



Seattle Pacific University

Our mission at Seattle Pacific University is to engage the culture and change the world, through competence, character, wisdom, and community. We believe our faith in Jesus Christ is the informing and sustaining power through which we fulfill this distinctive calling.

For information on academic programs, admissions, or other general requirements please refer to the University website at www.spu.edu or call 206-281-2000.

Please refer to our crew website for more details on all aspects of the varsity rowing program at Seattle Pacific at www.spu.edu/depts/crew.

E-mail to kpjeffr@spu.edu, or call 206-281-2931.

Seattle Pacific University

Seattle Pacific University Crew
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The Accomplishments

Here are just a few of the competitive achievements Falcon crews have managed over the last few years:

- 2004 [NIRC National Champions](#) - Women's Varsity Four
- 2003 [NIRC National Champions](#) - Women's Varsity Four
- 2003 [DVRA National Champions](#) - Women's Light Varsity Four
- 2003 [WIRA Regional Champions](#) - Women's Varsity Four
- 2002 [DVRA National Champions](#) - Women's Varsity Pair, Women's Novice Four
- 2002 [DVRA National Championships](#) Bronze medal - Women's Light Varsity Four
- 2002 [WIRA Regional Champions](#) - Women's Light Varsity Four, Women's Varsity Pair, Women's Novice Four
- 2001 [ACCC National Champions](#) - Women's Varsity Four
- 2001 [WIRA Regional Champions](#) - Women's Light Novice Four
- 2001 [NCRC Conference Team Champions](#) - Women
- 2000 [CICR National Champions](#) - Women's Varsity Four
- 1999 [CICR National Championships](#) Bronze medal - Women's Varsity Four
- 1999 [WIRA Regional Champions](#) - Women's Light Novice Four
- 1998 [CICR National Championships](#) Fourth Place - Women's Light Varsity Eight
- 1997 [IRA National Championships](#) Seventh Place - Women's Light Varsity Eight
- 1997 [DVRA National Championships](#) Bronze medal - Women's Light Varsity Four



2004 CICR National Champions
2004 Henley Women's Regatta
Semi-finalists

The Schedule

The Falcon Crew competes locally within the 7-member Northwest Collegiate Rowing Conference, and regionally in the 26-member Western Intercollegiate Rowing Association. Season and championship races include:

- Spring Duel** — Seattle, Washington
- Daffodil Cup** — Tacoma, Washington
- NCRC Invitational** — Vancouver, Washington
- Governor's Cup** — Salem, Oregon
- Blue Heron Sprints**—Eureka, California
- Northwest Collegiate Rowing Championships** - Lake Stevens, Washington
- Western Intercollegiate Rowing Association Championships** - Sacramento, California
- Pacific Coast Rowing Championships** - Sacramento, California
- NCAA Rowing Championships** - Sacramento, California

For actual schedule refer to our website at www.spu.edu/depts/crew.



Seattle Pacific University Varsity Women's Crew



Taking Athletes Beyond
the Win

Tel: 206-281-2931
www.spu.edu/depts/crew

The Sport

Rowing is a varsity sport at Seattle Pacific, and as a growing collegiate sport it is intensely competitive.



Falcon Crew
Chrismon Insignia

Yet at Seattle Pacific, rowing and athletics in general are about considerably more than just competing and winning, all team members are also expected to develop as leaders. While you will challenge yourself above and beyond your previous performance levels, at the same time you will experience profound intellectual, interpersonal, and

spiritual growth while advancing the University mission.

It is through the competitive framework that this is achieved, and at Seattle Pacific women's rowing is an NCAA Division II sport seeking to qualify a varsity eight and varsity four to the championship level. Locally affiliated with the Northwest Collegiate Rowing Conference, crew is academics friendly with travel limited between western Washington, western Oregon and northern California.

The Staff

Keith Jefferson has become the longest standing rowing coach in the Falcon Crew's 33-year history.

His seventeen years coaching at Seattle Pacific have helped build the consistency towards excellence at all levels. Coach Jefferson, also a career officer in the U.S. Marine reserve, is a former Seattle Pacific lightweight rower. Graduating in 1983 with a bachelor's degree in Theology



he also holds a Master of Arts in Sport and Exercise Leadership. A USRA Level-III coach, Jefferson is the head coach of both the men's and women's crews and is aided by two assistants.



Jessica Pennington, also a Falcon alumna and four-year rower, is herself a two-time national champion in the varsity four. A Christian Ed. Major, and USRA certified to Level III, Pennington has been assistant coach since graduating in 2001, and has also coached rowing at the junior level.

The Answers

Q: Are there tryouts or cuts?

A: There is typically not a need for tryouts or cuts in the traditional sense, though the program is ideally looking to maintain twelve novice rowers and two coxswains through Spring, in addition to approximately 14 varsity. Depending on the roster, previously experienced rowing freshmen may row collegiate novice category their first year, and may also double up racing in both.

Q: Are scholarships available?

A: Partial scholarships for women's crew are being offered largely on a need and merit basis, and primarily for returning athletes. On average however, a typical Seattle Pacific financial aid package awards approximately 60% of costs in non-athletic forms of financial aid.*

Q: Are there eligibility issues I need to be concerned with now?

A: Yes. Incoming freshmen need to refer directly to www.ncaaclearinghouse.net for processing information in this very important area. Transfer students need to contact the coaching staff as early as possible. Don't wait, this could affect your ability to turn out in the Autumn.

The Facility

Seattle Pacific University can boast that it is one of only a handful of collegiate programs in the nation that maintains its crew facility on-campus. Housed in the University's Royal Brougham Pavilion, the



shell house has all the amenities necessary to run a high caliber competitive program at the Division II level.

Launching right into the fresh water Lake Washington Ship canal, the temperate conditions and expansive waterway allows for unlimited rowing with calm conditions and inspiring surroundings year-round.



The Tools

The Falcon crew has enjoyed tremendous success at the national collegiate level winning 7 titles since 2000 with its fleet of state



of the art composite shells and oars.

Concept II rowing ergometers with sliding tracks,



computer interface, and heart monitors for secondary training are also maintained in the shell house.

The Experience

Very little compares to the valuable life lessons and relationships built within the context of competitive rowing at Seattle Pacific. The people are the product at SPU, and it is no different with the varsity crew program.

Through teamwork and performance excellence, demanding, holistic training, and an emphasis on leadership, varsity crew athletes are providing positive community and cultural impact.

Rowing crew at SPU is a unique opportunity to both serve and grow and create the personal foundations that will surpass anything you've previously experienced. You are invited to learn more at www.spu.edu/depts/crew.

