passed for a final goodbye.



After numerous gold medals and first place finishes in many Olympics and other championships Stan cofounded the George Pocock Rowing Foundation in 1984.



In 2012 Stan was awarded the highest honor bestowed by USRowing, the Medal of Honor. This praise is a well deserved lifetime achievement award.



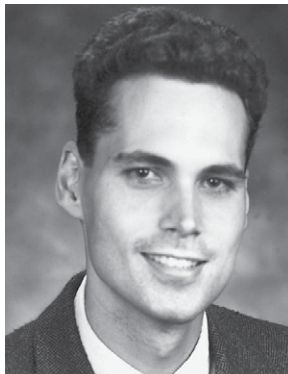
Stan was inducted into the UW Hall of Fame in 2014 as recognition for his years of dedicated service to UW Rowing and teams across the northwest.



# Alumni Updates

We are starting a new section in SWEEP featuring updates on alums. If you have news of a life event or milestone (i.e., promotion/new job, wedding, birth announcement, retirement, awards, etc) you would like to share, please send us a short description as well as your UW Rowing class year. We also want to feature pictures of alums at UW Rowing events. Please submit your updates and photos to [sweepcrew@ica.washington.edu](mailto:sweepcrew@ica.washington.edu).

## In Memory

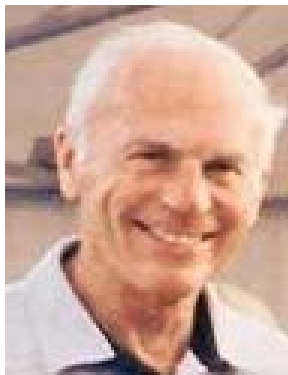


*Brian Sullivan*  
1966-2014

Brian grew up in University Place, WA, and attended school at St. Charles Borromeo and Bellarmine Preparatory High School. He rowed at and graduated from UW and earned his Juris Doctorate at Mississippi College. He returned to Tacoma when he finished law school and then served the 29th District as a State Representative for two terms before enlisting in the Army National Guard.

*Arthur Russell Griffin, MD*  
1929-2015

Arthur was born and raised in Seattle where he graduated from Franklin High School and University of Washington where he was a member of Phi Delta Theta, active in Washington Rowing and was a junior varsity coxswain in 1950 and 1951. He had a distinguished career in Radiology at Providence and had a private practice. His free time was spent on San Juan Island, wood working and enjoying family.



*James Elmer Beardsley Jr.*  
1929-2014

Jim was a lifelong Seattleite, graduating from Roosevelt High before attending UW. He was a member of Delta Kappa Epsilon and was on the lightweight rowing team and was UW senior class president. He served in the Air Force before beginning a career at PSF Industries, which he and his wife owned until 1996. Jim filled many shoes in his life and his wide reaching philanthropy touched many lives.

*Jack Sholl*  
1925-2014

Jack was a Philadelphia native who served his country during WWII, enlisting in the Marines the day after his 18th birthday. When the war was over he rowed with the Penn Athletic Club before attending UW starting in 1947 where he was on the lighweight rowing team. He returned to Philadelphia where in his later life he served as President of the Sons of Revolution and as a Docent at Independence Hall.



# 2015 UW Rowing Schedule

DATE	EVENT/OPPONENT	LOCATION
Mar. 27, 6:00 pm	Varsity Boat Club Banquet	Conibear Shellhouse
Mar. 28, 10:00 am	Class Day Regatta Class Day Cruise* Class Day BBQ	Montlake Cut
April 4, 8:00 am	Husky Open Alumni, Friends & Family Tent	Montlake Cut
April 4, 7:00 am	at Dexter Regatta (W)	Dexter Lake, OR
April 4, 8:00 am	at Brown (M)	Providence, RI
April 11, 9:00 am	at WSU	Snake River, WA
April 11, 9:00 am	at Stanford, OSU (M)	Redwood Shores, CA
April 18, 9:00 am	at Gonzaga (M)	Spokane, WA
April 25, 9:00 am	California Alumni, Friends & Family Tent	Montlake Cut
May 2, 10:20 am	Windermere Cup Opening Day Stewards Enclosure**	Montlake Cut
May 16	at Pacific Coast Rowing Championships	Rancho Cordova, CA
May 17	at Pac-12 Championships Alumni, Friends & Family Tent	Rancho Cordova, CA
May 29-31	at NCAA Championships (W)	Rancho Cordova, CA
May 29-31	at IRA Championships (M) Alumni, Friends & Family Tent	Mercer Lake, NJ
■ Home ■ Away		*Contact Dwight Phillips at 206-550-0254 for more information **Contact Sandy Erickson for more information

## Save the Date

We are honored that two-time Olympian and USRowing's 2014 Female Athlete of the Year Megan Kalmoe, '06, is the featured speaker at the VBC Banquet on March 27. Purchase your tickets today at [Huskycrew.org](http://Huskycrew.org).





**Washington Rowing Stewards  
University of Washington  
Box 354070  
Seattle, WA 98195-4080 USA**



Remembrance Row at the Stan Pocock Memorial. Photo courtesy La Vie Photography

## STAY CONNECTED



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