



The Wave

Newsletter of the McGill University Rowing Club

January 1991 Vol III No. 3

McGill rower Rachel Starr wins Gold in World Rowing

The 1990 World Rowing Championships in Lake Barrington, Tasmania yielded top results for Canada with seven crews making the final, four of which won medals. By far the best Canadian result was the Lightweight Women's Four without cox, composed of Rachel Starr, Diane Sinnige, Jill Blois and Colleen Miller. They won their final with a time of 6 minutes, 38.40 seconds.

Rachel is a second-year McGill undergraduate who rowed on the women's lightweight eight in

both the fall and spring seasons, winning a bronze medal at the 1990 Dad Vail Regatta in Philadelphia.

During the summer, Rachel and crewmate Diana Sinnige won Speed Orders, US Nationals and Canadian Senior Henley in the lightweight coxless pair. Prior to the Worlds, the crew had been training in London, Ontario for two months. Rachel is planning to resume her studies this January in biology. All athletes and alumni, indeed all Canadians commend Rachel on this tremendous achievement.

PRESIDENT'S COMMENTS

•Jennifer Mactaggart

A more cohesive team, high-calibre crews, better-than-ever results and a lot of fun - these were our goals at the beginning of the season, and EVERY SINGLE ONE WAS MET!

Our team was pared to 64 rowers from 104 last year, and so everyone got to know each other. Team spirit skyrocketed! We were by far the loudest, most supportive group of any of our competitors. It was great to see and a definite psyche-out for the opposition! Novice and Varsity alike had the opportunity to mix and mingle which bred a much healthier and more productive atmosphere. A more cohesive team has also encouraged athletes to train together through the winter. This will have a positive effect this spring at Dad Vails and beyond.

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FRIENDS OF MCGILL ROWING

•Tony Tremain

The FMR is a sister organization of the MURC. It has two main tasks: one, to be an organization around which alumni and friends may gather and two, to provide support and continuity to the Club. At present there are eight directors who meet at the beginning of each month to discuss our operations; these meetings are generally open to all interested people.

The FMR supports the MURC most visibly by raising money for equipment; the Mr. Speaker and one set of oars were purchased last year through the association. This year another campaign will go through the mail; we are also pursuing a corporate sponsor for a spring event. I would strongly encourage everyone who is interested in these endeavours to contact me at

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...COMMENTS cont'd

Our crews were all high calibre, which profoundly affected our results. Every crew had its "moment in the sun." Our Varsity Heavy Men, for the first time ever, were undefeated this season, and brought home the Championship gold. Our Novice Men and Women were both victorious, and our Charles contingent (Lwt. Women's 4+ and Men's 4+, Heavy Women's 4+) earned better results than McGill has ever seen at this premier regatta. The Lightweight Women rowed home to a bronze! These results confirm our status as a rowing power in Canada and a growing concern internationally.

Internationally speaking, a McGill-ite fared phenomenally well. Rachel Starr was a member of the Canadian National Women's Lightweight Coxless Four that won Canada's sole gold medal at the 1990 Worlds in Tasmania. What an incredible feat! Rachel has been a fantastic asset to our club, not to mention our nation. A second-year scholarship student, Rachel will be returning to Montréal in January. We look forward to her return, and to the impact she will have on our winter training programme. Congratulations Rachel, may you blaze a path that many future McGill Oarspeople can follow.

Fun? We had fun with a capital "F." Novice initiation, beer runs, Wednesday morning impromptu racing, bus rides, more beer, OU/OWIAA victory party, and the banquet! I am a firm believer in the merits of balancing fun with hard work. This partnership can only strengthen a team. Training can be a drudgery and can leave you bone-tired, but knowing the people around you, believing in them and laughing with them only makes the goals more real and the victories more exhilarating. Crew chemistry really makes a difference. Wanting to row is one thing; wanting to win for everyone involved is something even more special.

The season had its ups and downs. We had some confusion regarding coaching at first, and some

equipment problems throughout, but we overcame them all. Everyone pulled together and we worked it out.

