Welcome to the 1st issue of the "Boston Men’s Rowing News". We have wanted to do this for a long time! Our alumni/family and friends are very important to us, and our hope is this will be another way to reach out to more people and keep them connected with the current team. We’ll publish the newsletter 3 times per year; spring – race preview, summer – annual report, and fall – fall review. Men’s Rowing has the largest group of supporters of all sports programs at Boston University and our goal is to make this group even stronger!

As I head into my 7th season, we continue to make strides in being a top tier Division 1 rowing program. We have won the Chapman Trophy for most improved team at the IRA in both 2009 and 2014. Since 2009 we have finished in the top 6 in the team points at both the IRA and Eastern Sprints. We consistently win and have numerous sweeps in our Cup races, and races that are not won are hard fought and relevant. At the 2014 Head of the Charles we finished 4th among US Universities; only 1 second behind both Cal and Washington.

Our finish at the 2014 Eastern Sprints was the best in program history, and we were one of two schools that put all our boats (5) into the finals, with medals in the 5V, 4V, and 3V and within 2 seconds of medaling in the 1V and 2V. Boston University is in the conversation of a team to watch out for… and we want more!

2014 and our finish at Sprints sums up what our program is all about. We have overall depth on the team because every athlete is coached and has the opportunity to get better. Each athlete has a defined role whether they are in the 1V or the 5V. Everyone follows the same set of values on the team and most importantly we have excellent leadership within the squad. Win or lose, we are doing it the right way.

To continue moving the program forward we need to row and race more! In January we went on a training trip down to Palm Coast, Florida. Winter training trips were common in the "old" days as opposed to a spring trip. We need to do both (read more in depth on page 6)! To boost our racing experience we travelled out to California on April 2-5 and raced both Stanford and Cal. We split our races winning against Stanford and losing to Cal. We saw this as a major opportunity to race 2 of the best teams in the country and we came away for this trip faster.

When not coaching on the water, John Lindberg, Mathis Jessen and I spend a good part of our days recruiting. As recruiting coordinator, John spends just about all his all non-coaching time organizing our recruiting efforts. We have increased our recruiting budget in order to go on the road more frequently to visit recruits, scout talent, and meet with junior coaches. Along with finding top recruits, we look for recruits that we can develop in 1–2 years to row in our top 2 boats. We look for kids that want to row at BU and win at Eastern Sprints!

One of the best parts of my job is doing what I am doing now – reaching out to friends of the program. Whether it is visiting Ray Buell ’54 in his cabin in Maine, working with Brandon Joel ’91 in organizing a boat effort with his class, working on fund raising ideas with Ed Boesel, ’70 and Mitch Fillet ’70, talking job mentorship with Vin Ryan ’60, reviewing program history with Wil Duchesneau ’66, or just talking shop with Max Justicz ’90 and Howard Kilguss ’67… plus many, many others. This is what I enjoy. Many coaches don’t like this aspect of the job, but I am happy to talk rowing anytime, especially BU Rowing.

I hope you enjoy this issue of "Boston Rowing News". Please continue to support the program; whether with a financial gift, mentoring a current student athlete, listening to a live broadcast, coming to a race, or just reading our emails and updates… thank you!

GO TERRIERS!

Tom
**LAUREN HARVEY**

**Hometown:** Hingham, MA  
**Degree:** Business Administration – General Management  
**Plans after graduation:** Begin a career in commercial real estate  
**Most inspirational team member:** Kyle Peabody ’14 – worked extremely hard, not just physically but in all aspects as a leader and teammate, going above and beyond and doing the small day to day things.  
**Favorite rowing memory:** IRAs 2014 – I was in the 3V and our boat was the most genuine example of a team – we truly wanted to win for each other and we set aside all personal interests and incentives which is much easier said than done. In the grand final we took the fastest and best strokes we ever took as a boat.

