Dear UVM Crew alumni, parents, and friends,

After one last race up the Lamoille River, we have pulled up the docks and we are preparing for another winter of rigorous training. The team cannot thank you enough for your support over the course of this fall season. Your enthusiasm has helped our team to make great gains as an eights program.

The UVM Crew team had the pleasure of hosting two home races this fall. In our season opener we beat our rival, the Middlebury College Crew team. The Vermont Cup is safe and sound on our desk once more. The varsity squads defeated both the University of Massachusetts Lowell and the University of New Hampshire teams in their last race of the season. We are glad to see the Lamoille River continue to be a place of great competition.

With this momentum and our boundless positive energy, we are ready to train hard from now until when the Lamoille thaws. We want to ensure that spring 2014 will be a winning season for UVM Crew.

Meanwhile, we are determined to make the most of our Rent-A-Rower connections this winter so that we can continue to invest in new equipment, cover the team’s operating costs, and ensure this burgeoning program’s longevity. As always, we appreciate your donations, which help us to remain competitive with other teams in and around New England.

This year we are having an oar-naming campaign. A donation of $100 dollars or more will secure a place for your last name on one of the UVM oars. Watch your name flash in the sunlight as UVM passes other crews and finishes first!

Finally, if you have not done so already, like our Facebook page, https://www.facebook.com/UVMROW, to follow our progress as we erg and lift our way through the winter. For now, keep thinking warm weather and fast 2ks!

Best,
The UVM Crew Team
Meet our coaches...

Men’s Varsity Crew

Ian Anderson, UVM Crew alum, started rowing for the program in the fall of 2006. Anderson brought home the gold from the New England Rowing Championships in the V4 category during the spring ’09 and ‘10 seasons.

He began his coaching career with the UVM Crew team alongside Casey Clark in 2011 as he continued his graduate studies in civil engineering at UVM. After two years of helping with the novice squad, he took over as head coach of the men’s team. Anderson has lead the return to a Varsity 8 program, and in the Spring of 2013 raced the 1st, 2nd, and 3rd V8 events at the New England Rowing Championships. This ended UVM Crew’s twenty year absence in the MV8 event.

Coach Anderson is, “Excited to be a part of such a dedicated and motivated bunch,” and is “looking forward to growing the team further.”

Women’s Varsity and Novice Crew

Coach Doug Connelly joins UVM Crew for a second year as the Varsity and Novice Women’s coach. His first year at UVM proved to be successful with podium finishes from both the varsity and novice programs during the spring season, as well as a bronze from the varsity four at the Quinsigamond Snake Regatta this fall.

Doug Connelly rowed at Colby College from 1995 to 1999, earning medals at Head of the Charles, New England Rowing Championships, and ECACs. In his senior year, Connelly helped his crew win the New England Men’s Point Trophy and his team awarded him with Colby’s ‘Spirit of the Oarsmen’ Award. Following graduation, Connelly joined Coach Steenstra at The Ohio State University, coaching the novice men.

Doug’s coaching abilities have been recognized with the receipt of the Northeast Women’s Coach of the Year award given at the 2013 ACRA Championship at the end of the spring season. The women’s team looks forward to Doug’s guidance as they prepare for their second sprint season together.
Thoughts on the Fall 2013 season:

Varsity Men's Crew

The UVM Men's Crew began its fall season with a redeeming win against our rival and friend the Middlebury Crew Team. The men's team is continuing in its work toward a long-term 8's program, with the second year of a first and second varsity 8, in addition to the two frosh 8's joining this fall. These large roster numbers show the move isn't just a flash in the pan, but a commitment to the program from the returning rowers, who have shown they are up for the challenge of representing the UVM Crew.

In our second race of the fall season, the men headed to Worcester to partake in the Quinsigamond Snake regatta, entering two varsity and two novice 8's. The men's 1V placed 4th of 14 just behind the Middlebury Crew with the 2V coming in 11th. The novice raced in even lineups and placed 5th and 7th of 12. The racing was a great test for all crews, and an excellent motivator for the 1V, who got a bit of pain seeing Midd sporting new medals, and would work to catch them again at the Head of the Charles.

Entered only in the Men's Collegiate eights, the men were in a field of 40 boats, and would need to place 20 or higher to gain an automatic qualifier for next years race. In excellent fall weather, them men rowed a strong and safe race, finishing the course in 16:29.2, for 21st place. Though they did not automatically qualify for the 2014 HOOCR, the men had an excellent race, the best in our team's history for the event. An extra reward for the great row was finishing just ahead of Middlebury. The Catamounts beat the Panthers by 5 seconds.

