



# 2018 World Rowing Junior Championships

August 8-12, 2018  
Racice, Czech Republic

## Press Kit

### On-site Contact:

Brett Johnson, USRowing Senior Director, Programs & Communications  
[brett.johnson@usrowing.org](mailto:brett.johnson@usrowing.org); 609-751-0707

## **About the 2018 World Rowing Junior Championships**

The 2018 World Rowing Junior Championships will be held from August 8-12 in Racice, Czech Republic. The event offers international racing in 14 different categories for junior men and women including the men's and women's single sculls, double sculls, quadruple sculls, pair, four, four with coxswain, and eight.

The World Rowing Junior Championships showcases the highest level of competition for under 19 athletes in the sport of rowing.

### **World Rowing Website:**

<http://www.worldrowing.com/events/2018-world-rowing-junior-championships/>

**LOC Website:** <http://www.wrjch2018.com/en/>

## **About the Venue**

The 2018 World Rowing Junior Championships will take place in Racice, Czech Republic. Only 30 minutes from the Czech capital city of Prague, the Racice race course can hold races up to 2,000 meters in distance and boasts eight lanes across. In addition to the main course, there is a separate 30-meter wide "return lane" from the finish to the start line where boats can warm up and cool down. The course is encircled by a five-kilometer road that includes places like towers for races officials, a hotel and administration offices, parking and a boathouse/locker room for the competitors. The venue has the capacity to host 5,000 spectators.

The course at Racice meets all the requirements and standards of FISA to hold a large, international regatta. This course has held more than a dozen world rowing events including the 2010 World Rowing Junior Championships, 2011 ICF Canoe Sprint World Cup, 2013 ICF Canoe Sprint World Cup, 2015 European Junior Rowing Championships, 2015 European Canoe Sprint Championships Senior and 2017 European Rowing Championships.

## **Event Address**

Labe Arena Racice  
Račice 143  
411 08 Račice, Czechia

## Event list

JM1x	Junior Men's Single Sculls
JW1x	Junior Women's Single Sculls
JM2-	Junior Men's Pair
JW2-	Junior Women's Pair
JM2x	Junior Men's Double Sculls
JW2x	Junior Women's Double Sculls
JM4-	Junior Men's Four
JW4-	Junior Women's Four
JM4+	Junior Men's Four with Coxswain
JW4+	Junior Women's Four with Coxswain
JM4x	Junior Men's Quadruple Sculls
JW4x	Junior Women's Quadruple Sculls
JM8+	Junior Men's Eight
JW8+	Junior Women's Eight

## General Schedule of Events

Wednesday, July 25	Heats
Thursday, July 26	Heats and Repechages
Friday, July 27	Repechages, Quarterfinals
Saturday, July 28	Semifinals, C-F Placement Finals
Saturday, July 29	A & B Finals

The most up-to-date schedule and heat sheets can be viewed at <http://www.worldrowing.com/events/2018-world-rowing-junior-championships/>

## Event Press Releases

The most up-to-date event information is available at <http://www.worldrowing.com/events/2018-world-rowing-junior-championships/> and [www.usrowing.org](http://www.usrowing.org). Press releases and a limited selection of event photos for editorial use are available by contacting the USRowing Communications Department. To be placed on USRowing's media distribution list, please email [media@usrowing.org](mailto:media@usrowing.org).

## Social Media

The official account of USRowing is @USRowing. The official hashtags for the event are #WRJChamps and #WRJChamps18. USRowing will provide updates and short commentary via Twitter, Facebook and Instagram. Athletes, fans and media are encouraged to send messages using the official hashtag.

## How to Follow the Event

1. Press releases, athlete bios, photos and videos about the U.S. team will be available on the [USRowing website's junior coverage page](#).
2. Live audio commentary and live race tracker will be available for ALL races on [www.worldrowing.com](http://www.worldrowing.com).
3. Follow World Rowing on [Facebook Junior](#), [Twitter](#) and [Instagram](#) for behind the scenes interviews, live updates, photos and more.
4. Also available on WorldRowing.com
  - [Startlists](#) / [Schedule](#)
  - [Results](#)
  - [News](#) / [Photos](#) / [Live blog](#)
5. Join the conversation ...
  - Use the hashtag #WRJChamps
6. Learn more about rowing with this short series about the sport. Full playlist here: <https://www.youtube.com/playlist?list=PL3HMysxDej7pYika4-RIHlOpIlhl-bTAF>

## **2018 USRowing Junior National Team Roster (Boat lineups are subject to change.)**

### **Name (Hometown) – Affiliation**

#### **Men's Single Sculls**

Clark Dean (Sarasota, Fla.) – Sarasota Crew

#### **Women's Single Sculls**

Cassandra Reed (Belmont, Mass.) – West Cambridge Rowing

#### **Men's Double Sculls**

(s) Cooper Tuckerman (Bozeman, Mont.) – Vesper Boat Club

(b) Kristopher Fisher (Oak Ridge, Tenn.) – Vesper Boat Club

#### **Women's Double Sculls**

(s) Camille VanderMeer (Elmira, N.Y.) – Narragansett Boat Club

(b) Sarah McErlean (Saint-Legier, Switzerland) – Club Aviron Vevey

#### **Men's Quadruple Sculls**

(s) Nathan Phelps (Ridgefield, Conn.) – Maritime Rowing Club

(3) Emory Sammons (Fort Plain, N.Y.) – Sarasota Crew

(2) James Wright (Philadelphia, Pa.) – Germantown Friends School Rowing

(b) Kristopher Schumann (Sarasota, Fla.) – Sarasota Crew

#### **Women's Quadruple Sculls**

(s) Bridget O'Callahan (Los Angeles, Calif.) – California Yacht Club

(3) Emmeline Laurence (Greenland, N.H.) – Great Bay Rowing

(2) Kathleen Dolan (Barrington, R.I.) – Narragansett Boat Club

(b) Delaney Evans (Bettendorf, Iowa) – Y Quad Cities

#### **Men's Pair**

(s) Jack Gallagher (Newtown, Pa.) – Princeton National Rowing Association/Mercer

(b) Gregoire Le Meur (San Francisco, Calif.) – Pacific Rowing Club

#### **Women's Pair**

(s) Lucy Koven (Greenwich, Conn.) – Greenwich Crew

(b) Caitlin Esse (Fairfield, Conn.) – Saugatuck Rowing Club

#### **Men's Four**

(s) Grant Person (Newport Beach, Calif.) – Newport Aquatic Center

(3) Alexander DeGrado (Jacksonville, Fla.) – Sarasota Crew

(2) Zachary Vachal (San Francisco, Calif.) – Pacific Rowing Club

(b) Kai Hoite (Berkeley, Calif.) – Oakland Strokes

### **Women's Four**

- (s) Catherine Garrett (Darien, Conn.) – Connecticut Boat Club
- (3) Kelsey McGinley (Westport, Conn.) – Saugatuck Rowing Club
- (2) Julia Braz (Sarasota, Fla.) – Sarasota Crew
- (b) Margaret Hedeman (Concord, Mass.) – Community Rowing, Inc.

### **Men's Four with Coxswain**

- (c) George Doty (Corte Madera, Calif.) – Marin Rowing Association
- (s) Michael Fairley (Saratoga Springs, N.Y.) – Saratoga Rowing Association
- (3) Chase Haskell (Ponte Vedra Beach, Fla.) – The Bolles School
- (2) Owen King (Montclair, N.J.) – Montclair High School
- (b) Henry Bellew (Bethesda, Md.) – Harvard University

### **Women's Four with Coxswain**

- (c) Caroline Ricksen (Orinda, Calif.) – Oakland Strokes
- (s) Julia Abbruzzese (Ridgefield, Conn.) – Connecticut Boat Club
- (3) Kaitlin Knifton (Austin, Texas) – Texas Rowing Center
- (2) Heidi Jacobson (Greenwich, Conn.) – Connecticut Boat Club
- (b) Noelle Amlicke (Westport, Conn.) – Saugatuck Rowing Club

### **Men's Eight**

- (c) Dylan White (Newport Beach, Calif.) – Newport Aquatic Center
- (s) Harrison Schofield (Sarasota, Fla.) – Sarasota Crew
- (7) Eli Kalfaian (Milford, Conn.) – Princeton National Rowing Association/Mercer
- (6) John Mark Ozaeta (Moraga, Calif.) – Oakland Strokes
- (5) Harrison Burke (Westport, Conn.) – Saugatuck Rowing Club
- (4) Nicholas Fisher (West Hartford, Conn.) – Kent School Boat Club
- (3) Charles Fargo (Winnetka, Ill.) – New Trier High School Rowing
- (2) Henry Lowe (Pacific Palisades, Calif.) – Deerfield Academy Crew
- (b) Ryan Beeler (Melrose, Mass.) – Boston College High School

### **Women's Eight**

- (c) Alin Pasa (Westport, Conn.) – Saugatuck Rowing Club
- (s) Hannah Schaenman (Rye Brook, N.Y.) – RowAmerica Rye
- (7) Isabel Mezei (Brookfield, Conn.) – Saugatuck Rowing Club
- (6) Francesca Raggi (Maitland, Fla.) – Winter Park Crew
- (5) Azja Czajkowski (Imperial Beach, Calif.) – San Diego Rowing Club
- (4) Gabrielle Graves (Vashon, Wash.) – Burton Beach Rowing Club
- (3) Samantha Henriksen (Chicago, Ill.) – Chicago Rowing Foundation
- (2) Larkin Brown (Chattanooga, Tenn.) – Girls Preparatory School
- (b) Jessica Mixon (Brentwood, Tenn.) – Nashville Rowing/University of Pennsylvania

**Alternates**

Matthew Boranian (Oakland, Calif.) – Oakland Strokes  
Sophia Hahn (Braselton, Ga.) – Henley Rowing Club  
Travis Keating (Placerville Calif.) – Capital Crew  
Jenna Macrae (Cincinnati, Ohio) – Connecticut Boat Club  
Jeri Rhodes (St. Louis, Mo.) – St. Louis Rowing Club

**Coaches**

Chris Chase, Men's Four with Coxswain  
Nick D'Antoni, Men's Four  
Brian Ebke, Women's Eight  
Jesse Foglia, Men's Eight  
Casey Galvanek, Men's Single Sculls/Men's Quadruple Sculls  
Mark Grinberg, Women's Single Sculls  
Bill Manning, Women's Four with Coxswain  
Stephen McCarthy, Men's Pair  
Trevor Michelson, Men's Double Sculls  
Catherine Starr, Women's Pair  
Marko Serafimovski, Women's Spares  
Liz Trond, Women's Four  
Jamie Whalen, Women's Quadruple Sculls  
Peter Wilhelm, Women's Double Sculls

**Support Staff**

Dr. Kathryn Ackerman, Team Doctor  
Will Daly, Team Leader  
Liz Fusco, Team Dietician  
Nicholas Haley, Team Leader  
Steve Hargis, Director, U19 High Performance Programs  
Kaitlin Jackson, Team Physical Therapist  
Brett Johnson, Team Press Officer  
Patrick McNerney, NGB Delegate  
Gillian Perry Millsom, National Rowing Foundation  
Laura Moretti, Team Dietician

## Event Preview

The U.S. will have 14 crews competing at the five-day regatta. Events include the men's and women's single sculls, double sculls, quadruple sculls, pair, four, four with coxswain, and eight.

The roster includes 13 athletes returning from the 2017 Under 19 National Team including Julia Abbruzzese, Julia Braz, Harrison Burke, Azja Czajkowski, Clark Dean, Owen King, Kaitlin Knifton, Kelsey McGinley, Fran Raggi, Emory Sammons, Harrison Schofield, Kristopher Schumann, and James Wright.

The U.S. won three medals at the 2017 World Rowing Junior Championships in Trakai, Lithuania. Dean became the first U.S. men's single sculler to win the gold medal in 50 years, while the men's eight won silver and the women's four won bronze.

The U.S. roster includes athletes from 19 states, plus Switzerland. California claims 14 athletes on the U19 roster, while Connecticut has 13.

### Men's Single Sculls (M1x)

Sarasota Crew's **Clark Dean** (Sarasota, Fla.) is back to defend his world title in the men's single sculls in Racice.

Dean won the 2017 World Rowing Junior Championships last year over Germany's Moritz Wolff and South Africa's Masutha Mbudzeni. It was the first time that the United States had won the junior men's single sculls event in 50 years. Dean also placed sixth in the men's four with coxswain last year at the World Rowing Junior Championships.

