



# UCI ROWING ALUMNI NEWS

WINTER 2006

The second weekend of February is Homecoming for all UCI alumni, but no ones gives it more energy than alumni athletes, and of that select group (this year over 300), more than one-third were oarsmen. Honestly! One hundred and twenty rowing alumni with spouses, children and parents took up nearly half the banquet room at the Hyatt Newporter, and when Jim Kruse, master of ceremonies, introduced our coaches, Carrie Parsons and Scott Charette, all the alumni stood for them, cheering. It was quite impressive, as it should have been, for this was the fortieth anniversary of the founding of UCI and therefore the fortieth anniversary of the crew.

It was very special to see members of that original crew come back to celebrate what they had begun. Schuyler Basset, Boris Buzan, Rollin Buchanan, David Coulter, Stuart Gibson, Peter Jung, Paul Ryan and Mike Thompson, all of whom did heavy lifting in the early years, filled a table. Another strong cohort included Bill Butler (named to the Hall of Fame last year) with John Davis, Mike Sullivan, John Walker, Bruce Ibbetson, Bill Lachmar, Craig Runnals and Greg Peterson.

Another special table included Forbes Morse, Todd Canfield and Jed Rogge plus three generations of UCI crew people... Cindy and Peter Frank, parents of Aaron and Brian; and in turn Aaron and Jen Jacobsen, formerly stroke oar and cox'n, respectively (though Jen completed her career by rowing for the women's crew and later helping Carrie with the coaching), plus Aaron and Jen's five month old son, Owen, class of 2023, and already showing promise of being a formidable competitor.

Women's crew alumni turned out in force as well, as did undergraduate men and women currently competing for UCI. There were two women's alumni tables with alumni from graduating years of 2000 and later. Niki Calastas, Margaret Fortmeier, Katie Dillon, Tina dela Rosa, Nadia Moya, Diana Shea, and Olivia St. Clair are just a few of the alumni present to represent the women's team.

The brunch concluded at 2:00, at which time the entire crew delegation adjourned to the patio bar where, as they say, "a good time was had by all" for another three hours, when the bartender turned us out saying he had to set up for another group (probably just as well!)

On another topic, boathouse news is very promising. Paul Hope, a graduate of the UCI rowing program and now Associate Director of Athletics in charge of crew projects, recruited Bruce Ibbetson and Curtis Fleming to help with design and layout. They are beaver away, and now that the lease is signed, our new boathouse looks like it will be a reality.

Contrary to popular wisdom time is not the essence, but quality is. (Let us never forget that quality remains when price is forgotten.) Many questions remain to be answered before we put shovel to earth, but when that time arrives, all of us can be sure that our new boathouse will be a fit inheritor of all that has gone before... blood, sweat, toil and tradition. Stay tuned for updates on progress.

Finally, alumni rowing. The Canadian Henley this year (August 8th through August 13th) will see an Irvine Alumni four-with-cox going for the gold in Senior Rowing. Aaron Frank, stroke; Rob Walker, three; Kieren "K.C." Coghlan, two; Jedd Rogge, bow; and Jen Jacobson, (aka Mrs. Aaron Frank) will take on all comers and from where I sit are the odds-on favorites to win their event. They have a history of doing just that.

But the real magic of this appearance is that it marks the reintroduction of alumni rowing, only in larger format. We figure that an outing every year would get boring, so we plan to make alumni competitions biennial affairs. (After all, extraordinary effort requires appropriate recovery time.) Further, we plan to venture far a-field; Mike Sullivan suggests town regattas in England and Ireland, followed by a few days at the Valhalla of oarsmen, the Royal Henley. Now THAT will be worth putting in your day book, or your Blackberry, or whatever it is people use these days.

In short, as we celebrate forty years as the largest group of intercollegiate athletes at UCI, the crew and its representatives past and present are well, healthy and forward-looking. Not a bad place to find ourselves after all these years, with a strong thread of continuity and friendship linking us to our teammates, our sport, and our school.

