

the WAVE



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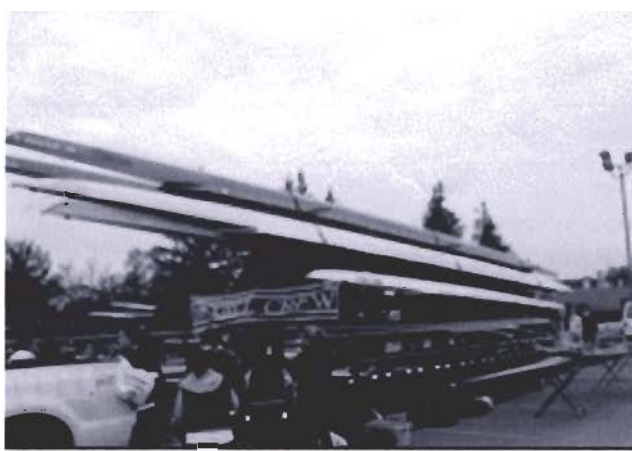
President's Address:

Dear Alumni, Parents & Friends of McGill Rowing This season marks to 30th anniversary of the MURC, and this milestone deserves a celebration to be shared by all who have been involved with the club, present or past. The McGill Executive and the Friends of McGill Rowing will be organizing an event that will happen sometime next year, please watch for invitations and further details on our website. This will be an evening to reunite the McGill University Rowing Club members, loyal parents, and the volunteers that have supported MURC along the way.

This season was one of great growth for the MURC, both in athletic improvement, and in additions to our fleet. Recent MURC men's alumni, as well as coaches and parents funded the purchase of a brand new Hudson men's coxed four. This donation inspired the athletes to push harder and prove themselves

worthy of such generosity. The push to buy a new women's eight is still on, and the MURC hopes to furnish them with a new boat as soon as possible.

McGill Crew will be co-hosting the OUA regatta for the first time in 2007 with Queen's University. This



event will mark the success and notoriety of Montreal and McGill rowing. Please come out and cheer on McGill Crew as they row to gold!

On behalf of the executive and the entire crew I hope this message meets you in good health and good spirits and that this year will give all of us a chance to reconnect and celebrate the achievements of 30 years of McGill rowing.

Current MURC Executive:

President: John Muratori

Manager: Alyssa Holland

VP Findrasing: Jackie Labine

VP Internal: Andrew Howard

VP External: Lauren

Thompson

VP Alumni: Jacquelin Blakey

VP Communications: Derek

O'Farrell

VP Finance: Tony

Genna

VP Technology: Philip

Paquette

VP Recruitment: Adrian

Pennachetti

VP Truck and Trailer:

Christian Dabrowski,

Jon Menivier

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2006 Season at a Glance

Queen's vs. McGill

This past May, the tradition of the Queen's vs. McGill Boat race was honoured at the Literally losing the shirts off their backs, the McGill Varsity men lost in both short and long courses. The Novice men and women each took one of the two, and after a long streak of losses, the varsity women won both events. Despite being down on Queen's by almost a length, and the loss of the speakers in the long course, the women came back for a significant win, and continued on to dominate the short course. Despite the losing the overall trophy yet again, it was a great day of racing for McGill.



The varsity women with the shirt's they won off Queen's

Head of the Rideau

Held on September 24th in Ottawa, Head of the Rideau was the first race for the Varsity Crews this season. Combating vicious winds made for a tiring day, especially for those athletes racing the 5km course twice.

But it was certainly a positive start to the season.

Head of the Trent

Always an event to look forward to, the Head of the Trent, on September 30th, in Peterborough, was the Novice athletes first taste of racing, and conditions were ideal. Though we didn't bring home any gold, McGill was still a competitive force in many events.

Brock Invitational:

As often happens at this regatta, the conditions in St. Catharine's reeked havoc on the race schedule. No finals were held, and the novice crews, coxed by varsities, did a time trial through the small course behind the Island. Still, it gave athletes another chance to hone their racing skills.

Head of the Charles

McGill sent varsity women and men's eights to Boston October 22-23, 2006, to compete in the world's largest regatta. The men, starting 5th after their impressive showing in 2005, were not passed by a single boat, but unfortunately incurred a penalty and lost valuable time when the boat ahead refused to yield for them. The women's crew, starting 31st passed a number of crews, and was only overtaken by the winning boat from Yale. McGill can be very proud of the athletes who attended this regatta, for their

performance on the water, and their sportsmanship off.

QUA's

Hosted this year by Brock, the OUA's in St. Catharine's proved to be a great regatta for McGill athletes. Scattered showers and bitter cold could not deter the McGill athletes, who all made the finals in their category. With the Novice women's eight taking first, the Varsity men's four and eight both taking silver, and the varsity women's double taking bronze, it was an extremely successful weekend for the MURC.

