

AT THE CATCH

The Official Newsletter of Colorado Crew



Welcome back everyone to the start of another fall season! The team has spent the past few weeks recruiting a new novice class, teaching them the basics of rowing, and helping them adjust to our training schedule. For most of our novice, the toughest challenge will be getting used to the early mornings. Our varsity athletes have been working tirelessly in recent practices to find their swing again and recover their technical skill that might have been lost during the off season. We have also received confirmation that two of our bids for HOCR were accepted! This fall season is already amounting to be another successful start to the year!

Thank you to all our friends, family, and alumni for your continued support. We look forward to sharing with you all our PRs, new hardware, and stellar adventures through out the year. See you all very soon!

-Aaron Miller
Alumni Relations

In This Issue:

Our First Three Weeks

Meet the Coaches

Save the Date

PAC-12 Awards

OUR FIRST THREE WEEKS

Prepping for the upcoming season



The team has spent the first few weeks planning, prepping, and training for the upcoming season. During our first week, we prioritized technique and made routine checks of our equipment and boats. Going into the second week, the varsity program focused on the finish position and the recovery sequence. Off the water our strength coach, Chris Gronseth, tested our athletes ability to lift properly and safely before allowing them to tackle heavy weights. We want to insure that

the varsity program trains both safely and effectively. The third week once again focused on technique and finding our swing with a practice 5/6k thrown on top. Now, after all the necessary preparations have been made, we look at week four as the start of our grind for gold. From here on out it's nothing but early mornings, blistered hands, and one goal in mind: to be the best crew we can be. Our athletes would have it no other way. When race day comes, look for us at the head of the pack.



Record Board Updates

We will be keeping you up-to-date on all the latest record breaks here on Colorado Crew. Two novice women have started the year off strong by taking the number two and five spot on the 5k record board for novice women. Lauren Orr finished with an incredible time of 20:48.6 (2:04.9 split) nabbing the No. 2 spot. Right behind her was fellow novice Adair Pattillo who took over the No. 5 spot with a time of 21:08.3 (2:06.8 split). Both opted out of taking the 4k tryout and instead chose to tackle the 5k assessment. What an incredible way to start your rowing careers. Great job!

MEET THE COACHES

Our 2018-19 Coaching Staff



Varsity Men's and Women's Coach: Jen Gilbert

Returning for her second year as Varsity Men's Coach and taking up the mantle of Varsity Women's Coach is Jen Gilbert. In regard to the upcoming season, Jen Stated, "I'm incredibly excited for the 2018-19 year with Colorado Crew. The Varsity are working together as one team with the Coaching structure and are already putting in the hard yards to achieve their goals. I'm eager to see where this year takes us both on and off the water".

Novice Men's Coach: Michael McNally

Taking over the position of Novice Men's Coach this year is Colorado Crew alumnus Michael McNally. During his years with the team he has made the PAC-12 All Academic Team 3 times and the ACRA Academic 2nd Team Twice. As someone who has already devoted three years to the team, Michael brings a wealth of passion, knowledge, and understanding as to what it takes to be an athlete on Colorado Crew!



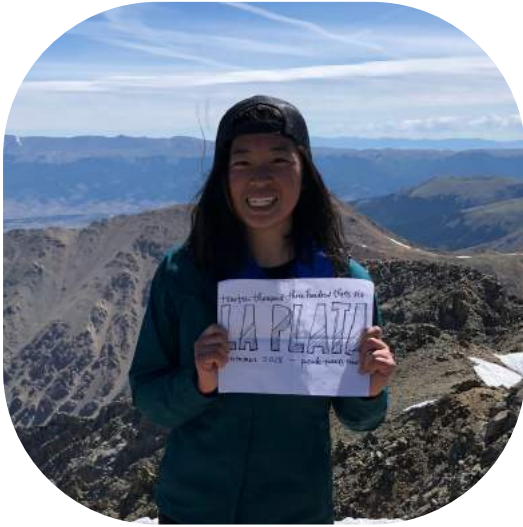
Novice Women's Coach: Emily Villeneuve

Making her Colorado Crew debut as our new Novice Women's Coach is Emily Villeneuve. Emily is a former coxswain for the University of New Hampshire. During her time there, she coxed the women's collegiate 4+ to a bronze medal at HOCR in 2016 and in 2017 won gold in the same event. She was also the President of the team during the 2016-18 season. We welcome Emily to the Colorado Crew family!



