

206/281-2772 voice | 206/281-2266 fax | frmacdon@spu.edu | www.spu.edu/falconsonline

## SPU Rowers To Test Waters Vs. West's Best Four Wins At Daffodil Cup; New NCRC Invite Next

**Southbound.** Trucks and trailers bearing Seattle Pacific University racing shells will be a common sight southbound on Interstate 5 the next few weeks as the next three rowing regattas take place in bodies of water ranging from Vancouver, Wa. to Humboldt Bay in California. This Saturday (Apr. 3) is the shortest drive, the NCRC Invitational on Lake Vancouver. Next week the Falcons venture to Salem, Or., for the Governor's Cup.

**Everybody in the water.** This week's races will draw crews from up and down the West Coast, from Western Washington to UC San Diego. Seattle Pacific is entered in six events: the men's varsity four, lightweight four, junior varsity four and novice four, and the women's varsity and JV fours. The men's varsity open four will be pitted against Willamette, Lewis & Clark, Portland, Puget Sound and Western while the women's varsity will face Lewis & Clark, Mills, Pacific Lutheran, Portland, UC San Diego and Oregon.

**Four out of six ain't bad.** At last week's Daffodil Cup, SPU won four of the six events it entered. The women's four successfully defended its crown, finishing with open water on second-place Pacific Lutheran. Also taking first place were the men's varsity pair (by 40 seconds), novice four (by two boat-lengths) and junior varsity four (by a bow over UPS). SPU, after taking the lead initially, was second in the women's JV four. The men's light four crew was overmatched in taking fourth among heavyweights.

### Last week's results:

#### Women's

Varsity 4: 1-Seattle Pacific 9:04.1, 2-Pacific Lutheran 9:18.9, 3-Puget Sound 'B' 9:37.3, 4-Lewis & Clark 9:42.6, 5-Puget Sound 'A' 9:50.3, 6-Savannah 9:52.1

Junior Varsity/Light 4: 1- Western Washington 9:50.0; 2-Seattle Pacific 10:08.0, 3-Puget Sound 10:13.7, 4-Lewis & Clark 10:41.0

#### Men's

Varsity 4: 1-Western Washington 8:00.0, 2-Puget Sound 8:18.0, 3-Savannah 8:30.0, 4- Seattle Pacific 8:34.0, 5-Washington State 8:41.0, 6-Pacific Lutheran 8:41.7, 7-Lewis & Clark 9:04.0

Novice 4: 1-Seattle Pacific 8:34.3, 2- Lewis & Clark 8:44.3, 3-Western Washington 9:01.7, 4-Pacific Lutheran 9:13.3, 5-Puget Sound 9:57.3

Varsity Pair: 1-Seattle Pacific 9:23, 2-Puget Sound 10:03, 3-Savannah 10:42  
Junior Varsity/Light 4: 1- Seattle Pacific 'A' 8:27.51, 2-Puget Sound 'B' 8:29.0, 3-Puget Sound 'A' 8:36.1, 4-Pacific Lutheran 8:52.1, 5-Lewis & Clark 'A' 8:55.0, 6-Seattle Pacific 'B' 8:57.5, 7-Lewis & Clark 'B' 9:11.0, 8-Western Washington 9:21.01

### 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

## 2004 ROWING

### SPU Quick Facts

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

### This Week's Schedule

Sat., Apr. 3, 8 a.m.

NCRC Invitational

Lake Vancouver, Vancouver, Wa.

### Last Week's Highlights

SPU won four of its six events at the Daffodil Cup

### Stat de jour

The women's varsity four has won 10 of its last 12 races

### 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

## Men's lineups.

*Varsity 4:* Stroke–Joel Braman; 3–Trevor Winters; 2–David Stalsbroten; Bow–Ryan Suess; Cox–Emily Thomas.

*Varsity Light 4:* Stroke–Joel Braman; 3–Trevor Winters; 2–David Stalsbroten; Bow–Ryan Suess; Cox–Emily Thomas.

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

*Varsity Light 4:* Stroke–Joel Braman; 3–Trevor Winters; 2–David Stalsbroten; Bow–Ryan Suess; Cox–Emily Thomas.

*Varsity Pair:* Stroke–Dave Carson; Bow–John Paul Ramirez.

*Junior Varsity 4:* Stroke–Dave Carson; Bow–John Paul Ramirez; 3–Jason Mobley; Bow–Ryan Flynn; Coxswain–Kristina Richards

**Short strokes.** Coach **Keith Jefferson** and wife Lori became parents for the second time last week with the birth of Emma Joy...The NCRC Invitational is a new regatta which effectively replaces the Husky Invitational...Jefferson said the wind and waves wreaked havoc in the Daffodil Cup, with the men's pair getting the worst of the wind and waves on American Lake.

**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.

## 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 Stalsbroten	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 Light 4

Stroke–Joel Braman

3–Trevor Winters

2–David Stalsbroten

Bow–Ryan Suess

Cox–Emily Thomas

#### Varsity Pair

Stroke–Dave Carson

Bow–John Paul Ramirez

#### Novice 4

Stroke–Ryan Flynn

3–Jeremy Bryant

2–Jason Mobley

Bow–Danny Simmons

Cox–Emily Fletcher

#### Junior Varsity 4

Stroke–Dave Carson

3–John Paul Ramirez

2–Jason Mobley

Bow–Ryan Flynn

Cox–Kristina Richards