In our last race as a full team, the UVM Crew hosted a home regatta rather than traveling to the Fish. With UNH and UMass Lowell racing, the men entered 4 men's eights (1V, 2V, 1F, 2F). The 1V won the day, followed by both UNH A and B, then our 2V, and UML A and B. The novice eights had a strong race, but finished just behind the UML Frosh 8. In the second races of the day, a UVM V4 defeated UNH's V4's, and our N4 finished third against N4 from UML and UNH. As an exciting addition to racing, the UVM 2V8 raced 2000m sprint against the UML 1V and 2V, winning the race by a bow deck over the UML 1V. The racing was fast and fun, with all boats competing well. It was a great end to the teams racing, with just the Green Monster Freshman Invitational remaining for the Frosh 8's.

The men are now indoors and winter training is underway. They are hard at work with their eyes on fast dual racing, and climbing up the standings at the 2014 NERC. As our spring schedule begins to take shape, the men are focused on strong performances at New England's in Worcester MA on May 3rd, and ACRA National Championships in Gainesville GA on May 24-25th.
Thoughts on the Fall 2013 season:

Women’s Crew

In many ways, our fall season was shaped by the successful crews of the previous spring. The ACRA national champions in the women's varsity four returned for another season of rowing after their gold medal performance at Lake Lanier last May. Coxswain Christa Finley, Tara Goodwin, Frances Iannucci, Michaela Cornbrooks, and Alex Hanson trained for most of this fall season together, capping their run with a bronze medal at the Quinsigamond Snake Regatta.

Another highlight from Spring 2013 was the New England Rowing Championship bronze medal performance in the women's novice eight. UVM’s novice women dominated their opponents throughout April, and it paid off with a trip to Quinsigamond medals dock in May. Many returned to fill the varsity eight this fall, training to find the boat speed necessary in the varsity eight event.

The women raced in the collegiate eight event at this year's Head of the Charles. They raced hard, though hoped to finish stronger than 19:55, placing 22nd. So, the following week, it was a great victory for all our women's eights - WV8, W2V8, WN8, W2N8 to sweep the University of New Hampshire on our home course.
Thoughts on the Fall 2013 season:

Novice Men’s Crew

My name is Annelies McVoy. I have had the privilege of coaching the Men’s Novice Rowers this fall. We’ve had a great time together, and the guys have improved dramatically, both as individuals and as a team. Some of the rowers came from high school programs, while others are rowing for the first time. It has been a joy to work with them all. While we were still on the water we focused on the mechanics of rowing a boat. This included learning how to balance that gigantic long toothpick they were sitting on while sliding back and forth putting oars in and out -- getting 8 guys to do that at the same time takes discipline and focus. The final two races of the season indicate the level of improvement these guys have made. In the penultimate scrimmage with Dartmouth and UNH here at home the technique got away from them a bit and they ended up 2nd and 3rd out of three novice boats, but they more than made up for it at the Green Monster regatta at Dartmouth to finish the on-water season.

The Green Monster is an all-novice regatta. In all, more than 40 boats rowed upstream at Dartmouth, and then turned and raced back down a 3-mile course, each boat starting about 15 seconds apart. The women came by first, then the men. The men’s boats had some exciting moments where several came up alongside each other, including a few getting too close and crashing! Fortunately, neither of the two UVM Novice boats ran into that difficulty. Racing against Harvard, Yale, Boston University, MIT, UMASS, Trinity and Holy Cross, the UVM men did well. They beat all three MIT boats, all three UMASS boats, two of the four Harvard boats and the Holy Cross B boat. From the coach’s standpoint, though, they won first place for keeping their stroke rating down and keeping their technique together. They rowed past looking strong and clean, which is at this point in the year hugely rewarding to see as their coach.

Also, there is a beautiful humility about the UVM team. They are strong and cocky, of course, but while all the other teams showed up in fancy coats with matching uniforms, sweatshirts, bags, jackets, etc. the UVM team rolled in early in a bright yellow school bus, wearing whatever UVM swag they’d acquired by this point. Their team spirit was wonderful to witness - helping pass other teams’ boats over a misparked car, cheering on and wishing well to neighboring teams as they set out for the water, and being one of the last teams to leave because they were just having fun hanging out together...

Meet the new Men's Novice coach, Annelies McVoy!

Annelies McVoy rowed for the University of Wisconsin-Madison and graduated with a degree in German. Her best regatta experiences include winning Eastern Sprints and Nationals. Club rowing and coaching followed for several years after college. She met David Feurzeig at Cornell University where flipping a pair ended a short-lived experiment in dating by rowing together. David and their four children moved to Vermont five years ago from Illinois. She still can't believe the views here and is always excited for snow and the ski season.