Assistant Coaches

Amy Chen



Samuel Pruitt



Robert Tyrrell-Ead



Three Colorado Crew Alumni are returning to the program this year as assistant coaches. They have already spent countless hours with the team and we are more than happy to welcome them back to the program!



SAVE THE DATE!

Upcoming Fall regattas and events

Red Rocks Run

Saturday, September 22 at the
Red Rocks Amphitheater
Start time: 7:00 am

Barry Sinkey Memorial Regatta

Saturday, October 6th at the
Boulder Reservoir

See us take on CSU, DU, and BCR in our first showdown of the fall season. Hosted during parents' weekend, this is the perfect opportunity see the team in action. Will the Alumni 8+ take down our Varsity boats?

Colorado Crew Classic

Sunday, October 7th at
the Colorado National Golf Club

Also hosted during parents' weekend, the annual Crew Classic golf tournament is one of the most exciting events of the year!

- \$120 entry fee
- Includes breakfast, lunch, cart, and range balls
- \$20 fee to attend lunch only
- Payment due October 1st
- Click [here](#) for more information and to sign up for the event

Jayhawk Jamboree

Sunday, October 21st |
Lawrence, Kansas

Head of the Charles Regatta

October 21st - 22nd | Boston,
Massachusetts

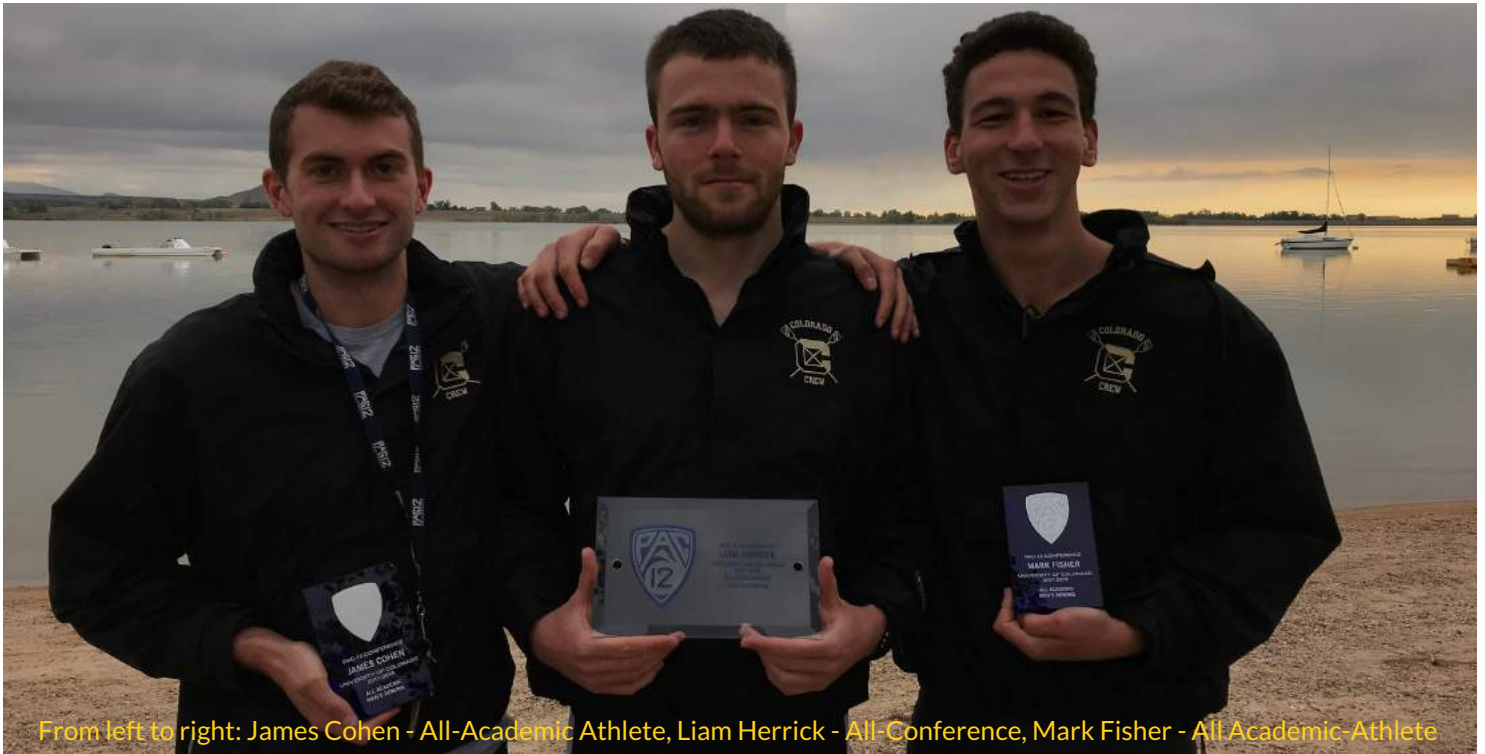
We are pleased to announce that two of our boats have been entered to race in the Head of the Charles. Both our Women's Collegiate 4+ and our Men's Collegiate 4+ are scheduled to race Sunday afternoon. Colorado Crew Alumnus, Roman Sammartino, will also be racing on Sunday in the Club Singles event. Sko Buffs!

