

Fellows Rowing Club Activities

The Fellows Rowing Club promises another active year and invites all crew supporters to participate in the amazing season ahead. Along with Homecoming, the Fellows Rowing Club hosts a tent at both the NCRC championship regatta in Tacoma and the WIRA Championships in Sacramento. We welcome your help in planning or participation in these events. To get involved, please contact the coordinator Sig Swanstrom (ph. 206-281-3518 or sig@spu.edu) or the rowing coach Keith Jefferson (ph. 206-281-2931 or kpjeffr@spu.edu).

Autumn Recap

Autumn turnout for the Falcon crews showed quite a bit of growth over last year. Almost 100 percent of the varsity team returned, and the novice group expanded. Women showed great interest in the sport, making up two thirds of the entire team of 80 athletes.

The autumn regatta schedule reflected several changes. While the Falcon 4-Miler was discontinued, two new events emerged for Seattle Pacific crew. The first two events, hosted by Lake Stevens Rowing Club, were the Bull Trout 4-Miler and the Second Annual James Gardiner Challenge Cup.

The Bull Trout was a four-mile head race around the perimeter of Lake Stevens. The Gardiner Cup took a traditional straight course but with a lengthened distance of 3000 meters. Both formats proved favorable for the Falcon crews. With only light early-season competition, both novice and varsity crews came within one tenth of a second of winning all eight races over the Bull Trout's four miles. Both crews won three of five races over 3K on the following weekend. With autumn wins from all three varsity fours and from both novice fours, the stage is set for a strong championship season this spring.

The final autumn competition, a varsity-only event, was the longstanding Head of the Lake Regatta. All three varsity groups, the women's varsity open and light fours, along with the half light/half open men's varsity four did exceptionally well against advanced competition from up and down the West Coast. The men finished an impressive fifth of 19 crews, ahead of crews such as Stanford, Oregon State, University of Calgary, Western Washington, University of Portland, Seattle University, University of Puget Sound, Evergreen State and Pacific Lutheran. The women's varsity four went out with a sick stroke oar and pulled a rather impressive second-place finish over the three-mile course, finishing only six seconds behind Washington and steaming ahead of Portland, Calgary, Seattle University, Evergreen State and Oregon State. The light women's four, showing their tenacity, had the one win of the day over four other clubs and colleges.

Gearing Up for Spring

As the team stands up for winter, the focus will return to the small boats in spring. Men's and women's novice fours, women's light and open varsity fours—as well as the return of all four lightweight men from last year's NCRC and WIRA championship winning light four—promise to make this spring season an exciting time. The newest change to the lineups will be for the open men, who will attempt the first men's championship win in the varsity pair. Third-year openweight and captain Reid Shipley will join with last year's Dad Vail bronze medal stroke oar Tyler Van Stright for what should be a focused and very fast pair. All crews have demonstrated maturity and speed. Nearly every category will likely advance to post-season championship events.

The spring season will unfold with strategic changes. In regular season, the Blue Heron Sprints will move a month later into April, and the standard duel with Seattle University will be coined the Raptor Cup. The championship season finds the shifting of the WIRA Championships to the first weekend of May, keeping the Falcon varsity fours from participating in Opening Day for the first time in almost a dozen years. This date change also makes the progression quick and challenging, since the Seattle Pacific crew will race in NCRC, WIRA and national championship regattas on successive weekends. By not dragging peak conditioning out too long, this tight schedule should be better for crew results, but the extensive travel could prove to be the biggest challenge.

Below is our initial schedule. When spring season begins, stay current on the SPU Crew website at www.spu.edu/depts/crew.

The 2002 Falcon Crew Race Schedule

Mar. 23 Raptor Cup	Fremont Ship Canal
Mar. 30 Spring Scrimmage	Tacoma, WA/ American Lake
Apr. 6 Husky Invitational	Seattle/ Montlake Cut
Apr. 13 Governor's Cup Regatta	Salem, OR/ Willamette River
Apr. 20 Blue Heron Sprints	Eureka, CA/ Humboldt Bay
Apr. 27 NCRC Championships	Tacoma, WA/ American Lake
May 4, 5 WIRA Championships	Sacramento CA/ Lake Natoma
May 10, 11 Dad Vail Championships	Philadelphia, PA/ Schuylkill River
May 12 Avaya Communications Collegiate Championships	Mercer Co., NJ/ Mercer Lake

Color denotes home/local events