Duvall Hecht

## 2005-2006 SCHEDULE

3/18	UCLA	Marina Del Rey
3/25	Berg Cup (W)	Newport
4/1-2	San Diego Crew Classic	San Diego
4/8	Collins Cup (W)	Newport
	LBSU & OCC (M)	Newport
4/15	Newport Regatta (Men)	Newport
4/22	Miller Cup(W)	Marina Del Rey
4/29-30	WIRA Championships	Sacramento
5/12-19	Dad Vails (W)	Philadelphia

*For more information on these events including times please check our websites  
[www.wcrew.uci.edu](http://www.wcrew.uci.edu) and  
[www.mcrew.uci.edu](http://www.mcrew.uci.edu)*

## **What's Inside?**

Letters From The Coaches	Pg.2
Athletes perspectives	Pg.3
"Being the First Female Rower" by Ingrid Loos Miller	Pg.4
Alumni Events	Pg. 5
Team Roster	Pg. 6
A Look at the Fall Season	Pg. 7
Upcoming Alumni Events	Pg. 7

Thank you for reading the Winter Edition of the UCI Rowing Alumni News! Please keep checking the website for more up to date information.

## A LETTER FROM COACH SCOTT CHARETTE

It's now March and the Varsity Men just suffered their second defeat of the spring season. On the bright side we lost to very good teams that should place at the top of our conference. Both UCSD and LMU have V8's full of seniors and our lack of experience showed. We have more power than both programs but currently lack the rowing skill to compete at their level. Time in the singles and pairs was intended to help with boat feel but many of the guys did not do all their workouts. We also could not afford to buy more pairs this season but hope to make that purchase this summer. I do think the program is working but it does need a bit of tweaking for next season. We have 4 eights of men in the program and are only graduating 2 men. We are returning 3 or 4 that are taking this year off so, we should have more experience, depth and leadership next year. The novices are doing well and have great attitudes about contributing to the varsity program next season.

We are now making the transition from weights, cross training and pair work to time in the eights. Up to this point we have been rowing in the eight 3 times a week. This week we moved it to 4 and next week it will be 5. The week before we race UCLA we will be up to 6 sessions in the eight each week and from spring break on we will row 7 sessions each week for the remaining 4 weeks of the season. We have hit some bumps in the road but are still on track to be competitive in Sacramento.

The Men have 3 new sets of oars and a new eight on the way courtesy of one of the parents and the matching of Country Wide. We also just made a boat trade with Chapman University and acquired a Filippi hull to match the new one coming in a few weeks. It was built in 1988 and is now the stiffest boat in the men's program. It's obvious we made a good choice. It is difficult to balance but is definitely faster than the boat's we currently row. A little boost in speed never hurt. The journey continues, Scott



## A LETTER FROM COACH CARRIE PARSONS

Racing season has started with great excitement. Opening weekend we fought a very close race against UCSD and Long Beach State, battling all the way down the course. We came up short in the final stretch but the race gave us a clear indication of our fitness and what we need to work on. The following weekend we competed against last year's WIRA champion LMU and grand finalist SDSU. It was a fast paced race and we were in the thick of it for the first half. Racing against that kind of speed is an eye opener of where we are trying to go.

This group of varsity woman has been a joy to work with. These athletes are racers. They are eager to learn, highly motivated and have fun with it. We have been training hard both on the water and in the weight room. Several girls are power cleaning and squatting more than their body weight. As a group, they are at the level of my top lifting crew from 5 years ago. The intensity in the weight room has paid off with the fastest start from an Irvine crew.

We are a small but mighty group. With only eight rowers and one coxswain, there is not much room for error. To maximize each training session, every person is important. The varsity women do a good job of keeping healthy and managing themselves. Knock on wood, we have been very lucky with injury prevention and care this year.

The learning curve is steep but steady. I have the opportunity to intensively work individually with each athlete. The results are showing. Boat feel and command of the stroke are years beyond the standard ability of sophomores. We have just transitioned into an intense lactate tolerance phase of our training. I am impressed with their ability to maintain quality while going after the work.

This crew is just starting to get a glimpse of their speed potential. Our eye is on Dad Vails in mid May. With such a young group, every stroke of every day is OUR opportunity!