### Women's Single Sculls (W1x)

**Cassandra Reed** (Belmont, Mass.) of West Cambridge Rowing will represent the United States in the women's single sculls.

Reed trialed unopposed in the under 19 women's single at the 2018 U19/U23/Senior I Trials to secure her national team spot. Reed won the 2018 USRowing Youth National Championships in the women's single sculls category by open water, more than 10 seconds ahead of the second-place finisher.

In 2017, Spain, South Africa and France won the medals, with the U.S. finishing 13th.

### Men's Double Sculls (M2x)



Vesper Boat Club's **Edward Tuckerman** (Bozeman, Mont.) and **Kristopher Fisher** (Oak Ridge, Tenn.) will be representing the United States in the men's double sculls event. Both are competing for the first time internationally.

Last year, the U.S. finished 23rd. Australia took home the gold, followed by Belarus and Greece.

### **Women's Double Sculls (W2x)**

Narragansett Boat Club's **Camille VanderMeer** (Elmira, N.Y.) and **Sarah McErlean** (Vevey, Switzerland) will represent the United States in the junior women's double sculls event.

The duo are decorated rowers in both sweep and sculling events. VanderMeer placed second at the 2018 USRowing Youth National Championships in the women's quadruple sculls event. McErlean has won multiple medals in sculling and sweep events overseas. She was a member of the 2016-2017 Swiss Under 19 National Team. VanderMeer is making her international debut, while McErlean is representing the U.S. for the first time.

Great Britain, Germany and Canada won the medals last year, with the U.S. finishing 17th.

### **Men's Pair (M2-)**

PNRA/Mercer's **Jack Gallagher** (Newtown, Pa.) and Pacific Rowing Club's **Grégoire Le Meur** (San Francisco, Calif.) will represent the U.S. in the junior men's pair.

Gallagher placed third at the USRowing Youth Nationals in the men's four with coxswain. Le Meur placed fifth in the men's pair at the USRowing Youth Nationals Championships and won gold in the men's eight at the 2017 CanAmMex Games. This is the first time the two have earned spots on the under 19 roster.

Last year, Croatia, Romania and Turkey won the medals, with the U.S. finishing 11th.

### **Women's Pair (W2-)**

Greenwich Crew's **Lucy Koven** (Greenwich, Conn.) and Saugatuck Rowing Club's **Caitlin Esse** (Fairfield, Conn.) will be competing in the junior women's pair.

This is the first time the duo has made a U.S. Under 19 National Team. Koven's father, Jamie, was a two-time U.S. Olympian.

Romania, Greece and Germany won the medals in 2017, with the U.S. finishing ninth.

### **Men's Quadruple Sculls (M4x)**

**Nathan Phelps** (Ridgefield, Conn.), **Emory Sammons** (Fort Plain, N.Y.), **James Wright**, (Philadelphia, Pa.) and **Kristopher Schumann** (Sarasota, Fla.) will represent the United States in the junior men's quadruple sculls.

Wright and Sammons are returning to the World Rowing Junior Championships after placing seventh in the men's quadruple sculls at the event last year. Schumann, who rows with Sammons at Sarasota Crew, was an alternate at the 2017 World Rowing Junior Championships. This will be the Phelps' first international experience.

Switzerland, Great Britain and Italy won the medals last year, with the U.S. finishing seventh.

### **Women's Quadruple Sculls (W4x)**

**Bridget O'Callahan** (Los Angeles, Calif.), **Emmeline Laurence** (Greenland, N.H.), **Kathleen Dolan** (Barrington, R.I.) and **Delaney Evans** (Bettendorf, Iowa) will represent the United States in the junior women's quadruple sculls.

This decorated crew has extensive sculling experience. O'Callahan placed third in the women's double sculls event at the 2018 USRowing Youth National Championships, while Dolan placed second in the women's single behind Cassandra Reed. Evans won gold medals in the women's double and quadruple sculls at the 2018 USRowing Youth National Championships. This is the international debut for all four.

Romania, Germany and Switzerland won the medals last year, with the U.S. finishing fifth.

### **Men's Four (M4-)**

The lineup of **Grant Person** (Newport Beach, Calif.), **Alexander Degrado** (Jacksonville, Fla.), **Zachary Vachal** (San Francisco, Calif.) and **Kai Hoite** (Berkeley, Calif.) will race in the men's junior four. All four are making their international debuts.

Vachal placed fifth in the men's pair at the 2018 USRowing Youth National Championships, while Hoite placed second in the men's eight for Oakland Strokes at the 2017 and 2018 USRowing Youth National Championships.

The U.S. men's four placed 16th last year, with Great Britain, New Zealand and Romania winning the medals.

### **Women's Four (W4-)**

The women's four includes **Catherine Garrett** (Darien, Conn.), **Kelsey McGinley** (Westport, Conn.), **Julia Braz** (Sarasota, Fla.) and **Margaret Hedeman** (Concord, Mass.).

McGinley is a veteran of the junior women's four and is racing in the event for the third time. She won bronze in 2016 and 2017. Garrett, Braz and Hedeman are making their under 19 team debuts.

Croatia and Romania finished ahead of the U.S. last year.

### **Men's Four with Coxswain (M4+)**

Coxswain **George Doty** (Corte Madera, Calif.) will join **Michael Fairley** (Saratoga Springs, N.Y.), **Chase Haskell** (Ponte Vedra Beach, Fla.), **Owen King** (Montclair, N.J. ), and **Henry Bellew** (Bethesda, Md.) in the junior men's four with coxswain. This is the under 19 team debut for all five athletes.

Last year, Italy, Switzerland and Germany won the medals, while the U.S. finished sixth in the medal race.

### **Women's Four with Coxswain (W4+)**

This is the first time that the women's four with coxswain event will be featured at the World Rowing Junior Championships.

The U.S. crew will include coxswain **Caroline Ricksen** (Orinda, Calif.), **Julia Abbruzzese** (Darien, Conn.), **Kaitlin Knifton** (Austin, Texas), **Heidi Johnson** (Greenwich, Conn.) and **Noelle Amlicke** (Westport, Conn.).

Abbruzzese and Knifton were on the under 19 roster last year, with Knifton placing ninth in the pair and Abbruzzese serving as an alternate. Ricksen, Johnson and Amlicke are first-time national team members.

### **Men's Eight (M8+)**

Last year, the U.S. won the silver medal in the men's eight. This year's lineup includes coxswain **Dylan White** (Newport Beach, Calif.), **Harrison Schofield** (Sarasota, Fla.), **Eli Kalfaian** (Milfod, Conn.), **John Mark Ozaeta** (Moraga, Calif.), **Harrison Burke** (Westport, Conn.), **Nicholas Fisher** (West Hartford, Conn.), **Charles Fargo** (Winnetka, Ill. ), **Henry Lowe** (Pacific Palisades, Calif.) and **Ryan Beeler** (Melrose, Mass.)

Burke is returning to the men's eight. He also won a bronze medal in the men's four with coxswain in 2016. Schofield competed in the men's four at the 2017 World Rowing Junior Championships. The remainder of the lineup is racing at the World Rowing Junior Championships for the first time.

Germany won the race last year, with Great Britain taking the bronze.

## **Women's Eight (W8+)**

The women's eight lineup consists of coxswain **Alin Pasa** (Westport, Conn.), **Hannah Schaenman** (Rye Brook, N.Y.), **Isabel Mezei** (Brookfield, Conn.), **Francesca Raggi** (Maitland, Fla.), **Azja Czajkowski** (Imperial Beach, Calif.), **Gabrielle Graves** (Vashon, Wash.), **Samantha Henrikson** (Chicago, Ill.), **Larkin Brown** (Chattanooga, Tenn.) and **Jessica Mixon** (Brentwood, Tenn.)

Raggi and Czajkowski are returning to the women's eight after placing seventh last year. The rest of the lineup are national team rookies.

Last year, Czech Republic, Germany and Romania won the medals.

## Athlete Bios

### **Julia Abbruzzese**

#### **Women's Four with Coxswain**

**Date of Birth:** 12/5/2001

**Birthplace:** Stamford, Conn.

**Hometown:** Darien, Conn.

**Current Residence:** Darien, Conn.

**Height:** 6'0"

**Weight:** 155

**High School:** Darien High School

**Current Club Affiliation:** Connecticut Boat Club

**Current Coach:** Liz Trond

**Training Location:** Norwalk, Conn.

**National Teams:** Two – Junior, 2017-18

**International Results:** Served as an alternate on the 2017 Under 19 National Team.

**National Results:** Won the women's four with coxswain at the 2018 USRowing Youth National Championships.

**Personal:** In her spare time, Julia likes to scuba dive and go wakeboarding. She was the recipient of the 2017 Charles Huthmaker Sculling Award.

### **Noelle Amlicke**

#### **Women's Four with Coxswain**

**Date of Birth:** 1/30/2001

**Hometown:** Westport, Conn.

**Current Residence:** Westport, Conn.

**Height:** 5'7"

**Weight:** 152

**High School:** Staples High School

**Current Club Affiliation:** Saugatuck Rowing Club

**Current Coach:** Gordon Getsinger

**Training Location:** Westport, Conn.

**National Teams:** One – Junior, 2018

**National Results:** Won gold in the eight at the 2018 USRowing Youth National Championships...Won the youth eight at the 2017 Head of the Charles Regatta, setting a new course record...Won gold in the under 17 four with coxswain and finished second in the under 17 eight at the 2017 USRowing Club National Championships...Won the eight at the 2017 USRowing Youth National Championships...Finished second in the youth four with coxswain at the 2016 Head of the Charles...Won the lightweight eight at the 2016 USRowing Youth National Championships.

**Personal:** In her spare time, Noelle enjoys biking, hiking, traveling and spending time with friends and family. She said that her parents are her heroes because they are the most hardworking, selfless, and kindest people she knows.

**Ryan Beeler**

**Men's Eight**

**Date of Birth:** 1/26/2000

**Birthplace:** Melrose, Mass.

**Hometown:** Melrose, Mass.

**Current Residence:** Melrose, Mass.

**Height:** 6'2'

**Weight:** 184

**High School:** Boston College High School

**Current Club Affiliations:** Boston College High School

**Current Coach:** Steve McKiernan

**Training Location:** Boston, Mass.

**National Teams:** One – Junior, 2018

**International Results:** Won gold in the eight and bronze in the pair at the 2017 CanAmMex Regatta.

**Henry Bellew**

**Men's Four with Coxswain**

**Date of Birth:** 8/25/2000

**Birthplace:** Washington, D.C.

**Hometown:** Bethesda, Md.

**Current Residence:** Boston, Mass.

**Height:** 6'0"

**Weight:** 167

**High School:** Bethesda Chevy Chase High School

**Current Club Affiliation:** Harvard University Lightweight

**Current Coaches:** Billy Boyce

**Training Location:** Bethesda, Md.

**National Teams:** One – Junior, 2018

**International Results:** Won the under 19 lightweight category at the 2018 World Rowing Indoor Championships.

**National Results:** Won the under 17 eight at the 2017 USRowing Club National Championships.

**Personal:** Henry likes learning history, fantasy baseball, Civilization 6, basketball and eating. He has been a soccer referee since seventh grade and also found rowing in middle school at erging competitions.

**Matthew Boranian**

**Alternate**

**Date of Birth:** 12/21/2001

**Birthplace:** Berkeley, Calif.

**Hometown:** Oakland, Calif.

**Current Residence:** Oakland, Calif.

**Height:** 6'1"

**Weight:** 197

**High School:** Head-Royce School

**Current Club Affiliation:** Oakland Strokes

**Current Coach:** Brian de Regt

**Training Location:** Oakland, Calif.

**National Teams:** One – Junior, 2018

**National Results:** Placed second in the eight at the 2018 Youth National Championships...Placed second in the eight at the 2018 Southwest Regional Youth Championships.

**Personal:** Matthew spends most of his time in school and at the boathouse. He plays the trumpet and enjoys music from the 70s and 80s. Matthew tries to spend whatever free time he has with friends. His favorite movie is "Singin' in the Rain." He started rowing because his pediatrician recommended it and he followed another friend.

### **Julia Braz**

#### **Women's Four**

**Date of Birth:** 12/19/2001

**Birthplace:** Port Saint Lucie, Fla.

**Hometown:** Sarasota, Fla.

**Current Residence:** Sarasota, Fla.

**Height:** 5'9"

**Weight:** 145

**High School:** Torrey Pines High School

**Current Club Affiliation:** Sarasota Crew

**Current Coaches:** Kirby Gallie

**Training Location:** Sarasota, Fla.

**National Teams:** Two - Junior, 2017-18

**International Results:** Finished seventh in the eight at the 2017 World Rowing Junior Championships.

**National Results:** Finished second in the youth four with coxswain at the 2017 Head of the Charles Regatta...Competed for the Southwest squad at the 2017 Youth Regional Challenge in Sarasota.

