Hello alumni, parents, and friends of UVM Crew!

This is the first of our semi-regular newsletters on the team’s events, from our boathouse on the Lamoille River to races across the East Coast. I’m Halsey Payne, the team’s fundraising chair. You’ll still be receiving Amanda’s newsletter and social media updates along with this letter series. The executive board thought that more frequent, detailed updates would be a great way to show how much we appreciate your support.

Every few weeks, you’ll get a letter like this one giving you a rundown on the day-to-day events and activities of the team. Practices, boat lineups, regatta stories and workouts, among other news, will be e-mailed to you and posted on various websites. Our former rowers might enjoy the news, and parents will get a chance to see how the kids spend all of our free time. As fundraising chair, I’ll of course send out requests for support, but the letter is completely free as long as I’m writing it. Be sure to look for more of our fundraising projects -- we’ve been considering calendars, lotteries, and other programs.

If you have any questions, comments or suggestions about this letter series, my email is at the bottom of the page. Subsequent letters will be much shorter, and I’m thinking of including lessons and vocabulary on rowing, lists of our workouts, boat lineups, and a photo section. I’d love to hear what you’d like to read about.

---

Now, the news:

**General**

Things haven’t been very dramatic leading up to racing season, but we’ve kept in mind that racing is on its way. First will be the Vermont Classic (Oct. 3), our twice-annual meet against Middlebury. We tend to be closely matched teams, so nothing is certain going into it. Three major races follow the Classic: the Quinsigamond Snake in Worcester, Massachusetts (Oct. 10), the Head of the Charles in Boston (Oct. 17 & 18), and the Head of the Fish in Saratoga
Springs, New York (Oct. 31). Our chances are even more unclear for those races, so stay tuned for the results.

The fall races are in the “head” style. Instead of a bow-to-bow lineup off of a starting line, we normally have a staggered start -- one boat after another. Times are compared at the end to find a winner. We row into the start, building up to full power as we hit the line and settling into our “race pace”. The races also tend to be much longer than a spring race, averaging five kilometers. Most spectating happens near the finish line, where we sprint through the last few hundred meters. Try to find a good seat there if you come down to a race!

**The Men**

The varsity men, coached by Ian Anderson, have had six new members move up from novice status this fall, numbering five rowers and one coxswain. That brings our total to three coxswains and fourteen rowers -- 17 members all told. We’ve been up at 5 and rowing by 6AM for three weeks now. Most work has been in coxed four- and eight-man boats, with the spare rowers working in pairs (two-man sweep), doubles (two-man scull), or single sculling shells. Ian has been building up the men’s aerobic base, which lets us process oxygen more easily. This means long, constant, and tiring “steady-state” rowing, which will help us in the fall’s distance races.

We’ve had three test races so far, with mixed results. Two fours have chased each other down the river, and the crew of our Kaschper Raven (the Offensend) has consistently pulled ahead. Nothing’s certain, though, and our men are working hard to be in the first boat that will race the rest of the Northeast’s crews.

The novice men, are tall, strong, and professional-looking. There will be more details coming as we get to know them over the fall and spring. The Vermont Classic will be their first race as a crew, and will hopefully keep them excited about the sport. Coached by legendary alumni John Fernan, they’re a welcome new part of the team.

**The Women**

With both the varsity and novice women coached by Doug Connelly, the women now number 32 rowers & coxswains. Doug actually had to make cuts among the novice women to fit everyone in a boat. They are a massive team relative to the men, and all very excited to be doing what they’re doing. We don’t work closely enough together for me to do a report justice, so I’ve asked **Sarah Marchisio, Women’s Team President**, to write the next piece for you.

---

*From Sarah:*

I am very excited to be back on the water this fall for my senior season and to be surrounded by such strong, dedicated and amazing people -- all in such a beautiful place. I am incredibly proud of how UVM Crew did in Gainesville this past May, at ACRA’s (the national
club rowing championship), and couldn’t think of any stronger momentum to start off with as we begin our 5k season. While watching the men’s final in Gainesville (where our Men’s Four took third), I had one woman come up to me and say “Wow, you mountain kids really can row.” It was a moment of great pride and humor for me as it made me realize how far we had to travel to this event, and it was all worth it. We got to race on an Olympic course, enjoy a weekend of unforgettable memories and walk away with medals around our necks; what more could we ask for?

This fall we are welcoming a very strong group of novices, both experienced rowers and new ones, who bring a great new energy to our team -- that I think we needed. Doug and Ian have done a great job in putting together our first home race, continuing to show our team that we couldn’t ask for better coaches. I take great pride in the changes that this team as a whole has made and the sense of community we can share with each other. We are more than ever a unified team, rather than two separate teams under one name, and now call each other more than just teammates.

Doug has created a training plan that has the whole team in mind and not just focused on the event we all look forward to: the Head of the Charles. Every morning seems to bring out a little more fire within the team and it has me so excited for the season to come!

4:45 a.m. wake-ups may seem impossible to some, and not long ago I would have said the same. Being able to spend my mornings with this group of individuals, watching the sunrise as we work to row as hard and as fast as we can, makes it all worth it. Thank you all for your continued support and love. Without you we wouldn’t be UVM Crew. Here’s to another season of hard rowing, and many more memories.