Hey there rowing fans, this is Leanorra Sanchez the Varsity Women's team captain. The season has officially started and we are stepping it up for racing. We are training hard for our big races in San Diego and anxiously anticipating our trip to Philadelphia in May. We've had a couple of good performances and each week we are getting better and improving our fitness. We are a young team and a small team; we only have one boat with no alternates. I am a 3rd year rower while the rest of the ladies are 2nd year rowers. It is awesome to have a new team dynamic along with a new training program this year. We are competitive and continue to keep our expectations for ourselves high. Having a small boat has allowed us to improve our technique greatly in a small amount of time. Coach Carrie is able to focus all her attention to one boat and our individual practices with her give us tons of feedback and really have helped us tap our potential. This year is a learning year and we are making our boat move faster. All the ladies on the team have the same goals and we put everything we can into practice and our time with Carrie so that at the end of the season we will have no regrets.

Thanks to everyone for all your support, it would not be possible without you. Take care and we'll see ya on the course. Zot! Zot! Zot!

Thanks,  
Leanorra.



If someone would have told me in high school that I would one day become committed to a sport that required a high level of endurance, I would have almost died laughing. Starting at age eight, I became a sprinter. My focus was purely maximizing power for short distances. The last thing on my mind was endurance. Now, I row and cycle, two of the most endurance based sports on the planet.

When I showed up to the first day of practice my freshmen year, I had no idea what to expect. I almost lost myself in the sea of people roaming around the erg room. I, quickly, figured out that I had stepped into something that I was totally unprepared to do. Watching the novice each year since then, I realize that this feeling is normal. Since UCI is primarily a walk-on team, most of the athletes that come out really don't know what to expect. A trust must be established very quickly between the rowers and with the coach, for Scott Charette is about to take you where you've never been before. He is prepared to teach you to drain your physical tank in a way that you've never imagined. He doesn't just redefine you physically, but mentally as well. I think it was best explained by one of his quotes, "Rowing is probably the most frustrating sport you will ever play...but it is also the most rewarding." These frustrations and rewards are shared between teammates and before you know it, you have some of the best friends you'll ever make.

I have no idea how many guys started out my novice year in the erg room, all I know is that in my fourth year there are three left; Justin Kessler, Mark Caswell, and myself (unfortunately Mark is injured and will be finishing his rowing eligibility next year). We have endured some of the most frustrating times of our lives and shared some of the best. Undoubtedly, it is because of each other that we've made it through rough spots. After one of the most disappointing seasons of our career, the three of us have pushed on and helped redefine what our program is about.

If someone from an outside team looked at us and evaluated our team based on last season, they would be able to write us off of their teams to beat list because it would be a fair assumption that we won't be fast in any remote sense. Our varsity and JV boats were repeatedly beaten on, as well as our novice team that lost every race. This year we have, as a team, committed to winning WIRA. Fall races have shown signs that this is definitely a possibility. Our change in performance stems, solely, from the mental commitment that our team has made. It has enabled us to train in ways we never thought possible. After a truly inspiring performance by Mark Caswell at the Long Beach erg sprints during my novice year, Scott Charette said something that has been stuck in my head, "Where your mind goes, the body will follow." Hopefully I will truly be able to appreciate this quote at WIRA because that is where my mind has gone.

Rowing with this team and for Coach Scott has given me more than I can ever hope to give back. Pressed to pick the number one thing that I have been given by rowing I would have to say that it is a tie between two things: the opportunity to reinvent myself, change what I thought and how I think as well as redefine what success is and what hard work is; and, getting the opportunity to spend quality time with some of the best people that I've ever met. After the alumni brunch, I realized that I will cross over to being an alumnus in less than two months. It brings a tear to my eye to think that I will not have the opportunity to suffer with the guys anymore. The swift clank of the oars finishing and feathering is a noise that I will miss hearing from a collegiate seat. I find some solace in the fact that I know they are working every day towards improving themselves and therefore furthering the growth of the program. As I prepare to finish my final year of rowing, I realize that one of the most important things to me is being able to contribute to UCI crew by leaving my own imprint on it. I can only hope that what I have accomplished here will be built upon by future rowers. Hopefully one day I will attend alumni day to find one of the most competitive programs in the country and I can say, "I helped build that."

