

ITHACA COLLEGE CREW

Ithaca College Rowing completed its 51st year in the spring of 2019. The men's and women's roster totaled almost 80 athletes at the end of the season. The women raced with varsity, second varsity, third varsity, and novice 8's along with a novice 4. The men competed with two 8's, varsity and second varsity, and a third varsity 4. The coaching staffs included **Becky '88** and **Dan Robinson '79**, **Beth Greene '00** (scullers and novice 8), **Rachel Dowd '17** (novices and third varsity 8), **Crista Shopis** (novice men and third varsity 4), **Cat Frank '18** (fall novices), **Mason Averett '14** (scullers and novice women's 4), **Kara Mather** (athletic trainer), **Michael Caruso** (strength training), and **Ward Romer** (a bit of everything!). Commodores for the 2018-19 school year were **Savannah Brija** and **Greta O'Hara** (women's crew), **Jennie Brian** (scullers), and **Adam Nasta** and **Eric Stamer** (men's crew).

FALL 2018 RE-CAP

Notably, summer rowing ended at the World Championships in early September in Bulgaria. Ithaca College Crew was represented by four participants. **Eric Frid '14** raced in the U.S. men's heavyweight quad for the second year in a row. Junior **Pearl Outlaw (Charlottesville, VA)** competed in the U.S. uniform racing the para-double. **Manny Delgado Valentin '07** coached the U.S. men's lightweight quad, and **Dan Brauchli '15** was present as an administrative official for USRowing. Needless to say, they all came home with stories to tell.

The fall highlights began with the women scullers hosting the Cayuga Sprints, then traveling to the Green Mountain Head, Small Boats Challenge, Bucknell Invitational, Head of the Charles, and Head of the Fish. Senior **Savannah Brija** won the Small Boat Challenge in Mercer, NJ over 7 other competitors in the 1x. She also finished second at the Fish among 17 racers. Savannah teamed with sophomore **Lauren O'Dell**, to win the 2x at the Cayuga Sprints. Lauren rowed with senior **Sierra Keat** to capture gold in the 2x at the Fish. Junior **Jennie Brian** won the lightweight 1x at the Fish. Freshman **Dania Bogdanovic** had a pair of third place finishes in the 1x at the Green Mountain Head and the Small Boat Challenge. 2x's rowed by Savannah and Sierra, and Lauren and Dania finished one-two at the Bucknell Invite. At the Head of the Charles, Jennie teamed with junior **Pearl Outlaw**, who is sight impaired, for a third place finish among 9 racers in the "mixed inclusion 2x." Finally, several scullers teamed with sweep oarswomen and placed fourth among 28 in the collegiate 8 at the Charles. It was a good year for the 12-member roster in the 7th season of varsity sculling!

The women sweepers, with a roster of 39, including 21 novices, had their share of positive experiences. With only four juniors (no seniors) this was the development group. They raced at the Head of the Genesee, the Bucknell Invitational, and the Charles (mentioned above). They attempted the Fish, but penguin weather (wet and cold) canceled their afternoon races. Scullers got done in the morning. The sweeps did host a scrimmage with William Smith and also competed in the "Touchdown the Bear, Cornell Classic," now an annual co-ed event hosted by the Big Red including crews from Syracuse, Hobart, and Mercyhurst.



Men's squad photo, 2018 Head of the Genesee, Rochester, NY; three 8s', three medals, trailer loaded for home...a successful race!

Men's crew started with a highlight by winning the varsity 8 and the freshmen 8 at the Head of the Genesee. The second varsity 8 placed second. The 8's saw their races canceled at the Fish, particularly frustrating since the men did not get an entry into the Charles. Fortunately, we entered two fours into morning races at the Fish, and they both medaled, getting soaked in the process...outdoor sport...I bet you all miss that. The fall season ended traditionally with the Frostbite/Braxton races and a freshmen 8 and 4 won races to bring home medals.

The Freeman cup was contested in nice weather, for Ithaca in November that is; calm water, overcast, light drizzle. The winning crew aboard "Feitner's Ride" had a freshman coxswain **Zoe Foster**. The senior captain of the crew was stroke **Sierra Keat**, followed by **Colin McCarthy**, **Lucas Greenway**, **Jade Hazard**, **Kelsey Lavin**, **Autumn Michels**, **Nicola Vigliotti**, and bow **Spencer Cadley**. (Photo below, r-l). This intra-squad race tradition goes back to 1974!