**GREGOR DIERKS**

**Hometown:** Portland, Oregon  
**Degree:** Human Physiology  
**Plans after graduation:** Go back to grad school in Portland, OR and then apply to med school (hopefully get in) and become a surgeon.  
**Most inspirational team member:** Lots of guys were inspirational for different reasons, but Alex Keiser ’14 stands out because of his charismatic nature. He carried himself well, was confident, and when he was in the zone it was infectious for people in the boat with him.

**KEP EDWARDS**

**Hometown:** Wayland, MA  
**Degree:** Business Administration: Concentrations in Finance and Law  
**Plans after graduation:** Already secured a job with a law firm. Interested in attending law school at night in the future.  
**Favorite non-rowing related memory:** Presenting the final project for Core program in SMG.  
**Favorite winter training workout:** 30’ 20’ 10’ or the Saturday morning Circuit.

**DAN RELLE**

**Hometown:** Bloomfield Hills, MI  
**Degree:** Advertising (major), Philosophy (minor)  
**Plans after graduation:** I would like to retire but if that doesn’t work out I hope to work in advertising.  
**Most inspirational teammate:** Kyle Peabody ‘14, I have never seen anyone work harder at anything than Kyle did on this team. He was always doing more work than was asked of him and still had the time to be a major contributor on campus.  
**Favorite rowing memory:** Clemson trips and earning my Syracuse and Columbia shirt in 2013; one of the most important races of my career.

**JP AFTRING**

**Hometown:** Radnor, PA  
**Degree:** Mechanical Engineering  
**Plans after graduation:** Pursuing a career in Principle Engineering Certification  
**Most inspirational teammate:** Todd Sukolsky – excelled in rowing/athletics and academic life.  
**Favorite rowing memory:** Either IRA training camp spring 2011 in Dartmouth or Head of the Charles 2014.  
**Favorite athlete:** Thaddeus Babiec ‘14

**TOMAS WEAVER**

**Hometown:** Bennekom, the Netherlands  
**Degree:** Business Administration – Concentrating in Finance & Operations/Technology Management  
**Plans after graduation:** Work in Boston’s financial services sector or technology consulting.  
**Favorite Memory as a Terrier:** Traveling down to Hyannis, MA freshman year to support BU Women’s Hockey in the playoffs.  
**Favorite non-rowing related memory:** Skipping class to go see Aerosmith’s impromptu, open-air concert in Alston, MA.
During my time at BU from ‘87 to ’91 rowing gave me friends that I still have to this day, insights into the strength of the human character that I still find relevant, and levels of joy and heartache that remain etched deeply in my psyche.

You would think that anything that had such a lasting impression would be something that I would keep close to the surface long after my days on the water ended. Well, that was far from the case. Outside of the tight friendships, life moved on. I think this is common for most, as the future is staring you in the face when the bell sounds on your college days and you need to get cracking.

It is not fair to say that I was completely oblivious to what was going on with BU rowing. I would occasionally take note of an email update or participate in a little chatter when the final events of the spring rolled around each year, but I was far from vested.

That began to change in 2009 when the IRAs were held in northern California and the men were looking strong. I flew up from LA to watch the finals and meet Tom face-to-face. They placed both the 1V and 2V in the Grand Finals, which was a start of a process to make BU rowing a little more than an asterisk to my life notes.

The momentum truly shifted for me when I joined a large contingent of alumni from my era on the banks of the Charles to watch BU Rowing’s 75th anniversary race against Wisconsin. Tom and team didn’t disappoint, as BU swept all events. Seeing so many old friends, combined with the results of that day, had me fired up over the thought of putting a new boat on the water for Tom.

I began talking with Max Justicz and Todd Coffin, who had already reconnected with the program, and with Tod Minotti whose positive memories of his days in the boathouse were being rekindled. The idea simmered for another year and then in the late spring of last year the four of us agreed to take the plunge and form the foundation of a boat campaign. We reached out to anybody who crossed over the Charles with us during our time at BU.