Frostbite Regatta

Sunday, November 4th | Wichita,
Kansas

PAC-12 CONFERENCE

Recognizing our athletes



From left to right: James Cohen - All-Academic Athlete, Liam Herrick - All-Conference, Mark Fisher - All Academic-Athlete

September provided Varsity Coach, Jen Gilbert, the opportunity to attend the Pac-12 Rowing Coaches Conference held annually in San Francisco, California. Jen joined the 4 varsity and 5 club program head coaches for a day of talking about all things Pac-12. The conference provided an insightful opportunity for the programs to discuss the May Pac-12 Rowing Championships regatta; its structure, timetabling, and race events. The conference also gave the coaches time to share their media and marketing strategies and how they tie into their programs. Club and varsity coaches heard from each other about the current happenings of their own programs as well as plans to further develop the speed and size of the club rowing component in the Pac-12 championships. "It's an excellent day where the club and varsity coaches can come together to further develop the Conference of Champions. This year was especially good because each program utilized the time to swap ideas and everyone walked away with more knowledge. It also provided the opportunity to further discuss potential dueling and racing opportunities for the coming season that tie in with each program's Spring Break camp and racing calendar." - Jen Gilbert, Varsity Head Coach

ATTENTION ALL ALUMNI

Classic uniforms and vintage gear will be available for purchase at the Barry Sinkey Memorial Regatta for **Alumni Only**. This is your chance to take home a brand new uni from your time on Colorado Crew. Do not miss this opportunity. All of the vintage gear available is in short supply so get it while you can!



THANK YOU



As always, thank you for your support of our athletes. We wouldn't be here without the support of our families, friends, and alumni. Thank you for putting up with our stinky spandex, early morning alarms, blistered hands, voracious appetites, and obsession with "fat ergos". We row for you.

RENT-A-ROWER

Need work done? Athletes on the team are able to help fund their dues by fulfilling odd jobs at the low rate of \$15 per hour of work. More information can be found at www.colorado.edu/sportsclub/crew/rent-a-rower. Contact Rent-a-Rower chair, Sophie Chumakova, at crewjobs@colorado.edu with your request, number of rowers needed, time requirement, location, and available dates and we'll get on it!

DONATIONS

This team couldn't be where it is today without the generous donations from our friends, families, and alumni – whether that's money towards equipment (our team truck needs a lot of help right now, but erg sliders are on our wishlist, too!), donating meals at regattas, volunteering their time at races, or any other creative way you can think of giving to the team – we are always in need of a little bit of extra support and appreciate it so much! If you have connections to clothing or travel companies, want to help organize food at a race, would like to make a monetary donation, or support our athletes in their quest for medals and winning races in any way at all, please contact our president, Mark Fisher, at mark.fisher@colorado.edu. If you'd like to purchase some team gear for yourself or your athlete, please contact our secretary, Francesca Kealey, at francesca.kealey@colorado.edu



If you find that there are any errors or mistakes in this newsletter, please email Aaron Miller, Alumni Relations, at coloradocrewalumni@gmail.com and we'll be sure to rectify it in the next issue! Please feel free to contact him with any questions, comments, or concerns - or anything you want to see or anyone you want to recognize!