**Personal:** In her spare time, Julia likes to draw. Her biggest hero is Kendall Ellis, who won the 4x400-meter relay for USC in the final meters at the 2018 NCAA Track and Field Championships.

### **Larkin Brown**

#### **Women's Eight**

**Date of Birth:** 10/6/2000

**Birthplace:** Chattanooga, Tenn.

**Hometown:** Chattanooga, Tenn.

**Current Residence:** Ringgold, Ga.

**Height:** 6'1"

**Weight:** 153

**High School:** Girls Preparatory School

**Current Club Affiliation:** Girls Preparatory School

**Current Coach:** David Hall

**Training Location:** Chattanooga, Tenn.

**National Teams:** One – Junior, 2018

**National Results:** Finished fifth in the varsity four with coxswain at the 2018 SRRA National Championships...Finished third in the junior varsity four with coxswain at the 2017 SRAA National Championships.....Placed fifth in junior women's four at the 2017 Head of the Hooch.

**Personal:** In 2017, Larkin received the Susan Beville Forker Award, given to a varsity athlete each year who represents the leadership and determination of Girls Prep alum Susan Beville. Larkin enjoys knitting, hiking, camping and environmentalism. Rihanna is one of her personal heroes.

### **Harrison Burke**

#### **Men's Eight**

**Date of Birth:** 1/17/2000

**Birthplace:** London, England

**Hometown:** Westport, Conn.

**Current Residence:** Westport, Conn.

**Height:** 6'7"

**Weight:** 215

**High School:** Staples High School

**Current Club Affiliation:** Saugatuck Rowing Club

**Current Coaches:** Sharon Kriz, Jesse Foglia

**Training Location:** Chula Vista, Calif.

**National Teams:** Three – Junior, 2016-18

**International Results:** Won silver in the eight at the 2017 World Rowing Junior Championships...Won bronze in the four with coxswain at the 2016 World Rowing Junior Championships.

**National Results:** Placed third in the pair at the 2018 USRowing Youth National Championships.

**Personal:** Harrison enjoys making music, pottery, and bread making. He received the Saugatuck Rowing Club Athlete of the Year award in 201 and was a Westport/Weston/Wilton Top Ten Teens to watch in 2016.

### **Azja Czajkowski**

#### **Women's Eight**



**Date of Birth:** 6/6/2000

**Birthplace:** Coronado, Calif.

**Hometown:** Imperial Beach, Calif.

**Current Residence:** Imperial Beach, Calif.

**Height:** 6'0"

**Weight:** 165

**High School:** Bonita Vista High School

**Current Club Affiliations:** San Diego Rowing Club

**Current Coaches:** Pat Kington

**Training Location:** San Diego, Calif.

**National Teams:** Two – Junior, 2017-18

**International Results:** Finished seventh in the eight at the 2017 World Rowing Junior Championships.

**National Results:** Placed 13th in the four with coxswain at 2018 USRowing Youth National Championships...Placed second in the youth four with coxswain at the 2017 Head of the Charles Regatta.

**Personal:** In Azja's spare time, she enjoys hiking, crocheting, looking at memes and origami. She has a black pug named Rocket. Azja said her parents are her biggest heroes due to the fact they remain wholly dedicated to her and her sister's happiness and family's well-being, while pursuing their own individual careers. Azja will be attending Stanford University in the fall. She was named San Diego Rowing Club varsity women's team captain and MVP.

## **Clark Dean**

### **Men's Single Sculls**

**Date of Birth:** 2/3/2000

**Birthplace:** Sarasota, Fla.

**Hometown:** Sarasota, Fla.

**Current Residence:** Sarasota, Fla.

**Height:** 6'4"

**Weight:** 205

**High School:** Pine View High School

**Current Club Affiliation:** Sarasota Crew

**Current Coach:** Casey Galvanek

**Training Location:** Sarasota, Fla.

**National Teams:** Three – Junior, 2016-18

**International Results:** Won gold in the single sculls and placed sixth in the four with coxswain at the 2017 World Rowing Junior Championships...Placed third in the quadruple sculls at the 2016 World Rowing Junior Championships...Won the under 17 single sculls and under 17 quadruple sculls at the 2015 Canadian Henley.

**National Results:** Won the single sculls at the 2018 Under 19 World Championship Trials...Won gold in the eight at the 2018 USRowing Youth National Championships...Won the single sculls at the 2017 Under 19 World Trials...Won silver in the under 19 quadruple sculls at the 2016 USRowing Club National Championships...Won bronze in the eight at the 2016

USRowing Youth National Championships...Won gold in the under 17 single sculls, under 17 quadruple sculls and under 17 eight at the 2015 USRowing Club Nationals Championships...Finished seventh in the eight at the 2015 USRowing Youth National Championships...Won gold in under 17 single sculls and under 17 eight, silver in the under 17 quadruple sculls, bronze in the under 17 double sculls and placed fifth in the under 17 single sculls at the 2014 USRowing Club National Championships...Placed fifth in the lightweight eight at the 2014 USRowing Youth National Championships.

### **Alex DeGrado**

#### **Men's Four**

**Date of Birth:** 10/9/2001

**Birthplace:** Hackensack, N.J.

**Hometown:** Jacksonville, Fla.

**Current Residence:** Sarasota, Fla.

**Height:** 6'2"

**Weight:** 200

**High School:** Florida Virtual School

**Current Club Affiliation:** Sarasota Crew

**Current Coaches:** Caitlynn Crouch, Casey Galvanek

**Training Location:** Sarasota, Fla.

**National Teams:** One – Junior, 2018

**International Results:** Placed second in the quadruple sculls and third in the single sculls at the 2017 CanAmMex Regatta.

**National Results:** Won the eight at the 2018 USRowing Youth National Championships...Won the double sculls and eight at the 2018 USRowing Southeast Youth Championships...Won the quadruple sculls and eight at the 2018 FSRA State Championships...Placed third in the youth double sculls at the 2017 Head of Charles...Placed second in the under 19 quadruple sculls and intermediate quadruple sculls at the 2017 USRowing Club National Championships...Placed second in the under 17 eight and fifth in the under 17 quadruple sculls at the 2016 USRowing Club National Championships.

**Personal:** Alex likes boating and fishing. He has a twin and a younger sister. Alex has always enjoyed water sports and used to be a swimmer.

### **Kathleen Dolan**

#### **Women's Quadruple Sculls**

**Date of Birth:** 8/8/2000

**Birthplace:** Austin, Texas

**Hometown:** Barrington, R.I.

**Current Residence:** Barrington, R.I.

**Height:** 5'6"

**Weight:** 155

**High School:** Barrington High School

**Current Club Affiliations:** Narragansett Boat Club

**Current Coach:** Peter Wilhelm

**Training Location:** Providence, R.I.

**National Teams:** One – Junior, 2018

**International Results:** Finished fourth in the under 18 single sculls at the 2017 Canadian Henley.

**National Results:** Won silver in the single sculls at the 2018 USRowing Youth National Championships...Won silver in the quadruple sculls at the 2018 USRowing Youth National Championships.

**Personal:** Kathleen loves her dogs, playing the violin, reading, and hiking. She said her biggest hero is Jeannine Gmelin because she is an awesome role model and is not afraid to go after it in the single sculls. She will be attending the University of Washington this fall.

### **George Doty**

**Men's Four with Coxswain**

**Date of Birth:** 4/19/2000

**Birthplace:** Corte Madera, Calif.

**Hometown:** Corte Madera, Calif.

**Current Residence:** Corte Madera, Calif.

**Height:** 5'8"

**Weight:** 118

**High School:** Saint Ignatius

**Current Club Affiliation:** Northeastern University

**Current Coach:** Chris Lenard

**Training Location:** Greenbrea, Calif.

**National Teams:** One – Junior, 2018

**National Results:** Finished second in the youth eight at 2017 Head of the Charles Regatta...Won gold in the under 17 eight at the 2016 USRowing Club National Championships.

### **Caitlin Esse**

**Women's Pair**

**Date of Birth:** 3/12/2001

**Birthplace:** London, England

**Hometown:** Fairfield, Conn.

**Current Residence:** New Canaan, Conn.

**Height:** 5'9"

**Weight:** 160

**High School:** New Canaan High School

**Current Club Affiliation:** Saugatuck Rowing Club

**Training Location:** Greenwich, Conn.

**Began Rowing:** 2014

**National Teams:** One – Junior, 2018

**National Results:** Won gold in the under 19 pair, intermediate pair, senior/elite pair and silver in the senior/elite four at the 2018 USRowing Club National Championships...Won the under 19

pair at the 2018 U19 World Championships Trials...Won the eight at the 2018 USRowing Youth National Championships.

**Personal:** Caitlin has two dogs and five siblings.

### **Delaney Evans**

#### **Women's Quadruple Sculls**

**Date of Birth:** 10/25/2001

**Birthplace:** Sterling, Ill.

**Hometown:** Bettendorf, Iowa

**Current Residence:** Bettendorf, Iowa

**Height:** 5'7"

**Weight:** 137

**High School:** Pleasant Valley High School

**Current Club Affiliation:** Y Quad Cities Rowing Association

**Current Coaches:** Dr. Peter Sharis, Jamie Whalen

**Training Location:** Moline, Ill.

**National Teams:** One – Junior, 2018

**International Results:** Won gold in the lightweight junior category at the 2018 World Rowing Indoor Championships...Placed fourth in lightweight junior category at the 2017 C.R.A.S.H.-B. Indoor Championships.

**National Results:** Won gold in the double sculls and quadruple sculls at the 2018 USRowing Youth National Championships...Won gold in junior double sculls at the 2017 Head of the Charles, setting a new course record...Won gold in the under 17 quadruple sculls and silver in under 17 single sculls at the 2017 USRowing Club National Championships...Won gold in the lightweight double sculls at the 2017 USRowing Youth National Championships.

**Personal:** Delaney enjoys cooking, hiking, swimming, kayaking, and spending time with her family. She is the second eldest of five siblings and a self-described Pinterest junkie.

### **Michael Fairley**

#### **Men's Four with Coxswain**

**Date of Birth:** 1/3/2001

**Hometown:** Saratoga Springs, N.Y.

**Current Residence:** Saratoga Springs, N.Y.

**Height:** 6'1"

**Weight:** 160

**High School:** Saratoga Springs High School

**Current Club Affiliation:** Saratoga Rowing Association

**Current Coaches:** Bradley Maxwell, Edwin Cunningham

**Training Location:** Saratoga Springs, N.Y.

**National Teams:** One – Junior, 2018

**International Results:** Won the under 17 double sculls and placed second in the under 17 quadruple sculls at the 2017 Canadian Henley.

**National Results:** Won gold in the double sculls at the 2018 USRowing Youth National Championships...Finished second in the quadruple sculls at the 2018 SRAA National Championships...Placed 11th in youth eight at the 2017 Head of the Charles.

**Personal:** Michael likes biking and hiking.

### **Charlie Fargo**

#### **Men's Eight**

**Date of Birth:** 12/20/2000

**Birthplace:** Winnetka, Ill.

**Hometown:** Winnetka, Ill.

**Current Residence:** Winnetka, Ill.

**Height:** 6'5"

**Weight:** 195

**High School:** New Trier High School

**Current Club Affiliation:** New Trier High School Rowing

**Current Coach:** Nate Kelp-Lenane

**Training Location:** Winnetka, Ill.

**National Teams:** One – Junior, 2018

**National Results:** Finished second in the varsity eight at the 2018 SRAA National Championships... Finished third in the youth eight at the 2017 Head of the Charles.

**Personal:** Charlie likes frisbee, Fortnite, basketball, being outdoors, slacklining and skiing. He comes from a family of rowers, namely his father and brother.

### **Kristopher Fisher**

#### **Men's Double Sculls**

**Date of Birth:** 5/2/2000

**Birthplace:** Knoxville, Tenn.

**Hometown:** Oak Ridge, Tenn.

**Height:** 5'10"

**Weight:** 150

**High School:** Oak Ridge High School

**Current Club Affiliations:** Vesper Boat Club

**Current Coaches:** Trevor Michelson

**Training Location:** Philadelphia, Pa.

**National Teams:** One – Junior, 2018

**National Results:** Won silver in the intermediate lightweight double sculls at the 2018 USRowing Club National Championships...Won the under 19 double sculls at the 2018 U19/U23/Senior I Trials.

