

SWEET

THE WASHINGTON ROWING MAGAZINE

SPRING
2021

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ROWING



SWEEP

Volume 29 / Spring 2021

Sweep is published two to three times a year for dedicated donors, alumni and fans who value their impact on Washington Rowing and their contributions to the storied history of Seattle as 'Rowtown USA'.

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DESIGN: DavidOwenHastings.com

Your support signals smooth waters ahead

Dear Stewards, Supporters and Friends,

Thanks to your enduring support, the horizon is bright for UW Rowing. In our first message of this new year, we would like to express our deep personal appreciation for your commitment to our student-athletes, coaches and staff. The rowing community provides the support needed to ensure the excellence of the program — and your support is especially important in these extraordinarily challenging times.

Although 2021 begins with the continuing uncertainties that marked the last 10 months of 2020, the response of the UW crews to the first half of this academic year strongly predicts success on the water and in the classroom in the winter and spring.

As we write this, we do not yet know what the racing season will be, but we do know that the Huskies will be prepared to lead. Our hope is that the COVID-19 vaccine will enable us to see spring racing — at least via video — and we will be delighted if the national championships can be held to cap the season.

Please accept our most sincere gratitude for your support of UW Rowing!

Go Dawgs!

Jane Paul

Jane Powers

Paul Ramsey

CO-CHAIRS, WASHINGTON ROWING STEWARDS



Support Washington Rowing on April 8 — Husky Giving Day

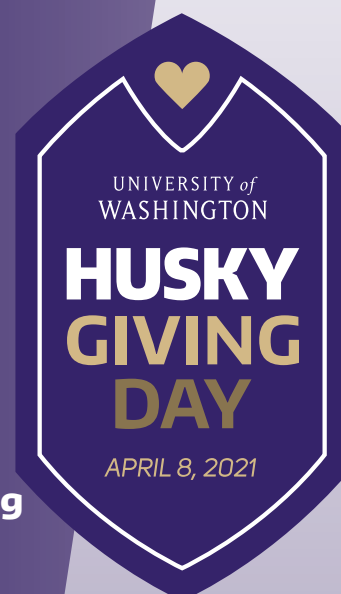
Husky Giving Day is back! After a year's hiatus due to the pandemic, the opportunity returns for you to join other Washington supporters in making an important impact on the lives of Husky student-athletes. On Thursday, April 8, your gift in honor of Washington Rowing will support the sport you love while also providing critical funding for all 22 UW teams and programs.

In 2019, Rowing raised more than every other sport. This year we're determined to best every other team in dollars and donors to wear the Husky Giving Day crown for the next year.

We hope you will set a personal fundraising goal and ask family, friends and coworkers to contribute. Learn more at GivingDay.UW.edu.

On April 8, please donate generously in honor of Men's and Women's Rowing. Your gift will support scholarships, academic services, wellness and nutrition, and other essentials for Washington rowers and other student-athletes. Thank you!

GivingDay.UW.edu/Rowing



Through the Locks

WASHINGTON ROWING ALUM RECALLS 'ONCE IN A LIFETIME' ADVENTURE

By BJ Connolly ('76)

Human-powered vessels typically don't venture through the Ballard Locks. And Husky crews usually don't head for open water of the saline variety either. But one day in the spring of 1975, two worlds converged.

But first, step back in time to 1972-73. It was my freshman year, and Washington won the NWR National Championship on the Schuylkill River. With that accomplishment, we realized that the UW was beginning to embrace the ideologies of Title IX.

We were in the thick of it, trying to work with the men's team to continue to be recognized as a varsity sport despite the decades of male dominance and tradition that permeated the aura of Conibear. The saving grace for women's crew? Head Coach Dick Erickson, who absolutely loved the idea of having women row for Washington! He wholeheartedly supported our efforts, providing launches for our coaches and designating one boat bay for us.

Dick's encouragement gave senior rower Liz Senear and me the courage to ask him if we could convert one of the men's pairs to a double. Liz had set her sights on making the U.S. National sculling team for the World Championships in 1975. With a double, we could train every day.

The guys thought, "What?" But Dick supported us. And he loved being controversial, always keeping the men guessing. So, he found old sculling riggers at the Pocock workshop. Boom! We were in business!

