

BLADE AT THE CATCH

The Official Newsletter for the Friends of Harvard-Radcliffe Rowing | FLORIDA EDITION 2016

A NOTE FROM OUR FRIENDS PRESIDENT

Greetings, Friends!

This February edition of The Blade at the Catch showcases the teams' annual Winter Training Trip in and around Sarasota, Florida. Please enjoy the commentary provided by this year's team captains.

The rowing program is grateful to the members of our community who support this trip, especially Bill Ackman '88 whose recurring generous underwriting makes it possible to be ambitious. Indeed this year we are, because we are (for the first time) planning a follow-on selection camp in March. Most of the rowers will return to Florida during Spring Break, to set the season-start lineups by seat racing in guaranteed warm weather and good water.

The Committee of the Friends especially thanks the community of parents who responded with great enthusiasm to our recent parent appeal, the annual "Letter from Camp." Donations and thoughtful emails and comments have arrived from around the world and we are delighted with your response. Thank you so much for investing in our athletes.

For those of you – alums, parents and others – who have not yet supported the Friends, now is a great time. Giving with a credit card is as simple as clicking [here](#), or contact Trevor MacDondald at tmacdonald@fas.harvard.edu for information on other ways to give. For those of you in reunion years please remember that gifts to the Friends are eligible for full "class credit."

Traditional winter training has resumed in Cambridge, and of course it's never dull. The night before the teams arrived home from Sarasota, a water main broke at Weld Boathouse, flooding it with tens of thousands of gallons and shorting out the electrical panels. The University jumped on things quickly, but the boathouse was off-limits during repairs. Without skipping a beat, the women carried 37 ergs across the JFK bridge and encamped with other teams. At one point the RVL and RVH could be found erging on the mezzanine above

the track, or packed like sardines into squash courts. Apparently 21 ergs can fit! Otherwise training at the Newell tanks and Dillon proceeded as normal. The teams have only just moved back into Weld, and the erg schlepping is over! More than ever, we look forward to the spring!

Gratefully,

Karen Mueller '88





RADCLIFFE HEAVYWEIGHT

Our Florida winter training trip has come to a close! Camp kicked off in the usual fashion with a 30-minute erg test capped at a low rate; overall great performance included stand-out showings from new team members. We brought this momentum onto the water, first mostly on the Manatee River at Fort Hamer. Pieces ranged from 40 seconds to 29 minutes, and a typical day saw two evenly matched eights battling it out at each session.

Over the first two days, Dan Bechard, a Hudson representative, gave us individualized feedback on the power curve of the stroke. He rigged a four with technology that measures the power application of each rower from catch to finish, and the acceleration of boat speed throughout the drive and recovery. This hard data provided not only specific personal feedback but also insight into how we match up together as a crew, and has been instrumental in making technical changes.

Later on we migrated to the course at Benderson Park for two days of racing in coxed fours. Despite difficult wind conditions, the team raced with incredible intensity and showed great sportsmanship. Since our freshman year we've tracked the development at Benderson and witnessed the site's progress toward a world-class racing venue.

This year was both physically draining and mentally exhausting, and the team rose to the occasion. We have been lucky to have Radcliffe alum, Holly Austin '01 helping us with team building and to redefine our philosophy. We have adopted a pack mentality and revived an old Radcliffe mantra: The strength of the wolf is in the pack, and the strength of the pack is in the wolf. We understand the individual commitment necessary to become more effective rowers and teammates. #packimpact.

This year we have three superstar seniors chipping away at theses: Erin Slatery, Danielle Feffer, and Mary Carmack. Mary's thesis brings rowing into the classroom; she is designing a device that measures the force on the footplate,

as well as a video review app that uses the data. Danielle, concentrating in Human Developmental and Regenerative Biology, is looking at genes involved in cancer metastasis. Erin, also an HDRB concentrator, is studying the role of a spinal muscular atrophy associated protein in cancer cell proliferation. Ahead of all is Ali Forelli, who is currently taking master's classes having completed her undergraduate degree last year.

Injuries largely affected the team in the fall, but we had a full complement of healthy athletes return to camp, and we leave Sarasota stronger, fitter and mentally tougher. Team spirits are high, capped off with a good-humored karaoke battle with Wake Forest Women's Basketball team in the Atlanta Airport. We thank the Florida community for their continued support, and those Friends around the country, the world, who continue to support us. When we return over Spring Break, we will build off this camp and our winter training at Weld.

Until next time,

Freddie Archibald and Gen Mulligan, Co-Captains

VIDEO

STAY CONNECTED, FOLLOW THE TEAM!





RADCLIFFE LIGHTWEIGHT

In Florida this year, RVL's boats were swinging, our muscles were sore, and our spirits were high. RVL took advantage of the water time to get stronger and faster each day. Doing pieces in the morning, and steady state in the afternoons, we grew physically and technically under the guidance of our new coach Sarah Schwegman - also known as "Eggs." Along with our new coach came new drills and new workouts, including a particularly memorable parking lot circuit in the pouring rain. We have also spent much more time rowing at Nathan Benderson this year on the buoyed 2k course, which is incredible preparation for racing in just a few short months. With the luck of cooperative weather, we got a chance to build up a base that will last us through the long winter of erging and into a hopefully successful racing season.

