



"Rowing is a sport for dreamers. As long as you put in the work, you can own the dream." -- **Jim Dietz**



Fall Race Schedule

- Oct 8**
Housatonic.
Shelton, CT.
- Oct 16**
Head of the
Connecticut.
Middletown,
CT.
- Oct 22-
23**
Head of the
Charles.
Boston, MA.
- Oct 30**
Grimaldi Cup.
(a.k.a. METS)
New Rochelle,
NY.
- Nov 6**
Dowling.
Oakdale, NY.



"Few sports have as great a disparity between the time committed in practice and time actually spent in game or race conditions."

**David
Halberstam**

In this Issue!

- Back on the water!
- Fall Recruitment!
- Team Doubles in Size!
- Alumni and Current Rower!
- Rower Spotlight!

Keep an eye on us as the season continues by visiting our website for updates on regattas and much more!

www.hofstracrew.com

or LIKE us on Facebook!

<http://www.facebook.com/pages/Hofstra-Crew/116187688396494>



“Rowers do more before 8:00am than most people do all day.”

Happy to the Back on the Water!

After being off the water all summer our team was more than anxious to be back on the water this fall. The close-knit team from the spring had high expectations for this fall season. Our returning varsity members are acting responsibly and setting a positive image for the incoming novice to look up to. With such a large influx of new rowers, the

varsity was eager to put their knowledge and skills to good use. The first couple of weeks of practice were utilized to get the new novice acclimated to rowing and the daily practice routine. Varsity was able to practice two days a week on their own, but found that the new novices were able to catch on quite quickly. Not long into the season the novice

were out everyday with varsity on the water working on their strokes and improving everyday. As a team we have high aspirations for this season and we really hope to do well in all of our boat line-ups. Check out our next issue for our final season results!

HOFSTRA CREW

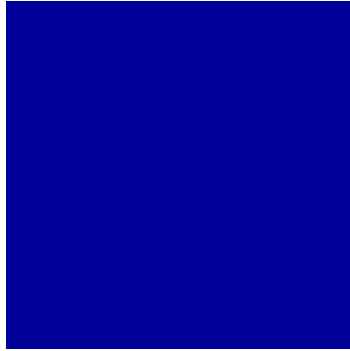
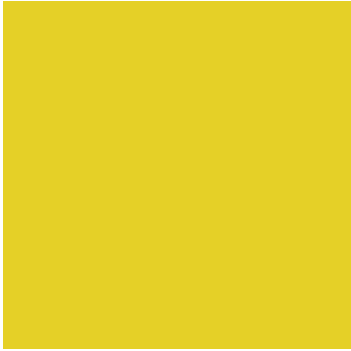


Est. 1988

Fall Recruitment!

This fall we began recruitment as soon as we returned to campus. Our first week back, we had an ergathon in the student center to draw in new rowers. Each member of our team erged for an hour while another sat at

our table, available to talk about practices and general team information. Also the team was present at the Club Fair trying to gather as many potential rowers as possible. It was a chance to interact with the new students, many of whom would become apart of the team!



Team Growth!

Our team has doubled its numbers!

Much to our team's surprise, we have more than doubled our size this semester. Our large jump in new members has now put us at a total of 32 people! This has been a bit of a challenge because we are not used to such a large team, but we have been doing our best to accommodate all of our new rowers. Such a large influx of people is great for a program such as ours, and we are so excited! We have great expectations for our novice and hope they do well their first season. With this many people we are now able to utilize more of our shells! The

team has been able to practice in men's and women's novice 8's and seat racing for the varsity 4's. Overall, we are thrilled to have such a large incoming group of novice who are as excited to learn about rowing as we are to teach them! We hope to continue to grow as a team and maintain a fairly decent sized club here at Hofstra.

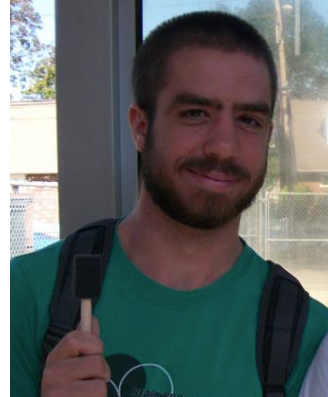
Alumni & Current Rower Meet at Sculling Camp!

During the first week of August, Black Bear Sculling hosted its third week of camp. Rowers attended the camp for 7 days where they were given the chance to work with some of the country's finest coaches. All skill levels were welcomed and encouraged to practice at their own pace. Everyone was provided with a boat that they used everyday to become comfortable with while learning to scull. Sculling is different than sweep rowing (Hofstra Crew is strictly sweep) because it uses two oars per rower rather than one. Sophomore Lena Nash having never rowed before college, let alone scull, decided she was going to try something new and expand her knowledge of rowing. While attending the camp she unexpectedly ran into the Faculty Advisor for the team, Mike Wagner, who apparently is a bit of a regular at the camp. "I overheard him talking about Oyster Bay and Sagamore to another rower and I knew immediately I recognized him from somewhere!" Nash said she remembered him from an alumni day hosted by the team during the fall season of 2010. After introducing herself, the two chatted it up about the team and about how it has changed over the past few years. Both rowers enjoyed getting to row three times a day on the beautiful Connecticut River while receiving valuable instruction from the various coaches on the water. Wagner has been sculling for years and mentioned he enjoyed attending the Black Bear camp as often as he could. After the weekly session was up, Nash left with a basic understanding of the sculling technique and a new relationship with an alumni of her team. The two are working together this fall to coordinate team functions and continue to promote the crew team on campus.



Current rower Lena Nash and Hofstra Alumni Mike Wagner unexpectedly ran into each other this summer at Black Bear Sculling Camp in Hanover, New Hampshire.

Rower Spotlight!



Steven Hartman!

He is a freshman and new to the sport of rowing. Although he is undecided for his major, he is totally set on improving as a rower for seasons to come. "I like being on the water and the constant struggle to improve my technique" said Hartman.

After completing his first 2K test, Steven surprised everyone with his impressive time of 7:30. The whole team was very proud of his time, and can't wait to watch his time drop on his next test. As a novice he has truly stepped up his game and has shown the team he truly wants to get better and be in the boat. With his determination and drive to excel, he'll have varsity rowers getting anxious as to whether or not he'll be swiping their seat! Keep an eye out for this up and coming novice, as I'm sure he'll be turning heads while he's apart of the team.