One day, we learned the men (including my future husband, Mike) were going to row to Shilshole Bay via the Ballard Locks. We asked Dick if we could join the fun. Leading the way to keep some distance from the eights, we entered the locks.

Imagine all those shells in such a tiny space! Oars overlapping. Anxious coxies avoiding the walls. Lockmasters barking orders while the water was slowly released to the west and we went down, down, down.



Dick positioned our double in the middle of all the eights for protection. What a spectacle for the crowd! It was hysterical to hear some of the rowers perfectly imitate the Scottish accent of one of the lockmasters. Even Dick chuckled, totally enjoying the moment.

It was a once-in-a-lifetime event! And Liz did attend the World Championships as a spare for the U.S. quad!



A gift to the com

PARTNERSHIP WITH SEATTLE YACHT CLUB BENEFITS WASHINGTON ROWERS AND FANS EVERYWHERE

For the past half-century on the first Saturday in May, everyone who's ventured to the Montlake Cut to watch or row in Husky crew races has reveled in one of the nation's most spectacular celebrations of the Opening Day of boating season.

"It's Seattle Yacht Club's gift to the community," explains Chris Falskow, Admiral of Opening Day, describing an event that involves hundreds of Club volunteers, year-round planning and outreach to boating aficionados in two countries.

The Club launched its annual Opening Day festivities in 1920, adding intercollegiate racing to the event in 1970 when it began its partnership with Washington Rowing.

While UW rowers take centerstage in the Windermere Cup on Opening Day — another successful partnership with the Pacific Northwest real estate company — the Saturday collegiate races are a culmination of festivities that span a full week.

Every year, dozens of Seattle Yacht Club committees work tirelessly on events that include a kickoff dock party, formal luncheon, reception for Canadian boaters,

sailing regatta, masters' crew races and, of course, the beloved boat parade through the Cut. Behind the scenes, Club volunteers manage myriad details related to permitting, street closures, transportation, parking, log boom setup, parade coordination and more.

Admiral Chris says that as many as 200 boats from hometown Seattle to British Columbia to San Francisco take part in the annual parade.

"Opening Day is one of the largest outdoor rowing events of its type in the world," proudly states Mark Holden, Seattle Yacht Club Rowing Chair. "People know they'll be treated to an amazing event unlike any in the country — truly a celebration of rowing and boating that brings the community together."

With the cancellation of last year's Opening Day because of the pandemic, the 2021 celebration was expected to be a delayed 100th anniversary celebration. Alas, COVID-19 restrictions prompted the cancellation of the event for the second year in a row. That means Opening Day 2022 will be even more special.



We'd planned this article to celebrate our partnership with Seattle Yacht Club before learning the event would once again be cancelled this year. While we will all miss Opening Day festivities, we are still proud to recognize SYC's commitment to our community in *Sweep*. Thank you, SYC, and we'll see you next year!

Also, please note that Washington Rowing will still compete on Opening Day, Saturday, May 1. We encourage fans to avoid gathering onshore and to watch us online; check GoHuskies.com and WashingtonRowing.com for details.



PHOTOS FROM THE 2018 AND 2019 WINDERMERE CUP:
Scott Eklund, Red Box Pictures

munity



CHERISHING EVERY STROKE

YASMIN FAROOQ, HEAD COACH, WASHINGTON WOMEN'S ROWING

On a cold November day, along the concourse of Husky Stadium, beside forlornly darkened concession stands, 40 ergometers lined the walkway, socially distanced at 10 feet apart. Washington Women Rowers stood ready for the brutalizing physicality of the annual “end of fall erg test” — a 6-kilometer, all-out, 21- to 23-minute race against yourself.

When most rowers hear the words “erg test,” memories of dread and determination often come to mind. On this day, despite the brisk wind that blew across the chilly concrete, the atmosphere was electric with joy and solidarity. COVID-19 may have battered morale, robbed us of last season, and disrupted feelings of safety and normality, but now, we were back together. It was time to triumph.

The freshmen kicked it off, their passion and energy palpable. As each group took its turn, with those who'd finished standing by to cheer on their teammates, the flywheels churned out faster and faster splits. When it was done, more than 70 percent of the team set personal records. It was the highest percentage of pre-season PR's since I've been at Washington.

My heart swelled. I've never felt prouder of a team. Our women had excelled through sheer will and love for one another. It was stunning to see them rise together.

