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NCAA Regatta Visit The 1st Of Many?

Falcons Win Petite Final; 8 Rowers Due Back in '08

Healthy appetite. Now that they've gotten a taste of what it's like to row at an NCAA Championship, the Seattle Pacific University women's crew has developed a healthy appetite for such fare. The Falcons, who won the varsity eight petite final in their inaugural NCAA regatta, bring all eight rowers back in 2008.

Proved it. Although it was the newcomer, Seattle Pacific certainly proved it belonged in the national regatta. The women just missed making the cut for the grand final, and won with open water in the petite race. Coach **Keith Jefferson** was impressed with his crew's maturity and discipline given its youth and inexperience. "We achieved our two primary goals," said Jefferson, alluding to the win, and a superior time to the fourth-place boat in the grand final. "We were racing for respect, and we consider this a launch point for the future."

Them again. The West Region proved its quality and depth during the national championships. Western Washington won its third straight team crown and UC San Diego was runner-up all the way around. Those two teams had finished ahead of SPU in the regional, and they will remain the powers to overcome if the Falcons are to qualify as a team rather than an at-large eight. New York's Dowling was third in the varsity eight.

Detailed report. The Falcons raced three times in Oak Ridge, Tennessee, and they improved with each outing. In the opening heat, Western broke fast and was never threatened. The Vikings, up by two lengths on Florida's Nova Southeastern after the first 1000 meters, coasted over the line in 7 minutes, 3.8 seconds. Trailing from the outset, Seattle Pacific matched Nova stroke-for-stroke for the final 1500 meters and was approximately two seats back in an unofficial time of 7:25.0. Needing to finish among the top two boats in the re-pace, SPU was down a boat-length to Nova and a distant third to UCSD halfway through. Surging into the sprint, Seattle Pacific closed the gap to four, then to two seats before running out of time in the end. UC San Diego won in 6:59.30, followed by Nova (7:06.22), SPU (7:08.37) and FIT (7:16.55). In the petite final, the Falcons pulled even with Florida Tech at 1000 meters and finished more than a boat-length in front in 7:24.93.

Ahead of schedule. Jefferson had initially speculated that it would take 3-4 years before his program could contend for a medal in the team competition. The objective for '08 is for his crew to build on this foundation and also develop a quality four. His crew featured five novices and three second-year rowers. **Rachel Savage** (So., Encinitas, Ca./San Dieguito) was the stroke for all nine regattas, with **Katie Wolff** (Jr., Bridgewater, Vt./Mid Vermont Christian), **Amy Burns** (So., Palm Springs, Ca./Desert Chapel) and basketball convert **Rachel Strand** (Sr., Shoreline, Wa./King's) completing the stern four. The bow four consisted of **Kay Chikos** (Fr., Renton, Wa./Kentridge), **Erin Arkin** (Fr., Tacoma, Wa./Academy Northwest), **Melissa Blevins** (Fr., Walla Walla, Wa.) and **Katie Wilner** (So., Everett, Wa./Everett).

Steering clear. While the rowers will return, Jefferson loses a key figure in all-WIRA and all-conference coxswain **Megan Giske** (Sr., Gig Harbor, Wa./Gig Harbor). The first cox in 16 years to be named the team's oarsman of the year, Giske will begin law school in the fall after steering varsity crews for three seasons. Giske made the academic all-district and all-conference teams, and she received the university's highest career honor, the Falcon Award for Excellence.

Awards, applause. Also earning a major honor was the men's varsity stroke, **Jeremy Bryant** (Sr., Gig Harbor, Wa./Gig Harbor), who was the recipient of the Clifford McCrath

2007 ROWING

SPU Quick Facts

Coach—Keith Jefferson, 17th year
Assistant—Jessie Pennington
Assistant—Kip Wassink
Assistant—Meg Sweeney