Annelies has been teaching – whether music, dance, or ski lessons – for most of her life. Rowing has always been in her blood, however, and she is very happy to be coaching again. She is proud of the progress the Novice Men have been making and looks forward to a great spring season.
Thoughts continued...

… Now we're into winter training, which will cover nutrition, cardio-vascular fitness, flexibility, strength training as well as constant nudging to get enough rest and above all focus on academics first. Please keep them moving hard over winter break: sweat hard every day, watch the carbs, drink water, not soda, etc. They will go home with a winter training plan. If possible, help them find access to an erg at a nearby club or gym.

It's been a pleasure to share the late afternoons with your son or daughter, and we look forward to rowing hard come January.
Women’s Varsity 4 at NERC

Women’s Varsity 8 at the Head of the Charles

Men’s 2nd Varsity 8 at the Vermont Cup

Post race smirk

One of our trusty 4s
Name an oar, support an oarsman

The UVM Crew, through the hard work of our rowers, and the support of our friends, alumni, and family has made some excellent progression in the past years. The time and effort put in by the student board and the men and women rowers have led to some fantastic growth of the team. With this growth has come a need for greater and greater fundraising to support the expanding roster, and to match their hard work with the equipment that will let them succeed. The rowers are hard at work with the RAR program, but there is a need for additional funding.

The Alumni support at races and the representation of the Men’s and Women’s Alumni eights at the Head of the Charles the past few years have been a strong show of support and example set for the current members of the team. They see that there is history to this team and that participation and membership doesn’t have to end the day you graduate. The family of UVM Crew grows every year, and we encourage the continued involvement of our wonderful alumni.

We are opening up a new fundraising opportunity, the Name an Oar program. The one time donation of $100 gets your name on an oar for the team of your choice. Alumni, Family and Friends are encouraged to show their support for the women’s or men’s squad, and in return we will show our gratitude by labeling the oars with the name of your choice. All proceeds will go to support the team of your choice.

To name an oar, and support our oarsmen or oarswomen, email crew@uvm.edu for instructions on donation. Donations are tax deductible, and you will receive a receipt acknowledging your generous gift.

Spring 2014 – Tentative race schedules

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<th>Men</th>
<th>Women</th>
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<tr>
<td>April 13: At Middlebury College, VERMONT</td>
<td>April 5\textsuperscript{th}: Simmons College, Boston MA</td>
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<tr>
<td>CUP, Middlebury VT</td>
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<tr>
<td>April 19: At UMass Lowell, Lowell MA</td>
<td>April 12\textsuperscript{th}: Clark University, Worcester MA</td>
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<tr>
<td>April 20: At WPI, Worcester MA</td>
<td>April 13\textsuperscript{th}: Middlebury College, Middlebury VT</td>
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<tr>
<td>April 26: At Bates College, Lewiston ME</td>
<td>April 19\textsuperscript{th}: UMass Lowell, Lowell MA</td>
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<tr>
<td>May 3: New England Rowing</td>
<td>April 26\textsuperscript{th}: Bates College, Lewiston ME</td>
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<tr>
<td>Championship, Worcester MA</td>
<td>May 3\textsuperscript{rd}: NERC, Worcester MA</td>
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<tr>
<td>May 24-25: American Collegiate Rowing</td>
<td>May 24-25\textsuperscript{th}: ACRA National Championship,</td>
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<td>Championship, Gainesville GA</td>
<td>Gainesville GA</td>
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Final Thoughts

Rowers learn from an early point that their sport requires a tremendous amount of teamwork. Whether it’s the division of van-driving responsibilities, the opening of oarlocks and the fetching of oars, or working to make the boat move smoothly, each aspect of this sport requires focus and selflessness. The athletes of this team are surrounded by a tradition of teamwork and support. We see alumni rowers proudly sporting green and gold as they race along the Charles River, and our parents host and feed this ravenous pack as it traverses the east coast during the fall and spring seasons.

Everyday is a lesson in teamwork for a rower. Everyday we feel privileged to work with our alumni, parents, and friends who allow us to row and inspire us to continue this legacy of collaboration and generosity. We look forward to hearing your cheers and to enjoying your company this spring and beyond.

- Stan Walden ’16

Upper left: Men’s 2V8 post VT Cup
Lower left & below: Women’s V4 national champions!

Photos courtesy of Nick Bucci ’16, Stan Walden ’16, Liz MacNeill ’15, and Grace Brondyk ’16