The next day I watched the team set out from Conibear to train in singles, marveling at our progress. Many had never been in one-person boats before October. As we crossed Lake Union, the fleet turned as one, reminiscent of a flock of birds changing direction together. They were building their bonds and small boat skills, grateful for the simple gift of being together during these isolating times.

No matter what happens this season, the women of Washington are cherishing every stroke of the extraordinary experience they've been given. Race or not, win or lose, they inspire us all. And they're ever grateful for your constancy, encouragement and inspiration.

“When we got to the stadium to warm up for the 6k, Skylar (Jacobson) and I both just started crying — literally tears of joy. We were just so happy to get to be a part of this for one more year.”

5th-year senior Molly Gallaher ('20)



STARING DOWN THE WOLF

MICHAEL CALLAHAN, HEAD COACH, WASHINGTON MEN'S ROWING

A Cherokee fable tells the story of two wolves inside each of us. A dark wolf who represents negative feelings like fear, anxiety and resentment. And a light wolf who represents emotions like joy, humility and compassion.

"Which wolf wins?" a child asks the elder.

"They both win, if you feed them right," the elder replies, conveying the message that you must acknowledge the negatives to keep them at bay while nurturing the positives that enable us to contribute to the greater good.

Men's Rowing is 'Staring Down the Wolf' this season, drawing inspiration from Mark Devine's book by that title. By seeking balance, we can manage our pandemic-induced anxiety, rise stronger after we've been knocked down, focus on our priorities in life, and revel in the amazing lives we're living.

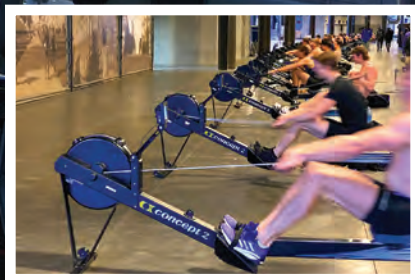
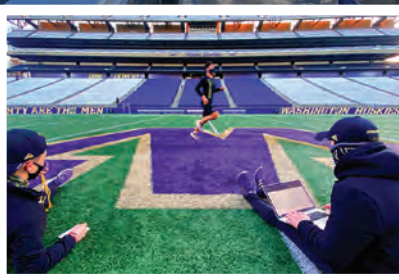
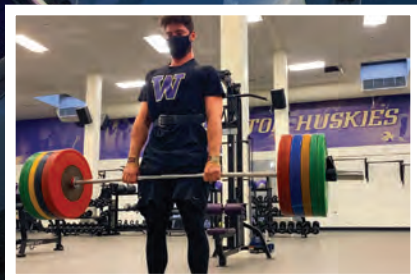
I'm so proud of our guys for embracing this mindset. For understanding that in the face of volatility and uncertainty, we can choose to adjust. For being "Semper Gumby," as Devine describes the ability of leaders to remain flexible as they maneuver adversity.

George Pocock addressed the power of rowing to help young people find — and be — the best version of themselves. His philosophy remains deeply embedded in our program today. Whatever the future may hold for us this season, our student-athletes highly value the sole fact that they are together again after the painful absence of last season. They are becoming better teammates, better students, better human beings.

"And the rower, too, when they have their mind trained at the University and their body fit, reminds me of Browning: 'How great is life, the mere living! How fit to use all the heart and the soul and the senses for the joy of it!'"

George Pocock

While we all look forward to racing, winning and making our supporters proud this season, Washington rowers are taking to the water, to the classroom and to life simply for the joy of it.



Commodore Ava Trogus:

FROM WALK-ON TO 'CRUSHING IT' AS TEAM LEADER

Rowing didn't come easily to **Ava Trogus**. And that's what she liked about it.



"I had to really work at it. It was challenging," says the walk-on from Chicago. "Over the past four years, it's become clear that you get out what you put in. Every day, we take thousands of strokes, yet I learn something from each practice."

In the critical team-elected position of Commodore, Ava took more readily to leadership — "a role she embraced just in time to help the team manage COVID-19 from around the world. And she crushed it," says Head Coach Yaz Farooq.

The Commodore leads the team during the off season and acts as liaison between crew members and coaches.

"I keep tabs on the team, making sure everyone is doing OK, physically and mentally," explains Ava, a senior computer science major.

