

# THE OARSMAN

## Welcome Back!

Fall is upon us and the rowers are back on the water! After a strong showing by the men's novice and a promising young woman's varsity team last spring, crews are working hard and looking to improve in the 2007-2008 season. Rowers have spent the summer cross-training, rowing and staying in shape for the season and so have the coaches. This summer head coaches, Odette Mitchell-Servilio (women's) and Alex Berlin (men's) spent their summers improving their coaching skills. Odette took three weeks this summer visiting former coaches and prominent rowing programs on the east coast. She reconnected with her old collegiate rowing coach Kris Sanford of

Syracuse and made visits to the head coaches at Cornell and Penn. Alex also spent the summer improving his skills by coaching at PENN A.C., an elite level rowing camp. Alex learned a great deal while working with top level coaches and coaching some great athletes. At the Canadian Henley four of five PENN A.C. boats finished 1<sup>st</sup>, a remarkable feat. Both coaches are looking to apply what they have learned to their young squads. You can keep track of the team's progress on the Friends of Colorado Crew website. (currently under construction)

Results will be posted shortly after each regatta.

## Friends of Colorado Crew Fall Fundraiser

This year on October 21<sup>st</sup> the Friends of Colorado Crew will host a benefit event for the team. We invite you to come out the countryside of Boulder for a homemade chili lunch with a full spread of sides and participate in a clay target shoot off. The competition will feature 5 stations with 5 shots per station. The event will start around 11:00am and last a couple of hours. For those who are not shooting we will have other activities including volleyball, raffles and games for prizes. We have pre-registered ten people and two teams so far. It is shaping up to be a fun and excit-

ing event and will be in support of hardworking student athletes! We are planning to limit participation



to 40 people, so if you are interested sign up soon!

For more information see the back page for the event flier or online at:

[www.FriendsofColoradoCrew.com](http://www.FriendsofColoradoCrew.com)  
(currently under construction)

## SPECIAL POINTS OF INTEREST:

- ◆ *Salido* coffee tables for sale
- ◆ Pancake breakfast Oct. 20th at the reservoir
- ◆ Buy an oar help the team
- ◆ Jim Hill, what is up?
- ◆ Save the date: **Row Around the Rockies** October 20th (parents weekend)
- ◆ Who is in these pictures?
- ◆ **New website under construction**

## INSIDE THIS ISSUE:

<i>Varsity women set high standards</i>	2-3
<i>Pancake breakfast</i>	3
<i>New boats!</i>	4
<i>Thank you</i>	5
<i>Fundraising goals</i>	5
<i>Jim Hill</i>	6
<i>Team challenge</i>	7
<i>Event flier</i>	8

### *Salcido- Coffee Tables*



This fall the Salcido was retired from the fleet. Back in 2004 the Salcido, crewed by a novice men's team was swamped and broken in half when a number of large waves filled the boat in a sudden wind storm the team dubbed "White Squall Day".

The Salcido was named after Rob Salcido who

coached the varsity women for 3 years. Rob successfully coached the varsity women to a second place finish at the 1997 San Diego crew classic in an 8+, and to a first place finish in the 1997 PCRC's championship 8+. He provided a stable coaching foundation and good leadership during the years when CU Crew remained

a student run and student funded organization with all volunteer coaches.

A number of hours, tubs of epoxy and squares of fiberglass were spent trying to sure up the shell and bring it back to rowable strength, but coaches determined that the boat wasn't safe to return to the water. During the fall season the Salcido was cut into sections. Each section contains a full rower's "state room" with a seat, foot well, foot stretchers and shoes (not shown). The ends of the table are stained pine (glass top optional). The table is a unique piece of furniture that brings back memories and is sure to be a conversation starter.

The team is selling the coffee tables and proceeds will go toward purchasing new equipment. \$350 w/o glass +shipping.

For more info or to order email:

[Friendsofcoloradocrew@gmail.com](mailto:Friendsofcoloradocrew@gmail.com)

FRIENDS OF  
COLORADO CREW TO  
HOST PANCAKE  
BREAKFAST! COME  
JOIN US!



SEE PAGE 3 FOR  
DETAILS

### *Varsity Women Set New Standards*

The Varsity Women have returned to CU this fall kicking off their practices in what may be one of the best starts for the women in the last five years. The women have established the work ethic and determination that is necessary for a competitive year. With an average height of 5'9", the tallest rower 6'1", this team comes complete with size and drive.