### **Nick Fisher**

#### **Men's Eight**

**Date of Birth:** 10/19/2000

**Birthplace:** Hartford, Conn.

**Hometown:** West Hartford, Conn.  
**Current Residence:** West Hartford, Conn.  
**Height:** 6'2"  
**Weight:** 192  
**High School:** Kent School  
**Current Club Affiliation:** Kent School  
**Current Coach:** Eric Houston  
**Training Location:** Chula Vista, Calif.  
**National Teams:** One – Junior, 2018  
**International Results:** Won the eight at the 2017 CanAmMex Regatta.  
**National Results:** Won the eight at the 2018 NEIRA Championships.  
**Personal:** Nick started rowing at a club in Hartford in eighth grade. He is team captain at Kent School.

### **Jack Gallagher**

#### **Men's Pair**

**Date of Birth:** 10/20/2000  
**Birthplace:** Abington, Pa.  
**Hometown:** Newton, Pa.  
**Current Residence:** Newton, Pa.  
**Height:** 6'0"  
**Weight:** 164  
**High School:** Council Rock High School North  
**Current Club Affiliation:** Princeton National Rowing Association/Mercer  
**Current Coaches:** Justin Ochal, Steve McCarthy, Nick D'Antoni  
**Training Location:** Chula Vista, Calif.  
**National Teams:** One – Junior, 2018  
**International Results:** Won the under 17 eight at the 2015 Canadian Henley Regatta.  
**National Results:** Won bronze in the four with coxswain at the 2018 USRowing Youth National Championships...Placed seventh in the youth eight at the 2015 Head of Charles Regatta.  
**Personal:** John has a daily passion for fitness and nutrition and loves to compete. He loves listening to musician Lana Del Rey and collects special rocks. He won the 2016 Standard Bearer Award, which is awarded to the athlete who has the best work ethic on his team. John was named men's varsity captain for the 2018-19 season.

### **Catherine "Cat" Garrett**

#### **Women's Four**

**Date of Birth:** 10/7/2000  
**Birthplace:** Boston, Mass.  
**Hometown:** Darien, Conn.  
**Current Residence:** Darien, Conn.  
**Height:** 5'10"  
**Weight:** 155

**High School:** Darien High School

**Current Club Affiliation:** Connecticut Boat Club

**Current Coach:** Liz Trond

**Training Location:** Norwalk, Conn.

**National Teams:** One – Junior, 2018

**International Results:** Won gold in the eight and silver in the pair at the 2017 CanAmMex Regatta.

**National Results:** Won gold in the four with coxswain at the 2018 USRowing Youth National Championships.

**Personal:** Cat is apart of the Darien High School chapter of the National Honors Society and Science National Honors Society... She received the Wellesley Club of Southern Connecticut Book Award in 2018 for outstanding academic achievement. She is a Connecticut state-certified EMT. Cat likes to hike, swim and read in her spare time. She has a dog named Cayman.

### **Gabrielle Graves**

#### **Women's Eight**

**Date of Birth:** 12/19/2002

**Birthplace:** Vashon, Wash.

**Hometown:** Vashon, Wash.

**Current Residence:** Vashon, Wash.

**Height:** 5'9"

**Weight:** 160

**High School:** Vashon High School

**Current Club Affiliation:** Burton Beach Rowing Club

**Current Coach:** Richard Parr

**Training Location:** Vashon, Wash.

**National Teams:** One – Junior, 2018

**National Results:** Finished 12th in the pair at the 2018 USRowing Youth National Championships.

**Personal:** In her spare time, Gabrielle enjoys gaming, hanging out with her friends and playing with her little siblings. She is obsessed with pancakes and has never be stung by a bee.

### **Sophia Hahn**

#### **Alternate**

**Date of Birth:** 11/11/2000

**Birthplace:** New Brunswick, N.J.

**Hometown:** Braselton, Ga.

**Current Residence:** Henley-on-Thames, United Kingdom

**Height:** 5'11"

**Weight:** 173

**High School:** Gillotts School

**Current Club Affiliation:** Henley Rowing Club

**Current Coaches:** Leon Redman, Ed Dean

**Training Location:** Henley, United Kingdom

**National Teams:** One – Junior, 2018

**International Results:** Won gold in the eight and four with coxswain at the 2017 CanAmMex Regatta.

**National Results:** Won the championship eight and championship quadruple sculls at the 2018 Nationals Schools' Regatta...Won the junior quadruple sculls at the 2018 Women's Henley...Won the Fuller's Head of the River Fours in 2016 and 2017.

**Personal:** In her spare time, Sophia enjoys singing and painting.

### **Chase Haskell**

#### **Men's Four with Coxswain**

**Date of Birth:** 4/12/2001

**Birthplace:** New York, N.Y.

**Hometown:** Ponte Vedra Beach, Fla.

**Current Residence:** Ponte Vedra Beach, Fla.

**Height:** 6'3"

**Weight:** 205

**High School:** The Bolles School

**Current Club Affiliation:** Bolles Crew

**Current Coach:** Chris Register

**Training Location:** Jacksonville, Fla.

**National Teams:** One – Junior, 2018

**National Results:** Placed seventh in the eight and quadruple sculls at the 2018 FSRA State Championships...Finished fourth in the under 17 eight at the 2017 USRowing Club National Championships.

**Personal:** Chase likes playing guitar and being with family. He began rowing in ninth grade because his school offered the sport.

### **Margaret Hedeman**

#### **Women's Four**

**Date of Birth:** 4/12/2001

**Hometown:** Concord, Mass.

**Current Residence:** Concord, Mass.

**Height:** 6'0"

**Weight:** 158

**High School:** Concord-Carlisle High School

**Current Club Affiliation:** Community Rowing, Inc.

**Current Coach:** Skye Elliot

**Training Location:** Boston, Mass.

**National Teams:** One – Junior, 2018

**National Results:** Won silver in the under 19 single sculls at the 2017 USRowing Club National Championships....Won gold in the under 17 single sculls at the 2016 USRowing Club National



Championships...Competed with CRI's youth eight at the 2015-2017 Head of the Charles regattas...Raced in CRI's eight at the 2016-2018 USRowing Youth National Championships.  
**Personal:** Margaret enjoys skiing, hiking and running in her spare time. Her mother, Rena, rowed for Yale University. She was the captain of the CRI girls' varsity team and will be attending Yale University in the fall.

### **Samantha Henriksen**

#### **Women's Eight**

**Date of Birth:** 3/10/2001

**Birthplace:** Chicago, Ill.

**Hometown:** Chicago, Ill.

**Current Residence:** Chicago, Ill.

**Height:** 5'10"

**Weight:** 175

**High School:** Trinity High School River Forest

**Current Club Affiliation:** Chicago Rowing Foundation

**Current Coach:** Mike Wallin

**Training Location:** Chicago, Ill.

**National Teams:** One – Junior, 2018

**International Results:** Won gold in the eight and four with coxswain at the 2017 CanAmMex Regatta.

**National Results:** Finished third in the eight at the 2018 USRowing Youth National Championships.

**Personal:** Samantha enjoys traveling and CrossFit. She was named her club's Most Outstanding Rower this year.

### **Kai Hoite**

#### **Men's Four**

**Date of Birth:** 6/3/2000

**Birthplace:** Berkeley, Calif.

**Hometown:** Berkeley, Calif.

**Current Residence:** Berkeley, Calif.

**Height:** 6'4"

**Weight:** 185

**High School:** Berkeley High School

**Current Club Affiliation:** Oakland Strokes

**Current Coach:** Brian de Regt

**Training Location:** Oakland, Calif.

**National Teams:** One – Junior, 2018

**National Results:** Finished second in the eight at the 2018 USRowing Youth National Championships...Finished second in the eight at the 2017 USRowing Youth National Championships...Won the youth eight at the 2016 Head of the Charles...Finished second in the lightweight eight at the 2016 USRowing Youth National Championships.

**Personal:** Kai enjoys mountain biking and windsurfing. He also is a Danish citizen.

### **Heidi Jacobson**

#### **Women's Four with Coxswain**

**Date of Birth:** 9/14/2001

**Birthplace:** New York, N.Y.

**Hometown:** Greenwich, Conn.

**Current Residence:** Greenwich, Conn.

**Height:** 5'9"

**Weight:** 155

**High School:** Greenwich Academy

**Current Club Affiliation:** Connecticut Boat Club

**Current Coach:** Liz Trond

**Training Location:** Norwalk, Conn.

**National Teams:** One – Junior, 2018

**National Results:** Finished sixth in the pair at the 2018 USRowing Youth National Championships.

**Personal:** Heidi enjoys biking, making films and going for walks with her dogs.

### **Eli Kalfaian**

#### **Men's Eight**

**Date of Birth:** 2/24/2000

**Birthplace:** Morristown, N.J.

**Hometown:** Milford, N.J.

**Current Residence:** Milford, N.J.

**Height:** 6'3"

**Weight:** 198

**High School:** Delaware Valley Regional High School

**Current Club Affiliation:** Princeton National Rowing Association/Mercer

**Current Coach:** Justin Ochal

**Training Location:** Mercer County, N.J.

**National Teams:** One – Junior, 2018

**International Results:** Won the eight at the 2018 CanAmMex Regatta.

**National Results:** Finished third in the four with coxswain at the 2018 USRowing Youth National Championships.

**Personal:** Eli likes reading, working out, kayaking and biking. In addition to being a rower, Eli also wrestles. He started rowing because his sister and father competed in college.

### **Travis Keating**

#### **Alternate**

**Date of Birth:** 1/19/2001

**Hometown:** Placerville, Calif.

**Current Residence:** Placerville, Calif.

**Height:** 6'3"

**Weight:** 195

**Current Club Affiliation:** Capital Crew

**Current Coach:** Ben Hise

**Training Location:** Sacramento State Aquatic Center

**National Teams:** One – Junior, 2018

**National Results:** Finished second in the youth varsity eight at the 2018 San Diego Crew Classic.

**Owen King**

**Men's Four with Coxswain**

**Date of Birth:** 4/14/2000

**Birthplace:** Houston, Texas

**Hometown:** Montclair, N.J.

**Current Residence:** Montclair, N.J.

**Height:** 6'5"

**Weight:** 195

**High School:** Montclair High School

**Current Club Affiliations:** Montclair High School, University of California, Berkeley

**Current Coaches:** Chris Chase, Jeremy Michalitsianos

**Training Location:** Chula Vista, Calif.

**National Teams:** Two – Junior, 2017-18

**International Results:** Served as an alternate at the 2017 World Rowing Junior Championships.

**National Results:** Won gold in the varsity eight at the 2018 SRAA National Championships...Won gold in the varsity eight at the 2017 SRAA National Championships...Won gold in the senior eight at the 2017 Stotesbury Cup Regatta.

**Kate Knifton**

**Women's Four with Coxswain**

**Date of Birth:** 7/5/2000

**Birthplace:** Austin, Texas

**Hometown:** Austin, Texas

**Current Residence:** Austin, Texas

**Height:** 5'11"

**Weight:** 155

**High School:** McCallum High School

**Current Club Affiliation:** Texas Rowing Center

**Current Coach:** Falesha Thrash

**Training Location:** Austin, Texas

**National Teams:** Two – Junior, 2017-18

**International Results:** Finished ninth in the pair at the 2017 World Rowing Junior Championships.

**National Results:** Finished second in the pair at the 2018 USRowing Youth National Championships...Finished fourth in the youth four with coxswain at the 2017 Head of the Charles Regatta.

**Personal:** Kate enjoys drawing, baking and spending time with friends. Before she started rowing, she was a dancer for 14 years and competed in dance for seven years. At one point, she owned eight pet chickens. She will be attending the University of Texas this fall. Kate was a Trustee Award Winner for all four years of high school for being in the top 10% of her class. She graduated with highest honors for being ranked third in her high school class, was honorable mention in the National Merit Scholar Program, and was an officer on her high school drill team from 2015-17, winning the state championships for her solo in drill team in 2016. Kate was captain of her club rowing team during 2017-18.