When the season was canceled due to COVID-19, the team was devastated to lose their opportunity to compete. Ava and her teammates made the most of the situation by uniting virtually.

"When everyone was alone at the onset of the pandemic, it was difficult to find motivation to train. But we found ways to connect through Zoom and social media." They created a team-only Instagram page, filled with upbeat workouts "to hype each other up."

Ava's experiences on and off the water have taught her valuable life lessons.

"I've learned that I'm stronger than I thought, and what it means to persevere out of love for my teammates," she says. "Being a team leader, I've learned how to embrace a variety of personalities and capitalize on everyone's strengths."

Her message to all loyal supporters of Washington Rowing is simple: Thank you.

"There's a great appreciation for all of the outstanding equipment and resources. But especially now, we're thankful to row together during this international crisis with your support. It'll give us a competitive edge and allows us to do what we love."

Ava and the women of Washington look forward to racing down the Montlake Cut once again this spring.



Ellie Bruce '21, Ava and Laurel Safranek '21 atop Mailbox Peak.



Jenna Phillips '21, Isabelle Knowles '22, Ava and Sierra Williams '22 back on campus after biking 100-miles during the COVID Summer of 2020.

Senior Jeffrey Thiers:

WITH YOUR SUPPORT, 'NOTHING STANDS IN THE WAY'

A stone's throw away from the former home of boat-building icon George Pocock, a rower with generations of ties to the UW set about building his own wooden racing single.

Senior engineering major and lifelong Laurelhurst resident **Jeffrey Thiers** spent four years on the project, which began when he was a high school senior and was volunteering at the Center for Wooden

Boats on Lake Union. This past summer, aided by his roommate Carter Heikkila, he finally christened the boat the David Anderson, named for Jeffrey's grandfather who also rowed for Washington.

"It's a combination of two passions — rowing and building things," notes Jeffrey, whose parents and grandparents went to the UW. His younger brother Michael also rows for Washington. "I read *Boys in the Boat* and was familiar with the history of boat building here in Seattle and at the UW. I wanted to replicate that. I drew up some plans and went at it."

He built the skeleton the summer before his freshman college year — "just a bunch of sticks on a mold." The project "gathered spider webs" for over a year before he finished the hull and inside compartment. Another year went by before Jeffrey and Carter added canvas, fiberglass and all the finishing touches.

Lessons he learned from rowing helped to "push us through moments of low inspiration."

"Talent is 5 percent of what makes a good rower. You can be extremely talented, but you won't get anywhere if you don't work hard and persevere. I feel that applies everywhere. You can have brilliant ideas, but you have to follow through," explains Jeffrey, who Coach Michael Callahan calls "a leader whose humility and resolve fueled his growth in rowing, academics and commitment to community."

The David Anderson's first race was in an unofficial regatta last fall. Although Jeffrey says there's lots he'd do differently in hindsight, he loved being on the water in something he built himself.

"This community is the greatest place to be a rowing athlete," he says. "The coaches are amazing. The equipment is amazing. The donors are amazing. They make it extremely easy to excel, removing all the hardships to leave you with a path forward. With their support, nothing stands in the way."



True to Pocock boatbuilding tradition, Carter and Jeffrey plane strips of western red cedar to shape the hull of the David Anderson.



Meet the Class of



Sofia Asoumanaki

Athens, Greece

International Studies: European

Be curious, follow your heart and your dreams



Ellie Bruce

Snoqualmie, WA

Biochemistry

A rolling stone gathers no moss



Taylor Buell

Olympia, WA

Bioresource Science & Engineering

How we do anything, is how we do everything



Teal Cohen

Dallas, TX

Political Science

Family, Trust, Courage



Holly Drapp

Tampa, FL

Medical Anthropology & Global Health; Linguistics

Give, limitless, together



Klara Grube

Lübeck, Germany

Philosophy

Legacy, Trust, Empowerment



Jenna Phillips

Dayton, WA

Informatics

Unreserved love and gratitude



Laurel Safranek

Anchorage, AK

Mathematics

Resilience, Gratitude, Love



Tabea Schendekohl

Dortmund, Germany

Photo/Media

Trust, Dedication, Love

2021

This season's seniors share meaningful words to row by



Fiona Shields
Bainbridge Island, WA
Medical Anthropology & Global Health
Fearless, Grit, Boundless



