



“This is an intense and challenging sport, developing technique, physical conditioning, mental discipline and commitment to competitive excellence.”- Nike



"Real athletes row. Everyone else just plays games."

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"There are days when you hate it, but when it comes down to it, nothing beats making a boat go fast and the feeling you get from training hard. That's what's satisfying."

Novice Boys Ergathon!

Once our racing season ended this semester, one of the novice men approached an Executive Board member about having an Ergathon. Steven Hartman joined the team this fall after having seen the current varsity member's erging in the student center for fall recruitment. He then decided that the novice men's team should have their own ergathon to help raise money for the team. What this little event

consists of is one person using the ergometer (indoor rowing machine) for around 1 hour in the middle of Hoftra's Student Center. While one of the guys erged, another would sit at the table selling baked goods and attract potential rowers. The boys made their hour fun by making it slightly competitive. Every one of them tried to beat the amount of meters pulled by the guy before them, making it quite intense and

motivating. After just a few hours of tabling and erging, they raised \$80 and together pulled almost 100,000 meters combined. Great job, guys and keep up the awesome work! The team is expecting great things from you.

Fundraising Feature!

This semester the team unfortunately was short a few Cox boxes. These devices allow the coxswain to measure time, meters, strokes per minute, and the average pace per 500 meters. These are invaluable to a boat during a race as well as

practice, and they allow the coxswain to use a microphone that is connected to speakers throughout the boat. This allows the rowers to hear instructions and commands. These units cost around \$600 new. We are currently trying to raise money for two new ones for future seasons.



Women's Novice Medal at Dowling Regatta!



Congratulations: Lena Nash, Stephanie Russo, Deana Arruda, Chelsea Greenfield, & Katie Navarino.

Dowling College hosts their own Alumni Regatta every fall, and Hofstra is a regular competitor. Our team entered two women's novice boats in separate races. The women's second novice boat that rowed a 1,500-meter piece in 6:57.2 (minutes: seconds), took first place in their race! They were ahead the entire race by more than a boat length, and when the finish line was in sight; they let it all out to maintain a healthy lead. The girls were the only women's boat to have medaled this season, and the team is more than proud of their accomplishment!

Rower Spotlight!



The rower featured in this issue is Liz Baldwin! Liz has been rowing for 6 years and is a very diverse rower. She can easily switch to starboard or port, she can stroke, basically anything her coach asks of her, she is more than capable to do. Unfortunately due to personal circumstances, she will not be joining us for future seasons. Despite knowing that she would not be returning to Hofstra, Liz still gave everything she had during practices and regattas this season because she couldn't bear the thought of letting her team down just because she would not be coming back. At the end of this season, Liz made a personal best for her 2k test with a time of 8:18. The team is sad to see her go, but is more than proud to have had her participate on this team, and put forth some serious dedication. The entire team will miss her and we wish her well with her future.

Cycling for Haiti!

This fall a few members of the team decided that they were going to participate in a cycling event to raise money for Haiti relief efforts. Hofstra University has a club that deals directly with the Edeyo foundation to raise money for the disaster relief in Haiti. Participation was optional, however the team found themselves making up a majority of the group that they participated with. For an hour these kids cycled at various intervals and intensity. Their group was one of three that participated and they alone raised a couple hundred dollars. These students realize how fortunate they are to be at such a great school and have the opportunity to have a great education; this event was the least they could do to give back to those in need. The team hopes to continue to volunteer together next semester and make a difference while at Hofstra.



Above: A few members from the team participated in the early morning event to raise money for the foundation. **Left to right:** Katrina Ozols, Amy Butenhof, Steven Hartman, John Lazarz, Ali Ratte, Leland Chen, and Cory VanHouten. **Front Row:** Jack Costello and Gordon Bill.

Pictured below are this coming spring's E-board members. Congratulations to everyone on their positions, the team looks forward to your ideas and thoughtful input for the future.

Executive Board Elections!

President



Sean Harvey

Vice President



Gordon Bill

Secretary



Stephanie Russo

Treasurer



Jack Costello

Publicity Chairs



Lena Nash & Leland Chen

Equipment Managers



Cory VanHouten & Kevin Mercer

Thank you for a wonderful season!

On behalf of the entire team, we all wish to thank everyone who has helped us out this season. We appreciate every single one of you for your support and time given to this team. Whether you provided food, cheered us on during a race, or simply sent money, we truly do appreciate everything our parents, family, friends, and alumni do for us. We would be nothing without you guys! So thank you again for a rock hard season. Be on the look out for our next issue this coming spring to see what sort of stuff we have in store! This spring is going to be great, and we can't wait to share it with you.

Sincerely,

The Hofstra Crew Team.

Keep In touch!

Once we get things rolling in the spring we will be releasing another newsletter! Happy Holidays and Happy New Year from Hofstra Crew! Don't forget to check us out via our website.

www.hofstracrew.com

or LIKE us on Facebook!

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