## **Lucy Koven**

### **Women's Pair**

**Date of Birth:** 5/11/2001

**Birthplace:** New Brunswick, N.J.

**Hometown:** Greenwich, Conn.

**Current Residence:** Greenwich, Conn.

**Height:** 5'10"

**Weight:** 155

**High School:** Greenwich High School

**Current Club Affiliation:** Greenwich Crew

**Current Coaches:** Heidi Hunsberger, Catherine Starr

**Training Location:** Greenwich, Conn.

**Began Rowing:** 2015

**National Teams:** One – Junior, 2018

**National Results:** Won gold in the under 19 pair, intermediate pair, senior/elite pair and silver in the senior/elite four at the 2018 USRowing Club National Championships...Won the under 19 pair at the 2018 U19 World Championships Trials...Finished second in the eight at the 2018 USRowing Youth National Championships.

**Personal:** Lucy has three dogs and three siblings. Her father, Jamie, was a two-time Olympic rower.

## **Emmeline Laurence**

### **Women's Quadruple Sculls**

**Date of Birth:** 4/7/2000

**Birthplace:** Boston, Mass.

**Hometown:** Greenland, N.H.

**Current Residence:** Greenland, N.H.

**Height:** 5'11"

**Weight:** 170

**High School:** Portsmouth High School

**Current Club Affiliation:** Great Bay Rowing

**Current Coach:** Andrew Voorhees

**Training Location:** Dover, N.H.

**National Teams:** One – Junior, 2018

**National Results:** Won the double sculls at the 2018 USRowing Northeast Youth Championships...Won the under 17 eight at the 2016 USRowing Club National Championships.

**Personal:** Emmeline played soccer and basketball before trying rowing. She will be attending Yale University this fall.

### **Greg Le Meur**

**Men's Pair**

**Date of Birth:** 2/28/2001

**Birthplace:** Paris, France

**Hometown:** San Francisco, Calif.

**Current Residence:** San Francisco, Calif.

**Height:** 6'4"

**Weight:** 185

**High School:** Lycée Français de San Francisco

**Current Club Affiliation:** Pacific Rowing Club

**Current Coach:** Julian Stephanski

**Training Location:** San Francisco, Calif.

**National Teams:** One – Junior, 2018

**International Results:** Won gold in the eight at the 2017 CanAmMex Regatta.

**National Results:** Finished fifth in the pair at the 2018 USRowing Youth National Championships.

**Personal:** Greg enjoys cycling, kitesurfing and weightlifting.

### **Henry Lowe**

**Men's Eight**

**Date of Birth:** 5/9/2000

**Birthplace:** Santa Monica, Calif.

**Hometown:** Pacific Palisades, Calif.

**Current Residence:** Deerfield, Mass.

**Height:** 6'3"

**Weight:** 182

**High School:** Deerfield Academy

**Current Club Affiliations:** Deerfield Academy Boat Club

**Current Coach:** Spencer Washburn

**Training Location:** Connecticut River

**National Teams:** One – Junior, 2018

**National Results:** Won gold in the four with coxswain at both the 2017 and 2018 USRowing Youth National Championships.

**Personal:** Henry has one older brother who rows at Harvard University.

## **Jenna Macrae**

### **Alternate**

**Date of Birth:** 8/3/2000

**Birthplace:** New York City, N.Y.

**Hometown:** Cincinnati, Ohio

**Current Residence:** New Canaan, Conn.

**Height:** 5'10"

**Weight:** 145

**High School:** King School

**Current Club Affiliation:** Connecticut Boat Club

**Current Coach:** Liz Trond

**Training Location:** Norwalk, Conn.

**National Teams:** One – Junior, 2018

**National Results:** Finished fourth in the quadruple sculls at the 2018 USRowing Youth National Championships...Finished seventh in the youth eight at the 2017 Head of the Charles Regatta...Won the under 19 eight and intermediate eight at the 2017 USRowing Club National Championships...Finished 12th in the eight at the 2017 USRowing Youth National Championships.

**Awards:** was named team captain for the 2018-2019 season...

**Personal:** Jenna loves being outside and enjoys swimming, hiking, and biking. She has two labradoodles named Ollie and Teddy. Jenna is the youngest of four kids. Her great grandmother was a coxswain for Wesley College back in the 1920s. Jenna was a competitive swimmer up until she started rowing.

## **Sarah McErlean**

### **Women's Double Sculls**

**Date of Birth:** 1/25/2000

**Birthplace:** Vevey, Switzerland

**Hometown:** Vevey, Switzerland

**Current Residence:** Saint-Légier, Switzerland

**Height:** 5'8"

**Weight:** 136

**High School:** Gymnase Auguste Piccard, Lausanne, Switzerland

**Current Club Affiliation:** Club Aviron de Vevey, Narragansett Boat Club

**Current Coach:** Hugo Pfister

**Training Location:** Vevey, Switzerland

**National Teams:** One – Junior, 2018

**International Results:** Placed fifth in the quadruple sculls with coxswain at the 2018 Heineken Roeivierkamp...Competed in the quadruple sculls quarterfinal at the 2017 Henley Women's Regatta...Won a bronze medal in the pair at the 2017 Swiss National Championships...Placed fourth in the double sculls at the 2017 Coupe de la Jeunesse...Reached the final in the quadruple sculls at the 2016 International Deutscher Ruderverband Junior Regatta...Won silver and gold medals at the 2016 Coupe de la Jeunesse.

**Personal:** At age 13, Sarah became the world's youngest female Shodan (black belt) in the martial art of Aikido. She aspires to be a doctor. Sarah's family is very close and important to her and plays a great role in her achievements. Her brother is her hero, as Swiss champion in the men's eight and founder of Project Vigil. She represented the Swiss at various international races in 2016 and 2017, but this is her first World Rowing Junior Championships.

### **Kelsey McGinley**

#### **Women's Four**

**Date of Birth:** 9/16/2000

**Birthplace:** Norwalk, Conn.

**Hometown:** Westport, Conn.

**Current Residence:** Westport, Conn.

**Height:** 5'11"

**Weight:** 155

**High School:** Staples High School

**Current Club Affiliation:** Saugatuck Rowing Club

**Current Coach:** Gordon Getsinger

**Training Location:** Westport, Conn.

**National Teams:** Three – Junior, 2016-18

**International Results:** Won bronze in the four at the 2017 World Rowing Junior Championships...Won bronze in the four at the 2016 World Rowing Junior Championships.

**National Results:** Won gold in the eight at the 2018 USRowing Youth National Championships...Won gold in the eight at the 2017 USRowing Youth National Championships...Won gold in the eight at the 2016 USRowing Youth National Championships...Won gold in the youth eight and set a course record at the 2015 Head of the Charles...Won gold in the under 19 eight and under 19 four with coxswain at the 2015 USRowing Club National Championships...Finished eighth in the eight at the 2015 USRowing Youth National Championships...Finished eighth in the youth eight at the 2014 Head of the Charles.

**Personal:** Kelsey loves crocheting, hummus, drawing, playing with her cat and yoga. She started rowing as a way to stay in shape during training for soccer in the winter and because her sister had been on the novice team.

### **Isabel Mezei**

#### **Women's Eight**

**Date of Birth:** 9/13/2001

**Birthplace:** Hartford, Conn.

**Hometown:** Brookfield, Conn.

**Current Residence:** Fairfield, Conn.

**Height:** 5'6"

**Weight:** 150

**High School:** St. Luke's School

**Current Club Affiliation:** Saugatuck Rowing Club

**Current Coach:** Gordon Getsinger

**Training Location:** Westport, Conn.

**National Teams:** One – Junior, 2018

**National Results:** Won gold in the eight at the 2018 USRowing Youth National Championships.

**Personal:** In her spare time, Isabel likes to sleep, go on drives with her friends, and listen to music. She has two German Shepherds. Isabel said her biggest hero is her novice coach, Mike O'Hara, who taught her how to work hard and overcome adversity. She won the departmental distinction award for math her freshman year in high school.

### **Jessica Mixon**

#### **Women's Eight**

**Date of Birth:** 2/2/2000

**Birthplace:** Danbury, Conn.

**Hometown:** Brentwood, Tenn.

**Current Residence:** Philadelphia, Pa.

**Height:** 5'11"

**Weight:** 150

**High School:** Ravenwood High School

**Undergraduate Education:** University of Pennsylvania

**Current Club Affiliation:** University of Pennsylvania

**Current Coach:** Wes Ng

**Training Location:** Philadelphia, Pa.

**National Teams:** One – Junior, 2018

**National Results:** Finished third in the varsity eight at the 2018 Ivy League

Championships...Finished second in the club eight at the 2017 Head of the Charles...Finished eighth in the eight at the 2017 USRowing Youth National Championships...Won the four with coxswain and eight, and placed second in the pair, at the 2016 Head of the Hooch Regatta.

**Personal:** Jessica loves hiking, biking, baking, running and reading. She used to play volleyball and basketball. Jessica skipped kindergarten, which makes her still eligible for the junior national team even though she already completed one year of college. She loves rowing for Penn, the city of Philadelphia and rowing on the Schuylkill River. Jessica was a National Merit Scholar in high school.

### **Bridget O'Callahan**

#### **Women's Quadruple Sculls**

**Date of Birth:** 7/25/2000

**Birthplace:** Los Angeles, Calif.

**Hometown:** Los Angeles, Calif.

**Current Residence:** Los Angeles, Calif.

**Height:** 5' 7"

**Weight:** 160

**High School:** Marlborough School



**Current Club Affiliation:** California Yacht Club

**Current Coach:** Craig Leeds

**Training Location:** Marina del Rey, Calif.

**National Teams:** One – Junior, 2018

**National Results:** Finished fifth in the double sculls at the 2018 USRowing Youth National Championships...Finished seventh in the quadruple sculls at the 2017 USRowing Youth National Championships...Placed third in the youth single sculls at the 2016 Head of the Charles...Finished seventh in the quadruple sculls at the 2016 USRowing Youth National Championships...Finished third in the double sculls and sixth in the quadruple sculls at the 2015 USRowing Youth National Championships.

**Personal:** In her spare time, Bridget enjoys, drawing, painting, reading, and watching hockey and soccer. She has four brothers. Bridget will be attending Brown University this fall.

**John Mark Ozaeta**

**Men's Eight**

**Date of Birth:** 2/3/2001

**Birthplace:** Oklahoma City, Okla.

**Hometown:** Orinda, Calif.

**Current Residence:** Moraga, Calif.

**Height:** 6'3"

**Weight:** 197

**High School:** Miramonte High School

**Current Club Affiliation:** Oakland Strokes

**Current Coaches:** Brian DeRegt, Jesse Foglia

**Training Location:** Oakland, Calif.

**National Teams:** One – Junior, 2018

**National Results:** Finished second in the eight at the 2018 USRowing Youth National Championships...Finished second in the eight at the 2017 USRowing Youth National Championships.

**Personal:** John enjoys reading, hiking, and eating cornbread and baked beans.

**Alin Pasa**

**Women's Eight**

**Date of Birth:** 6/19/2000

**Hometown:** Westport, Conn.

**Current Residence:** Westport, Conn.

**Height:** 5'2"

**Weight:** 108

**High School:** Staples High School

**Current Club Affiliation:** Saugatuck Rowing Club

**Current Coach:** Sharon Kriz

**Training Location:** Westport, Conn.

**National Teams:** One – Junior, 2018

**National Results:** Coxed the men's eight at the 2018 USRowing Youth National Championships...Finished ninth in the youth men's eight at the 2017 Head of the Charles.  
**Personal:** In her spare time, Alin enjoys skiing, swimming, and reading. She received the Scholar Leader Award at Staples High School.

### **Grant Person**

#### **Men's Four**

**Date of Birth:** 9/7/2000

**Birthplace:** Newport Beach, Calif.

**Hometown:** Newport Beach, Calif.

**Current Residence:** Newport Beach, Calif.

**Height:** 6'6"

**Weight:** 196

**High School:** Newport Harbor High School

**Current Club Affiliation:** Newport Aquatic Center

**Current Coach:** Nick D'Antoni

**Training Location:** Newport Beach, Calif.

**National Teams:** One – Junior, 2018

**National Results:** Finished fourth in the eight at the 2018 USRowing Youth National Championships...Won the eight at the 2018 USRowing Southwest Youth Championships.

**Personal:** Grant likes going to the beach, volleyball, basketball, swimming and rowing.

### **Nathan Phelps**

#### **Men's Quadruple Sculls**

**Date of Birth:** 9/29/2000

**Birthplace:** Danbury, Conn.

**Hometown:** Ridgefield, Conn.

**Current Residence:** Ridgefield, Conn.

**Height:** 6'3"

**Weight:** 205

**High School:** St. Luke's School

**Current Club Affiliation:** Maritime Rowing Club, New Canaan Crew

**Current Coach:** Yan Vengerovskiy

**Training Location:** Norwalk, Conn.

**National Teams:** One – Junior, 2018

**International Results:** Finished second in the under 19 quadruple sculls and fourth in the under 19 double sculls at the 2017 Canadian Henley.