The women jumped right into practices as soon as they arrived onto campus, returning a hefty percentage of last year's Varsity 8. This year, however, offers one HUGE advantage over the 8 from the spring – this fall they are experienced. Last spring, the Varsity Women's 8 was comprised of 6 novice rowers. The two experienced rowers had only one semester and only one year of experience, respectively. Now having a whole year under their belt

and confidence in each other as teammates, the women's team exhibits a newfound enthusiasm for the program and the sport.

The enthusiasm was obvious as they combined their water practices and their extra erg workouts with recruiting on campus. Transferring their excitement for the new season from within their new squad, the women spent many hours recruiting more size and more energy to help bolster the women's team. Their pride in the team and each other was obvious at the meetings, and many of the novices picked up on the positive attitude emanating from the women's squad. "It looks like you guys have a lot of fun," said Kate Horton, a new novice rower. "You also look like you know each other really well."

Captains Sara Gawick and Jordan

## *Varsity Women Set New Standards*



*(Continued from page 2)*

Bunch, both of whom are active student officers, provide ample leadership and commitment to the team. With their strong leadership, the women will no doubt have one of the best seasons to date.

“In my four years coaching here at CU,” said Head Coach Odette Mitchell-Servilio, “this is by far the best start I have experienced. The girls are working hard and are ready to make significant improvements every time they hit the water or the erg. From the least experienced to the captains I have great leadership, smart coxswains and strong athletes. All of which is a great recipe for success.”

Odette is going on her fourth year with the team. She has coached both the novice and varsity women’s team in her tenure with the program. Odette gained her rowing experience under well known and respected coach, Kris Sanford at the University of Syracuse. Odette rowed while Syracuse was at their best. During the 2001 and 2002 seasons Syracuse advanced to the NCAA championships and finished 6<sup>th</sup> in the nation. Odette was able to manage the demands of both rowing for a varsity program and the classroom and was honored as a Big East Academic All Star. In addition to coaching Odette also teaches history and student leadership at Nederland Middle Senior High.

### 2007–2008 IMPORTANT DATES

PARENTS WEEKEND  
“ROW AROUND THE  
ROCKIES”

OCTOBER 19TH –21ST

PANCAKE BREAKFAST

OCTOBER 20TH

CLAY SHOOT CHALLENGE

OCTOBER 21ST

HEAD OF THE IOWA

OCTOBER 27TH–28TH

FROSTBITE

NOVEMBER 3RD–4TH

BOULDER SPRINTS

APRIL 12TH –13TH

### *Pancake Breakfast!! - Row Around the Rockies*

On October 20<sup>th</sup> Friends of Colorado Crew will again be hosting a pancake breakfast for the parents, participants and alumni at the second annual *Row around the Rockies* put on by the University of Colorado Rowing team. We are inviting all of you in the area to come out for breakfast, see some rowing and meet members of the team. We will have coffee at 7:30am and breakfast to follow around 8:00 am at the Sunrise point at the east end of the reservoir.



*New Boats*

Coaches and athletes have committed themselves to working hard and improving. Yet their success also depends on the quality of the equipment available to them. Anyone who is familiar with CU Crew knows that much of the fleet is old and worn out.

Friends of Colorado Crew proudly donated four boats to the CU rowing team this summer. With the help of the alumni and additional supporters we were able to purchase a total of 4 boats. The addition of these boats has filled a great need in the program and has helped strengthen the fleet for years to come.

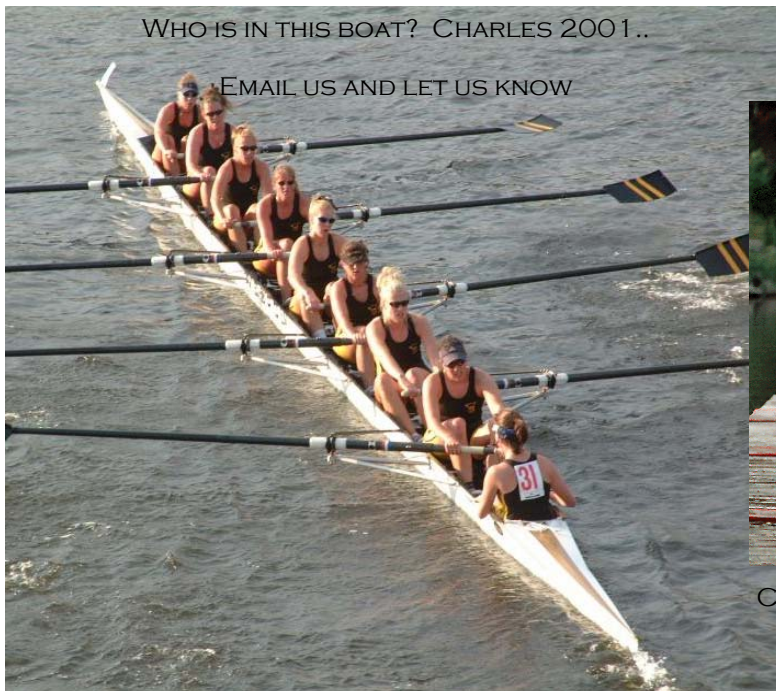
Ever since the team was founded in 1992 the team has lacked a 4+ boat properly sized for an average to heavy weight men's crew. For years boats like the Bull and Reincarnation have taken a beating from the men's team. Riggers have been tweaked and spacers moved to provide as much water clearance as possible. Fortunately, this will no longer be the case. This fall, Vespoli will be delivering two new hull 4+ boats to the CU racks! These boats provide men's crews a much improved platform to train and race in.

