



# Newsletter

## OUWC

## OUR 2015 RESULTS

We are happy to say that we have had a successful fall 2015 season! The varsity competed in three regattas; Head of the Cuyahoga, Head of the Ohio, and Speakmon. Our novice competed in Head of the Ohio and Speakmon as well. Our varsity 8 was able to drop times at every regatta, ending with 17.39 as our best time! Our novice were led by former rower, Kaila Busken, who was the novice coach. The novice 4 won 3rd place at Head of the Ohio. It was an exciting win for the girls' first race. Rain or shine, we always had family and friends supporting us at every regatta. We are excited to see what the spring season has in store for us!



**UP AND COMING:** There are quite a few things that are coming up that the team is looking forward to! This winter we hope to make it to an ergatta or two. We want to do something that we can look forward to during winter training, and something competitive we

can work hard for! We also are in the process of sending out donation letters, in hopes to raise enough money for new oars. We want to get rid of our outdated wooden oars, in exchange for some new composite oars. Lastly, we are headed back to Florida for

our annual spring training trip. As always, we are eager to see what our training down south will do for our team as a whole. We are excited to catch some rays and work hard on the water!



## WE GOT A NEW DOCK!

As of May 12th, 2015 after over 605 days of hard work, persistence, and patience both the Ohio University Women's and Men's Crew teams have a brand new custom made dock. There are numerous people whom we would like to thank, without their support the dock would not be possible. First, a huge thank you to former Vice President Ryan Lombardi he was a monumental help in obtaining the new dock. Not only did he provide financial assistance, he supported the crew teams every step of the way. Secondly we would like to thank Kelly Lang Contractors Inc, and Boat Docks by Genesis services for overseeing the contracting and construction process and for sticking with us for over two years. Third we would like to thank Christopher Hunt, an engineer who helped us out through creating the

necessary and legal blueprints. Next we would like to thank Ohio University Campus Recreation, Ohio University Club Sports, and the Ohio University Division of Student Affairs for providing the necessary support. Finally, we would like to thank the alumni, friends, family, and supporters of the Ohio University Women's and Men's Crew Teams. Especially Elisa Kreiman, who never gave up and continued to fight for our team. Without the support, none of this would be possible.

With this new dock, the teams were able to practice earlier in the morning, later in the evening, and later into the fall without worrying about endangering the rowers safety due to temperature. The team looks forward to hosting events and bringing awareness to rowing in Athens once again. The team hopes to host



## MEET THE EXEC BOARD

### President

My name is Lexi Hipp and I am a senior. I am studying Communications and Social Sciences with a minor in History. I joined the team in the winter of my freshman year and I have been rowing ever since. I was the regatta chair my sophomore year and the president both junior and now senior year. I love the sport of rowing and all of the people! There are too many memories to choose a favorite, but I always love spring break, our fun van rides, our amazing races and every team bonding activity we have! My favorite boat would be a free one.. but the Vinny has always been a solid boat and I have won medals and races in that boat.



### Vice President

My name is Carly Dumais and I am a junior. I am studying Restaurant, Hotel, and Tourism. As a vice president I am in charge of alumni relations and our social media accounts. I joined the team my sophomore year in the fall, and it was one of my best decisions I have made since I have been in college! I am also the coxswain, and this fall I coxed our varsity 8 boat. I really enjoyed working with these girls and watching us improve as a team. We had an awesome first race at Cuyahoga, and we kept improving throughout the rest of the season! My favorite regatta this fall would have to be Speakmon in Columbus, Ohio. We had awesome weather, and I was lucky enough to be tossed into the cold water!



### Secretary and Apparel Chair

My name is Casey Sudetic. I am a junior majoring in Studio Art with a minor in Business. I have rowed for the past five years including all three of my years at OU. This is my second year being on the exec board. As secretary, I reserve all the meeting rooms and send weekly presentations about important events. I also am the apparel chair and I work with a lot of different companies to make sure our orders get processed correctly. My favorite things about the team are traveling to regattas and being able to race at the cool venues! I hope we can take the energy we had fall season and carry it over into a successful spring season coming up. Let's hope winter training doesn't kill us first! ;)



# Exec Continued

## **Fundraising Chair**

Hello! I am Emily James and I am a second year Accounting and Business Pre-Law major! I have been on the crew team for just under a year and am so glad that I joined! As fundraising chair we have been involved in many fundraisers such as; Bedlofts, D.P. Dough, Kroger, Yankee Candle, and Cedar Point. At the beginning of my freshman spring semester, I was looking for a way to stay accountable to a fitness plan and to make new friends, so I went to my first practice at 6:30 AM. Ten months later, I still absolutely love the people, the inclusive environment, and the sport of rowing!