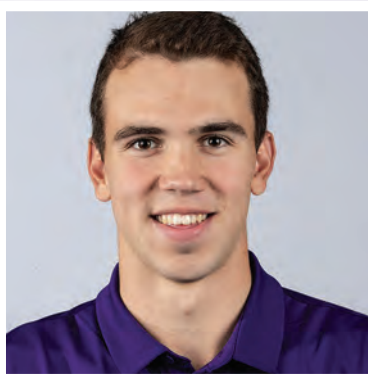
Ava Trogus
Oak Park, IL
Computer Science
Amazing, Limitless, Love



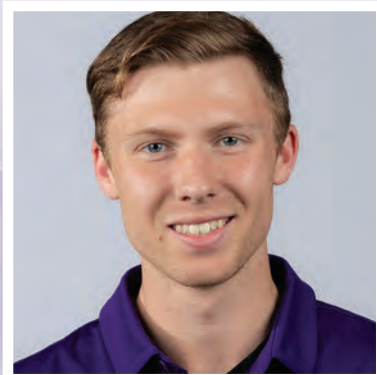
Sachi Yamamoto
Seattle, WA
Gender, Women & Sexuality Studies
Tenacious, grateful, family



Chase Barrows
Snohomish, WA
Geography: Data Science
*He whose life has a why,
can bear almost any how.*



Paolo Bifulco
Portland, ORE
Biochemistry
*The present is theirs; the future,
for which I really worked, is mine.*



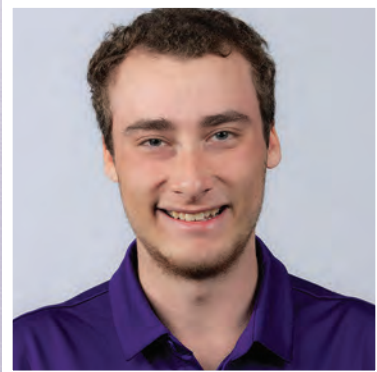
Chase Deitner
Perth, Australia
Electrical Engineering
Never stop learning



Ian Engstrom
Lincoln, MA
Biochemistry
*Some people want it to happen, some wish it
would happen, others make it happen.*



Nick Everett
Brockville, Ont. Canada
Applied Physics
Go with the flow



Adam Gold
Seattle, WA
Civil Engineering
Enjoy the journey

Class of 2021 cont'd



Isabel Klein

Seattle, WA

Human Centered Design and Engineering

A champion is defined not by their wins but by how they can recover when they fall.

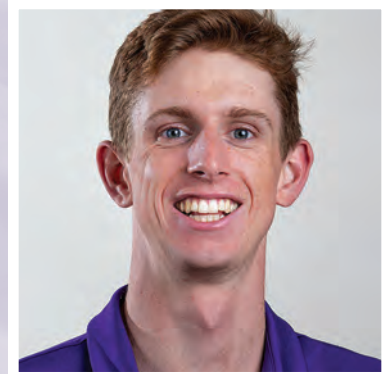


Peter Lancashire

Victoria, B.C., Canada

Political Economy

To win in front of thousands, you need to outwork thousands, in front of no one.



Pieter Quinton

Portland, OR

Public Administration

You just can't beat the person who never gives up.



Sebastian Ritter

Regensburg, Germany

Political Economy & Entrepreneurship

Don't let failure and disappointments stop you from believing in the best version of yourself.

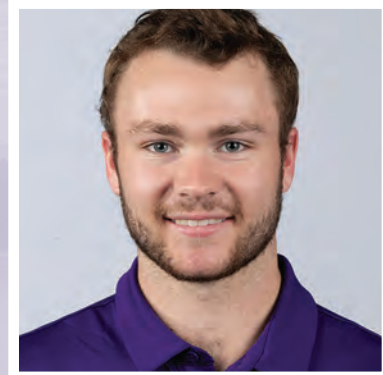


Steve Rosts

Jordan, ONT, Canada

Education & Communication

It's not about how hard you can hit. It's about how hard you can get hit and keep moving forward.



Jeffrey Thiers

Seattle, WA

Mechanical Engineering

Impulse is the integral of force over time



Gert-Jan Van Doorn

Leiden, Netherlands

Environmental studies

It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.