SPRING 2019 RE-CAP

Spring season began with the traditional spring break trip, this year to Lake Lanier, GA for the 11th consecutive year, 20 of the last 21. We had good scrimmages vs Marietta, Navy, UNH, and Case Western. Our first race back home was the Cayuga Duals where we hosted six teams and everyone raced twice. The best dual may have been the side-by-side battle between Ithaca's Third Varsity Women's 8 against the Second Varsity 8 from William Smith; the two crews exchanged one-seat leads throughout until the Bomber crew crossed first by 7/10's. Adding to the fun was a freakish gap in the weather....it was warm and beautiful!!

A scheduling highlight was the squad's first ever appearance at the New Jersey Knecht Cup Regatta in mid-April. Featuring heats and semi-finals with 6 crews, five Ithaca 8's made the trip. The weather was great there too. Later season races in Rome, NY and Worcester, MA were marred by cold winds and rain. None-the-less, memorable victories occurred throughout; the Men's crews swept RIT, the Women's Varsity 8 won the petites at the Knecht Cup by beating Boston College and UConn by less than 4/10's, the 2V Men's 8 won a five boat race over WPI, Trinity, Colby, and UNH, and both the Women's V8 and 2V8 won Liberty League races earning them an automatic invitation to the NCAA Championship, their 18th appearance in the 23 years of the regatta.

The New York State Championship, held in Saratoga saw the squad win back the Sandford points trophy from Army. All Ithaca crews made finals and all of the 8's won medals, including golds from the Men's 2V8, Women's 3V8, and the Women's Novice 8. Finally, at the National Invitational Rowing Championship held in Worcester, MA, while it wasn't the best day for the Bombers, we held our own. Our top four crews (V8's and 2V8's) all finished exactly one spot behind their seeded position. The top finish came from the Women's Varsity 8 with a 5th in the grand final. The Men's 4 also made grand finals finishing 6th, the Women's 2V8 won petites (7th overall), the men's 2V8 missed winning petites by 4/10's,



Ithaca alumni coaches were plentiful during spring break in Georgia. (above, left-to-right) Dan Robinson '79, Becky Robinson '88, Rachel Dowd '17, Becca Veninsky '17 (at Wesleyan), Katy Ely '16 (Marietta), Katie O'Driscoll '09 (Catholic U.), Beth Greene '00, and Mason Averett '14.

the Novice women finished 10th, the Varsity men finished 12th, and the Women's 3V8 won the third level final to finish 13th overall. Hobart won the top three men's 8 races while Bates was winning the women's varsity and 2V8. By the end of the long day, after non-stop rain and temps in the 30's, the only remaining Ithacans rowing would be the NCAA bound women's crews.

Coaches Becky and Beth accompanied two crews to Indianapolis to join seven other Division III teams (along with six DII and 22 DI teams). There, after all was sorted out, Ithaca's Varsity 8 finished fourth, the 2V8 finished seventh and the result was a fifth place team finish. Bates captured their third consecutive title by winning both the varsity and 2V races. Central Oklahoma won DII and the University of Washington captured the DI crown.

Here are the final line-ups for the Bomber crews;

Women's Varsity 8 - junior cox **Jennie Brian (Ridgefield, CT)**, senior stroke **Savannah Brija (Lemont, IL)**, sophomore **Sarah Snow (Concord, NH)**, Junior **Libby Ryan (Barrington, RI)**, senior **Meredyth Busam (Denver, CO)**, sophomore **Allie Arndt (Lewisburg, PA)**, senior **Sierra Keat (Grantham, NH)**, junior **Kelly Csernica (Lewisburg, PA)**, and junior bow **Liza Caldicott (Maynard, MA)**.

Women's Second Varsity 8 - junior cox **Olivia Southworth (Glens Falls)**, freshman stroke **Dania Bogdanovic (Brookline, MA)**, senior 7 **Ella Sarachan (Ithaca)**, junior **Allison Ritting (Green Lane, PA)**, sophomore **Lauren O'Dell (Pittsford)**, sophomore **Mackenzie Morean (Red Lodge, MT)**, senior **Greta O'Hara (Niskayuna)**, sophomore **Nicola Vigliotti (Syracuse)**, and sophomore bow **June Fortner**.



The women's v8, second from the front, lines up for the heat at the 2019 Knecht Cup on the Cooper River in Camden, NJ.

Women's Third Varsity 8 – sophomore cox **Michele Hyland (Poughkeepsie)**, sophomore stroke **Devi de Oliveira (Reston, VA)**, senior **Sophie Westfield (Cranberry Township, NJ)**, sophomore **Noa Covell (Mamaroneck)**, sophomore **Sammie Spisak (Fairfield, CT)**, sophomore **Haana Suero (New York)**, sophomore **Kiera Peterson (Hellertown, PA)**, junior **Leighanne Sullivan (Westfield, MA)**, and sophomore bow **Mikayla Henry (Rochester)**.