In addition to these two 4's, Friends of Colorado Crew purchased and donated two 8+ shells. Because of the quality of the boats they will easily replace the top novice boat for both squads. The men's boat has been named after Bryan J Catalani, a rower from the class of 06. Bryan was generous enough to donate the majority of the cost of the boat. THANKS Bryan!!



Quote From the Past:  
 Waco '95  
 "Hey Meat, do you know how to drive a launch?"  
 "Yeah! I do it all the time!"  
 GET YOUR SNORKEL"

*From the Photo Archives*



CAN NAME THIS COXSWAIN? DES MOINES, IOWA

EMAIL US AND LET US KNOW

## Thank You!

### Spring Supporters:

The Mattson's  
 The Shaub's,  
 The Wilson's,  
 The Destinio's,  
 John Birkhead,  
 The Gawick's,  
 The Shanahan's,  
 The Bunch's,  
 The Wallace's,  
 The Gallagher's,  
 Sally Brands,  
 The Gaillot's,  
 Sallie Hill,  
 The DeWitt's,  
 Phil Hill,  
 S. Kay Christensen,  
 The Winkelmeyer's,  
 Matt Hynes-Grace,  
 Todd Freedman,  
 Kristian Howell,

### Fall Supporters:

Meg and Roger Berlin



Phil and Francie Hill  
 Linda and Richard Kelley  
 Barry and Judy Sinkey  
 Michael Sinkey  
 Dow Family  
 Tom Ryerson  
 The Bonnetto Family  
 The Kuhlman Family  
 Susan Najork and Family

### Summer Supporters

Jim Hill  
 Bryan Catalani  
 Todd Freedman  
 The Savage Family

### Business Supporters:

*Collection Bureau Hudson Valley* - Kurt Najork  
*SparkFun Electronics* - Nate Siedle  
*County Line Lumber* - Jeff Boom and Bill Dowd  
*Complete Home Improvement* - Chuck, Joel, Eric, Dan, TJ  
*Advantage Bank* - Eric, Hanna, Bill  
*Boulder Creek Builders* - David G, David S, Steve, Carolyn

## Friends of Colorado Crew Fundraising Goals

The Friends of Colorado Crew organization was established to provide for the rowing program at CU, which includes both the men's and women's crews. This past summer Friends of Colorado Crew focused its fundraising and purchasing on filling the gaps in the men's and women's fleet. The purchased boats filled some of the larger gaps in the men's fleet and some of the gaps in the women's fleet. Although we were able to provide for the immediate needs of both crews, there are needs that have not been fulfilled. The women's fleet is now the most aged fleet and is need of both a new 4+, an 8+ and both squads are in desperate need of new oars. As the women's team grows and pushes both quality and capacity of their fleet, it is the responsibility of this organization to provide better equipment, and NOW is the time to start planning for that.

Our goal is raising \$15,000 for new or slightly used Women's weight 4+. With such a large sum to be raised Friends of Colorado Crew will use two methods of fundraising. Donations will be accepted from supporters, alumni and corporations who specifically want to give to this cause; as well as earmark proceeds from both of our fall and spring fundraisers.

In addition to our main goal of being able to purchase a new boat, we also need to replace two complete sets of oars: one for the women's team and one for the men's. To achieve this we are offering classic CU painted spoon oars for sale. For every one purchased by a supporter, we will purchase a new oar for the team. Buyers will have the choice of having them shipped with the blade and shaft or just the blade. These make great conversation starters as well as great keepsake of the memories gained while rowing. Each oar will sell for \$300 (the cost of a new oar + shipping) and can be purchased online.



