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Crew Casts Off For Tacoma, Daffodil Cup SPU Sweeps Six Races With Seattle U. At Raptor Cup

Back to Tacoma. Better weather and tougher opposition likely awaits the Seattle Pacific University crews Saturday (Mar. 30) when they return to Tacoma's American Lake for the Daffodil Cup regatta. The Falcons, who encountered snow and winds on those waters a couple weeks ago, will meet rowers from Western Washington, Willamette, Puget Sound and Lewis & Clark. Next week they race at the Husky Invitational through the Montlake Cut.

Primer course. Seattle Pacific will get a good look at a few of its traditional rivals for Cascade Sprints and conference titles this weekend. Western Washington narrowly lost the women's overall title to SPU in 2001 and the Vikings were runner-up to UPS for the men's crown. Unlike past years, the Cascade Sprints will be contested not on American Lake but rather Lake Stevens Apr. 27. Both the Falcon women's varsity and novice fours have enjoyed great success in Tacoma, each winning their last four races there, dating back to March of 2000.

Rolling a seven. The Falcons went seven-for-seven at last week's Raptor Cup with Seattle University. Both the men's and women's lightweights defeated the Redhawks in the varsity four categories. SPU also won both pairs, the women's novice four and women's varsity eight. There was plenty of open water in each event with the closest race (37 seconds) coming in the men's pair.

Last week's results:

Women's Varsity 2: 1-Seattle Pacific, 8:02; 2-Seattle University, 9:52
Men's Varsity 2: 1-Seattle Pacific, 7:42; 2-Seattle University, 8:19
Women's Varsity 4: 1-Seattle Pacific (LW); 8:02; 2-Seattle University, 8:45
Men's Varsity 4: 1-Seattle Pacific (LW), 7:09; 2-Seattle Pacific (Nov), 7:24;
 3-Seattle University, 7:50
Women's Novice 4: 1-Seattle Pacific, 7:58; 2-Seattle University, 9:21
Women's Varsity 8: 1-Seattle Pacific, 7:31; 2-Seattle University, 8:23

Women's lineups.

Varsity 4: Stroke—Andrea Reichert; 3—Julie Vieselmeyer; 2—Elyse Cansler; Bow—Trisha Weber; Cox—Lindsay Dilschneider.
Varsity Light 4: Stroke—Andrea Reichert; 3—Julie Vieselmeyer; 2—Elyse Cansler; Bow—Erin Cox; Cox—Joanna Hodgkiss
Novice 4: Stroke—Sarah Zorn; 3—Shannon Buehler; 2—Heidi Visser; Bow—Andi Martineau; Cox—Emily Thomas.
Junior Varsity 4: Stroke—Kimberly Tschetter; 3—Trisha Sawatzky; 2—Heidi Visser; Bow—Shannon Buehler; Cox—Lindsay Dilschneider.
Varsity Pair: Stroke—Kimberly Tschetter; Bow—Trisha Sawatzky.
Varsity 8: Stroke—Andrea Reichert; 7—Julie Vieselmeyer; 6—Kimberly Tschetter; 5—Trisha Sawatzky; 4—Sarah Zorn; 3—Andi Martineau; 2—Elyse Cansler; Bow—Trisha Weber; Cox—Lindsay Dilschneider.

Men's lineups.

Varsity 4: Stroke—Mike Lucero; 3—Trevor Winters; 2—Kyle Glines; Bow—Joel Braman; Cox—Jennifer Helseth.
Varsity Light 4: Stroke—Mike Lucero; 3—Trevor Winters; 2—Kyle Glines; Bow—Joel Braman; Cox—Jennifer Helseth.

2002 ROWING

SPU Quick Facts

Coach—Keith Jefferson, 12th year
 Assistant—Josh Adam
 Assistant—Jessie Pennington

This Week's Schedule

Sat., Mar. 30, 10 a.m.
 Daffodil Cup
American Lake, Tacoma, Wa.

Last Week's Highlights

•Seattle Pacific defeated Seattle University in each of the seven events at the Raptor Cup

Streaks & Such

The SPU women's varsity four and novice four have won their last four races on American Lake, dating back to March of 2000

Stat de jour

Last week's closest Raptor Cup race was the men's varsity pair, with a margin of 37 seconds

2002 Season Schedule

Mar. 16	Puget Sound Dual
Mar. 23	Raptor Cup
Mar. 30	Daffodil Cup
Apr. 6	Husky Invitational
Apr. 13	Governor's Cup
Apr. 20	Blue Heron Redwood Sprints
Apr. 27	Cascade Sprints
May 4-5	WIRA Championships
May 10-11	Dad Vail Regatta
May 12	Avaya Championships

Novice 4: Stroke–Phil Walter; 3–Peter Small; 2–David Johns; Bow–Brandon Cooper; Cox–Kristina Richards.

Varsity Pair: Stroke–Tyler Van Stright; Bow–Reid Shipley.