Ricky Bebout





## Being The First Female Rower

By Ingrid Loos Miller

I attended UCI from 1978-1982, back when it was a large open field surrounded by empty hills. The distance between buildings seemed ridiculously long. I lived at home and changed majors a few times, ending up with Social Ecology when all was said and done.

I grew up in Laguna Beach and was the first female ocean lifeguard there. I used to row lifeguard dories in the lifeguard competitions. I even rowed the Catalina to Long Beach race a few times with my friend and rowing partner, Bruce Baird.

I was always fascinated by the rowing I saw on the Olympics. The eights seemed to flow with a mesmerizing grace. I knew I had to try it but I also knew that UCI did not have a women's team. I knew that legally, UCI could not prohibit me from rowing with the men. I telephoned the varsity coach (Newman) shortly before school started in the fall. He did not encourage me, but he told me I could attend the crew orientation meeting. I remember that meeting, sitting in the Physical Science lecture hall, surrounded by tall, lanky guys. There were girls there also, but they were very small. They were the coxswain hopefuls. I, on the other hand, was an amazon among them. Coach Sullivan introduced himself and did a sort of sales pitch about how rowers fulfilled the Greek ideal of intellect and brawn and how noble a pursuit it was. He wanted to encourage those that had not been athletes in high school. At that time, Southern California had virtually no rowing programs for youth, so everyone was new to the sport and could start on an equal footing.

I was not encouraged, but I was tolerated. The guys were mostly puzzled by me and Sullivan...well, I don't really know what he thought. He used to set up the boats with a chart and Popsicle sticks with each rower's name on it. With that, we could see which boat and what position we would row each day. In the beginning my name was on a Popsicle stick just like all the others.

Workouts were early-around 6:15 AM and every chilly morning was a test of our resolve. At times we would slip on the frozen docks as we carried the boats down to the water. I can still feel the weight of the boat on my shoulder. The boats were all wood, as well as the seats. We would slip our socked feet into the foot-holds which were just wooden shoe lasts with some leather and laces attached.

Sullivan would coach from a Boston Whaler with a megaphone. My technique was as good as anyone's. I suffered during the run workouts and struggled in the weight room compared to my teammates, but I really enjoyed the camaraderie. I was used to being the token female. I had a "I'm pulling for the UCI Crew" bumper sticker on my car and I proudly wore my black satin crew jacket. For a few weeks I was the "stroke" which was a point of pride for me.

As the year went on, people dropped out. The demands of academics and sport were a lot to handle. I know that Sullivan did his best to keep the guys from dropping out. My best day was the



day my eight beat our arch rival, Orange Coast. It was only a practice race but it was the only time we beat them. I thought my future looked bright but as the spring season approached, I began to feel more and more excluded from the team. My Popsicle stick became a scarcity in the eight. It would be in a pair or maybe a four. Sullivan encouraged me to learn to row a single-which I did. I saw it as an opportunity. I did not realize that it was the beginning of the end of my crew days. Sullivan had little time to coach me so I was truly on my own. I had Olympic dreams and drive, but little support. UCI did not own any singles so I bought one. I ended up with a used hunk of junk that sank in the harbor during a workout....wouldn't you know it-right in front of the Orange Coast boathouse. I had to swim to shore and jog back to the boathouse carrying my oars. That was a painful day but alas, a memorable one. I borrowed another single for the rest of my time there. That summer, the "team" was invited to the training camp at Colorado Springs and I ended up going to Mexico City with a group from USC and racing in a regatta there. I loved the rowing, but I was increasingly bewildered by my exclusion. I was not really on the team anymore. At some point I decided the pain of dealing with the politics was not worth it anymore. I sent a letter of resignation to the coach and that was it for my rowing career.



I continued to train with weights and with running. I used to run from my house in Laguna to UCI with a backpack. My rowing career was over but I continued to build on the foundation of fitness and love of exertion that I had always had.

Recently I was contacted by Mike Sullivan and I know he has regrets about how things went. Now that the women have their own team and hopefully soon, their own boathouse, it seems things are as they should be. It is amazing that it has taken so very long to get the women's crew program to this point. Looking back, it sure seems like my era was ancient history. At the time, it was just like it always is - friendship, the water, the effort, the dance of rowing. It was grand.

