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## SPU Sends Boatloads To Cal For Blue Heron

### Falcons Win 3 Of 4 Races In Salem; 2 Crews Unbeaten

**Final tune-up.** In it's final test drive prior to the conference championships, the Seattle Pacific University crew program travels to the northern coast of California for the Blue Heron Redwood Sprints Saturday (Apr. 20) in Eureka. The Falcons return to Washington for the Cascade Sprints Apr. 27 in Lake Stevens, with regional and national regattas awaiting in May.

**Saltwater awaits.** The SPU fleet will launch into saltwater for the first time on Humboldt Bay. Although this is an annual excursion, the Blue Heron regatta has been pushed back nearly a month from a year ago. In addition to host Humboldt State, Willamette, St. Mary's, Pacific Lutheran, Cal Maritime, Seattle University and Mills are expected to take part. This will be the first time the Falcons have faced California crews this season. Humboldt State, a longtime conference rival, did not go to Salem last week. In 2001, Seattle Pacific won the women's novice and light fours and finished second in five categories, including both the men's and women's varsity fours. The Blue Heron features overall team scoring. SPU won the women's crown in 2000 and was third last season.

**Make it four in a row.** Seattle Pacific won its fourth straight women's varsity four title at the Governor's Cup regatta last week in Salem. In all, the Falcons took three of the four races which they entered, including the women's novice and lightweight fours. None of the SPU women's boats was seriously threatened as the novice and lights remained unbeaten this spring and the varsity four captured its fourth win. It's sole loss was to Washington the previous week. The men's light four was defeated by Pacific Lutheran for the second week in a row and by a margin of 32 seconds. While temperatures were in the 50s and 60s for the races, a steady wind from the south drove right against the rowers' backs.

### Last week's results:

#### Women's Results

Novice 4: 1-Seattle Pacific 10:41; 2-Seattle University 12:32; 3-Puget Sound 12:54; 4-Portland 14:01

Varsity 4: 1-Seattle Pacific 10:19; 2-Pacific Lutheran 10:37; 3-Seattle University 10:56; 4-Portland 11:07

Light 4: 1-Seattle Pacific 9:55; 2-Seattle University 10:55; 3-Seattle University B 11:32

#### Men's Results

Light 4: 1-Pacific Lutheran 8:09; 2-Seattle Pacific 8:41; 3-Portland 8:53; 4-Seattle University 9:38

### Women's lineups.

*Varsity 4:* Stroke—Kimberly Tschetter; 3—Trisha Sawatzky; 2—Andi Martineau; Bow—Erin Cox; Cox—Lindsay Dilschneider.

*Varsity Light 4:* Stroke—Andrea Reichert; 3—Julie Vieselmeyer; 2—Elyse Cansler; Bow—Trisha Weber; 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.

## 2002 ROWING

### SPU Quick Facts

Coach—Keith Jefferson, 12th year

Assistant—Josh Adam

Assistant—Jessie Pennington

### This Week's Schedule

Sat., Apr. 20, 7:50 a.m.

Blue Heron Redwood Sprints

Humboldt Bay, Eureka, Ca.

### Last Week's Highlights

SPU won three of the four races it entered at the Governor's Cup, defending its women's varsity four title and also taking the women's novice and light fours

### Streaks & Such

The Falcon women's light and novice fours remain undefeated this season and the varsity four has won four of five regattas

### Stat de jour

This week's regatta marks the first meeting with any crews from California this season

### 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

*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—Tyler Van Stright; 2—Reid Shipley; Bow—Trevor Winters; Cox—Jennifer Helseth.

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

*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 major. 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.	L	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)

### 2002 Boat Lineups

#### Women's

##### Varsity 4

Stroke—Kimberly Tschetter  
3—Trisha Sawatzky  
2—Andi Martineau  
Bow—Erin Cox  
Cox—Lindsay Dilschneider

##### Varsity Light 4

Stroke—Andrea Reichert  
3—Julie Vieselmeyer  
2—Elyse Cansler  
Bow—Trisha Weber  
Cox—Joanna Hodgkiss

##### Novice 4

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

##### 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—Tyler Van Stright  
2—Reid Shipley  
Bow—Trevor Winters  
Cox—Jennifer Helseth

##### Varsity Light 4

Stroke—Mike Lucero  
3—Trevor Winters  
2—Phil Walter  
Bow—Joel Braman  
Cox—Jennifer Helseth

##### 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