**National Results:** Won the quadruple sculls at the 2018 USRowing Youth National Championships...Won the junior quadruple sculls at the 2018 San Diego Crew Classic...Won the quadruple sculls at the 2017 Head of the Charles...Won the under 19 quadruple sculls at the 2017 USRowing Club National Championships

**Personal:** Nathan enjoys photography, reading and collecting vinyl.

**Fran Raggi****Women's Eight****Date of Birth:** 3/30/2000**Birthplace:** Orlando, Fla.**Hometown:** Maitland, Fla.**Current Residence:** Maitland, Fla.**Height:** 5'11"**Weight:** 177**High School:** Winter Park High School**Current Club Affiliation:** Winter Park Crew**Current Coach:** Mike Vertullo**Training Location:** Casselberry, Fla.**National Team:** Two – Junior, 2017-18**International Results:** Finished seventh in the eight at the 2017 World Rowing Junior Championships.**National Results:** Finished second in the varsity eight at the 2017 and 2018 SRAA National Championships.**Personal:** In her spare time, Fran enjoys going to the beach and hanging out with friends. She said her biggest hero is her mother because of her non-stop hard work, dedication and selflessness. She will be attending the University of Texas in the fall.**Cassandra Reed****Women's Single Sculls****Date of Birth:** 12/26/2000**Birthplace:** Boston, Mass.**Hometown:** Belmont, Mass.**Height:** 6'2"**Weight:** 187**High School:** Belmont High School**Current Club Affiliation:** West Cambridge Rowing**Current Coach:** Mark Grinberg**Training Location:** Boston, Mass.**National Teams:** One – Junior, 2018**National Results:** Won the under 19 single sculls at the 2018 U19/U23/Senior I Trials...Won the single sculls at the 2018 USRowing Youth National Championships.**Personal:** Both of Cassandra's parents are very athletic and pushed her to pursue the sport of rowing. She has a dog name Monty. Cassandra has a younger brother named Dwight. She enjoys art and likes to spend her free time painting and sketching.**Jeri Rhodes****Alternate****Date of Birth:** 1/1/2000

**Birthplace:** St. Louis, Mo.

**Hometown:** St. Louis, Mo.

**Current Residence:** St. Louis, Mo.

**Height:** 5'9"

**Weight:** 185

**High School:** Ladue Horton Watkins High School

**Current Club Affiliation:** St. Louis Rowing Club

**Current Coaches:** Tim Franck, Mark Rothstein

**Training Location:** St. Louis, Mo.

**National Teams:** One – Junior, 2018

**National Results:** Won the intermediate eight at the 2018 USRowing Club National Championships...Finished sixth in the four with coxswain at the 2018 USRowing Youth National Championships...Finished third in the four with coxswain at the 2018 Midwest Youth Championships.

**Personal:** In her spare time, Jeri likes knitting, painting, drawing and ceramics. She has four siblings. Her hero is Simone Biles because she is the most decorated Olympic gymnast and inspires her to pursue her own goals. She will be attending the University of Michigan in the fall. She received the most outstanding novice award of her rowing club, an award given to a novice who shows excellent leadership and dedication to the sport of rowing.

### **Caroline Ricksen**

#### **Women's Four with Coxswain**

**Date of Birth:** 8/31/2000

**Birthplace:** Oakland, Calif.

**Hometown:** Orinda, Calif.

**Current Residence:** Orinda, Calif.

**Height:** 5'3"

**Weight:** 110

**High School:** Miramonte High School

**Current Club Affiliation:** Oakland Strokes

**Current Coaches:** Allison Ray, Anita Sarret

**Training Location:** Oakland, Calif.

**National Teams:** One – Junior, 2018

**International Results:** Won gold in the four with coxswain and eight at the 2017 CanAmMex Regatta.

**National Results:** Won silver in the lightweight eight at 2018 USRowing Youth National Championships...Won gold in the lightweight eight at the 2017 USRowing Youth National Championships...Won gold in the four with coxswain at the 2016 USRowing Youth National Championships.

**Personal:** Caroline's babysitter in seventh grade was a rower, and she recommended that Caroline try rowing. She rowed in the middle school program for a day, then quickly switched to coxing. Caroline enjoys running, hiking, hanging out with friends and searching for the best

food spots in the Bay Area. She has two brothers, one is a rising sophomore at the University of Washington, and the other is a rising junior at Miramonte High School.

### **Emory Sammons**

#### **Men's Quadruple Sculls**

**Date of Birth:** 6/21/2000

**Birthplace:** Amsterdam, N.Y.

**Hometown:** Fort Plain, N.Y.

**Current Residence:** Sarasota, Fla.

**Height:** 6'2"

**Weight:** 188

**High School:** Fort Plain Jr. Senior High School

**Current Club Affiliation:** Sarasota Crew

**Current Coach:** Caitlynn Crouch

**Training Location:** Sarasota, Fla.

**National Teams:** Two – Junior, 2017-18

**International Results:** Finished seventh in the quadruple sculls at the 2017 World Rowing Junior Championships.

**National Results:** Won gold in the eight at the 2018 USRowing Youth National Championships.

**Personal:** Emory likes extreme fly fishing, bull riding, cliff jumping and volunteering at the animal shelter. He started rowing because he saw a flier for crew at a McDonald's.

### **Hannah Schaenman**

#### **Women's Eight**

**Date of Birth:** 12/12/2000

**Birthplace:** Rye Brook, N.Y.

**Hometown:** Rye Brook, N.Y.

**Current Residence:** Rye Brook, N.Y.

**Height:** 6'0"

**Weight:** 168

**High School:** Blind Brook High School

**Current Club Affiliation:** RowAmerica Rye

**Current Coaches:** Marko Serafimovski

**Training Location:** Rye, N.Y.

**National Teams:** One – Junior, 2018

**International Results:** Won gold in the eight and four with coxswain at the 2017 CanAmMex Regatta.

**National Results:** Finished second in the four with coxswain at the 2018 USRowing Youth National Championships...Finished third in the four with coxswain at the 2017 USRowing Youth National Championships...Won gold in the four with coxswain at the 2017 Head of the Charles.

**Personal:** Hannah received honorable mention in basketball for her 2015-2016 season as a starter but fell in love with rowing and will attend Princeton University this fall. She likes hanging out with her friends, going to the beach and meeting new people.

### **Harrison Schofield**

#### **Men's Eight**

**Date of Birth:** 1/28/2001

**Birthplace:** Sarasota, Fla.

**Hometown:** Sarasota, Fla.

**Current Residence:** Sarasota, Fla.

**Height:** 5'11"

**Weight:** 168

**High School:** Pine View School

**Current Club Affiliation:** Sarasota Crew

**Current Coaches:** Casey Galvanek, Caitlynn Crouch

**Training Location:** Sarasota, Fla.

**National Teams:** Two – Junior, 2017-2018

**International Results:** Finished 16th in four at the 2017 World Rowing Junior Championships.

**National Results:** Won gold in the varsity eight at the 2018 USRowing Youth National Championships...Placed second in the youth eight at the 2017 Head of the Charles...Won bronze in eight at the 2017 USRowing Youth National Championships...Finished fifth in the youth eight at the 2016 Head of the Charles.

**Personal:** Harrison likes scuba diving, sailing, fishing and is an avid rock collector. He is the youngest of five siblings and found rowing through his brother's experiences.

### **Kristopher Schumann**

#### **Men's Quadruple Sculls**

**Date of Birth:** 4/4/2000

**Birthplace:** Sarasota, Fla.

**Hometown:** Osprey, Fla.

**Current Residence:** Osprey, Fla.

**Height:** 6'3"

**Weight:** 195

**High School:** Sarasota Military Academy

**Current Club Affiliation:** Sarasota Crew

**Current Coach:** Caitlynn Crouch

**Training Location:** Sarasota, Fla.

**National Teams:** Two – Junior 2017, 2018

**International Results:** Served as an alternate at the 2017 World Rowing Junior Championships.

**National Results:** Won gold in the eight at the 2018 USRowing Youth National Championships.

**Personal:** Kristopher likes longboarding, Risk, and surfing. He found the sport of rowing through close family friends.

### **Cooper Tuckerman**

#### **Men's Double Sculls**

**Date of Birth:** 5/24/2000

**Birthplace:** Bozeman, Mont.

**Hometown:** Bozeman, Mont.

**Height:** 5'10"

**Weight:** 150

**High School:** Berkshire School

**Current Coach:** Trevor Michelson

**Training Location:** Philadelphia, Pa.

**National Teams:** One – Junior, 2018

**National Results:** Finished second in the intermediate lightweight double sculls at the 2018 USRowing Club National Championships...Won the under 19 double sculls at the 2018 U19/U23/Senior I Trials.

**Personal:** Cooper loves skiing and is a hockey goalie when he is not rowing.

### **Zachary "Zach" Vachal**

#### **Men's Four**

**Date of Birth:** 10/10/2001

**Birthplace:** San Francisco, Calif.

**Hometown:** San Francisco, Calif.

**Current Residence:** San Francisco, Calif.

**Height:** 6'0"

**Weight:** 180

**High School:** Lick-Wilmerding High School

**Current Club Affiliations:** Pacific Rowing Club

**Current Coach:** Julian Stephanski

**Training Location:** San Francisco, Calif.

**National Teams:** One – Junior, 2018

**National Results:** Finished fifth in the pair at the 2018 USRowing Youth National Championships...Won the under 17 quadruple sculls at the 2017 USRowing Club National Championships.

**Personal:** Zach enjoys biking, woodworking and hiking. He loves Vermont for the nature and family living there. Zach is the middle of three brothers and loves to row for the goal of making his family and community proud.

### **Camille VanderMeer**

#### **Women's Double Sculls**

**Date of Birth:** 9/3/2000

**Birthplace:** Sayre, Pa.  
**Hometown:** Elmira, N.Y.  
**Height:** 5'11"  
**Weight:** 150  
**High School:** Notre Dame High School  
**Current Club Affiliation:** Narragansett Boat Club  
**Current Coach:** Andrew Kallfelz  
**Training Locations:** Ithaca, N.Y./Providence, R.I.  
**National Teams:** One – Junior, 2018  
**National Results:** Finished second in the quadruple sculls at the 2017 USRowing Youth National Championships...Finished sixth at the 2017 C.R.A.S.H.-B. Indoor Sprints.  
**Personal:** Camille loves playing the piano, sailing, hiking, reading and recycling. She found the sport of rowing through family and greatly admires her grandfather.

### **Dylan White**

#### **Men's Eight**

**Date of Birth:** 8/10/2000  
**Birthplace:** Newport Beach, Calif.  
**Hometown:** Newport Beach, Calif.  
**Current Residence:** Newport Beach, Calif.  
**Height:** 5'7"  
**Weight:** 117  
**High School:** Newport Harbor High School  
**Current Club Affiliation:** Newport Aquatic Center  
**Current Coach:** Nick D'Antoni  
**Training Location:** Chula Vista, Calif.  
**National Teams:** One – Junior, 2018  
**National Results:** Finished third in the lightweight eight and second in the lightweight four with coxswain at the 2018 USRowing Youth National Championships.  
**Personal:** In his free time, Dylan enjoys surfing, fishing and snowboarding.

### **James Wright**

#### **Men's Quadruple Sculls**

**Date of Birth:** 1/31/2000  
**Birthplace:** Philadelphia, Pa.  
**Hometown:** Philadelphia, Pa.  
**Current Residence:** Philadelphia, Pa.  
**Height:** 6'5"  
**Weight:** 205  
**High School:** Germantown Friends School  
**Current Club Affiliation:** Germantown Friends School  
**Current Coach:** Aaron Preetam  
**Training Location:** Philadelphia, Pa.



