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## Pick A Daffodil To Open SPU Rowing Season National Champ Women's Varsity Heading To Henley In June

**Ready, row.** They've gone all the way, and now they're going still farther. The Seattle Pacific University spring rowing season is already underway but it won't end until it's time for high tea on the Thames. The Falcons, who race at the Daffodil Cup next Saturday (Mar. 27), will send their women's varsity four to the Henley Women's Regatta in June to conclude the campaign.

**Back at the helm.** Coach **Keith Jefferson** returns to the helm after spending the 2003 season on leave with the Marines. It will be his 14th year and it promises to be remarkable with the postseason excursion to England, June 18-20. The Falcons will send overseas the most successful crew in the program's existence. SPU has claimed six national titles in fours and pairs since 2000. Jefferson is particularly pleased with the competitiveness for seats in his top boats.

**The boat to beat.** The women's four which went unbeaten as novices in 2002, came back to win the national championship in the varsity category in 2003. Two members of that boat return this season and currently form the stern pair: stroke **Sarah Zorn** (Jr., Mercer Island, Wa./Lahser) and **Andi Martineau** (Sr., Superior, Mt./Superior). In the bow are **Alicia Apple** (So., Sequim, Wa.) and **Carly Bollen** (So., Missoula, Mt./Valley Christian). The coxswain is **Joanna Hodgkiss** (Sr., Tacoma, wa./Puyallup). **Heidi Visser** (Jr., Wenatchee, Wa./Wenatchee), who was in the varsity four last season, is currently stroking the JV boat.

**So far, so good.** Seattle Pacific started where it left off last spring, winning a dual race with Pacific Lutheran Mar. 13 on American Lake in Tacoma. The varsity boat finished three boat-lengths ahead of the Lutes with the JV crew just a length back in third. In the men's race, SPU was first by a margin of 14 seconds over PLU. The men's novice four also won.

### Last week's results:

#### Women's

Varsity 4: 1-Seattle Pacific A 7:40.0, 2-Pacific Lutheran A 8:07.4, 3-Seattle Pacific B 8:11.2, 4-Pacific Lutheran B 8:15.5, 5-Pacific Lutheran C, 8:40.2

#### Men's

Varsity 4: 1-Seattle Pacific A 6:46.0, 2-Pacific Lutheran A 7:00.0, 3-Seattle Pacific B 7:15.0, 4-Pacific Lutheran B 7:18.4

Novice 4: 1-Seattle Pacific 7:09.7, 2-Pacific Lutheran 8:09.5

### Women's lineups.

*Varsity 4:* Stroke–Sarah Zorn; 3–Andi Martineau; 2–Alicia Apple; Bow–Carly Bollen; Coxswain–Joanna Hodgkiss.

*Junior Varsity 4:* Stroke–Heidi Visser; 3–Elise Spencer; 2–Megan Sweeney; Bow–Laura Colby; Coxswain–Sue Weiseth

### Men's lineups.

*Varsity Light 4:* Stroke–Joel Braman; 3–Trevor Winters; 2–David Stalsbroten;

## 2004 ROWING

### SPU Quick Facts

Coach–Keith Jefferson, 14th year  
Assistant–Jessie Pennington

### 2003 Season Highlights

- Seattle Pacific won the women's varsity four titles at the NCRC, WIRA and ECAC National Invitational Championships
- The Falcon women's lightweight four claimed championships at both the conference and—for the first time—at the national (Dad Vail) level
- The men won all three NCRC events (lightweight four, varsity pair and novice four) they entered

### Streaks & Such

SPU has won six event national championships in the past four years and the varsity fours have won a national title in each of their last four trips to nationals

### 2004 Season Schedule

Mar. 13	Preseason Scrimmage
Mar. 27	Daffodil Cup
Apr. 3	NCRC Invitational
Apr. 10	Governor's Cup
Apr. 17	Blue Heron Redwood Sprints
Apr. 24	NCRC Championships
May 1-2	WIRA Championships
May 7-8	Dad Vail Regatta
May 9	ECAC Nat'l Invit. Champs.
May 15	Pacific Coast Championships
June 18-20	Henley Women's Regatta

Bow–Ryan Suess; Cox–Emily Thomas.

*Novice 4:* Stroke–Phil Chase; 3–Jeremy Bryant; 2–Jason Mobley; Bow–Ryan Flynn; Coxswain–Emily Fletcher

**Short Strokes.** Seattle Pacific won the men’s pair, junior varsity four and women’s varsity and JV four at last year’s Daffodil Cup. In fact, the women’s four is two-time defending category champions...Jefferson does not have a women’s light varsity this season. The Falcons won the gold at Dad Vail in that category a year ago. Hodgkiss was the cox of that crew.