Last Week's Highlights

The Falcons won the varsity eight petite final at the NCAA Championships

Stat de jour

All eight rowers from the varsity are expected back in 2008

NCAA Championship Results

Eights - Grand Final

1. Western Washington
2. UC San Diego
3. Dowling
4. Nova Southeastern

Eights - Petite Final

1. Seattle Pacific
2. Florida Tech

101 Scholar Athlete Award. Bryant, an accounting major with a 3.66 grade point average, owns the highest GPA of any graduating four-year letterman in any sport. He also was the male oarsman of the year. Coaches awards went to **John Chevigny** (Sr., Seattle, Wa./Roosevelt) and **Denise Filley** (Fr., Mesa, Az./Dobson), and **Justin Rowley** (So., Kenmore, Wa./Inglemoor) and **Karene Takamura** (So., Bellevue, Wa./Sammamish) were voted most inspirational.

Crew lineup this week

Women's Varsity 8: Stroke-**Rachel Savage** (So., Encinitas, Ca/San Dieguito), 7-**Katie Wolff** (Jr., Bridgewater, Vt./Mid Vermont Christian), 6-**Amy Burns** (So., Palm Springs, Ca./Desert Chapel), 5-**Rachel Strand** (Sr., Shoreline, Wa./King's), 4-**Kay Chikos** (Fr., Renton, Wa./Kentridge), 3-**Erin Arkin** (Fr., Tacoma, Wa./Academy Northwest), 2-**Melissa Blevins** (Fr., Walla Walla, Wa.), bow-**Katie Wilner** (So., Everett, Wa./Everett), coxswain-**Megan Giske** (Sr., Gig Harbor, Wa./Gig Harbor).

NCAA Championship results.

Varsity Eights

Heat 1: 1-Dowling 7:00.92, 2-UC San Diego 7:03.64, 3-Florida Tech 7:32.17

Heat 2: 1-Western Washington 7:03.80, 2-Nova Southeastern 7:23.35, 3-Seattle Pacific NT (unofficial 7:25.0)

Repechage: 1- UC San Diego 6:59.30, 2-Nova Southeastern 7:06.22, 3-Seattle Pacific 7:08.37, 4-Florida Tech 7:16.55

Petite Final: 1-Seattle Pacific 7:24.93, 2-Florida Tech 7:32.76

Grand Final: 1-Western Washington 7:03.80, 2-UC San Diego 7:09.51, 3-Dowling 7:12.93, 4-Nova Southeastern 7:28.30

Varsity Fours Grand Final: 1-Western Washington 8:08.72, 2-UC San Diego 8:14.71, 3-Nova Southeastern 8:44.83

Team Scoring: 1-Western Washington 20, 2-UC San Diego 15, 3-Dowling 8, 4-Nova Southeastern 5

Short strokes. Jefferson is expecting some bigger freshmen arriving at the shellhouse in the fall, with some already experienced rowers. Kimberly Leinstock, the No. 4 in 2006, is planning to rejoin the program as well...The men's four, which loses three seniors, will be in a rebuilding mode...Among the possible sites for the '08 NCAA Championships is Northern California's Lake Natoma--the site of the annual WIRA and West Regional each season.

2007 Rowing Roster

<i>Women</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Holly Allan	So.	L	1V	Bothell, Wa. (Cedar Park Christian)
Erin Arkin	Fr.	O	Nov	Tacoma, Wa. (Academy Northwest)
Melissa Blevins	Fr.	O	Nov	Walla Walla, Wa. (Walla Walla)
Jessica Bosarge	So	O	Nov	Tacoma, Wa. (Academy Northwest)
Amy Burns	So.	O	Nov	Palm Springs, Ca. (Desert Chapel)
Kay Chikos	Fr.	O	Nov	Renton, Wa. (Kentridge)
Denise Filley	Fr.	L	Nov	Mesa, Az. (Dobson)
Megan Giske	Sr.	Cox	2V	Gig Harbor, Wa. (Gig Harbor)
Zanie McMillan	Fr.	O	Nov	Spokane, Wa. (North Central)
Tricia Omoto	Fr.	Cox	Nov	Shoreline, Wa. (Shorewood)
Rachel Savage	So.	O	1V	Encinitas, Ca. (San Dieguito)
Rachel Strand	Sr.	O	Nov	Shoreline, Wa. (King's)
Karene Takamura	So.	Cox	Nov	Bellevue, Wa. (Sammamish)
Rose Velasquez	Fr.	Cox	Nov	Puyallup, Wa. (Emerald Ridge)
Heather Waggoner	Fr.	O	Nov	Sandy, Or. (Mount Si)
Jeney Wierman	Sr.	Cox	2V	Walla Walla, Wa. (Walla Walla)
Katie Wilner	So.	O	1V	Everett, Wa. (Everett)
Katie Wolff	Jr.	O	1V	Bridgewater, Vt. (Mid Vt. Christian)