## Alumni Spotlight

### Jim Hill



Jim rowed August 1997-May 2002, taking the spring semester of 2000 off while studying abroad in Wollongong Australia. Jim's biggest and most memorable races include the light weight 4+ event at Midwest Rowing Championships in 1999 where his boat came in first and the light weight 4+ at the Dad Vail Regatta in 1999 where his boat came in second.

Jim graduated in May of 2002 and moved to Boston to find a job. He eventually found a job in Lebanon, NH working for Simbex, a rehabilitation devices company, as a research engineer. In July of 2003 he went to graduate school at the University of New South Wales in Sydney, Australia to get an MBiomedE in Biomedical Engineering. After moving back to the states in early 2005, Jim moved down to West Chester, PA where he worked as a product

development engineer at Kensey Nash, a medical device company.

This summer he moved to Charlottesville, VA to attend the Darden School of Business at the University of Virginia. He plans to graduate in May, 2009.

Jim hasn't rowed since alumni weekend 2005 and even then it was a "fly and die" effort. We hope to get him back to Boulder for another Boulder Sprints. This summer Jim contacted Friends of Colorado Crew both to donate to the program as well as offer to help us fill in gaps in our alumni database. Jim is excited to hear from alumni and would like anyone who is interested to contact him at [james\\_g\\_hill@hotmail.com](mailto:james_g_hill@hotmail.com).

**Thanks Jim for your help and support!**



Jim strokes the men's 4+ down the course at Des Moines, Iowa

### Website Under Construction:

The Friends of Colorado Crew organization is redesigning its website! Over the past seven years there have been a number of Colorado Crew websites, some focused on the team itself some just alumni and some a combination of both. The most popular for alumni was one designed by Kate Brandon featuring a blue background and the classic C with crossed oars. The new website will be designed in such a way to incorporate history from preceding websites and include features that will increase interaction with alumni and supporters.

The new website will be the hub of communication with alumni and supporters. It will provide alumni an avenue to stay in touch with one another to recount rowing memories, both visually and in text, as well as keep them informed of the

[www.FriendsofColoradoCrew.com](http://www.FriendsofColoradoCrew.com)

team's current standing, upcoming events and racing results. To achieve this, the website will feature an online database that will be interactive and updatable. Once an individual is logged on, he or she will be able to search by alumni name and class to get email addresses and read updates of their current whereabouts and happenings. The website will also allow alumni and supporters to upload old pictures and written stories.

The website is currently under construction and should be finished very soon. Once complete, supporters will be able to donate online using paypal! Check it out and register!

### Class Challenge Update



After winning the Class challenge of '06—'07 the class of 2004 started off strong with donations totaling over \$1,000. However, the class of 2005 has taken the lead with some strong donations in August totaling over \$2,000! We have also received our first donation from the class of 2002, thanks Jill Hill! We have some great plans for this money so if you haven't donated yet, please do. If you have donated give fellow alum form your year a call and see what they can give. This competition is a way to reward the class that gave the most back to the program in a given season.

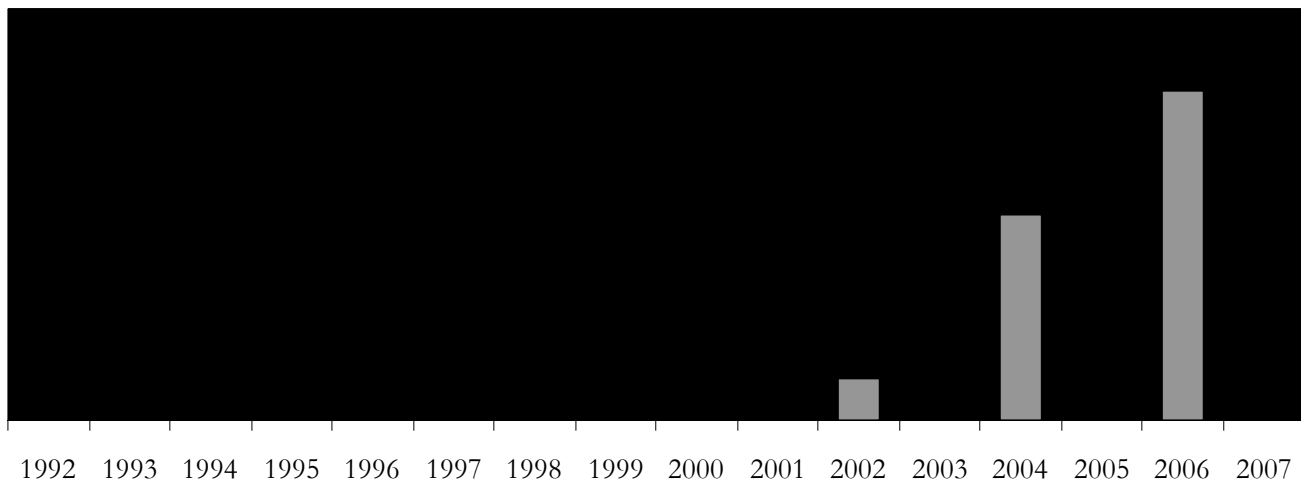
There are three equally valued legs to the competition

