

Ohio University

# Women's Crew



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## Welcome all!

We are happy to be bringing back our semesterly newsletter for the Ohio Women's Crew team to you. We are hoping to keep all our alumni, friends, family and fellow bobcats up to date on our current events and rowers.

## Save the Date!

### Alumni Weekend March 27-28, 2015

Come celebrate our 20<sup>th</sup> anniversary with us! We would like to extend an invitation to all our alumni to come join us in a fun-filled weekend involving an alumni dinner and a scrimmage against our current rowers. Please keep a lookout for more information to come after the New Year. **Also, any and all alumni wishing to receive an invitation or next semesters newletter, please send your email address to our Vice President, Emma Larkin-Gero at [el785913@ohio.edu](mailto:el785913@ohio.edu).**



# Meet the Exec Board!

## President



Hello! My name is Lexi Hipp and I'm a junior studying middle childhood education with concentrations in science and social studies. This is my third year on the team and my second year being on the executive board. This year was initially a little challenging without having a varsity coach. It has certainly presented us with many challenges, however we've been able to overcome them and continue to be competitive at our regattas. We placed 3rd in the Varsity 8 Race at Head of the Cuyahoga this fall. We also were able to PR at our other two races of the season. We've started our winter training and are working hard so we can continue to be competitive this spring!

## Vice President

My name is Emma Larkin-Gero and I am a junior studying biology in hopes of becoming a veterinarian. As vice president of the women's crew team I am responsible for public relations, keeping the alumni up to date, and creating the newsletter you are currently reading. I joined the team last year for fun but never thought I would love it as much as I do. We continue to improve and I can't wait to see it show in the spring!



## Secretary

My name is Casey Sudetic and I'm a sophomore studying studio art. I am the secretary and apparel chair for the team. As secretary, I record minutes, organize rides to practice, and book rooms for events such as weekly meetings. As apparel chair, I design and order the apparel. New this year, we have made a crest that we would like to incorporate with the team for years, as it will now appear on our varsity jackets. We are also opening an online store, through Boathouse, which will feature our own designs for the team and for supporters to purchase.







## NK Grant

In April of 2014 Nielsen-Kellerman Sports Performance Electronics selected the Ohio University Women's Crew team as semifinalists from nearly 100 applicants based on goals, training, and how NK's equipment would help our program. With the help of friends, family, and Facebook fans, we obtained the necessary amount of "likes" and were awarded a \$500 grant towards NK products. With the grant we purchased a wiring kit with 3 speakers, 6 seat magnets, and a stopwatch. With these new additions, team operations should run smoothly.

## A New Dock

In the fall of 2013, both the Ohio University Men and Women's Crew teams determined that our 19-year-old dock was unsafe. Through a lengthy process between the Ohio University's Dept. of Campus Recreation, Dept. of Legal Affairs, Stroud's Run State Park, and the Ohio Dept. of Natural Resources we have come to safe and legal route to build a new dock. The dock will remain in OU's name, and is available for all students to use. With final approval from ODNR, the dock will be built by Boat Docks by Genesis Services and contracted by Kelly Lang Contractors Inc. We hope to have it built before spring season. Funding for the dock was made possible by the OU's Men's and Women's Crew Teams, Club Sports Exec. Council Developmental Funding, and Ryan Lombardi the Vice President for Student Affairs at OU.



## Our Newest Development

*One of the very first tasks accomplished this year was creating a new team crest, pictured to the left.*

*With the combined efforts of the executive board and the women's team, we created a new crest that will hopefully be used long into the future. The three quadrants are meant to represent the team, the sport and the school. We are very excited to see its first appearance on our varsity jackets this year, as well as our apparel online at the boathouse store.*

*-Casey Sudetic, Secretary/Apparel*

# Exec Board continued...

## Treasurer

I'm Jenea Elder and I am junior majoring in psychology. I'm the treasurer of the women's crew team, my responsibilities range from collecting dues and dealing directly with the student organization offices to creating the budget and writing financial reports. We pay for all of our races, the transportation to our races, coaches and apparel. Other than yearly dues, a big majority of our income comes from our annual fundraisers and donations. Being in good financial standing throughout the year and maintaining functional budgets allow for our team to grow and spend more time concentrating on more than just the expenses throughout the season.