The season had its perks too. The water stayed in the Basin for our entire training period. What a wonderful phenomenon. Rejean Beauregard, the president of the Laval Rowing Club, was hired to drive our equipment to our regattas for us. He did a fantastic job and saved us a lot of headaches. Our boats could not have been in better hands. We also managed to purchase a new shell with the help of the Montréal Rowing Club. The badly needed Coxed Four was immediately rowed to victory by the Heavy Men. What sweet boat! The good definitely outweighed the bad.

The season was wonderful. Now we must again look ahead. What are our goals? Our plans? We desperately need a head coach to carry the torch year after year and give us consistently strong leadership. We need, as always, more equipment to accommodate a growing, improving team. We need more funding to be able to compete at more regattas. But most importantly we need you: the coaches, athletes, their families, the alumni and our friends. We need the energy and the dreams of the athletes to inspire us and lead us to golds. We need the support and interest of our families and friends to help us along. And we need to know that our alumni believe in us, that we can turn to them for support and advice. We take over where they left off, and we want always to make them proud.

1990 has for me been a year of much learning. I have met and worked with some wonderful people. I can't begin to thank them enough. Special thanks go to the coaches of the Club; without whom we could never have gone so fast; to the Executive, an untiring group of exceptional individuals; to Karol Sauvé for helping us shoot for our goals, and deal with the equipment and politics involved with the Basin facility; to Rejean for spoiling us by taking care of our boats as if they were his own; to Rob Cox for running

FALL 1990 RESULTS

	Trent	Brock*	Charles	OAAA/OWIAA*
Men:				
Heavy Varsity 8	1**	1**	DNC	1**
Light Varsity 2X	1	DNC	DNC	DNC
Novice "A" 8	2	4	DNC	1
Novice "B" 8	5	-	DNC	DNC
Heavy Varsity 4+	4	1	DNC	1
Light Varsity 4+	4	2	11	5
Heavy Varsity 2X	3	1	DNC	DNC
Women:				
Heavy Varsity 8	3	3	DNC	4
Light Varsity 8	5	4	DNC	4
Junior Varsity 8	4/5	4	DNC	DNC
Novice A	2	1	DNC	3
Novice B	DNF	-	DNC	DNC
Heavy Varsity 4+	DNC	4	10	3
Light Varsity 4+	DNC	4	3	4

Final Point Standings

* 2000 m sprint race; all others are head races
DNF did not finish

DNC did not compete
**fastest time of the day

87(4th)

McGILL CREW T - SHIRTS

This fall crew T - shirts were produced and sold by the Club to rowers, friends, family and alumni . The T- shirt concept was developed as a means of fundraising for the Club. It was decided to expand the scope of the sales to alumni by mail if the numbers warranted another run of production.

The T- shirts are a polyester/cotton fabric, grey 'flecked' with red "McGILL CREW" lettering on the front. They are made by Hanes and are easiest available in large and extra large. The price is C\$12.00.

If you are interested in supporting the MURC in this endeavour, please send a letter indicating quantity, size(s) and we will do our best to fill the order. Please make cheques payable to the McGill University Rowing Club. Send your letters to the address indicated on the back of the newsletter.

Thank you for your support.

The FMR would like to remind all of our supporters that membership applications are accepted at any time throughout the year. The membership fee of \$25 constitutes operating revenue for the FMR and entitles the member to continued information about the MURC through The Wave and other sources. Please make your cheque payable to the FMR.

Tax deductible donations are also welcome at any time throughout the year and are spent on capital purchases for the MURC. There is also a capital campaign in the works for the winter. Cheques should be made payable to McGill University and sent to the FMR for accurate processing.

Chairman.....G. Marshall
President.....T. Tremain
Secretary.....T. O'Connor
Treasurer.....D. Hannaford

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WORLD ROWING CHAMPIONSHIPS JUNIORS AND LIGHTWEIGHTS MONTREAL-1992

As you may know, 1992 marks Montreal's 350th anniversary, the 100th anniversary of FISA and the Junior/Lightweight World Championships. Over 800 athletes will represent 45 countries.

Within the context of the festivities for the 350th anniversary of Montréal, activities of all kinds will be scheduled throughout the duration of the World Rowing Championships.

The organizing committee is developing as planned. The first bulletin has already been published and sent to the Federations affiliated with FISA. It is also committing itself to celebrate the FISA centennial in some remarkable fashion.