IN MEMORIAM *Honoring the legacy of Husky Rowers*

Andy Hovland

ROWING HERO OF 1958

At the height of the Cold War, as children huddled under their desks for bomb drills in a world beset by nuclear dread, the University of Washington sent a team of rowers to the Soviet Union — and welcomed home victorious heroes who uplifted the nation.



Washington, the first U.S. sports team to travel behind the Iron Curtain since World War II, beat the Russians by two lengths. Andy Hovland, who passed away at the age of 84 in December, sat in the No. 7 position in the boat. The inspiring 1958 win in Moscow — against an older, bigger Leningrad national team that had recently bested the Huskies at England's

Henley Regatta — was a highlight of his long life.

"What stood out for me about Andy was his heart, how bad he wanted it, his competitiveness," described 1958 coxswain John Bisset, who credits Andy for a rare shout-out in the boat that helped propel a victory against U-British Columbia on Montlake. The win secured an invitation to Henley and ultimately led to Moscow.

"He was very quiet and understated, and we'd tease him about that good-naturedly," recalls teammate Roger MacDonald, who used to fish in Alaska with Andy during the summers of their college years. "But when crunch time came, he was a fierce competitor."

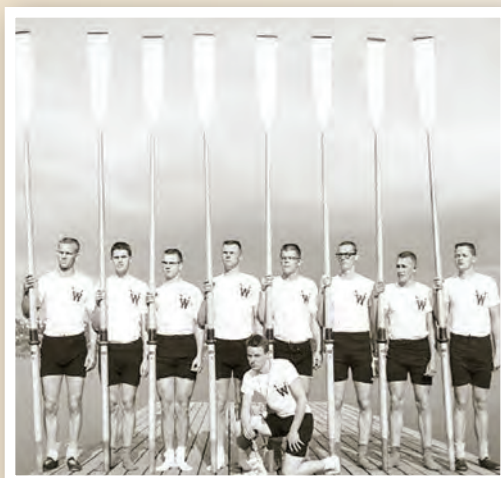
Andy, a tall Norwegian who grew up in Ballard, enjoyed a long career at Boeing. He is survived by his daughter,

Andrea Turner; son-in-law, Ken Turner; and grandsons, Paul and Matt Turner. The family plans to scatter Andy's ashes along the Montlake Cut.

TOP: 1958 Cal Dual Varsity (left to right): John Fish, Andy Hovland, Ross Holmstrom, Chuck Alm, Phil Kiebertz, Gene Phillips, Dick Erickson, John Nordstrom and kneeling John Bisset (Tyee Photo)

CENTER: The 1958 varsity eight and four with legendary coach Al Ulbrickson at the Henley Royal Regatta.

BOTTOM: The 1958 Husky Crew celebrates the 50th Anniversary of their victory in Moscow.



Read more about the historic Husky Hall of Fame 1958 crew at WashingtonRowing.com/history/mens-history/1950-1959.

Excellence in the classroom

Washington Rowing's extraordinary student-athletes are working as hard in the classroom as they are on the water, setting high marks for the fall 2020 academic quarter.

The Women's team earned a collective

3.46

grade point average, with the Men compiling a

3.43

team GPA.

The two teams placed

50

student-athletes

on the Dean's List, which honors student-athletes who score a 3.5 GPA or better.

Topping the list of academic accomplishments were three student-athletes who earned perfect

4.0
GPA's:

freshman Wen Eckelberg, junior Brittani Shappell and senior Ava Trogus.

DONOR PROFILE

Heart, tenacity and teamwork still inspire coxswain Dwight Phillips 50 years post-UW

Polio struck Dwight Phillips' left leg when he was 12 years old, but it didn't damage his drive to become a UW student-athlete like his big brother PG.

"He was a very accomplished wrestler and a champion at the UW. I admired that," recalls Dwight ('71), whose sister AJ is also a UW grad. "I couldn't be a runner anymore, but my parents always told me I could go as far as I wanted to go in other ways."

It was 1966, and the Kirkland native only had to look across Lake Washington to realize his goal. He reached out to UW Rowing and was welcomed as a coxswain.

"My entire UW career was under the tutelage of Coach Dick Erickson," Dwight says.