**National Teams:** Two – Junior, 2017-18

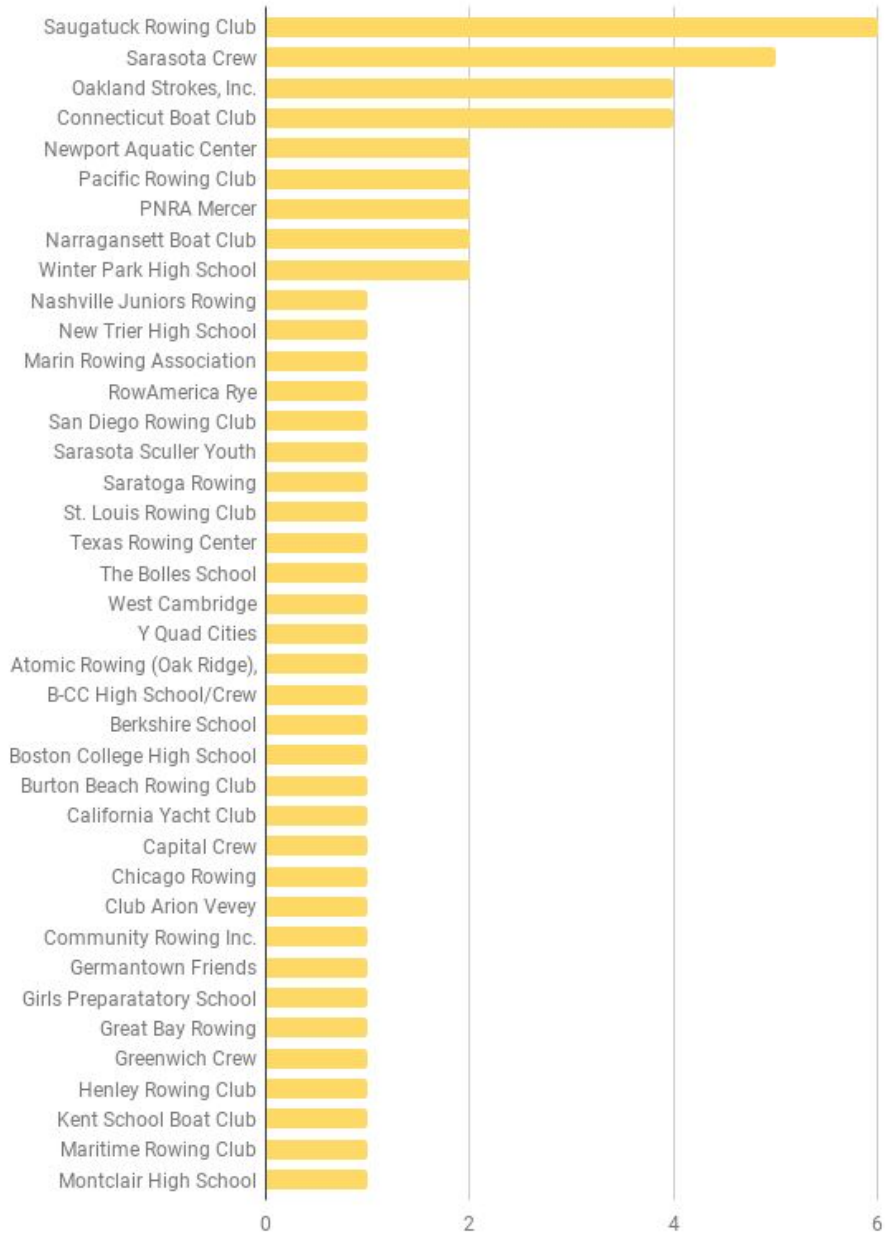
**International Results:** Finished seventh in the quadruple sculls at the 2017 World Rowing Junior Championships.

**National Results:** Won the under 19 event at the 2018 World Indoor Rowing Championships...Won the single sculls at the 2018 USRowing Youth National Championships...Won the single sculls at the 2017 and 2018 SRAA National Championship.

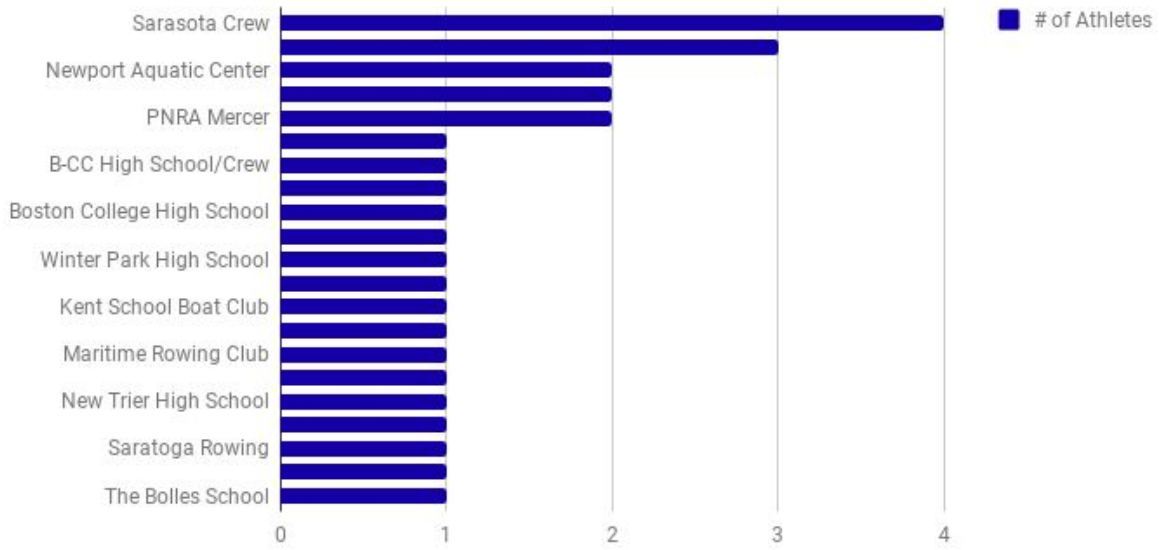
**Personal:** James enjoys photography, soccer, chess and PB&Js.

# 2018 Junior National Team Facts and Figures

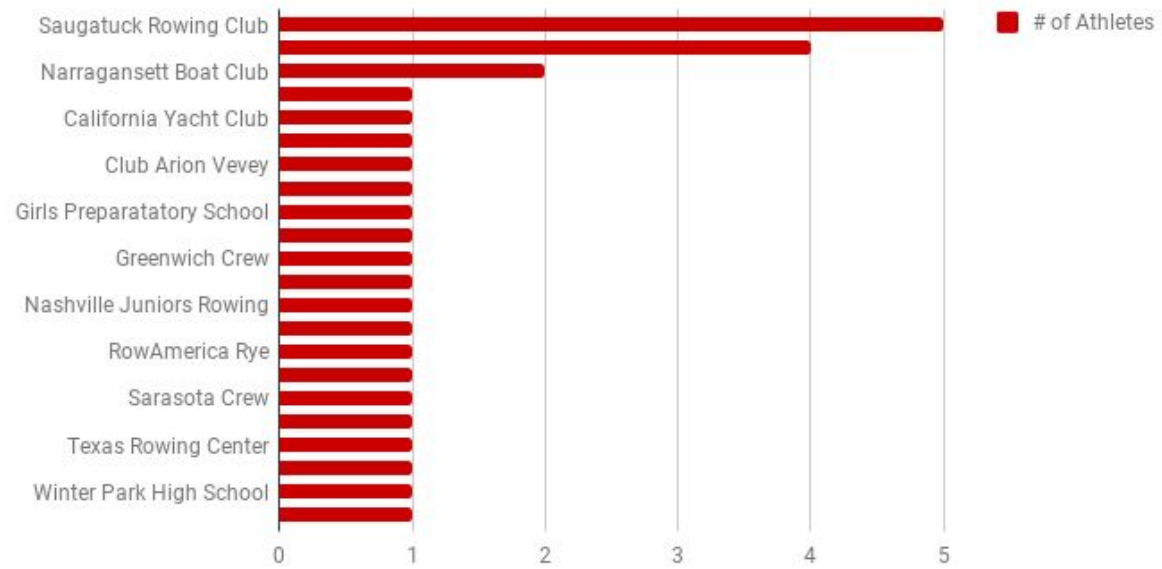
## U19 Total Athletes and Club/School



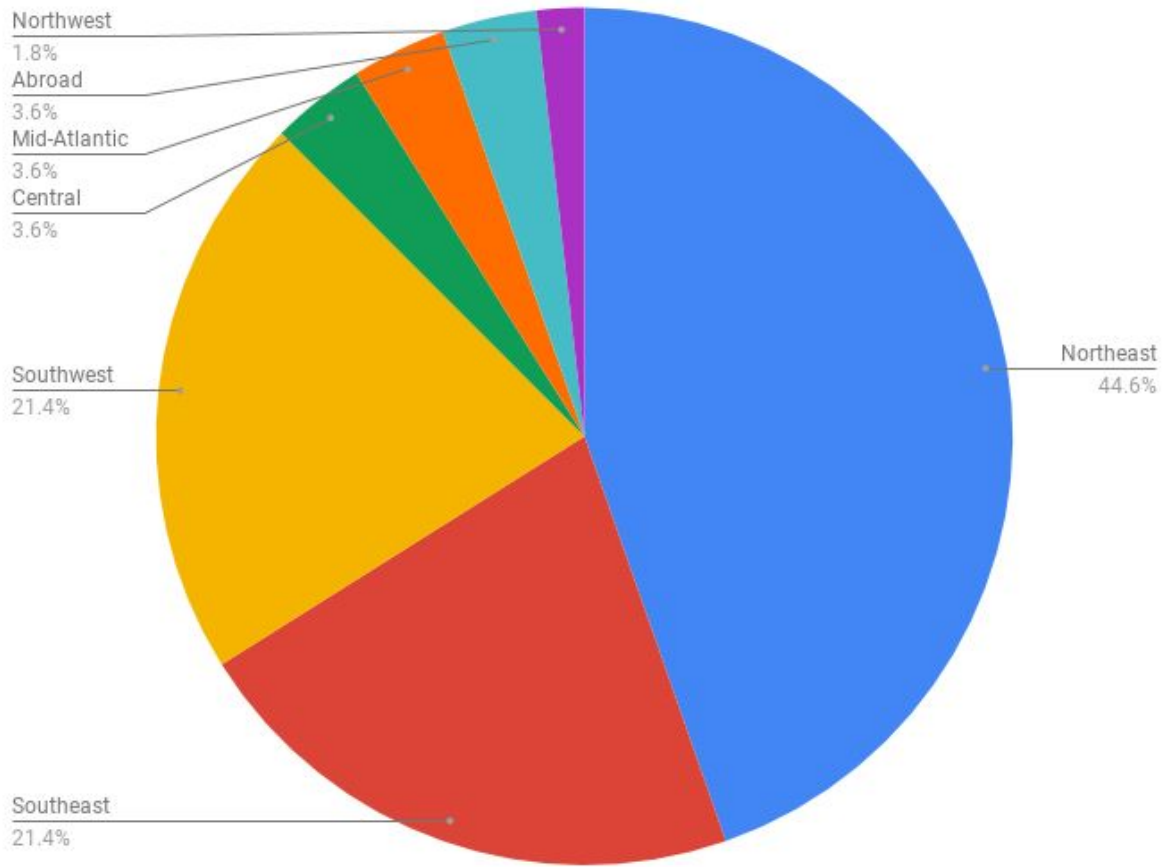
### U19 Men's Athletes and Club/School



### U19 Women's Athletes and Club/School



## U19 Breakdown By Region



## United States Junior World Championships Finishes: 1970-2017

### *Junior Men*

<u>Year</u>	<u>4+</u>	<u>2x</u>	<u>2-</u>	<u>1x</u>	<u>2+</u>	<u>4-</u>	<u>4x</u>	<u>8+</u>
2017	6	23	11	1	/	16	7	2
2016	3	23	4	12	/	4	3	2
2015	4	15	10	7	/	5	15	2
2014	11	17	17	6	/	10	10	9
2013	8	17	9	10	/	6	6	7
2012	9	8	12	17	/	12	14	5
2011	8	18	8	21	/	12	10	5
2010	5	19	17	3	/	12	15	1
2009	9	25	13	4	/	9	9	4
2008	8	12	4	15	/	-	21	3
2007	7	-	-	14	/	8	23	5
2006	7	25	-	13	/	-	24	5
2005	4	21	-	20	/	-	-	1
2004	10	19	-	9	-	15	-	5
2003	4	18	-	19	-	10	-	2
2002	7	23	-	21	-	9	-	3
2001	8	19	-	19	8	-	-	7
2000	3	19	-	11	2	-	-	4
1999	11	-	10	15	8	17	-	7
1998	2	-	-	5	11	-	-	4
1997	6	-	-	7	7	-	-	2
1996	14	10	-	13	-	-	-	4
1995	7	-	-	13	7	-	-	7
1994	5	-	13	10	3	-	-	7
1993	5	-	14	18	11	-	-	3
1992	5	-	-	-	4	-	-	1
1991	-	-	-	4	9	-	-	5
1990	10	-	-	dnf	-	-	-	3
1989	10	-	-	-	9	-	-	5
1988	7	dnq	-	8	7	-	dnq	3
1987	8	12	dnq	-	12	-	-	1
1986	8	8	-	11	12	10	-	2
1985	2	-	dnq	5	10	-	-	3
1984	8	10	-	6	6	-	-	4
1983	-	-	-	-	10	-	-	7
1982	-	-	-	dnq	-	-	-	2
1981	dnq	-	-	-	-	-	-	10
1980	dnq	11	-	-	-	8	-	9