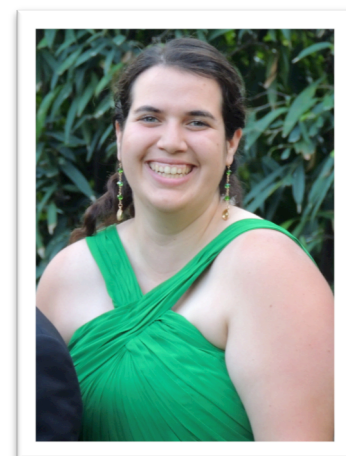


## Regatta Chair

Hi my name is Tara Holeman. I am currently a junior studying electrical engineering. As the Regatta Chair I have been working on changing our spring break location, because with spring break being moved up it has become too cold for us to practice at Camp Bob. I am looking into an option at Vero Beach, Florida. If all goes well we will be training at the Indian River Rowing Club.

## Fundraising Chair

My name is Elisa Kreiman and am a currently a senior studying middle childhood education with concentrations in social studies and mathematics. This is my third and final year on the Ohio women's crew team and this is also my second term as the team's fundraising chair. In 2014, we were named the Club Sports Fundraising Team of the Year. This season, we hope to defend our title. We have a couple of more great fundraisers in store for the rest year such as an online Boathouse Apparel store, an erg-a-thon, the Kroger Community Rewards program, and Race for a Reason. If you have any fundraising ideas or wish to donate to the team, please do not hesitate to contact me! (See page 6 for contact information).



## Community Service Chair

Hi I'm Kaila Busken. I'm a senior studying photojournalism. I've been on the team for 4 years and I have to say that joining the team was the best decision I could have ever made. Besides falling in love with the sport, I have gained a family. As the community service chair, we're currently working on a few projects. We are volunteering at Logan Food Pantry in a few weeks and in the spring we will be participating in the Relay for Life. I'm hoping to come up with a few more projects to make an impact on the community in the future.



# NO ERGRETS

“Wake up, Annie. It’s time to go.” That’s the same wakeup call I get every morning at around 5:50AM from my roommate, Carly, who fortunately for me, is my teammate as well. Soon after we pull on our mismatched workout gear and brush our teeth in a daze of exhaustion, we make our way into the frigid, dark abyss where Ping awaits, along with our predetermined death.

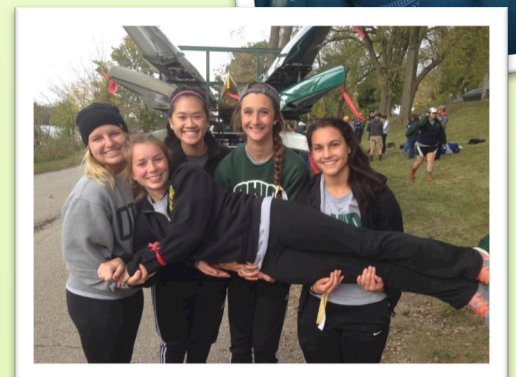
Luckily, I am not in it alone. As we wait for Ping to open their loving arms to us, the Women’s Crew team shuffle into the lobby one by one, hair a strewn and eyes still puffy from sleep. This is not to be confused, though, we crew girls kick ass no matter how disheveled we may look and when 6:30AM hits, we throw our meanest game faces on and hit the track.

Here is where things get interesting, though- the ergs. It’s amazing how such a small, simple word can bring so much fear and pain into my life. Before crew, I had no idea they allowed torture devices in gyms- so medieval. No matter how torturous they seem, when there is a row of girls all catching at the same time with the coxswains and fellow teammates yelling in our ears to “ROW HARDER” and “leave it all on the erg!,” the ergs are no longer torturous. They turn into these glorious machines that bring all of us together into one flowing motion. We become one.

That connection, when we feel satisfaction and searing pain all at once, that’s what makes it worth the early mornings, the nausea from pushing ourselves to the limit, and the mental game that comes with winter conditioning.

So, when I think about what I like about being part of the crew team, that is the first thing that comes to the mind. I’m sure for some of the girls it is getting to compete at the regattas or making new friends and becoming apart of the crew family. I love those parts of being on the team as well, but nothing beats finishing up an erg piece with some of my favorite girls and knowing that we just put all our bodies and hearts could muster out there and became stronger as a team from it. And, of course, there are never any “ergrets.”

-Annie Worthington  
Novice Team, 2014



# Keep in touch!

Twitter: @OhiouWC

Instagram: @ohiouwc

Facebook: Ohio University Women's Crew

Visit our website: <http://www.ohio.edu/orgs/wcrew/>

## Participate in our Fundraisers!

- ❖ Buy your holiday Yankee Candles here using our group ID: 990048333  
<https://www.yankeecandlefundraising.com/ycfroot/store.htm>  
Make your purchases soon our sale ends December 31<sup>st</sup>!!
- ❖ Donate to our Go Fund Me at:  
<http://www.gofundme.com/i39pgs>

Any contributions are greatly appreciated and help us tremendously with our expenses!

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