The response was incredible and in less than two months we had a commitment from over 35 alumni for well over $50,000. We even had a couple of guys join from other years as they wanted to be a part of such an effort.

From all who donated we asked for ideas on the best name for the boat. The suggestions mirrored the wide array of emotions that are naturally triggered when you ask men from my era to sum up their experiences behind an oar for BU.

Fortunately we all agreed on one idea put out to the group. That was the shared memory of crossing over the BU Bridge. Every one of who has rowed at BU has stepped across that Bridge. For me personally, turning onto that bridge from Comm. Ave. was a moment I yearned for each day. It was a moment in which all other aspects of my life at BU faded behind me and that led me to a rickety old boathouse where I could be around a group of guys who I felt worked harder and dreamed a little bigger than most.

So on the Sunday morning of the Head of the Charles last fall over 20 of the donors, many with their families present, stood on the dock of the boathouse and poured champagne over the bow of the newest boat for the Men’s team: BU Bridge: 87-92.

We hope that the current crop of men will appreciate that the boat represents not just those who crossed the BU Bridge, but they themselves who are now crossing it, and those that will cross it to row for BU.

Brandon Joel
Captains are selected each fall by the upperclassmen by completing a 14 question leadership survey. Each team member must list 2 teammates that best represent each question. Question examples would be; “Who do you trust the most on the team?”, “What team members help build your confidence?”, “What team members help unify the team?”, “Which team members have the best work ethic?” etc. The two athletes that tally the most responses are selected captains. For 2014-2015 Matt Magginis ’16 and Kep Edwards ’15 were selected as “Captains” with the support of Gregor Dierks ’15 who is serving as “Sergeant of Arms”.

What does it mean to you to be elected co-captain?

Kep Edwards (KE): To be elected Captain is an honor and a privilege that I take very seriously. To have my teammates trust me with being a leader of the team means that I owe them the duty of listening to any concerns and trying to help guide the team in a way that can make everyone successful. Knowing that I have the respect of my teammates is key to being able to lead the team. It’s also important to never let leadership change you; you were elected because of who you were not because of what your teammates thought you could be.

What does it mean to have Kep on your side?

Matt Magginis (MM): Having Kep as a co-captain is extremely helpful for me because I feel like we complement each other’s strengths very well. Kep is more of a vocal leader and can really get the guys pumped up at times. I see my role as more of a leader by example with how I conduct myself in and out of the boathouse. Kep and I both have good relationships with the coaching staff and the team so it easy for us to communicate any issues within that arise so we can handle them in a constructive manner.

What do you think is your role as team leaders?

MM: I feel that the two main roles of a team captain is to lead by example and communicate well with the coaches and the team. Some team members do not feel as comfortable communicating issues with the coaches so we can act as their voice when it comes to communicating with the coaches. Another important role is to back up decisions made by the coaches. If team members are hesitant to believe in a decision made by the coaching staff, we need to make sure we back that decision up to make sure the rest of the team will support it.

What worked well over the fall and winter with the team?

KE: I think that team has worked very well throughout the fall and winter. In the fall our team made tremendous strides forward with strong results at races and everyone improving from the bottom up. I think this winter we have only gotten stronger with hard workouts that have pushed people to levels of fitness that we didn’t have before. MM: Compared to other years, I have noticed that this fall and winter has had a much higher level of communication between coaches and teammates. We are taking a much deeper look into things that we think worked last year vs. things that we think could be improved upon. We made changes with the training plan and our stroke cycle based on feedback from previous years and we have seen some really positive improvements.
Over the summer, the coaching staff decided that it was crucial for the team to spend more time on the water focusing on improvements in rowing techniques. With this goal in mind and supported by generous donations from alumni Vin Ryan ‘60 and Ed Boesell ’70, the coaching staff was able to assemble a winter training camp in Palm Coast, FL. Costs were kept down as much as possible, rowers paid their own airfare and each hotel room was wall-to-wall with pullouts and air mattresses. It was an ideal time to trade snow and ice for sun and liquid H2O.