After graduation I went onto Law School. After a year or so of working as a lawyer, I got into running regularly again. When I stopped, my weight went up quickly. I have always considered my tendency to be overweight as a blessing - it has kept me moving!

At 35, I opened my own law office. Thanks to the computer, I could do the entire thing on my own. I got married and when my first child was born, I continued to work a few days each week. Being 39 at the time, we did not waste time before getting to baby number 2. Unfortunately, she was born 3 months early. It happened all of the sudden-within 24 hours I went from having a business to being out of business. From

then on, the press of motherhood far overshadowed the press of business. I have continued to work as a consultant with the Legal Aid Society of Orange County and have been helping them develop do-it-yourself legal forms for the internet.

When I turned 40, I decided to run a marathon. I ended up doing 8 of them -some walking, some running, some racewalking. I have been doing the annual Labor Day Run To The Top of Mt. Baldy now for about 10 years. It keeps me honest. This year I found myself with a bit more time on my hands now that both of my girls are in school for a full day. I caught the triathlon bug and I spend 7-10 hours a week running, cycling, swimming and weight training. Training is the best thing I do each day. At times I even place in my race division. Triathlons often have weight classes for larger athletes, known as the "Clydesdale" divisions. There are divisions for women over 140, 160 and even 180 pounds. Especially in runs, being large means being slow, even if you are very fit. I expect the UCI women's crew has already discovered this.

Over the years I have done some writing for newspapers and running magazines. I currently have a few articles published on the internet at [www.beginnertriathlete.com](http://www.beginnertriathlete.com). My oldest daughter is autistic. I have created a website and done some writing on the subject at my website, [www.ShutdownsandStressinAutism.com](http://www.ShutdownsandStressinAutism.com)

I have had my share of heartbreaks and hardships-just like everyone. My therapy, my hobby and the canvas upon which my life has been painted has been athletics. My UCI crew experience was the last "team" activity I have done. I know whatever the circumstances, I will always find a way to be an athlete. It would be fun to row again. Seeing a crew on the water still takes my breath away.



## ALUMNI EVENTS!

The Women's Alumni rowed an alumni eight at the Newport Rowing Festival and was able to beat a few college crews!



Alumni day was a HUGE success with over 40 past rowers showing up for some fun racing on the bay. The men put out an alumni eight to race the varsity men. The alumni gave a good fight over several 500 meter pieces. The women mixed into four eights with the current rowers, going head to head for multiple three minute pieces. A different eight won each race. The day was capped off with a fabulous spread of food and ample post race socializing.





# **VARSITY 2005-2006 ROSTER**

## **WOMEN'S TEAM**

<u>Name</u>	<u>HT</u>	<u>YR</u>
Katie Albo	5-10	So.
Collen Awad	5-6	Jr.
Laurel Dinwiddie	5-11	So.
Alix Howard	5-10	So.
Christine Le*	4-10	Jr.
Nina Nair	5-6	So.
Leonorra Sanchez	5-5	Jr.
Katie Sullivan	5-8	So.
Rachel Wong	5-5	Jr.

## **MEN'S TEAM**

<u>Name</u>	<u>HT</u>	<u>YR</u>
Albert Almada	5-9	So.
Robert Amador	6-4	So.
Ricky Bebout	6-1	Sr.
Mark Caswell	6-0	Sr.
Thomas Chiu*	5-10	Jr.
Ryan Farrell	5-11	So.
William Gray	6-2	So.
Forest Holbrook	6-0	Jr.
Chris Hudson	5-9	Jr.
Ken Ito	5-9	Jr.
Justin Kessler	6-3	Sr.
Maxim Lazarov	6-0	So.
Troy Nelson	6-2	So.
Joseph Russo	6-3	Sr.
Eric Saam	6-2	So.
Oracio Sanchez*	5-4	So.
Artur Sarkisyan	6-2	So.
John Sequi	6-3	Sr.
Thomas Speakes	6-5	Jr.
Robin Thorley	6-6	So.