- 1) percent of class participating
- 2) amount of money raised
- 3) largest donation

We know that many of our alumni are short of funds for the purpose of donating but every dollar helps and adds up. If even half of the alumni that get this newsletter were able to spare \$100 we would be well on our way to buying the team a new boat.

This year the winning class will have naming rights on a **Vespoli Womens 4+** that we hope to purchase this spring.

2007 - 2008 Class Challenge



*Give a little, give a lot, just make sure you give back to the program that hopefully gave you so much. This years Challenge has a goal of \$30,000 and ends on the last day of the IRA, June 7, 2008 .*

# 25 SHOT CLAY TARGET EVENT



FRIENDS OF COLORADO CREW

Prizes to include:  
Shooting Gear and Accessories, Sports Tickets, Limo and Dinner Gift Certificates

**Date: 10/21/2007 Location: Dry Creek Ranch in Beautiful Boulder County  
8280 Valmont Rd. Boulder, CO 80301**



Come support the University of Colorado Rowing team in the first annual Clay Target Benefit Shoot hosted by the Friends of Colorado Crew. Events will include the men's and women's individual shoot, team competition as well as a youth category (<18). Prizes, lunch w/ full a spread and beer will be provided. All proceeds are tax deductible and will go to aid the University of Colorado Rowing team (tax receipts will be given).

Registration will Start at 11am, shooting will commence shortly after.

\*We supply the targets you supply the gun, shells ear and eye protection

Please RSVP by 10-15-07 (late entries +\$5) Payment can be taken during registration.

EVENTS	
Stationary Thrower	5 Shots from Left and 5 from the Right
Wobbler Thrower	5 from each side 5 from center
<b>!!Bonus Event!! Braggers Challenge \$15 entry</b>	<b>Shoot until you miss from behind the Wobbler. Beware.... Barry Sinkey is already claiming victory!</b>
<b>For out of town shooters guns will be provided (limited supply)</b>	



Turn south at the arrow. Turn to the east at your second left, through the gate and follow the road past the house into the corral.

<p><b>Individual Entries</b> M - Men's \$25 / W - Women's \$25 / Y- Youth \$45</p> <p>Name: _____ M / W / Y \$ _____</p> <p>Name: _____ M / W / Y \$ _____</p> <p>Name: _____ M / W / Y \$ _____</p> <p>Name: _____ M / W / Y \$ _____</p> <p style="text-align: center;"><b>Braggers Challenge</b></p> <p>Name: _____ \$ _____</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Not a Shooter? Join us for lunch, beer and a good time. _____ X \$10 \$10 per person</p> </div>	<p><b>Team Entries: Name</b> _____</p> <p>Team entries: \$280 provide team member names below only one entry per team needed</p> <p>Name: _____ Name: _____</p> <p>Name: _____ Name: _____</p> <p style="text-align: center;"><b>Contact Person and Information</b></p> <p>Name: _____ Address: _____</p> <p>Phone: _____</p> <p>Credit Card # _____ Exp. date _____</p> <p>Signature: _____</p> <p style="text-align: right;"> <input type="checkbox"/> Check  <input type="checkbox"/> Visa  <input type="checkbox"/> MasterCard         </p>
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Use PayPal Donate on our website: [www.friendsofcoloradocrew.com](http://www.friendsofcoloradocrew.com)

In case of inclement weather: Friends of Colorado Crew will move the festivities indoors and provide a Poker Tournament. Lunch, Beer and Big screen TVs will be provided.

Contact person: Michael Sinkey at 303-588-2971 or [FriendsofColoradoCrew@gmail.com](mailto:FriendsofColoradoCrew@gmail.com)