

# #Docktalk

## Mid-Atlantic Erg Sprints

February 1<sup>st</sup>, 2014

"We weren't there for something to do  
– we were there to do something."

Vol 2: Issue 2



## Crew Dates of note

February 22<sup>nd</sup> Boat House  
Prep!

February 24<sup>th</sup> Spring Season  
Starts

**March 8, 2014** Auction, Dinner  
and Dancing

April 14<sup>th</sup>-17<sup>th</sup> Spring Break –  
two a days

## If it wasn't so much fun.

People know we are crazy – but there is something exhilarating about pushing yourself TO THE LIMIT and getting back a hard cold number that tells you where you are and lets you compare yourself to others. Sometimes you're proud, and sometimes you know how hard you have to work. But somewhere in there is always a sense of satisfaction. You came, you pulled hard, you did it.



Champions keep playing until  
they get it right.

**Billie Jean King**





## Wildcats at Mid-Atlantics!

### Women's Junior Igtwt 20:00

(4941 Nat. Cathedral)  
7 Tal Lazarof 4657  
32 Meredith Crenca 4313

### Women's Junior 20:00 row

(5145m Oakton)  
16 Emma Schuettler 4765  
54 Katherine Williams 4453  
57 Emily Roe Walter 4438  
66 Catherine Biesecker 4405

### Senior Women, 2000

(7:45 Prince William Club)  
4 Carolyn Williams 08:21.1

### Men 14 Lgtwgt 1000 meters

1 Aivas Kubaitis 3:33.6

### Men 1000 meters

(03:18.7 Unaffiliated (USA))  
12 Benjamin Koenig 03:35.1  
25 Harris Karlin 03:45.2  
43 Tom Voit 04:01.7  
48 Ayton Horn 04:08.6

### Women 1000 meters

(03:41.6 Saratoga Springs )  
3 Louison Sall 03:50.7  
9 Natalie Porter 03:56.5  
53 Hannah Kotz 05:00.9

### Lightweight 15 men 1500

(05:13.8 Whitman)  
12 Lukas Flores 05:32.8  
63 Benjamin Johnston 06:42.4

### Men 15 open 1500

(04:55.1 Gonzaga)  
6 Phillip Whitehouse 05:09.7  
28 Ryan Gibbons 05:32.9

### Lightweight 15 women 1500

(Wilson 5:56.3)  
44 Brooke Popkin 6:55.5

### Women 15 open 1500

(05:34.4 TC Williams)  
14 Emma Schuettler 05:57.8  
29 Frances McCollum 06:16.6  
41 Emily Roe 06:26.2  
55 Sydney Santucci 06:51.1  
60 Arina Andrle 07:03.1

### Men 16 Lgtwgt 1500

(05:08.5 Langley \*)  
6 Sam Lupo 05:15.4  
24 Colben Holland 05:37.4  
46 Jack Andrle 07:12.9

### Men 16 open 1500

(04:54.4 Bishop O'Connell)  
43 Nicholas Adrle 6:22.8

### 1500 16 Women

(05:36.6 Baltimore)  
41 Catherine Biesecker 6:23.5

### Men 17 Lgtwgt 2000M

(06:46.9 Unaffiliated (USA))  
44 Dylan Cambier 09:47.5

### Women 17 Lgtwgt 2000M

(07:44.6 Unaffiliated (USA))  
11 Tal Lazarof 08:14.5  
33 Meredith Crenca 09:03.0

### 17 Men 2000M

(06:13.2 Thomas Jefferson)  
7 Robert Karlen 6:35.6  
22 Samuel Pruitt 06:55.6  
52 Graham Silva 07:18.6

### 18-19 Women 2000M

(7:50.8 Baltimore)  
4 Britany Grayson 07:58.6

### 500M Sprint Championship

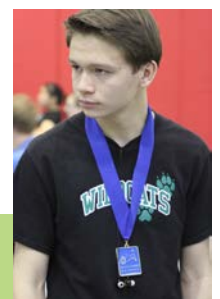
(01:21.6 Oakton)  
2 Robert Karlen 01:24.8

