



In Henley England, the SPU National Champion women's varsity four. L-R Alicia Apple, Carley Bollen, Heidi Visser, Coach Keith Jefferson, Joanna Hodgkiss, Coach Jessie Pennington, Andi Martineau, Sarah Zorn.

2004 Season Recap

The 2004 season was positive nearly all the way around for the Falcon crews. In addition to their international showing at Henley, the women's varsity four enjoyed unmitigated success with an undefeated championship segment. They won their category in four separate championships which included the Northwest Collegiate Rowing Conference (NCRC) Championships, Western Intercollegiate Rowing Association (WIRA) Championships, Pacific Coast Rowing Championships (PCRC), and the ECAC National Invitational Rowing Championships (NIRC). The PCRC was added to the women's schedule after nationals in order to extend the season for the Henley crew. Nevertheless, it speaks well of the continued dominance of SPU in the small boat categories.

The novice/JV women, plagued by injuries didn't fare as well last season, but the men's side made up for it with consistent wins in the regular season and speed enough to qualify for post season. The novice men's four made it's reappearance at the Dad Vail Rowing Association Championships in Philadelphia in mid May for the first time since Falcons earned bronze back in 2000. They were accompanied by the Men's Varsity Lightweight Four who had also been dominating their races up and down the west coast, winning at both NCRC and WIRA championships and earning their own berth at DVRA collegiate nationals. That event's first SPU showing since gaining silver in 2001.

This year's finishes were not to be as glorious however, as the competitive men's field was to show mettle of its own to the Seattle crews. Both Falcon crews qualified in their heats for semi-final berths without significant difficulty. The SPU novice four finished first ahead of Penn St., Lehigh, and Wichita, but were eventually to be edged out of qualifying for the grand final. In the semi they fell just behind University of Colorado, and Jacksonville, but finished ahead of Michigan State, NY Maritime, and Vermont.

The light men had similarly deep competition from the four corners of the country. The varsity light four raced well by finishing second in both their heat and semi-final gaining a shot at the grand

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Champion's Passing

Seattle Pacific's first national champion coxswain, Christina Lovell was tragically killed in an automobile accident in her hometown of Camas, Washington on 5 January. As a senior, two-year coxswain, Christina led the women's varsity four to the program's first national championship title in 2000. A fashion design major, she was a spirited and determined young woman whose colorful personality always kept the team on its toes. After graduation, Christina had converted to rowing in the local club circuit and was pursuing further education in engineering at the time of her passing. She was a true champion with a tremendous heart, prayers go out to her family, she will be greatly missed.



Christina Lovell
1979-2005

SPU Women's Crew Beats Brits Abroad



The first ever foreign competition took place last June as the Seattle Pacific University women's crew *crossed the pond*. With seven national championships in five years it was a tremendous way to continue extending the crew's impact and fulfilling the team mission.

The women's varsity four with coxswain and spare had a superb season winning their fourth consecutive national title in that category by twelve seconds in Worcester, MA. Dropping only one race during the regular season, largely due to a key injury, the rest of the season was flawless and off to England they went to compete at the Henley Women's Regatta in Henley-on-Thames, England.

Racing was quite a bit different with a duel format and single elimination. This made the event somewhat intense at the outset as it would only take one slip and the crew would have come a long way for very little racing. They prevailed in their initial race against Trafford however, who stubbornly held on until succumbing in the last half of the course.

Next up was Royal Chester, one of London's more established clubs. This crew ultimately presented little difficulty for the Falcons however, and the SPU rowers gave them a "good drubbing" as they say in England, finishing almost three lengths ahead.

The semi-finals were down to almost all American crews, and the big ones were still ahead with SPU facing Princeton's four to qualify for a spot in the final duel. After a fairly rough start the Falcons found themselves in an unusual position over the short (1500-meter), often quite breezy course. Down by open water to Princeton near the start, they bounced back through the middle thousand and closed the gap for an intense sprint and finish. The Princeton crew proved tenacious though, and they held their slim margin allowing only the SPU bow to their stern. Princeton went on to be defeated by Stanford University in the final. Stanford, with a tough lineup pulled from their varsity eight, had defeated the last of the UK crews in their semi.

Though unaccustomed to losing, the entire experience was unmatched for the SPU team and staff. With a home-stay for lodging, engaging both local culture and the culture of international rowing, the women's varsity group enjoyed an outstanding trip and terrific growth.