**SPU Coaches.** Keith Jefferson has steered Seattle Pacific University into uncharted waters in national prominence during his 13-year tenure as head coach. In the past five years alone, Jefferson’s Falcons have claimed national titles in six events, medaled in four others and won regional crowns in eight. A past oarsman, alumnus and assistant coach, Jefferson became the fifth head coach at Seattle Pacific University in the fall of 1990. In 2003 he took a leave of absence after being called up to active duty with the U.S. Marine Corps. A lieutenant colonel in the reserves, Jefferson was an active member of the Marines from 1983-87. Jefferson succeeded Jim Schultz as coordinator of the program 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. Keith and his wife Lori have a son, Randy, and reside in the Greenwood neighborhood of Seattle. **Jessica Pennington** served as interim head coach in 2003 and returns as an assistant for her third season. Pennington was oarsman of the year and an all-region selection as a senior in 2001 when she rowed in the national title varsity four.

## 2004 Rowing Roster

<i>Women's Team</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Alicia Apple	So.	O	1V	Sequim, Wa. (Sequim)
Carley Bollen	So.	O	1V	Missoula, Mt. (Valley Christian)
Laura Colby	Fr.	O	Nov	Littleton, Co. (Denver Christian)
Joanna Hodgkiss	Sr.	Cox	3V	Tacoma, Wa. (Puyallup)
Andi Martineau	Sr.	O	2V	Superior, Mt. (Superior)
Kristina Richards	Sr.	L	2V	Boise, Id. (Timberline)
Elise Spencer	Fr.	O	Nov	Clinton, Wa. (South Whidbey)
Megan Sweeney	So.	O	Nov	Wilsonville, Or. (Wilsonville)
Heidi Visser	Sr.	O	2V	Wenatchee, Wa. (Wenatchee)
Sue Weiseth	Fr.	Cox	Nov	Sammamish, Wa. (Skyline)
Sarah Zorn	Jr.	O	2V	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	Sr.	L	3V	Wyoming, Mi. (Calvin Christian)
Jeremy Bryant	Fr.	O	Nov	Gig Harbor, Wa. (Gig Harbor)
David Carson	So.	O	1V	Renton, Wa. (Kentridge)
Phil Chase	Fr.	O	Nov	DuPont, Wa. (Charles Wright)
Emily Fletcher	Fr.	Cox	Nov	Issaquah, Wa. (Issaquah)
Ryan Flynn	So.	O	Nov	Sammamish, Wa. (Skyline)
Jason Mobley	Jr.	O	Nov	Burien, Wa. (Highline)
Jon Paul Ramirez	Sr.	O	1V	Chicago, Il. (Hinsdale Central)
Danny Simmons	Fr.	L	Nov	Boise, Id. (Eagle)
David Stalsbrotten	So.	L	1V	Anacortes, Wa. (Anacortes)
Ryan Suess	So.	L	1V	Ferndale, Wa. (Ferndale)
Emily Thomas	Jr.	Cox	2V	Grants Pass, Or. (Grants Pass)
Tyler Van Stright	Sr.	O	3V	Grand Rapids, Mi. (Grand Rapids Christian)
Trevor Winters	Sr.	L	3V	Spokane, Wa. (North Central)

Head Coach: Keith Jefferson  
Assistant Coach: Jessie Pennington

## 2004 Boat Lineups

### Women's

#### Varsity 4

Stroke–Sarah Zorn  
3–Andi Martineau  
2–Alicia Apple  
Bow–Carly Bollen  
Cox–Joanna Hodgkiss

#### Junior Varsity 4

Stroke–Heidi Visser  
3–Elise Spencer  
2–Megan Sweeney  
Bow–Laura Colby  
Cox–Sue Weiseth

### Men's

#### Varsity 4

Stroke–Phil Chase  
3–Jeremy Bryant  
2–Jason Mobley  
Bow–Ryan Flynn  
Cox–Emily Fletcher

#### Varsity Light 4

Stroke–Joel Braman  
3–Trevor Winters  
2–David Stalsbrotten  
Bow–Ryan Suess  
Cox–Emily Thomas

#### Novice 4

Stroke–Phil Chase  
3–Jeremy Bryant  
2–Jason Mobley  
Bow–Ryan Flynn  
Cox–Emily Fletcher