### Junior Coxswains Men 500M

(01:39.7 Bishop O'Connell)  
11 Simon Nathans 01:55.5  
15 Chase Martin 02:08.9

### Junior Coxswains Women 500M

(01:59.1  
Annapolis Jr A.)  
2 Annika Margot  
La Vina 01:59.2







# Emma says (& Davis agrees)

## Spring Schedule

<b>3/22</b>	<b>Bladensburg Invite</b>
<b>4/6</b>	<b>Manny Flick 4, Philly</b>
<b>4/12</b>	<b>Baltimore Invite</b>
<b>4/27</b>	<b>Maryland States</b>
<b>4/14-17</b>	<b>SPRING BREAK 2 a days</b>
<b>5/3</b>	<b>Novice Only Regatta Potomac</b>
<b>5/10</b>	<b>WMIRA Championships</b>
<b>5/15-17</b>	<b>Stotes</b>
<b>5/22-24</b>	<b>SRAA Nationals (select boats)</b>

### Who's ready for

**Spring?!** With the passing of Mid Atlantic Erg Sprints this last weekend, the kids, coaches, parents and cherry blossoms can practically taste the upcoming sprint season. It has been a long, cold, wet winter, but WJ Crew has sure been heating it up on the erg and in the gym since Thanksgiving. The kids have put in the meters on the erg, and Coach J. Mack has made them do too many mountain climbers and planks to count. For many, that hard work has already paid off. At Erg Sprints WJ Crew rowers and coxswains took home 4 medals, 9 top ten finishes and more than a couple of personal records (PRs). Way to go Wild Cats!

Looking forward to the Spring Season, we will be getting back on the water faster than you think and

racing before you know it. Coach Davis and I are excited to be spending all of our time in Bladensburg. We are even more excited to watch all the power and strength gained during Winter Conditioning translate to speed on the water. In the meantime, we will keep the fly-wheels spinning and images of the finishing docks at Stotes and SRAA's in our minds eye.

**Go WJ Crew!**  
**Coach Emma**



Your teammates give you the confidence. They give me the confidence all year, all postseason.  
**LeBron James**





Hello Marshacks!  
Showing the alumni love!  
They came the cheered,  
they even raced!!

Alumni activities are in the making. If you would like to help Dianne Rausch and Carlie Williams to plan a early June "River Day" – send us a note! crktwilliams@yahoo.com



## Donations, Donations, Donations

Keep those donations coming in. And keep any questions coming as well. Your auction team leaders are happy to help.

Tiia Karlin - fundraising questions

Pam Schuettler – volunteer questions

### Parent/Child Mixed 500M Dash (250M each) (1:31.9 McLean)

Sashsa Marshack  
David Marshack 01:50.5

### Parent/Child Men 500M Dash (250M each)

(01:23.2 Oakton)  
Phillip Whitehouse  
Paul Whitehouse 01:30.8

Samuel Pruitt  
Stephen Pruitt 01:39.4

***Come on kids, throw us a bone here. Only three parent/child entries??***

### C.R.A.S.H-B

Charles River Ancient Scullers Has-Beens is perhaps a very absurd name for the National erging championships. To qualify for CRASH-Bs you must meet your age category time in an official event. Watch this video of "Paul" getting his sub 12 minute 2K time in an official race in Indiana (staged you may say??)

<http://www.youtube.com/watch?v=WtVZbu03RS4>

And then get off the couch and vow to make it by the time you are 96! Three rowers qualified yesterday, one with a world record (Tom Darling) and one from our own boathouse- Terry Walters. Terry rows with Washington Rowing. Eileen Ryan from DC Strokes also qualified in the 60-64 age group.

### Veteran B (age 55-59) Men 2000M

Tom Darling  
Cambridge Boat Club  
06:12.6



### Veteran B (age 55-59) Women 2000M

Terry Walters  
Washington Rowing School  
07:44.7

### Veteran C (age 60-64) Women 2000M

Eileen Ryan  
Unaffiliated (USA) D.C.  
Strokes Rowing Club  
08:02.