<i>Men</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Erik Bright	So	O	Nov	Poulsbo, Wa. (King's West)\
Jeremy Bryant	Sr.	O	3V	Gig Harbor, Wa. (Gig Harbor)
John Chevigny	Sr.	O	1V	Seattle, Wa. (Roosevelt)
Mark Figueroa	Jr.	L	Nov	Renton, Wa.
Justin Rowley	So.	O	1V	Kenmore, Wa. (Inglemoor)
Zeke Schellberg	So.	O	1V	Boise, Id. (Timberline)
Matt Shi	So.	Cox	1V	Seattle, Wa. (Roosevelt)
Michael Willcockson	Fr.	L	Nov	Helena, Mt. (Covenant)
Kris Williams	Fr.	O	Nov	Snohomish, Wa. (Snohomish)
Ben Zupke	Sr.	O	2V	Lynden, Wa. (Lynden)

Last Week's Crew Lineups

Women's

Varsity 8

Stroke- Rachel Savage

7- Katie Wolff

6- Amy Burns

5- Rachel Strand

4- Kay Chikos

3- Erin Arkin

2- Melissa Blevins

Bow- Katie Wilner

Cox- Megan Giske

Varsity 4

Stroke- Rachel Savage

3- Katie Wolff

2- Amy Burns

Bow- Katie Wilner

Cox- Megan Giske

Lightweight 4

Stroke- Denise Filley

3- Holly Allan

3- Karene Takamura

Bow- Jessica Bosarge

Cox- Tricia Omoto

Junior Varsity 4

Stroke- Rachel Savage

3- Katie Wolff

2- Holly Allan

Bow- Erin Arkin

Cox- Megan Giske

Novice 4

Stroke- Kay Chikos

3- Zanie McMillan

2- Melissa Blevins

Bow- Heather Waggoner

Cox- Tricia Omoto

Men's

Varsity 4

Stroke- Jeremy Bryant

3- John Chevigny

2- Ben Zupke

Bow- Justin Rowley

Cox- Jeney Wierman

Lightweight 4

Stroke- Zeke Schellberg

3- Mark Figueroa

3- Kris Williams

2- Michael Willcockson

Bow- Matt Shi

Cox- Rose Velasquez

Novice 4

Stroke- Erik Bright

3- Kris Williams

2- Michael Willcockson

Bow- Mark Figueroa

Cox- Rose Velasquez

2006 Crew Lineups

Women's

Varsity 8

Stroke--Alicia Apple

7--Megan Sweeney

6--Rachel Savage

5--Katie Wolff

4--Kimberly Leinstock

3--Rachel Ward

2--Rebecca Snow

Bow--Katie Wilner

Cox--Megan Giske

Varsity 4

Stroke--Alicia Apple

3--Megan Sweeney

2--Rachel Savage

Bow--Katie Wolff

Cox--Megan Giske

Varsity Pair

Stroke--Alicia Apple

Bow--Megan Sweeney

Novice 4

Stroke--Holly Allan

3--Rachel Ward

2--Adrien Camp

Bow--Liz Boettcher

Cox--Matthew Shi

Men's

Varsity 4

Stroke--Jeremy Bryant

3--John Chevigny

2--Jonathan Dyk

Bow--Ben Zupke

Cox--Jeney Wierman

Novice 4

Stroke--Jonathan Dyk

3--Casey Esmond

2--Justin Rowley

Bow--Zeke Schellberg

Cox--Matthew Shi

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