At the camp, training took part mostly in pairs and coxed fours. Two hours of long "steady state" and "battle paddle" sessions in the morning, followed by two hours of rowing with technical drills in the afternoon, and finished off with sets of jumpies and burpees before dinner. No one stepped off the gas pedal.

The week of training on miles of straight flat water, often with dolphin escorts, proved to be very effective. The crew made significant changes to their rowing strokes and high fitness levels were reestablished. The crew benefited from individual coaching and the level of rowing elevated each session. The camp set the right tone as the "real" winter training commenced back in Boston.

Once back in Boston, formal winter training was organized into sessions with specific emphasis and goals. Monday and Friday sessions marked "Green Light" days on the CII erg – hard training and racing pieces, followed by some "Salt & Pepper" pieces and jumpies. Team-Yoga closed the session. Tuesday and Thursday practice involved weight work with our strength coach Darcy Gould followed by longer steady sessions on the OarTech and RowPerfect machines. No ergs on Wednesdays, Coach Bohrer directed an early swim workout in the Case Gym pool and the afternoon time was led by movement specialist, Denise Frost, with the focus on flexibility and mobility work.

Denise’s work is one reason why we have a very low injury rate on our team. We are grateful for her expertise! Saturday mornings the team met at BU's Track and Field Center. The workout was comprised of a mixture of distance running and speed bursts. Afterwards the team returned to the weight room for a body circuit. It was a great, high-energy environment to close out a full week of training.

This indoor winter training block culminated in two all-out 6km erg tests and our "Eastern Sprints-in-a-day" 2×2km erg test just prior to spring break. The coaching staff was pleased with the team building, overall improvements and testing outcomes over the block.

BU then traveled with the entire crew of 36 rowers and 5 coxwains to Lake Hartwell in Clemson, SC for spring training and the final phase of racing season preparation. The lake is an ideal training location with miles of open water and two full 2k racecourses; Men’s Rowing has trained here for the past 19 years. The team trained in four 8’s and a coxed four to prepare for the scrimmage against Syracuse University at the end of the week. Training days consisted of a long session in the morning, lunch in the Clemson University dining hall, then a few hours to rest before the afternoon row. The results from winter training and Florida were evident right away.

The schedule against Syracuse consisted of a full 2000 meter race followed by 2×1000 meter races. All BU boats performed well and rowed to wins. It was especially gratifying following the full week of "two-a-days" and a great conclusion to the training camp. The true conclusion of camp was a catered southern BBQ at the racecourse. With the productive winter training complete, the team is excited to finally line up and race!

Thank you! Your loyalty and support of BU Men’s Rowing is greatly appreciated.

Mathis
JOB MENTORING PROGRAM

Our job mentoring program is now in its 4th year. We have been sending out a short bio of current team members who are looking for summer internships or full time employment to our alumni. The support has been tremendous! This is a program where alumni are willing to speak with a team member and work with them on career advice. This might be in the form of reviewing a resume, helping with interviewing skills, talk about what you do for a career, pass along a contact, and letting an athlete know if there is a job or internship opportunity open that they might be a good candidate for. Our athletes take this very seriously and are extremely appreciative of your time to work with them. This sets us apart from other programs!

GIVING: MEN’S ROWING WINS VARSITY ATHLETICS CHALLENGE

On Wednesday April 8th, all 20 Varsity sports competed in the Varsity Athletic Challenge to see which program could get the highest number of donors in a 24 hour period. This coincided with Boston University’s Annual Day of giving. The team with the highest number of donors won a $5000.00 prize to go towards their friends account. Men’s Rowing won this the past 2 years, and we did not disappoint this year. Men’s Rowing set an athletic department record with 407 donations, beating our previous record of 343 donors in 2014. We also raised $31,669.88! The competition got extremely competitive with Men’s Lacrosse making a late push with 347 donors. Thank you to all of our alumni, parents, and friends of the program that contributed and pushed us across the line 1st! GO BU!