Women's Novice 8 – freshman cox **Emily Lighthall (Croghan)**, freshman stroke **Edie McRoberts (Fort Collins, CO)**, freshmen **Kelsey Lavin (Ammawalk)**, **Cyerra Adams (Yonkers)**, **Izzy Ozkurt (Stratham, NH)**, sophomore **Maria Caminiti (Bayside)**, freshmen **Laura Trainor (Audubon, NJ)**, **Eliza Worth (West Chester, PA)**, and freshman bow **Autumn Michels (Grants Pass, OR)**.

Women's Novice 4 – all freshmen; cox **Ellie Kuker (New York)**, stroke **Erin Traut (Poughkeepsie)**, **Nicole Brown (Fairport)**, **Zoey Spang (Mohnton, PA)**, bow **Emmy Repetti (Wauwatosa, WI)**, and alternate **Hannah McFarland (Pelham)**.

Men's Varsity 8 – sophomore cox **Tara Griffiths (Egg Harbor Township, NJ)**, sophomore stroke **Evan Ormsby (Cazenovia)**, junior **Hunter Flamm (Roncocas, NJ)**, senior **Eric Stamer (Tunkhannock, PA)**, sophomore **Seth Ormsby (Cazenovia)**, junior **Andy McCabe (Chatham, NJ)**, sophomore **Steven Van Hoof (Brookfield, CT)**, freshman **Max Lyman (Cambridge, MA)**, and junior bow **Adam Nasta (Hershey, PA)**.

Men's Second Varsity 8 – junior cox **Cameron Meier (Bethesda, MD)**, freshman stroke **Aidan O'Dowd (Ithaca)**, freshman **Colin McCarthy (Fairfax, VA)**, junior **Cameron Flamm (Roncocas, NJ)**, junior **Dawson Shyne (Salem, MA)**, sophomore **Andrew Wilson (Grantham, NH)**, sophomore **Ethan Maines (East Aurora)**, freshman **Sam Bickham (Riverside, CT)**, and freshman bow **Luke Monteiro (Mystic, CT)**.

Men's Third Varsity 4 – freshman cox **Zoe Foster (Salt Lake City, UT)**, sophomore stroke **Reuben MacNaughton (Juneau, AK)**, sophomore **Spencer Cadley (Katonah)**, sophomore **Janak Judd (State College, PA)**, freshman bow **Max Hendricks (New York)**, and alternates senior **Stephon Sepulveda (Rome)**, sophomore **Lucas Greenway (Mount Pleasant, SC)**, and freshmen **Jared Anderson (Horseheads)**, **Chris Bieser (Houston, TX)**, **Holly Rybnick (Norwalk, CT)**, and **Adam Thacker (Brunswick, ME)**.



Coach Greene, near left, follows the novice women's 8 leading while racing in the "Neal Brodsky '04" on the home course's flat water.

FALL 2019	EVENT SCHEDULE
Sep 22	Cayuga Sculling Sprints
Sep 29	Green Mountain Heat, Putney VT
Oct 5	Head of the Genesee, Rochester
Oct 5-6	Small Boat Champs, Mercer, NJ
Oct 13	Bucknell, Lewisburg PA
Oct 20	Head of the Charles, Boston
Oct 26	Head of the Fish, Saratoga Springs
	Head of the Schuylkill, Philadelphia
Oct 27	Freeman Cup Intra-squad
Nov 2	Fall Autumn Classic, Cornell
SPRING 2020	
Jan 31	Row for Humanity.
Mar 7-14	Spring training, Lake Lanier, GA
Mar 28	Home Cayuga Duals
Apr 4	Home vs Rochester and RIT.
Apr 11-12	Away at Knecht Cup, Mercer, NJ.
Apr 18	Away Worcester, MA
Apr 25	Home vs Hamilton, Colgate and Marist
May 1	Liberty League Champs
May 2	NYS Champs at Saratoga Springs, NY
May 10	NIRC at Worcester, MA.
May 29-30	Women's NCAA at Tennessee



Men's V8 racing at home in the "Kilpatrick." Cox to bow is Tara Griffiths, Evan Ormsby, Dawson Shyne, Eric Stamer, Hunter Flamm, Andy McCabe, Seth Ormsby, Max Lyman, & Adam Nasta.

FUN FACT

Jennie Brian is the first athlete to intentionally compete as sculler in the fall and a coxswain in the spring.