## **Treasurer**

Hi! My name is Jeannie Luther. I am a sophomore this year studying Psychology and Human Biology. This is my second year on the team and first year as the treasurer. I am very excited to have accepted a bigger role within the team. We had an incredible fall season this year. Our V8 beat last year's 5K times by a minute or more at every race! It was an awesome experience for me to be in the V8 this year. I learned a lot more about the sport of rowing and about the girls I row with. I can't wait to get into winter training and see what the spring season has to offer!



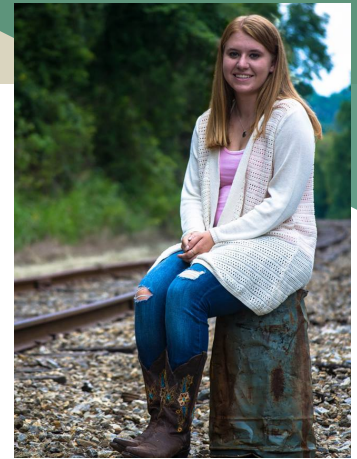
## **Regatta Chair/Safety Chair**

Hi, my name is Tara Holeman and I am a senior majoring in Electrical Engineering with a minor in Film. I am the regatta chair and safety officer. I arrange travel and lodging accommodations as well as register our team for regattas. I have been on the team since my freshman year. My favorite part of fall season was when the whole team surprised me and Lexi with senior gifts at Speakmon. It was a great way to end my last 5k season! I look forward to spring training, and heading into my last season!





## MEET ONE OF OUR NOVICE: SAM TELGKAMP



Have you ever taken the time to sit down and reflect on how you got to where you are now and what decisions and inclinations led you to this moment? I had never experienced this question until my first time rowing in the boat. So how did I get here? I believe for me, it started with learning about one of my friend's experience rowing for her college and how she made some of the greatest friends in the process. I knew at this point of my senior year that I would be attending Ohio University, so I decided to take a look at their rowing team—mostly because I had no idea what it was, and my friend said she was disappointed that she only got one oar so I was confused on how that worked.

So what happened first? Well, the inner nerd in me went straight to YouTube and looked up “Ohio University Women's Crew” and watched the first video that came up... and then the next. I was first amazed by the sport—who else can say that their ideal workout is in a boat, on a lake, surrounded by the greatest views life can give you? But, what intrigued me the most were the girls in the video. They all seemed to be having an extreme amount of fun and they seemed to be great friends. Just through that video, I knew I wanted to meet them and be their teammates.

When the “awkward senior-in-high-school” me decided that I wanted to be on this team, I looked up the president of the team, Lexi, and sent her an email that I was interested on being on the team and had a few questions—I even asked what workouts I should do. Lexi's response definitely reaffirmed my choice, but I must admit, I never did workout over the summer to prepare for rowing—sorry.

A few months later, my roommate and I nervously

walked around the Involvement Fair when she pointed out the OUWC table. My heart was conflicted with fear and excitement. I was afraid because it was now real life, it was not an email or an idea. I was excited because it all was about to begin my new story as a college student. So when I got the the table, Lexi and the girls around her introduced themselves and gave me the information and I put my email down on the paper—little did Lexi and those girls know, I had already known some of their name and faces from the creepish stalking of videos and website I had done, and little did I know, these girls were about to change my life.

So, again, have you ever felt that moment of reflection? If not, I can attempt to explain the many emotions that overcome you in this moment. You first smile, remembering where you started and how far you have come, then you realize how proud you are of yourself for all of the things you have overcome, and finally you become thankful for your life, parents, family, and the opportunity to do whatever you are doing in that moment.

What if I told you, that everyday I am surrounded by these girls—in the gym, in a creepy white bus, in a sleeping bag on a church floor, in a basement of somebody's house, in the boat, and in the middle of a race when your legs feel like they are on fire—I have that feeling. It is something that I cherish and am forever thankful for. I have never been on a team that has made me feel this confident and proud. I would not change this experience and relationships for the world.

# Rower to Coach to Alumni

5 years ago, I was just a frightened bob kitten, entering my freshman year at Ohio University. I had heard that college was where you really found yourself. That it was the place where you would find your lifelong best friends. I was determined to find that at Ohio University.