CURC's

Also held in St. Catharine's, the Canadian University Championships was the last racing opportunity of the season for McGill athletes. Only the varsity men and women's eights participated in this event, that brings university rowers together from across the country. The varsity men's eight, as well as the men's pair (rowed by Derek O'Farrel and Andrew Howard), came sixth in the A final, while the women's eight placed fifth in the B final. It was a very competitive field this year, and McGill athletes went out with determination and drive. Though McGill did not bring home any medals, they came home knowing that they had raced hard and left it all on the water. A great end to a memorable season.

The Crews of MURC 2006

Varsities:

This season, both the Men and Women's varsity teams have made some great new additions to their rosters and formed strong, committed crews. The women's program formed a JV four, to be coached by former McGill athlete Nora Parr, and a heavy varsity eight to be coached by Phil Hedrei, also a former MURC member. In the women's varsity eight there was a 50 percent turnover from last season, and all the women are working hard to come together as a faster and stronger crew.

The men's program this year had five returning members of its OUA winning crew from last season, so it was only after a rigorous selection process that the final eight were chosen. John Muir has returned to coach the men's program once again, and hopefully they will continue to build on their success from last year. The men's JV program, though consisting of only two men, is continuing to train hard in a single and double.

With Henry Hering overseeing both programs as head coach, and the athletes training on the water seven times between Monday and Friday and racing nearly every weekend, the McGill varsity athletes are making

every effort to come out on top this season.

Novice:

Having to begin from scratch every year is what makes the novice a unique challenge for both coaches and athletes. With former McGill crew members Mark Wismer and Ryan Demler, along with veteran coxswain Danny Leo coaching this season, the novices have been learning just how much commitment it takes to be part of crew.

At the end of try-outs, two women's eights and one men's eight were selected from those trying out for the team. Despite getting used to early morning practice, the novices have been quickly progressing in both speed and technique. Training hard both on and off the water, it is clear that we have a very dedicated group of novice rowers this season. With very respectable finishes at Head of the Trent Regatta, all three crews are excited for the 2k races in the next few weeks.

Head Coach Report:

McGill Crew is a smaller team than in previous years, with eighteen varsity and six junior varsity athletes for men and women. Even the novice group, a major source of development for future varsity crews, only has 27 athletes (three eights.) Although this decline in numbers from



Novice giving his coach a lift

previous years can be seen as a sign of concern for future development, it also has its short-term benefits like higher athlete-to-coach ratios, and better equipment availability. The club is more able to boat its varsity eights athletes into small boats like the coxed four and doubles for both training and regattas; this arrangement is possible since the low numbers allow it with our limited resources of equipment. This will also greatly enhance the athletes' rowing experience by providing an opportunity to work on boat-moving skills. The doubling up in events at regattas will also offer invaluable racing experience. In the end, for the OUA Rowing Championships, the time spent in small boats will boost the team's overall performance. Our best of the best will be able to shine in their small boat events, and the eights will be rowed and raced with more skill and experience. -Henry Hering

Other MURC News

Website Refurbishing:

After the establishment of the position of a VP Technology last January, newly elected VP Phil Paquette began reconstructing the MURC website. After considerable time and effort, on his part, the new website is finally ready to go live. It will now be possible to access thousands of pictures, and get information on other alumni who have gone on to row beyond the varsity level. We look forward to your feedback on the new design, and hope it will be more thorough and accessible than ever before. To access the new site, visit the same www.mcgillcrew.com and enjoy. It is also possible to register with the site and enjoy our new messaging system.



Team Building Exercises:

As a fundraising endeavour, early in the fall MURC offered other McGill teams the opportunity to spend a few hours leaning to row. Men and women's Volley ball as well as women's lacrosse were coached through their three hour boot camp by some of the Varsity Rowers, and after an hour on the erg and another in the tank, the teams were put into boats and sent out to test their skills. As athletes all the trainees were eager to prove themselves, and made excellent students. Not only was it a chance to make a little money while potentially recruiting novice athletes for future years, but it gave the Varsity athletes an opportunity to reconsider the basics, and experience a coaches perspective. As an excellent opportunity for all who participated, hopefully it will be an activity repeated in the future.



*Top: varsity men at practice, current Varsity men's eight, and the women's varsity at Head of the Rideau
Bottom: The Varsity women's eight, and the varsity men after coming first in the Varsity right category at Head of the Rideau*

Above and Beyond MURC

Derek O'Farrell's Summer:

This summer, the national team had three levels: Senior A, Senior B (or u-23) and the FISU university team. As I am not u-23 any longer, I dreamed of making the Senior A team. I knew that it was a long shot, but if that didn't work out, I would have good shot at the FISU team. A great month into training at the Victoria Training centre, and I was poised to do well at speed orders. After some tough racing I found myself invited into the Senior A camp for a spot in the Men's 8+.

For eight grueling weeks, we pounded out the kilometres on Elk Lake. Training was exhausting. Three times a day, two hours per session, and we pulled hard every single stroke! Still, it was a really prosperous environment to be a part of; all teammates, yet every one so competitive. It really brought a whole new meaning to the word fatigue. Five days before we did our time trial to qualify for the World Championships, I was taken out of the boat. I still got to attend the World Championships in Eton, England, however, as a spare, where I raced in the coxed pair. At the training camp in Erba, Italy, we only had a straight pair to practice in, and first rowed the coxed pair just five days before our heat race. It is an unbelievably heavy and slow boat!