ALUMNI HOCKEY SOCIAL

On February 20th, we held our Annual Alumni Hockey Social. This was the 21st year for the event! The evening started with a casual dinner in Eilberg Lounge followed by cheering on the Men’s Hockey team vs. Notre Dame to a 2-2 overtime tie. A highlight of the evening was when we went around the room and each former team member talked about an experience/highlight that they had while on the team…rowing stories are great to hear! Thanks to Clark Broden ‘66, for help organizing the event. Those attending were: Clark Broden ‘66, Henry Reiley ‘64, Chris Maietta ’78, Wil Duchesneau ‘66, David Padgett ’99, Bob Brown ’85, Justin Martin ’09, Andy Fisher ’10, Tom Ivancic ’10, Tennyson Hunt ’14, Thaddeus Babiec ’14, Ed Boesel ’70, Dave Walko ’64, John Davidson ’67, Howard Newell ’64, Grant Greely ’81, Kevin Gailey ’81, coaching staff, plus family and friends. We hope to see more of you next year!

JOIN US APRIL 25TH FOR SENIOR DAY & BBQ!

April 25th not only marks the last home-race on the Charles – it is also the day when we are honoring our 6 Seniors! Lauren, JP, Kep, Dan and Tomas have done a tremendous job this year leading the team through a fast and successful fall season and a tough and long “Juno” winter! Even though we have our Championships still ahead we want to get together after the trophy ceremony with Syracuse and Columbia to celebrate the class of 2015! A BBQ will follow the ceremony. All are welcome to join – if you would like to attend please RSVP to mjessen@bu.edu.

UPDATED RACE SCHEDULE

* For updated race times please visit goterriers.com

03/14/15 Syracuse (exhibition) Clemson, SC
04/04/15 @ California, San Francisco, CA – Race time: 11AM (PST)
04/11/15 Home vs. Northeastern (Arlett Cup) – Race time: 7:20 – 8:40
04/18/15 Home vs. Dartmouth (Bill Cup) – Race time: 8:50 – 10:10
04/25/15 Home vs. Syracuse / Columbia (Conlan / Lusins Cup) – Race time: 9:00 – 10:20; 11:00 Senior Day & BBQ
04/26/15 @ Brown, Providence, RI (Michalsin Cup) – Race time: TBD *
05/02/15 @ Wisconsin / Georgetown Devils Lake State Park, Dells, WI (Jablonic Cup) – Race time: TBD *
05/17/15 Eastern Sprints Worcester, MA – All Day *
05/29/15 IRA National Championship Regatta Mercer Lake, NJ – All Day *
05/30/15 IRA National Championship Regatta Mercer Lake, NJ – All Day *
05/31/15 IRA National Championship Regatta Mercer Lake, NJ – All Day *
· **Action required:** Make sure to update your information in our database so we can keep you informed about the program!
  · [http://goo.gl/forms/TxPTp57UBJ](http://goo.gl/forms/TxPTp57UBJ)

· **Listen to our audio livestream:** Wil Duchesneau ’66, the voice of BU Men’s Rowing, will be giving updates during each race and give insight information on each line-up. Call the toll free number at 712-432-4448 - BU Athletics has this number blocked just for race days.

· **Follow us on Social Media:**  
  · Boston University Men’s Rowing  
  · @BUMENSROWING  
  · @BUmensRowing

· [www.GoTerriers.com](http://www.GoTerriers.com)

· **If you are looking to donate to Men’s Rowing please go to:** [https://www.bu.edu/alumni-forms/forms/ath/](https://www.bu.edu/alumni-forms/forms/ath/)
  · Make sure to allocate your gift to “Friends of Men’s Rowing”

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