Being a year- round, competitive swimmer for the past 8 years of my life I had found there were 2 things that I could not live without: racing and a team. I couldn't tell you what drove me to join the crew team other than those two things, but the only explanation that I can think of is that it was fate. As cheesy as it sounds I believe wholeheartedly that I was meant to be a part of this team. Not only was my insane need for competition fulfilled but also, I had found my team, my sisters.

Once I sat in that bow seat, there was no place in the world I would rather be. Rowing in complete synchronicity with all the girls in my boat. Knowing that they're pulling with every last fiber of their being, knowing that their heart is racing and their lungs are burning. Knowing that they're pulling for me and I'm pulling for them. It's the closest thing to magic that I think I'll ever experience.

This past semester I got to experience that magic in a different way, as the novice coach. It was never in my plan to do an extra semester, but life happens, and I found myself doing what I would like to call a "victory sprint". I could have continued to row but I thought it was time to let someone else sit in my beloved bow seat. So when I was offered the position of novice coach, I was thrilled to accept.

It wasn't until that first day of practice that I really thought about how many little things make up the sport of rowing. How each part of your body moves in a different way to achieve complete grace and power on the water. I probably sounded like a broken record reminding them every day: "Arms out, bodies over, drive with your legs", "Quick arms away", "Make sure you're getting that early roll up", "SLOW DOWN THE RECOVERY", "CATCH TOGETHER".

But above all these little things, I wanted to leave the novice with two very important lessons that go beyond the movements that your body makes. The first one being that you have to row with your heart. Rowing is not a sport for the faint hearted, you have to have fiery passion and determination flowing through your veins because at the end of the day, it's not your legs that are driving you to the finish line, it's your heart. In order to inspire the passion in them, I had to first teach them about something else: teamwork.

My complete confidence in them didn't stop me from being a nervous wreck for that first regatta. I remember sending those two 8's off the dock at Head Of the Ohio in Pittsburgh, PA and immediately being overwhelmed by a wave of nervousness. Nervousness I had never felt when I was a rower. In my dramatic, and anxiety ridden state I texted my mom and said, "Is this what it's like to send your children into the world?" That's what I felt like, a worried mother. I knew that they were strong. I knew they had big hearts full of determination. I knew that no matter what, I would be proud of them. But I still worried because I wanted them to feel the same magic as I had felt when I was rowing in that boat. When they came off the water that day, smiling and glowing, I knew they felt it. The beautiful magic that rowing in a boat with 8 of your teammates, your best friends is. In that moment, I felt more than proud to be their coach, I felt blessed. Here are some parting words:

To the parents of my Novice girls: You have raised some beautiful and strong young ladies. I wanted to thank you for that. I am so lucky to have been their coach, even if it was only for a few months. To the Alumni: Thank you for creating the foundation for this wonderful team and for continuing to be the backbone of support. I am both sad and proud to be joining you as an alumnus soon. To the women of Ohio University Women's Crew team: Leaving you in December is going to break my heart (Tears are probably inevitable). I cannot begin to express my gratitude for all that you have taught me. I'm a better person for having known each and every one of you.



# KEEP IN CONTACT



Stay connected with the team! If you have any questions, comments, suggestions, etc please contact us! You can follow us on Facebook, Twitter, and Instagram. We also have a website that we try to keep as updated as possible!

Facebook: Ohio University Women's Crew

Twitter: @ohiouwc

Instagram: @ohiouwc

Website: <https://www.ohio.edu/orgs/wcrew/>

## HELP WANTED:

We are in search of a new novice coach! If you are in the Athens area, or know anyone who is that would be interested in working with the novice girls please contact Lexi Hipp. Thank you!

**Lexi Hipp**

[ah661711@ohio.edu](mailto:ah661711@ohio.edu)

**Carly Dumais**

[cd624312@ohio.edu](mailto:cd624312@ohio.edu)

**Casey Sudetic**

[cs310112@ohio.edu](mailto:cs310112@ohio.edu)

**Emily James**

[jj249412@ohio.edu](mailto:jj249412@ohio.edu)

**Jeannie Luther**

[jl168313@ohio.edu](mailto:jl168313@ohio.edu)

**Tara Holeman**

[th260711@ohio.edu](mailto:th260711@ohio.edu)



M  
E  
M  
O  
R  
I  
E  
S