* Among others who have competitively coxed AND rowed in their four-year career included Jean Amodeo '98, Justin Feldman '05, Bailey Frye '05, Marissa Spitz '06, C.J. Schell '11, Allison Carter '13 and Johnston Tucker '17.

SALUTATIONS

We start with a shout-out to our 2019 seniors. Congratulations and “Thank you!” goes out to **Savannah Brija, Meredyth Busam, Sierra Keat, Greta O’Hara, Ella Sarachan, Stephon Sepulveda, Eric Stamer, and Sophie Westfield.**

There were plenty of post-season accolades. **Eric Stamer** received the Tallman Award as an outstanding teammate on the men’s squad. **Savannah Brija** and **Ella Sarachan** shared the Women’s Achievement Award. Ithaca College named **Savannah** the recipient of the James K. Harris Memorial Award recognizing the most outstanding and versatile student-athlete who excelled in two-or-more varsity sports, while representing the qualities of leadership, loyalty, and team spirit. Additionally, five team members were named as Liberty League all-stars; joining **Savannah** were **Sarah Snow, Libby Ryan, Jennie Brian, and Hunter Flamm.**



The 2019 seniors are (l-r) Stephon Sepulveda, Savannah Brija, Sophie Westfield, Ella Sarachan, Greta O’Hara, Meredyth Busam, Sierra Keat, and Eric Stamer.



The women’s NCAA squad looks sharp in their new polos. Everyone is ready to make a splash at the NCAA banquet.

Commodores for the 2019-20 crew year will be **Jennie Brian** (scullers), **Kelly Csernica, Allison Ritting** (women’s crew), **Hunter Flamm, Adam Nasta, and Dawson Shyne** (men’s crew). **Edie McRoberts** was awarded the Novice Hustle designation. The team banquet was held on campus for the first time since 1992. It included an opening video produced by **Aidan O’Dowd**, highlighted by some awesome overhead drone footage of rowing on the inlet. **Allison Ritting** and **Cameron Meier** co-produced the annual yearbook and Allison created a fine finale with another terrific slide show.

A host of athletes received academic recognition. The I.C. Dean’s List included **Jennie Brian, Noa Covell, Kelly**

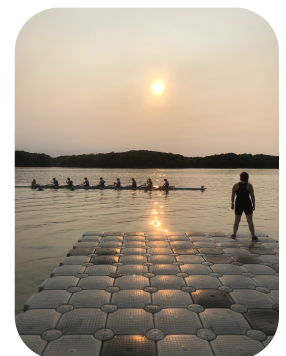
Csernica, Devi de Oliveira, Sierra Keat, Kelsey Lavin, Colin McCarthy, Hannah McFarland, Edie McRoberts, Luke Monteiro, Mackenzie morean, Kiera Peterson, Holly Rybnick, Sammie Spisak, Leighanne Sullivan, and Erin Traut. Additionally, the Athletic Department, in conjunction with the Office of the Provost, honored junior and senior student-athletes with cumulative G.P.As. of at least 3.75. A celebratory winter luncheon was held for 65 athletes including seven oarsmen and women; **Jennie Brian, Liza Caldicott, Kelly Csernica, Sierra Keat, Andy McCabe, Allison Ritting, and Dawson Shyne.**

Finally, a tip of the hat and sincere thanks to the supporters of Ithaca Crew. Whether it’s our generous donors (see the attached list), enthusiastic “Mobile Feasting Tent” providers (member families and race attendees), or simply the source of kind words along the way, the Crew thrives on friend and family support. Our end-of-season “Pass-the-Hat” appeal to support the endowment raised almost \$5000 in one week. “Row for Humanity,” the mid-year erg-a-thon raised almost \$30,000 for charity and team members rowing gear. The tent crowd (headed by Kris and Tom Spisak among others) contributed and fed athletes and family members all day on May 12 at the final regatta. Steadfast alumni **Annie Bova ’08, Jerry Dietz ’75, Steve Lahr ’74, Luke LaPointe ’11,** provided continued expertise to referee our home races.

These are just examples of year-long support. We cannot thank you all enough. On to the next year!



SEE
YOU
AT
THE
RACES



DONOR REPORT

This list reflects gifts received August 1st 2018 through June 30th 2019
 Gifts received after July 1st will be recognized in next summer's newsletter.

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<p>FUN FACT: 51 and Counting</p> <p>In addition to being the 51st year of rowing at IC, it was also the ...</p> <ul style="list-style-type: none"> • 7th year of sculling • 18th NCAA appearance for the women • 31st year of the NYS Rowing Championships • 46th year for the women's team • 46th Annual race for the Freeman Cup 			