



Fall 2017

President's Corner by Justin Martin

Hello Family & Friends!

The fall season is going strong so far and we're ready for a competitive season! I'd like to start off by inviting you to attend our last race of the season: The Head of the Fish in Saratoga Springs, NY. The Fish is an exciting race and is always a great conclusion to our fall season.

We're excited to have some new equipment this fall too! We recently purchased a new trailer and a new F350 truck! In addition to the truck and trailer, the team bought a new 4+ in the spring. The "Endurance" is the newest addition to our fleet of boats.

We're also proud to be attending the Head of the Charles this year! We have eight women (and their coxswain, Paul) representing the RPI Crew team this year! The women have been putting in a lot of meters this fall in preparation.

If you have any questions I encourage you to reach out to me via email at crew-president@union.lists.rpi.edu. I would love to hear from you! Don't forget to check out our website at <http://crew.union.rpi.edu>! Finally, I would like to thank you for supporting our team. You are an integral part of our team and we appreciate everything you do. I look forward to having you cheer for us whether it's on the river side or from home. Here's to another great season!



Here's what we are up to this season!

Sept 30 - Marathon Row to Albany!

Oct 7 - Head of the Genesee, Rochester, NY

Results:

Varsity Men: 18:26.81

Novice Men: 19:49.21

Varsity Women: 20:28.95

Oct 14 - Quinsigamond Snake Regatta, Shrewsbury, MA

Results:

Varsity Men: 15:07.769

Novice Men: 16:07.027

Varsity Women: 18:39.101

Oct 21/22 - Head of the Charles - Cambridge, MA

Oct 28 - Head of the Fish - Saratoga Springs, NY



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Summer Crew Successes - Dan Fee

Over the past summer, I took the opportunity to row for the Detroit Boat Club along with fellow RPI crew members Michael Landuyt and Katy Flynn. In doing this, while we were wearing the blue and black of Detroit, we were showing the speed and ability that members of RPI Crew can hold. We trained extensively, twice per day, every day of the week, to build ourselves up for the US Rowing Club National Championships held in the second week of July, in Cincinnati Ohio. Michael and I trained to race in the Senior Lightweight Men's Double (2x), while Katy trained for the Intermediate and Senior Women's single (1x). For Michael and myself, that meant getting as strong as possible while still remaining below 160 pounds, as required by US Rowing to qualify as a lightweight. Additionally, for me, I had to learn sculling, something I had never done before. The challenge was extremely rewarding, as during the summer Michael and I ironed out many of the issues that we had in the boat at the beginning of the summer (especially my sculling skill), and the efforts were rewarded with a silver medal at the national level, in my first official race in a sculling boat, ever. Katy walked away with a bronze in the intermediate women's single, and Michael also picked up a gold in the senior lightweight men's quad (4x).

This success really shows the potential for members of RPI crew, from those who came in with experience (myself and Michael) to those who come in without any experience, but that have a drive to win (Katy). I've also worked to take a lot of the things that I learned over the summer and bring them back to the team, to help improve my teammates going forward in this fall season, as well as my next 3 semesters.

This season's captains are:

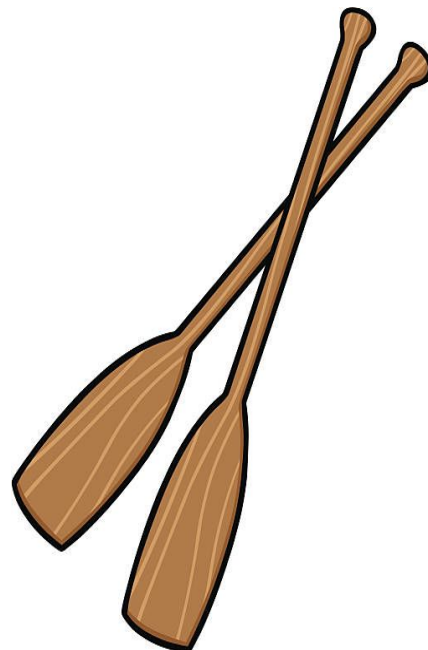
Varsity Men - Dan Fee

Novice Men: Lucas Vanslette:

Varsity Women: Sarah Levinson

You can see footage of the double racing here:
<https://youtu.be/HU7tCjI3BKA?t=2h13m8s>

You can watch Katy's race here:
<https://youtu.be/HU7tCjI3BKA?t=2h35m47s>





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Varsity Women - Sarah Levinson

We returned this semester from the summer ready for a great season. The boat spent our practice weeks working together, combining returning varsity and new varsity members to create a strong, fast team. Our weeks of early morning practices came to a head at the first race of the season, the Head of the Genesee in Rochester, where we rowed an eight. The race was long, but we rowed hard and succeeded in passing another boat on the course. Our next race took us to Shrewsbury, MA for the Quinsigamond Snake Regatta, where due to injuries on the team, we raced a four instead of an eight. The girls did not let that keep them from rowing a great race, however, and did an amazing job in the four. The team is now looking forward to rowing an eight for the rest of the season, first next weekend at the Head of the Charles in Boston and then finishing our season in two weeks at the Head of the Fish in Saratoga Springs.





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Crew - Lucas Vanslette

Personally, I didn't know what to expect when joining crew. I thought at least, if anything, it'll be a great workout. As the first week passed, I realized that crew was much more than a daily workout routine, more than just pulling on an oar.

Crew isn't like any other club I've been in or heard about at RPI because you can't succeed alone. Crew goes beyond your typical high school sport because you must have complete trust in your teammates during a race, else you slow down the entire boat. In crew, you have more than just your teammates in your boat, you have your friends.



Coaches' Corner by Coaches Amy Morgan, John Watts, and Kyle Dieterle

RPI Crew returned this season as a young team, moving up 7 men and 6 women to varsity morning practices. We continue to get more done by 7 a.m. than any other sport on campus. The women's eight won the lottery for the Charles and bonded as team with the focus of rowing in the largest regatta in the world. In preparation for these big regattas, the varsity rowers have three 6k tests to complete this season. Here are the top three names and fastest time per squad thus far: Dan Fee (21:34.6), Justin Martin, and Kris Whelan for the men and Lydia Kelley (25:43.2), Gina Alexandro, and Krista Biggs have the top three spots for the women. All rowers continue to push themselves as individuals to row hard everyday and then make the fastest eight possible at the end of October.

As we move forward, recruiting will be a top priority to share the excitement of the sport with other potential rowers and coxswains. The novice men already learned that making boats go fast is fun and as they continue to develop their skills on the water, we look forward to seeing their performance at the Head of the Fish.