We raced the heat with no idea the depth of the field, and were pleased to finish Fifth, only three seconds off the pace. We got geared up for the final and made some changes to our race plan, and though we sat in second for most of the race, we were out-sprinted by the Italians in the last 500m. Still, a bronze medal felt quite vindicating, as it was one of only three medals for the heavy men, where five were expected. The experience of a senior World Championship in England was overwhelming, and I look forward to racing for Canada again next summer, and hopefully on after that.

-Derek O'Farrell

The 1st Annual Outgames : *McGill Crew represented at 1st World Outgames in Montreal.*

McGill Crew was proud to lend its support to the rowing regatta of the 1st World Outgames, held on July 30-31, at the Olympic Basin, providing the use of our boats and oars as well as volunteer services. The regatta was a FISA-organized event with 1K finals in all boat categories. Because each race was a final, no silver or bronze medals were awarded.

Competitors came from many countries around the world, including the United States, Australia, and Holland. The regatta was chaired by Guylaine Bernier, president of AQA, and a rower in the 1976 Montreal Olympics. Several past and current McGill rowers competed in this regatta, including McGill Crew Head Coach and Olympian Henry Hering, Past-President Matteo Cendamo, Past-President and current Varsity Women's Coach Philip Hedrei, and Matt Amirault, a member of the McGill Varsity Men's 8+. Philip and Matt rowed with the Boston Bay Blades, and won gold in the open men's eight (rowing the Heavy Red) and gold in the open men's four.

-Philip Hedrei

Isabelle Teolis' Summer Story:

Isabel Teolis is a recent graduate of McGill University and a former member of McGill Rowing as a novice and the varsity athlete. This spring, Isabelle earned the chance to compete with the Canadian University Rowing Team. As a member of the straight women's four she placed second at the Commonwealth rowing championships in Strathclyde, Scotland, and second in the B final at the World University Rowing championships in Trakai, Lithuania. Isabelle is now in London rowing at the training centre. We are so proud to claim Isabelle as an alumna, and expect many more great achievements from her!

Alumni News

The Christening of the Red Wave:

The 2006 Thanksgiving weekend officially marked a new addition to the McGill fleet. A boat christening was held to celebrate the purchase of a heavyweight men's coxed four. Current and past McGill Crew members, crew coaches, McGill athletics department representative Caroline James, and a handful of curious onlookers attended.

The ceremony included speeches from Henry Hering, head coach of McGill rowing and ten-year former national team member, and Gerald Sheehan, who spoke on behalf of the alumni donors. These were followed by the unveiling of the boat's name, (the Red Wave), and the pouring of champagne to baptize the hull.

This new boat allows the heavyweight men's program at McGill to expand to include more athletes as well as foster a reinvigorated quest for developing world-class rowers like current men's national team members, Doug Vandor (B. 1999) and Derek O'Farrell (currently rowing at McGill while completing his B.Sc).

The first men to row the boat were Derek O'Farrell, Andrew Howard, John Menivier, and Christian Dabrowski, who pulled coxswain Tony Genna to a very close second place at the Head of the Trent regatta, finishing 1.6 seconds off Western.

The generous donors who contributed to the boat's purchase include: Mark Wismer (current Novice head coach, former rower), Dr. Philip Hedrei (former club president and rower, and current women's heavyweight coach), John Muir (former rower and current heavyweight men's coach), Gerald Sheehan (former rower), Winthrop Sheldon (former rower), Alain Goubau (former rower), James Reid (former rower), the Howard Family (with two sons currently on the team), and Dallas Smith (former coxswain).

The boat is a brand new Hudson coxed four, identical to that used by the Canadian national team. It is bow coxed with wing riggers. The hull and decks are white, with a red triangular accent. The rowing club's crest, the McGill shield with two crossed oars, adorn both decks.

-Henry Hering and Andrew Howard

Dear Alumni,

It is coming to the end of my term as alumni affairs officer for the MURC. During my time on the executive in this position, I have put considerable thought into what it will be like to be an alumnus, and how I hope to continue participating in some way with the MURC. During the few precious years you spend at McGill, it is an enormous commitment to join the rowing team. But whether as a novice, a varsity, or a coach, when you commit to rowing, you receive in return a unique experience that forever bonds you with your crew, and with rowers everywhere. Waking up when it is still dark out, getting a full workout in before most people have had their first cup of coffee, learning to synchronize every movement of your body with your crew, and the solidarity of the last 500m as you row through the pain and exhaustion, these things cannot be understood unless experienced. Shared experiences bring rowers together across generations, and across the world, if there is a story you would like to share with your fellow alumni, please submit it through our new website, to be included in the next edition. Thank you for your continued support!

-Jacquelin Blakey

***Special Thanks to:
The McGill Alumni
Association, The McGill
Gym, And our many
generous alumni and parents
who continue to support to
MURC.***