\*Coxswain

# **NOVICE 2005-2006 ROSTER**

## **WOMEN'S TEAM**

<u>NAME</u>	<u>HT</u>	<u>YR</u>
Sukhmani Dhaliwal	5-3	Fr.
Alexandra Diachkoff	5-8	Fr.
Amanda Evans	5-10	Fr.
Ashley Fee	5-6	Fr.
Kelly Forster	5-5	Fr.
Denise French	5-2	So.
Naomi Gerbatsch	5-10	Fr.
Christina Gonzalez	5-2	Jr.
Valerie Hite-Smith	5-1	So.
Nia Hunt	5-11	Fr.
Krystyn Slack	5-6	Fr.

## **MEN'S TEAM**

<u>Name</u>	<u>HT</u>	<u>YR</u>
Mat Anderson	6-0	Fr.
Alexi Antonion	5-10	So.
Aarushi Bhargava*	4-10	Fr.
Charles Callebaut	6-1	Jr.
Rowan Cannaday	6-6	Fr.
Wesley Chin	5-11	Fr.
Josh Cohen	6-3	Fr.
Derrick Diego	5-10	Fr.
Jeff Draper	6-0	So.
Kellen Hudson	5-10	Fr.
Jon Iwata	5-6	Fr.
Koohyar Karimi*	5-0	Jr.
Jerome Lee	6-0	So.
Mathew Michaelson	6-3	So.
Sean Miller	6-1	Fr.
Andre Paredes	5-10	Fr.
Travis Petovello	6-2	Jr.
Jason Ruth	6-1	Jr.
Mark San Juan	5-7	Fr.
Charles Stoianovici	5-10	Fr.
Alex Tessier	6-1	Fr.
Justin Varma	5-6	Fr.

\*Coxswain



## **A LOOK AT THE FALL 2005 UCI ROWING SEASON**

**The varsity men won San Diego Fall Classic!  
They were first out of nine crews.**



left to right: Justin, Ken, Forest, Tom, Robin, Eric, Ricky, Tom (Troy not pictured)

<u>Head of the American</u>		<u>San Diego Fall Classic</u>
MO8	3rd out of 12	MO4 9th out of 9
<u>Head of the Marina</u>		MO8A 1st out of 9
MO4	1st out of 2	MO8B 6th out of 9
<u>Newport Autumn Rowing Festival</u>		
MO8	4th out of 17	
M2O8	14th out of 17	
MN8A	18th out of 22	
MN8B	19th out of 22	
MO4	14th out of 19	

## **UPCOMING ALUMNI EVENTS!**

UC Irvine alumni will compete in the open women's eight at the Crew Classic in San Diego on April 1st and 2nd. This is a great venue with over 3000 competitors, various vendors and a giant screen TV that follows the racing from the start until you can see it on the beach. Stop by the Irvine site and say hi in between the exciting racing. You can find more information at [www.crewclassic.org](http://www.crewclassic.org).

WIRA is on April 29th and 30th in Sacramento. We have a tent on the sand during the final stretches of the race course. It makes for great viewing as well as a comfortable gathering place. We would love to see you. You can find the schedule at [csusaquaticcenter.com/WIRA.htm](http://csusaquaticcenter.com/WIRA.htm)

The varsity women are traveling to Philadelphia to compete at Dad Vails on May 12th and 13th. If you are in the area they would love the extra support on the course. This is the first trip to this regatta for the women. You can find information at [www.dadvail.org](http://www.dadvail.org).

Thanks to all of you who have taken the time to complete the on-line bio form. From your submissions I have been able to get a good start on an All-Time Roster for the crew. If you don't see your teammates on the list please encourage them to log on!

Please send pictures! Thanks for the ones I have received to date. I am always looking for more pictures of your time as an anteater rower. You can send them to [crew@uci.edu](mailto:crew@uci.edu)



Women's Varsity 8 Newport Autumn Rowing Festival

<u>Head of the American</u>		<u>Newport Autumn Rowing Festival</u>
WO8	11th out of 17	WN8 13th out of 20
<u>Head of the Marina</u>		WO8 15th out of 24
WO8	4th out of 5	
WO2-	3rd out of 4	<u>San Diego Fall Classic</u>
		WO2- 3rd out of 3
		WO8 4th out of 9
		(4 crews did not finish due to weather)

If you are interested in writing an article for the Spring edition of the UCI Rowing Alumni News please send an e-mail to [crew@uci.edu](mailto:crew@uci.edu)