The schedule of events is as follows:

August 5th: opening of the accomodation sites
August 12th: heats
August 13th: repechage

GIMME AN "S"...mmm Rob Henderson

Winter's first true snowfall laced Montréal's streets as members of the McGill University Rowing Club gathered on Ile de Ste. Helène the evening of October 10, 1990. The dress was black tie for this, perhaps the most anticipated social event of the rowing club's fall itinerary.

It was unfortunate that bronchitis had plagued a number of invited guest speakers, but such lost formalities were resolved by the spunk of the Club's VP Internal/Master of Ceremonies, Alex Kuilman. As speeches were made, cocktails were enjoyed.

The banquet was a reunion of crew members old and new. Perhaps one of the more memorable speeches was made by alumnus Jeff Grange. He spoke in praise of the M.U.R.C.'s development in a tone of arrogance that we all somehow have come to know and tolerate. These speeches, together with slipshod skits, mild slice 'n dice poetry and a surprise wedding engagement made the evening all the more enjoyable.

The staff of Helène de Champlain were conscious of the service and the food required for such an event. It was unfortunate to hear, however, that some oarspersons were unable to make it to the dinner table due to overindulgences inherent to an evening such as this. Among the invited guests were members of the McGill Martlet Foundation

August 14th: semi-finals
August 15th: finals
August 16th: finals

Starting August 5th, the competitions site will be at the disposal of the teams interested in using the installations.

It would be an exciting experience for McGill rowers who would like to be involved in the organizing of the World Rowing Championships as volunteers. Making new friends, trading shirts, pens and witness great international performance. It is something you should not miss.

All of you are invited to the Olympic Rowing Basin in 1992 when the sport of rowing will display its true colours.

Anne Villeneuve for

Karol Sauvé
Aviron 1992
Information: 872-6176

and Mr. and Mrs. Kieffer who have been strong supporters of the MURC in the past through Friends of McGill Rowing.

The 1990 fall rowing season at McGill was one of the brightest seen in some time. The high spirits and motivation seen in both the men's and women's novice crews played an important role in raising the crew's morale at regattas this fall. This year's Novice of the Year award was shared by Karine Morin and Garrick Tiplady. The President's Award was presented to Tom O'Connor for long term commitment and support of the MURC. The Varsity Female Athlete of the Year was Lisa Holleman, a veteran of the club. Dave Wilson was awarded Male Varsity Athlete of the Year.

The slideshow outlined the crew unity that was present in this year's club. Shots, a good number of them candid, were taken at all the fall regattas and were presented in manner that gave everyone a proud feeling to be a part of McGill University's largest varsity team.

Deep beneath the heckles and laughs was an overall tone of "ya, I was there, and I'll be there again!"

The spirit and unity seen in various forms at the banquet provided a model for future years of rowing at McGill. It is these qualities that bring a rowing club to victory. The rowing experience is strongly heartfelt at McGill. Victory is the prize and McGill shall have it!

...COMMENTS cont'd

around with us, cheering us on and compiling our results; to John Younger, Jeff Grange, Craig Duffield, Gina Koprowski, the Boston Contingent, and all of the other alumni who cheered us on at the regattas and participated in our events; and to Rosie Cooper, our dedicated, driven, never-say-die manager. I don't think I have ever worked with a more positive, motivating person. And the list goes on.

I would also like give a hearty thanks to Tom O'Connor, this year's recipient of the President's Award. For six years, Tom has been involved with the club; as an athlete, a member of the executive, a boatman, a trailer driver, an advisor and a first-rate coach. He has given much of himself to our program and is well deserving of our recognition. It is people like Tom who keep us going and bring us up a notch toward excellence.

This year has brought many memories and unforgettable experiences. When I look at the club spirit and drive to win I can't help but be excited. With our victories at Dad Vail and the Challenge/Victoria Boat Race last spring, and continuing with our wins this fall, McGill has begun a new era. We are first in spirit, first in commitment, first across the line and first to get our trailer off the lot (not to mention first at boatracing in the liquid sense!). Thank you all for a wonderful season. You made it worthwhile. We are taking the lead and walking it away from the competition. Let's bear down, grip the top water, commit ourselves and explode out. Believe in the win.

..FMR cont'd

the FMR/Wave address found on page 3.