"I was on three different U.S. National teams with Dick as the coach and all five of us in the boat Huskies. We won silver at the Pan American Games and I was captain of the crew that year. Dick instilled in our teams that you can excel and win if you are a team. You might not put the blade in as crisply as another team, but if you have the heart and tenacity you can go pretty darn fast."

Decades later, now a senior executive with Columbia Bank, Dwight maintains close ties with the UW Rowing program which he says taught him "stick-to-it-ness and the value of the team."

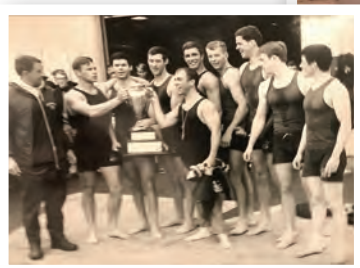
"I think about what I learned almost every day or week of my life, how the grind on the crew helped me prepare for the business grind," the Washington Rowing Stewards treasurer says. "It's all about the team. You have to collaborate, to be willing to share wins and defeats."

Some 25 years ago, Dwight organized the first annual Class Day Cruise — "and it's still my baby," he says. Some 300 family members and friends of current student-athletes join alumni on an Argosy cruise boat to watch the seniors, juniors, sophomores and freshmen battle for Class Day supremacy, following alongside with Coaches Callahan and Farooq calling the action.

As "the ultimate connector," according to Men's Rowing Head Coach Michael Callahan,

Dwight also mentors student-athletes and connects them to career opportunities. Inspired by the character and hard work of Husky rowers, Dwight eagerly supports the program financially as well.

"They're learning all about teamwork, and I feel it's money well spent to help young athletes learn those lessons," he says.



Class Day winners celebrating at the Conibear Shellhouse



Class Day "Cruise with Croissants"



Dwight is a regularly seen at the Henley Royal Regatta with fellow alumni and families supporting his beloved Huskies!

PHOTO: Scott Eklund, Red Box Pictures

PHOTO: Scott Eklund, Red Box Pictures

A pictorial review of
recent team, alumni
and donor news

Rowing Round-Up



Class of 2021 Pups



Class of 2021 Grunties



Sofia Asoumanaki, Klara Grube and Holly Drapp lead the Class of '21 In Class Day Races action.



Mackenna Cameron in virtual race action for the 56th annual Head of the Charles. Mackenna raced in the collegiate women's category and pulled the overall top time in the 4702 meter Live race, posting 17:32.0 to lead the final women's race of the day.

WASHINGTON ROWING STEWARDS

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

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Because of ongoing restrictions due to the pandemic, we likely will not be able to welcome fans to our races this season and our schedule may change at the last moment. We are still committed to bringing the Husky Rowing experience to you virtually. Keep checking **GoHuskies.com** and **WashingtonRowing.com** for updates on how you can watch our races via live video streaming.

WashingtonRowing.com

For more information on receiving SWEEP, to submit story ideas or to update your contact information, please contact Julia Paulsen at juliap44@uw.edu or 206-321-6580.

2021 Washington Rowing Schedule

SQUAD	RACE	EVENT DATES	LOCATION	OPPONENT
Women's Rowing	Lake Las Vegas Collegiate Invitational	3/6/2021	Henderson, NV	WSU
Men/Women's Rowing	Class Day Regatta	3/27/2021	Seattle, WA	Class of 2021, 22, 23, 24
Men's Rowing	Oregon State Dual	4/3/2021	Eugene, OR	OSU
Women's Rowing	Lake Las Vegas Pac-12 Women's Invitational	4/10-11/2021	Henderson, NV	TBD
Men's Rowing	Stanford Dual	4/17/2021	Redwood Shores, CA	Stanford
Women's Rowing	Dexter Lake Invitational	4/24/2021	Lane County, OR	OSU, Gonzaga, Sacramento State, USC
Men/Women's Rowing	Opening Day/ Windermere Cup Regatta	5/1/2021	Seattle, WA	CAL
Men/Women's Rowing	Pac-12 Championship	5/16/2021	Sacramento, CA	Pac-12 Conference
Men's Rowing	IRA Championship	5/28-29/2021	West Windsor, NJ	TBD
Women's Rowing	NCAA Championship	5/28-30/2021	Sarasota, FL	TBD

Check www.gohuskies.com for schedule updates