Making the trip even more significant however, was its link with the Seattle Pacific University Society of Fellows *World Changers Tour*. Thanks to the Director of the Society of Fellows Sig Swanstrom who was largely the driving force behind this entire concept,

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Women's Four in England cont'd –

the crew had the added benefit of a small fan base thousands of miles from home. In addition to athletes' families, the Fellows tour provided another 15 cheering fans on the shore including SPU President Phil Eaton and his wife Sharon. Never before has a University tour been coupled with an athletics foreign tour of any kind, making this a hallmark event for the University as a whole. Thanks to Sig, the Eatons, and all who turned out in support!

Finally, this was a farewell tour as well to several of the Falcon crew members who will be departing after leaving their mark on the program's history. Wishing all the best to three-time national champions Sarah Zorn, Heidi Visser, and two-time champion coxswain Joanna Hodgkiss who will be moving on to graduation and beyond.



SPU women's four row to the start in their semi-final against Princeton University on the Thames River west of London

Fundraising Success for Henley Tour

SPU was able to row its own equipment in England thanks to unprecedented donor support. Fundraising last year went amazingly well with additional revenues easily covering the added costs of this foreign excursion. It would not have happened without the ardent and concerted support by alumni, parents, and contributors of all kinds from all quarters. The team is deeply appreciative and wishes to thank all of those who made it possible.

While costing nearly the same as an entire team's regular season, the trip to England still came in under budget. Those sponsors who contributed appropriately should be receiving their designated sponsorship awards soon.

2005 Spring – Crew Race Schedule

Here is the latest crew regatta schedule update, please plan to attend all the events in your area and support the Falcon crews:

| Date | Regatta | City/site |
|--------------|---|-----------------------------------|
| Mar. 19 | PLU duel | Home, Ship Canal |
| Mar. 26 | Daffodil Cup | Tacoma, WA/American Lake |
| Apr. 2 | NCRC Invitational | Lake Vancouver, WA |
| Apr. 9 | Blue Heron Sprints | Eureka, CA/Humboldt Bay |
| Apr. 16 | Governor's Cup Regatta | Salem, OR/Willamette River |
| Apr. 23 | NCRC Championships | Lake Stevens, WA/Lake Stevens |
| Apr 30-May 1 | WIRA Championships | Sacramento, CA/Lake Natoma |
| May 6,7 | ECAC Natl. Invitational Collegiate Championships | Worcester, MA/Lake Quinsigamond |
| May 13,14 | Dad Vail Championships | Philadelphia, PA/Schuylkill River |

2004 Season recap cont'd-
final Saturday afternoon.

They got outgunned in the grand final however, by the likes of extremely fast Fordham University, Army and Georgia among others, finishing a disappointing sixth behind the powerful field.

The races proved a good showing nevertheless for Seattle Pacific crews and should add foundationally for the future with at least the core of the novice group returning to build the openweight men's section back into championship form for 2005.



SPU Men's Novice 4 at DVRA Championships

Congratulations to the men's team represented by lightweights Dave Stalsbraten, Joel Braman, Ryan Suess, Trevor Winters, coxswain Emily Thomas and novices Phil Chase, Jeremy Bryant, Jason Mobley, Danny Simmons, and coxswain Emily Fletcher.

2005 Homecoming Schedule Feb 5th:

Row/Run – 8:30 a.m. SPU finish line behind Brougham Pavilion in the ship canal

Alumni/novice Crew Race -10:00 a.m. (sign up early in the shellhouse)

Fellowship time – Stay as long as you like and get caught up! Falcon Lounge



The coveted Homecoming Dayee Hawes Cup

Staying Current

It is always a challenge keeping our database current with everyone's addresses. Now that we've gone to an e-mailed format for newsletters we'd like to get your help in getting as many supporters and alumni e-mail addresses as possible. If you know of someone not getting the e-newsletters who would like to, go ahead and forward it to them and be sure to get their address to the staff at kpjeffr@spu.edu. Thank you.

Homecoming 2005!

It's time once again to pull together and celebrate Homecoming in our traditional yet informal fashion.

Festivities kick off in the standard format on Saturday February 5th with the Row/Run race crossing the finish line at around 8:30 in the morning. This will be followed by the typically dramatic Dayee Hawes Cup alumni vs. novice race over 1000 meters, for those capable and motivated only. We will look to conduct our traditional Ex-lightweight weigh-in to see what fabulous growth has occurred within our lightweight alumni, accordingly, brunch items will be provided. All are then invited to the Falcon lounge afterwards. Families are of course welcome.

Help celebrate our 32-year history of survival and success, and enjoy the fellowship with teammates young and old. Come for all or part, it would be great to see you here.

Seattle Pacific University Crew
3307 – 3rd Avenue West
Suite 321
Seattle, WA 98119

Head Coach – Keith Jefferson
Asst. Coach – Jessie Pennington
206-281-2931
Fax 206-281-2266
www.spu.edu/depts/crew