The FMR is taking responsibility for the MURC's inventory of equipment from season to season, thanks to Richard Heller's commitment. We shall also manage the club's mailing list in conjunction with our own.

The fun side of the FMR is social contact. We constitute a body of people interested in the McGill programme, mostly because we are alumni of the team. More distant alumni look to the association for information about the current team and about getting together to talk about the old times (read beer).

So who were the alumni making all that noise at the banquet? Jeff Grange (83-89) and John Younger (84-90) were the Ernie and Bert look-alike couple, Richard Heller (80-83) was the Chip 'n Dale blonde, Chris Lambie the guy who finally found someone to accept his proposal (sorry Pam, we love you). Gina Koprowski (85-88) came without her wisdom (teeth) looking like Brad, but he was already swollen from his contact with Michelle. Craig Duffield was not at the banquet, but was present at the championships. Each of these people rowed in the varsity crew of their day; this was the first year McGill won an OU/OWIAA varsity eight race. Their support is part of the success.

It is important to know these people. As Jeff yelled out, the Club is very different today. All of the alumni I speak to are interested to know how things are going; all of the above people care very much about the MURC. They are all proud to know the Club is better than ever this year. The FMR is very proud to be involved with the MURC. This season was undeniably the best the Club has ever had; the spirit and dedication of the team was noticed and commented on by the alumni. It is extremely satisfying to know that the effort which we and our colleagues made in our day have been succeeded by the efforts of the present members.

On behalf of the FMR, congratulations to the award winners, the winning crews and the club as a whole. You constitute the best team on campus; go for more gold.

NEW ACQUISITION

• Jennifer Mactaggart

Trying to juggle boats for our coxed-four races over the past couple of years has made it painfully apparent that we need a four-oared shell. So, on last winter's Five Year Plan, a heavy-weight coxed-four topped our equipment wish list.

When it was discovered that Vespoli, a high-performance boatmaker from New Haven, Connecticut, was selling some new shells at clearance prices, we were right in there. Within a week, we had bought our first high-calibre racing shell.

The boat is a carbonfibre-honeycomb, ultralight bow-loader. It is built for a crew with an average weight of 200 pounds (910 pounds aggregate) yet only weighs 54 kilograms. Because it was used by the US Men's National Team at the Junior Worlds this summer, we purchased it at 2/3 the regular price. On account of our tight finances, we approached the Montréal Rowing Club, and they agreed to pay for half. The other half came from last season's retained earnings. McGill will share the boat, getting priority in the Spring and Fall and Montréal in the Summer.

After a quick trip to Connecticut with Tony the boat was picked up, and in no time the Heavy Men were making the boat fly. With a hull as stiff as an Empacher, the shell really responds at high speeds. This was visibly demonstrated during the season as the boat went undefeated at the Brock Invitationals and OUAAs. The gold medals indicate a solid return on our investment.

As the boat has not been christened, we welcome any suggestions for a name. Do not hesitate to drop us a line as we would like to vote on one at our Annual General Meeting in mid-January.

We encourage financial support for substantial acquisitions such as this one. Without your sup-

port, we would never know the feeling of rowing boats like these.

Be sure to look out for the McGill trailer from now on - it is the one with the slick-looking white Vespoli hull amongst a sea of Kaschpers.

EDITOR'S NOTE

RE: CHANGE OF ADDRESS

As a vital link between the MURC, FMR, its alumni and rowers, mailing lists are crucial to the success of McGill Rowing. In order to keep this medium of communication operating effectively, it is necessary to revise it perpetually so that the entirety of the club is informed on a regular basis. As VP Communications, it is my mandate to establish a mailing list that is easily amendable and therefore effective.

The most commonly changed addresses are those of students. Besides this, many alumni move around. To make the revising process easier, we ask that rowers and alumni give notice to The Wave of their new addresses at their earliest convenience. This can be done by sending a letter to the address indicated in the box below.

If you are an alumnus or know of alumni who are not receiving The Wave, please do the same. We will put you on the list immediately.

An effective mailing list will expand the McGill Network of rowers, alumni and supporters by keeping everyone informed. Thank you for your co-operation.

The Wave is published three times annually by the McGill University Rowing Club as an information medium for itself and its sister organization, the Friends of McGill Rowing. Articles, comments, and suggestions should be sent to:

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