The Florida training trip is when RVL really comes together as a team. We might have learned how to drop the blade in at the catch with lightning speed. But we also found out who the craziest team drivers are, who is most likely to sing along to top 40 songs in the car, and who can be called on to help prepare a four-course gourmet meal with only a grill and some creativity at their disposal. This year a lot of the bonding happened by the pool on sunny days and in groups watching Oscar-nominated movies at night (we are rooting for Spotlight). We also got to know Sarah a lot better - her tendency to get "hangry" at lunchtime and her enthusiasm for RVL "adventures" during downtime. We're so lucky to have had this time to grow closer. As they say, a team that grills together wins together.

Usually, we would be lamenting that this is the senior's last trip to Florida, but this year we are happy to know that most have a shot at returning in March. The class of 2016 is such an incredible group of leaders. Naomi Lang is hard at work on her new blog Female Athletes of Boston and has accepted a job in her native Australia with Hubspot. Coxswain Gabbie Guiliano, a neurobiology concentrator, is currently working on her senior thesis and preparing for med

school interviews, as is Sam Guhan. Kristen Faulkner just joined RVL this year, having rowed with the heavyweights previously, and has brought a lot of speed to the team. She will be working in venture capital next year in New York City. Co-captain Olivia Henry won't be far away from Kristen, working as a research analyst in Stamford, Connecticut. It just goes to show how diverse and driven our seniors are.

We are, as ever, in awe of the scale of this endeavor to send the entire program to Florida. The trip, with its intense training regimen, is much more than an extremely expensive tanning session - not that we are complaining about that perk - it is also a huge investment in our strength and skills, one that we are excited to repeat in a couple of months. For those of you who remember how valuable this time is for gaining speed and team cohesion, we hope you can contribute to our next step towards a competitive spring season.

--Olivia Henry '16 and Ruby Emberling '17

[Florida Sunset Row](#)
[Coxswain's eye view](#)

STAY CONNECTED, FOLLOW THE TEAM!





HARVARD HEAVYWEIGHT

After spending a restful winter break with friends and family, HUBC oarsmen reconvened to resume training in the warm weather and flat water that Florida consistently provides. The nine-day training camp kicked off with some early morning sessions consisting of long miles in eights on the Manatee River where coaches Butt, Lapage and Boyce quickly got to work reestablishing the team's technical skills developed throughout the fall. Afternoon sessions typically took place at Nathan Benderson Park, where the six-lane buoyed course provided a useful location to train in smaller boats such as pairs and fours.

As camp progressed, the coaches challenged the team with more competitive, side-by-side racing at Benderson Park to help prepare the squad for the upcoming spring racing. The team responded well to the healthy competition with each man rising to the occasion and bringing the best out of those around him.

By the midway point of the trip, the team enjoyed a very welcomed invitation to join the Taaffe family for a home-cooked meal of prime ribs, which I think all would agree helped refuel the team to close out the remainder of camp just as strongly as it was started. Off the water, time between practices was usually spent stretching by the pool, preparing jokes for the annual Florida Skit Night or cooking meals on the hotel's grill.

Aside from a tornado warning on the fifth morning of camp, we were very fortunate to experience good weather. The temperature for the majority of the trip was in the mid to high 60's, which proved to be a perfect temperature to practice in. The mangroves lining the Manatee River and the retaining wall at Benderson Park also ensured that the water remained protected, keeping it row-able even on days when the wind picked up.

In line with past years, camp ended with a four-mile race, where the intra-team competitiveness was on display clearly as ever. Any signs of fatigue from the

previous eight days were quickly hidden as each crew battled hard, determined to end camp with a final win.

HUBC is extremely thankful to The Friends and our broader community for support for this trip. Florida camp not only provides each oarsman with the opportunity to train without the rigors of a demanding Harvard class schedule, but it also fosters camaraderie and a competitive spirit within the team, which will no doubt be integral components of achieving success in the 2016 racing season.

James Croxford '16, Captain

VIDEO

STAY CONNECTED, FOLLOW THE TEAM!





HARVARD LIGHTWEIGHT

This year's Florida camp was one of many firsts in my tenure with HVL. We would erg test, integrate the frosh, row straight fours at Benderson Park, and conduct a seat-racing matrix – all while having more fun, and eating more food, than ever before.

Our camp kicked off with a 5K erg test for the first time in recent memory, along with a goal-setting session. The erg test results allowed us to fairly evaluate everyone on our squad, and gave us a starting point for boatings with our newest teammates from HFL. Though the real value of the test was the added incentive it gave guys to train over the break, it set the tone for the remainder of our camp. Following the erg it became clear that this camp would be harder than it has been in the past, that there would be more racing than there has been in the past, and that as a result this camp would be more satisfying than it has been in the past.