-- Sarah

By the way, ACRA results were 2nd place for the women’s varsity first (WV1) four-woman boat, 3rd place for the WV2 four, 2nd place for the W’s novice four in the ‘b’ finals, and 3rd for the MV1 four.

**Community Rowing**

*From Ian Anderson, Men’s Head Coach:*

The UVM Crew in connection with our friends at Green Mountain Rowing, and with the support of our new property owners Tim McElheny and Alisha Simmons, were able to offer a summer community rowing program. Beginning with a learn-to-row day where the river was flooded and unrowable, we entered into a summer of getting people into rowing. Using the men’s team’s fleet of sculling equipment, and an occasional group row in a sweep boat, experience rowers and total novices were able to get out on the water twice a week to work to row. The summer program was an excellent opportunity to expose new people to the pleasures of our sport, and aid in growing our sport locally. The program was very successful, though outreach was kept to a small group to ensure we didn’t go overboard to start, and helped to raise
funds to expand club rowing for next summer. I look forward to getting more people on the 
water next year, and would invite those interested to be in touch.

In addition to the community summer program, the UVM Women’s Varsity Ice Hockey 
team came out for a teambuilding row. The team had just finished reading Boys in the Boat and 
were interested in getting in a boat and put on an oar. After one short erg session to go over the 
basics, the Hockey team came down to the boathouse on Sept. 20th and boated 3 eights on a 
beautiful Sunday afternoon. Lineups were set, and they took to the water. Lots of laughter, 
learning, hard work and fun ensued. Members of the rowing team coxswained the boats, (and 
rowed stroke) and did a fantastic job as ambassadors of the sport. As most practices do, it ended 
with a race to the dock, which after some questionable steering, a protest of the results and 
disregard for the protest on my part, was all great fun. It was a great afternoon getting to help 
some terrific athletes experience what our sport has to offer, and hopefully will be the first of 
many opportunities to gain exposure and fans around UVM.

-Ian Anderson
iaande@gmail.com

The Women’s Ice Hockey team, the most pleasantly chaotic rowers on the Lamoille
New Boat and Thank You updates

More from Ian Anderson, Men's Head Coach:

The men’s team is very excited to be welcoming a new boat to the fleet this fall. The team will be purchasing a new 4+ from Hudson Boatworks in London ON. The new boat comes just in time for the premier event of the fall, the Head of the Charles. The boat is a top-of-the-line racing shell, with all the bells and whistles we could get. We are very fortunate to be in a place financially to be buying a new boat, and thanks must go to our network of supporters, from family and friend, alumni, and the university SGA.

In particular, I would like to thank Ms. Lois R. Young for her support. Through several donations, totalling $5,800 over the past two years, we were able to refurbish our older equipment, and upgrade the parts in our JV and novice 8’s. Then this past fall at the Head of the Charles, we were able to pick up a demo set of sweep oars, which became the immediate favorite for the men’s varsity team. Your gifts and support will allow us to offer a quality experience to our rowers, whose hard work will be put into equipment of a higher standard because of your contribution. It has been a pleasure working with you, the team and I are indebted to you for your generosity. Thank you.

Many individuals have helped us over the years. The most recent group were those that purchased the naming rights to a set of men’s oars. Thanks to the Belford, Iacobucci, Kinne, Collins, Payne and Anmahian families. Please be sure we take a picture of you with your oars when you make it to a race.

Several naming opportunities are still available for men’s equipment, including oars, the new men’s 4, as well as singles and doubles. If you are interested in learning more please let me know.

-Ian Anderson
iaande@gmail.com

Ways to support us

“Rowing is expensive,” were the wise words of my high school coach. We have a good team, with good coaches and good chances of success at races. But we face D1 teams, and to hold our own we need to keep our equipment up to par. Don’t worry, we don’t spend your donation on tchotchkes; your money goes into our boats, our oars, our exercise facilities, our boathouse, and everything that helps us win.

I’ll be working on some new programs to earn your support, but for now please take a look at the fundraising opportunities we have in place. Again, if you’d like to see anything new, please send me an email.
The direct approach
Cash or check made out to
University of Vermont with
UVM Crew in the memo line,
mailed to us. Simple, and
elegant.

Rent-a-Row
Get some muscle for your
dollar! We do odd jobs in the
Burlington area, rates at
$15/hour/rower. Schedule with
Gabe and Stephen, uvm,
rar@gmail.com

Merchandise
Represent the team with some
of our gear! Contact your child
or myself, and we’ll get you a T-
shirt, bow tie, sweatshirt, or
one of our other products.

Please mail to:
UVM Crew
590 Main Street
Davis Center 311
Burlington, Vermont
05405

This is being sent out after the Vermont Classic. Look for results on our social media platforms
-- Facebook is the most reliable source.

Thank you for reading!
Questions or comments? Send them to:

Halsey Payne
UVM Crew Fundraising Chair
jhalseypayne@gmail.com

Find us at our boathouse for the VT Classic:
384 W. Milton Rd.
Milton VT 05468

And our mailing address:
UVM Crew
590 Main Street
Davis Center 311
Burlington, Vermont
05405