SPU Coaches. A past oarsman, alumnus and assistant coach, **Keith Jefferson** has steered Seattle Pacific University into uncharted waters in national prominence during his 11-year tenure as head coach. Jefferson, 40, became the fifth head coach at Seattle Pacific University in the fall of 1990, and has overseen the rise of the Falcons as a regional force in small college rowing. Both men's and women's boats have proved competitive at the national level in recent years. The women's varsity four won back-to-back Avaya Collegiate Championships in 2000 and 2001 after placing third in 1999. The men's four finished fifth in the Intercollegiate Rowing Association in 1995, the lightweight four was second at Dad Vail in 2000 and the novice four third in 2001. Regionally, Jefferson's fleet has medaled 14 times at the Pacific Coast Rowing Championships, including six golds. SPU has totaled 32 Cascade Sprint titles since 1994, punctuated by the school's first overall conference women's crown in 2001. Jefferson succeeded Jim Schultz as coordinator of both the men's and women's programs after serving two seasons as an assistant. A graduate of Bothell High School, Jefferson rowed for Seattle Pacific from 1979-83. He was a member of the light four which advanced to the semifinal at the Dad Vail Regatta in Philadelphia in 1982. Jefferson is a current member of the U.S. Marine Corps reserves, holding the rank of captain. He served his active duty in the Marines from 1983-87. Returning for his second year as an assistant is **Josh Adam**, a member of the light four which took second at the 2000 Dad Vail. **Jessie Pennington**, a rower on both of the varsity national champions, joins the staff this season.

2002 Rowing Roster

<i>Women's Team</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Shannon Buehler	Fr.	O	Nov	Yakima, Wa. (Eisenhower)
Elyse Cansler	So.	L	1V	Longview, Wa. (R.A. Long)
Erin Cox	So.	L	1V	Olympia, Wa. (Black Hills)
Lindsay Dilschneider	Jr.	Cox	2V	Yakima, Wa. (West Valley)
Diana Foster	Jr.	O	3V	Yakima, Wa. (East Valley)
Jennifer Helseth	Jr.	Cox	2V	Leavenworth, Wa. (Cascade)
Joanna Hodgkiss	So.	Cox	1V	Tacoma, Wa. (Puyallup)
Andi Martineau	So.	O	Nov	Superior, Mt. (Superior)
Andrea Reichert	So.	Cox	1V	Bloomington, Mn. (Thomas Jefferson)
Kristina Richards	So.	L	Nov	Boise, Id. (Timberline)
Trisha Sawatzky	Sr.	O	1V	Federal Way, Wa. (Decatur)
Emily Thomas	Fr.	O	Nov	Grants Pass, Or. (Grants Pass)
Kimberly Tschetter	Sr.	O	3V	Sioux Falls, SD (Lincoln)
Julie Vieselmeyer	Jr.	L	1V	Coeur d'Alene, Id. (Lake City)
Heidi Visser	Fr.	O	Nov	Wenatchee, Wa. (Wenatchee)
Trisha Weber	So.	L	1V	Selah, Wa. (Selah)
Sarah Zorn	Fr.	O	Nov	Mercer Island, Wa. (Lahser)
<i>Men's Team</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Joel Braman	So.	L	1V	Wyoming, Mi. (Calvin Christian)
Brandon Cooper	Fr.	L	Nov	Gig Harbor, Wa. (Gig Harbor)
Kyle Glines	Jr.	L	1V	San Jose, Ca. (Tapestry Christian)
David Johns	Jr.	O	Nov	Seattle, Wa. (Kennedy)
Mike Lucero	Sr.	L	3V	Moses Lake, Wa. (Moses Lake)
Reid Shipley	Jr.	O	2V	Escondido, Ca. (An Pasqual)
Tyler Van Stright	So.	O	1V	Grand Rapids, Mi. (Grand Rapids Christian)
Phil Walter	Fr.	L	Nov	Tigard, Or. (Westside Christian)
Trevor Winters	So.	L	1V	Spokane, Wa. (North Central)
Peter Small	Fr.	L	Nov	Colorado Springs, Co. (C.S. Christian)

Head Coach: Keith Jefferson
Assistant Coaches: Josh Adam, Jessie Pennington

2002 Boat Lineups

Women's

Varsity 4

Stroke–Andrea Reichert
3–Julie Vieselmeyer
2–Elyse Cansler
Bow–Trisha Weber
Cox–Lindsay Dilschneider

Varsity Light 4

Stroke–Andrea Reichert
3–Julie Vieselmeyer
2–Elyse Cansler
Bow–Erin Cox
Cox–Joanna Hodgkiss

Novice 4

Stroke–Sarah Zorn
3–Shannon Buehler
2–Heidi Visser
Bow–Andi Martineau
Cox–Emily Thomas

Junior Varsity 4

Stroke–Kimberly Tschetter
3–Trisha Sawatzky
2–Heidi Visser
Bow–Shannon Buehler
Cox–Lindsay Dilschneider

Varsity Pair

Stroke–Kimberly Tschetter
Bow–Trisha Sawatzky

Varsity 8

Stroke–Andrea Reichert
7–Julie Vieselmeyer
6–Kimberly Tschetter
5–Trisha Sawatzky
4–Sarah Zorn
3–Andi Martineau
2–Elyse Cansler
Bow–Trisha Weber
Cox–Lindsay Dilschneider

Men's

Varsity 4

Stroke–Mike Lucero
3–Trevor Winters
2–Kyle Glines
Bow–Joel Braman
Cox–Jennifer Helseth

Varsity Light 4

Stroke–Mike Lucero
3–Trevor Winters
2–Kyle Glines
Bow–Joel Braman
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Novice 4

Stroke–Phil Walter
3–Peter Small
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Bow–Brandon Cooper
Cox–Kristina Richards

Varsity Pair

Stroke–Tyler Van Stright
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