To facilitate this change we shifted our grinding morning sessions over to Nathan Benderson Park, with our steady afternoon sessions remaining at Fort Hamer for technical rows in coxed eights. At Benderson we had borrowed two Hudson straight fours, and we brought along two of our coxed fours. By employing an 8AM and a 10AM shift we were able to have four eights worth of guys lined up side by side for a good go every morning (and we sometimes had a guest appearance by Andrew Campbell '13 beside us in his double). Everyone is leaving this camp having been tested. Going into our winter training, every man knows where he stands, and how far he has to go to achieve his goals.

I would be remiss to forget the highlight of the trip for many; a Cajun feast prepared for us by the Dupuis family (Andre '18) at their home featuring fried turkey, boudin sausage, crawfish pies, gumbo, and bread pudding. It was a meal neither I, nor the scale, will be forgetting for a while. Andre also introduced us to a pancake restaurant at which a number of HVLers tried to conquer the challenge to consume two pancakes, each one-foot long in diameter. No one

was successful...maybe for the best.

A five-man strong senior class anchored this trip. With four of us being roommates we are a pretty close-knit, but diverse, group: Lev is a walk-on ballet dancer from New York, Mitchel is another four year walk-on who has managed a pre-med degree, Cam is our senior Kiwi who can be counted on to contribute some novel humor, while Ian and I can be found discussing finance in the back of the bus. We are all incredibly grateful to have one more Sarasota camp this March.

As ever; From Sarasota, A Great Day to Row!

Sam Frum '16, Captain HVL

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2016 SPRING SCHEDULES

HARVARD HEAVYWEIGHT

Apr 2, 2016	Cornell	at Ithaca, N.Y. Cayuga Lake
Apr 9, 2016	Brown	at Providence, R.I. Seekonk River Stein Cup
Apr 16, 2016	Princeton with MIT	at Cambridge, Mass. Charles River Compton Cup
Apr 23, 2016	Penn with Navy	at Cambridge, Mass. Charles River Adams Cup
Apr 30, 2016	Northeastern	at Cambridge, Mass. Charles River Smith Cup
May 15, 2016	Eastern Sprints Championships	at Worcester, Mass. Lake Quinsigamond
Jun 3, 2016	IRA National Championships	at Mercer Lake, N.J. Mercer Lake
Jun 12, 2016	Yale	at New London, Conn. Thames River The 151st Harvard-Yale Regatta

HARVARD LIGHTWEIGHT

Apr 2, 2016	BC, Bates, UConn	at Cambridge, Mass. Charles River Scrimmage
Apr 9, 2016	Cornell	at Ithaca, N.Y. Cayuga Lake with Penn
Apr 10, 2016	Georgetown	at Cambridge, Mass. Charles River
Apr 16, 2016	Dartmouth	at Hanover, N.H. Connecticut River with MIT Biglin Bowl
Apr 23, 2016	Navy	at Annapolis, Md. Severn River with Delaware Haines Cup
Apr 30, 2016	Princeton	at Princeton, N.J. Lake Carnegie with Yale Goldthwait Cup
May 1, 2016	Columbia	at Overpeck, N.J. Hackensack River
May 15, 2016	Eastern Sprints Championships	at Worcester, Mass. Lake Quinsigamond
Jun 3, 2016	IRA National Championships	at Mercer Lake, N.J. Mercer Lake

RADCLIFFE HEAVYWEIGHT

Mar 26, 2016	Beanpot Regatta	at Cambridge, Mass. Charles River <i>vs. BC, BU, NU, MIT Rowlands Cup, Allen-DeWolfe Cup</i>
Apr 2, 2016	Dartmouth with Brown	at Cambridge, Mass. Charles River
Apr 9, 2016	Cornell with Princeton	at Ithaca, N.Y. Cayuga Lake Class of 1975 Cup
Apr 16, 2016	Clemson Invitational	at Clemson, S.C. Lake Hartwell
Apr 23, 2016	Yale	at New Haven, Conn. Housatonic River Nathaniel H. Case Cup
May 1, 2016	Eastern Sprints Championships	at Mercer Lake, N.J. Mercer Lake
May 15, 2016	Ivy League Championships	at Pennsauken, N.J. Cooper River
May 27, 2016	NCAA Championships	at Gold River, Calif. Lake Natoma

RADCLIFFE LIGHTWEIGHT

Mar 26, 2016	Princeton	at Princeton, N.J. Lake Carnegie Class of 1999 Cup
Apr 2, 2016	Georgetown	at Cambridge, Mass. Charles River
Apr 9, 2016	Knecht Cup	at Mercer Lake, N.J. Mercer Lake
Apr 16, 2016	Lightweight Invitational	at Cambridge, Mass. Charles River
Apr 23, 2016	Muri Cup/Beanpot	at Cambridge, Mass. Charles River
May 1, 2016	Eastern Sprints Championships	at Mercer Lake, N.J. Mercer Lake
Jun 4, 2016	IRA National Championships	at Mercer Lake, N.J. Mercer Lake

STAY CONNECTED

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