1979	-	-	-	-	-	-	-	-
1978	12	-	dnq	dnq	7	12	12	-
1977	9	dnq	8	-	dnq	dnq	-	9
1976	2	dnq	dnq	3	3	9	10	5
1975	10	dnq	dnq	10	6	6	10	7
1974	9	dnq	dnq	-	7	-	6	10
1973	7	12	dnq	11	8	8	/	-
1972	10	dnq	5	8	12	-	/	10
1971	6	dnq	dnq	8	10	12	/	8
1970	4	-	-	4	-	-	/	4

(-) USA did not enter boats in this event

(dnq) USA crews did not qualify for placement

(/) Event not included in schedule

### ***Junior Women***

<b><u>Year</u></b>	<b><u>4+/4-</u></b>	<b><u>2x</u></b>	<b><u>2-</u></b>	<b><u>1x</u></b>	<b><u>4x+/4x</u></b>	<b><u>8+</u></b>
2017	3	17	9	13	5	7
2016	3	1	3	7	9	6
2015	1	7	3	10	3	3
2014	2	12	3	10	7	6
2013	1	13	5	14	2	5
2012	2	6	2	15	2	2
2011	1	9	6	15	4	3
2010	2	14	7	10	6	2
2009	6	13	6	15	9	1
2008	6	12	7	2	13	1
2007	8	16	6	9	-	3
2006	7	12	8	3	18	2
2005	6	15	5	13	-	4
2004	4	15	6	10	-	7
2003	-	12	7	15	-	2
2002	8	17	5	16	-	3
2001	2	15	6	13	-	5
2000	1*	-	8	-	-	4

\* First gold medal for a U.S. Junior Women's Crew

1999	4	20	7	12	12	2
1998	7	-	7	14	-	5
1997	-	-	10	-	-	3
1996	7	-	5	-	-	4
1995	-	-	7	-	-	9
1994	7	-	7	20	-	6
1993	4	15	8	-	-	-

<b>1992</b>	5	-	6	-	-	3
<b>1991</b>	8	-	6	-	-	5
<b>1990</b>	7	-	-	-	-	5
<b>1989</b>	4	-	-	-	-	5
	JW4+ becomes JW4-					
<b>1988</b>	8	-	7	-	-	4
<b>1987</b>	4	-	-	-	-	4
<b>1986</b>	-	-	-	-	-	-
<b>1985</b>	-	-	5	-	-	6
	JW4x+ becomes JW4x					
<b>1984</b>	8	-	6	-	-	4
<b>1983</b>	-	-	-	-	10	4
<b>1982</b>	-	-	-	-	-	-
<b>1981</b>	-	-	6	-	-	-
<b>1980</b>	7	-	-	10	-	7
<b>1979</b>	-	-	9	-	-	-
<b>1978</b>	8	11	dnq	-	7	6

(-) USA did not enter boats in this event

(dnq) USA crews did not qualify for placement

(/) Event not included in schedule

## About USRowing

USRowing is a nonprofit membership organization recognized by the United States Olympic Committee as the national governing body for the sport of rowing in the United States. USRowing selects, trains and manages the teams that represent the U.S. in international competition, including the world championships, Pan American Games, Olympic Games and Paralympic Games.

More than 85,000 individuals and 1,350 member organizations strong, USRowing serves and promotes the sport on all levels of competition. USRowing membership reflects the spectrum of American rowers – juniors, collegians, masters and those who row for recreation, competition or fitness.

In 1982, the United States Rowing Association was formed by the merger of the National Association of Amateur Oarsmen, founded in 1872, and the National Women’s Rowing Association, established in the early 1960s. USRowing brought these two organizations together with a name incorporating both men and women and reflecting the broader interests of rowing. In 1985, the organization moved from Philadelphia, Pa., to Indianapolis, Ind., home of several other Olympic sport governing bodies; and in 1994, Indianapolis became the only U.S. city to host a world rowing championship. In February 2006, USRowing moved its corporate headquarters to Princeton, N.J.

USRowing registers hundreds of regattas across the country each year, ensuring they are run under specific safety guidelines. The association also provides programs to educate referees and coaches. USRowing stages national championship regattas annually and conducts regional championships and national team selection events.

USRowing is a member of the United States Olympic Committee and Federation Internationale des Societes D’Aviron (FISA), the international rowing federation.

### **United States Rowing Association (USRowing)**

2 Wall Street

Princeton, N.J. 08540

Phone: (609) 751-0700

Fax: (609) 924 1578

Email: [members@usrowing.org](mailto:members@usrowing.org)



## Glossary of Rowing Terms

**Bow:** The forward section of the boat. The first part of the boat to cross the finish line. Also, the person in the seat closest to the bow, who crosses the finish line first.

**Button:** A wide collar on the oar that keeps it from slipping through the oarlock.

**Coxswain:** The person who steers the shell and is on the water coach for the crew.

**Deck:** The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

**Ergometer:** Rowers call it an “erg.” It’s a rowing machine that closely approximates the actual rowing motion. The rowers’ choice is the Concept2, which utilizes a flywheel and a digital readout so that the rower can measure his “strokes per minute” and the distance covered.

**Gate:** The bar across the oarlock that keeps the oar in place.

**Lightweight:** Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.

**Oar:** Used to drive the boat forward; rowers do not use paddles.

**Port:** The left side of the boat, while facing forward, in the direction of the movement.

**Power 10:** A call for rowers to do 10 of their best, most powerful strokes. It’s a strategy used to pull ahead of a competitor.

**Repechage:** The second-chance race, which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.

**Rigger:** The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

**Run:** The run is the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

**Sculls:** One of the two disciplines of rowing, where scullers use two oars or sculls.

**Shell:** Can be used interchangeably with boat.

**Slide:** The set of runners for the wheels of each seat in the boat.

**Starboard:** The right side of the boat, while facing forward, in the direction of movement.

**Stern:** The rear of the boat; the direction the rowers are facing.

**Straight:** Refers to a shell without a coxswain, i.e. a straight four or straight pair.

**Stretcher or Foot stretcher:** Where the rower’s feet go. The stretcher consists of two inclined footrests, which hold the rower’s shoes. The rower’s shoes are bolted into the footrests.

**Stroke:** The rower who sits closest to the stern. The stroke sets the rhythm for the boat; others behind him must follow his cadence.

**Sweep:** One of the two disciplines of rowing, where rowers use only one oar. Pairs (for two people), fours (for four people) and the eight are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.

**Swing:** The hard to define feeling when near perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

## Viewer's Guide & Frequently Asked Questions

### *The Race*

All events at the World Rowing Championships are 2,000 meters, or approximately 1.25 miles. The racecourse is divided into six lanes and each 500-meter section is marked with buoys.

The race begins with all boats aligned at the start in the lanes they've been assigned. Individuals in each lane hold the stern of each boat steady while an official, known as the aligner, ensures that each boat is even with the others and squarely facing the course.

Each crew is allowed one false start; two means disqualification. If within the first 100 meters there is legitimate equipment breakage ( e.g., an oar snaps in two), the race will be stopped and restarted with repaired equipment.

The *stroke rate* (the number of rowing strokes per minute that a crew is taking) is high at the start – maybe 45 to even 50 for an eight, 38 to 42 for a single scull. Then, the crew will “settle” into the body of the race and drop the rating back – 38 to 40 for an eight, 32 to 36 for a single. The coach and the way the race is going determine when the crew will sprint, but finishing stroke rates of 46+ in the last 200 meters aren't unheard of. However, higher stroke rates are not always indicative of speed. A strong, technically talented crew may be able to cover more water faster than a less capable crew rowing a high stroke rate.

Unlike canoe/kayak competitions, rowers are allowed to leave their lanes without penalty, so long as they do not interfere with anyone else's opportunity to win. An official follows the crews to ensure safety and fairness.

Despite the exhaustion that follows each race, the crew will row for five to 10 minutes afterwards in order to cool down. In rowing, the medal ceremonies include the shells. The three medal winning crews row to the awards dock, climb out of their shells and receive their medals before rowing away.

### *The Stroke*

The whole body is involved in moving a shell through the water. Although rowing tends to look like an upper body sport, the strength of the rowing stroke comes from the legs.

The stroke is made up of four parts: *catch, drive, finish and recovery*. As the stroke begins, the rower is coiled forward on the sliding seat, with knees bent and arms outstretched. At the *catch*, the athlete drops the oar blade vertically into the water.

At the beginning of the *drive*, the body position doesn't change – all the work is done by the legs. As the upper body begins to uncoil, the arms begin their work, drawing the oar blades through the water. Continuing the drive, the rowers move their hands quickly into the body, which by this time is in a slight “layback” position, requiring strong abdominal muscles.

During the *finish*, the oar handle is moved down, drawing the oar blade out of the water. Then, the rower “feathers” the oar – turning the oar handle – so that the oar blade changes from a vertical position to a horizontal one. The oar remains out of the water as the rower begins *recovery*, moving the hands away from the body and past the knees. The body follows the hands and the sliding seat moves forward until, knees bent, the rower is ready for the next catch.

### ***The Equipment***

#### Oars

Oars move the boat through the water and act as balancers. Sweep oars are longer than sculling oars and may have wooden handles instead of rubber grips. The shaft of the oar is made of extremely lightweight carbon fiber instead of the heavier wood used years ago. The popular “hatchet” blade – named because of its cleaverlike shape – is about 20 percent larger than previous blades. Its larger surface area has made it the almost universal choice among elite level rowers.

#### The Boats – Sculls and Shells

All rowing boats can be called shells. Rowing boats with scullers in them (each person having two oars) are called sculls, *e.g. single scull, double scull, quadruple scull*. So, all sculls are shells but not vice versa. Originally made of wood, today's boats – especially those used in competition – are made of honeycombed carbon fiber. They are light and appear fragile but are crafted to be strong and stiff in the water.

The smallest boat – the single scull – is approximately 27 feet long and as narrow as 10 inches across. At 58 feet, the eight is the longest boat on the water. The oars are attached to the boat with riggers, which provide a fulcrum for the levering action of rowing. Generally, sweep rowers sit in configurations that have the oars alternating from side to side along the boat. But sometimes, the coach will rig the boat so that two consecutive rowers have their oars on the same side in order to equalize individual athlete power.

### **Rowing Quick Facts**

Rowing is one of the original sports in the modern Olympic Games. Baron Pierre de Coubertin, founder of the modern Olympics, was a rower.

Eight oared shells are about 60 feet long, about 20 yards on a football field.

Rowing was the first intercollegiate sport contested in the United States. Yale College founded the first collegiate boat club in the U.S. in 1843.

Physiologically, rowers are superb examples of physical conditioning. Cross-country skiers and long-distance speed skaters are comparable in terms of the physical demands the sport places on the athletes.

An eight, which carries more than three quarters of a ton (1,750 pounds), may weigh as little as 200 pounds. The boats are made of fiberglass composite material.

Singles may be as narrow as 10 inches across, weigh only 30.86 pounds, and stretch nearly 27 feet long.

FISA, the international governing body of the sport, requires all eights used in international competition to be sectional, so that crews who must disassemble and ship their boats overseas in standard shipping containers will not be at a disadvantage.

The first amateur sport organization was a rowing club, Philadelphia's Schuylkill Navy, founded in 1858.

From 1920 through 1956, the United States won the gold medal in the men's eight at every Olympic Games.

The first national governing body for a sport in the United States was for rowing. Founded as the National Association for Amateur Oarsmen in 1872, it was changed in 1982 to the United States Rowing Association.

FISA, the first international sports federation, was founded in 1892.

Dr. Benjamin Spock, the famous doctor, was an Olympic rower in 1924 and won a gold medal in the eight. Legendary Hollywood actor Gregory Peck rowed at the University of California in 1937.

Physiologists claim that rowing a 2,000-meter race – equivalent to 1.25 miles – is equal to playing back to back basketball games. All Olympic events are contested over a 2,000-meter course with six lanes. In the 1976, 1980, and 1984 Olympics, women raced 1,000 meters.