

● **University Quick Facts**

Location ..... Louisville, Ky. 40292  
 Founded ..... 1798  
 Enrollment ..... 22,000  
 Nickname ..... Cardinals  
 Colors ..... Red and Black  
 Affiliation ..... NCAA Division I  
 Conference ..... BIG EAST  
 President ..... Dr. James Ramsey  
 Director of Athletics ..... Tom Jurich  
 Senior Woman Administrator ..... Julie Hermann  
 Faculty Representative ..... Elaine Wise

● **Rowing Quick Facts**

Head Coach ..... Laura Fogt, 2nd Season  
 Alma Mater ..... North Carolina '01  
 Rowing Office Phone ..... (502) 852-3325  
 E-Mail ..... laura.fogt@louisville.edu  
 Assistant Coach ..... Odette Mitchell-Servilio  
 Alma Mater ..... Syracuse '02  
 E-Mail ..... odette.servilio@louisville.edu  
 Assistant Coach ..... Andrea Buch  
 Alma Mater ..... Kansas '02  
 E-Mail ..... andrea.buch@louisville.edu  
 Graduate Assistant ..... Becky Wohrle  
 Rowing Office Fax ..... (502) 852-4932  
 Facility ..... Cardinal Boathouse

● **Support Staff**

Assistant SID (Rowing Contact) ..... Garett Wall  
 Office Phone ..... (502) 852-3088  
 Fax ..... (502) 852-7401  
 Mobile Phone ..... (502) 553-8030  
 E-Mail ..... g0wall01@louisville.edu  
 Academic Counselor ..... Nicole Alderson  
 Athletic Trainer ..... Stephanie Bennett  
 Strength and Conditioning ..... Mary Kate Jones

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● **Credits**

The 2008-09 University of Louisville Rowing Media Guide was designed and edited by Garett Wall. Editorial assistance by Lori Korte, Kimberli Pemberton and Kathy Tronzo. Photography for this publication was provided by Dave Klotz and Shelly Feller. Covers designed by Dave Klotz and Shelly Feller.

● **Media Information**

This publication has been written to provide assistance to members of the media in covering Cardinal Rowing. All interviews with student-athletes and coaches should be arranged through the U of L Sports Information Office. Additional information is available through Garett Wall, U of L's rowing contact, at (502) 852-3088.



● 2008-09 University of Louisville Varsity Rowing Team

Front Row: Erdman, Anderson, Siu, Scordo, Lawson, Zwanzig, Edwardson, Feinberg, McKiernan, Kirk, Stadig  
Middle Row: Fogt, Wohrle, Hall, Elias, Rorer, Falovo, Christiansen, C. Reeves, J. Reeves, Fligor, Pelette, Seldon, Buch, Mitchell-Servilio  
Back Row: Kayser, Prokopenko, Moore, Haack, Traynor, Knight, Van Zeyl, Mensch, Cers, Hamman, Fiske, Grace, Ardiel



# THIS IS LOUISVILLE ROWING

Louisville Rowing is a perennial Top 20 program with highly skilled athletes -- including numerous Canadian Henley and Head of the Charles gold medalists, US and Canadian development team participants -- who are motivated and driven to succeed at the highest level of NCAA rowing.

Under the guidance of experienced and knowledgeable coaches, and with the support of an athletic administration and a university determined to provide all of the resources necessary, student-athletes within the University of Louisville rowing program take to the waters with everything needed to succeed in any circumstances.



## RESOURCES

The University of Louisville is one of the best places in the nation to be a female student-athlete. In 1999, U of L took a huge leap towards gender equity when it added three women's programs: golf, rowing and softball. In addition, Director of Athletics Tom Jurich increased budgets for and added support staff to women's programs.

Brand new facilities such as the Yum! Center (men's basketball, volleyball and lacrosse), Jim Patterson Stadium (baseball), Ralph W. Wright Natatorium (swimming & diving), Ulmer Stadium (softball), Trager Stadium (field hockey), Cardinal Club Golf Course and the Cardinal Park Soccer and Track Stadium, coupled with Freedom Hall (basketball), Papa John's Cardinal Stadium (football), Cardinal Arena (volleyball) and the Bass-Rudd Tennis Center provide some of the top collegiate facilities in the country.

All student-athletes have access to the state-of-the-art strength and conditioning and sports medicine facility at Cardinal Park, as well as personal attention from strength and conditioning professionals, trainers, coaches and academic counselors.





## TRAINING

The University of Louisville rowing team holds practices daily in the fall, winter and spring. In the fall, two groups of student-athletes work to develop a strong base which is built upon throughout the winter in preparation for the spring season.

**Varsity:** All recruited athletes with previous rowing experience and student-athletes in their second, third and fourth year of rowing spend the fall with a technical focus on the water, utilizing long, steady distance to build endurance and refine the fundamentals of moving the boat. This group also spends time in the weight room and on rowing machines for strength and endurance work.

**Walk-on Novices:** This group is made up of first-time rowers. They spend the fall season learning the skills of rowing on the water while increasing strength in the weight room and endurance on land.

In the winter, both groups of student-athletes take the development made on the water in the fall and work to improve fitness levels and strength with a variety of activities including lifting, rowing, cycling and running. The winter also provides the opportunity for specialized water skill instruction in small boats and a training camp in Florida.

In the spring, the team is focused on putting all of the training, fitness and teamwork into boats in an effort to generate the most power and speed for each stroke.

The Cardinal rowing team trains on the Ohio River, which is conveniently located 2.5 miles from campus, for water practice. For strength and conditioning, the student-athletes work out at the brand new Marshall Center, and when training on land, the student-athletes utilize rowing machines such as the Concept II and Rowperfect at their indoor training facilities located on campus. Additionally, training is individualized through lactate testing and 1RM test in the weightroom. Athletes also receive nutritional screening, body composition, sport psychology breakdown and unlimited support in any area of the student-athlete profile.

## COMPETITION

The fall consists of multiple-school regattas on river courses about three miles in length. Louisville competes in regattas throughout the mid-west in addition to an annual trip to Boston for the world's largest rowing event, the Head of the Charles Regatta.

Spring competition consists primarily of duals and tri-meets throughout March and April with larger competitions in May. For the fourth straight year, the Cards will compete in a conference championship event at the 2009 BIG EAST Conference Championships on April 25. As always, U of L will compete at the NCAA Regionals, which brings varsity programs from the south and central regions together for a final competition before bids for the NCAA Championships are awarded.



# HEAD COACH LAURA FOGT



## ● LAURA FOGT

● Head Coach

● 2nd Season

Laura Fogt enters her second season as head coach of the University of Louisville rowing program after serving three seasons as an assistant with the Cards. In her first season in charge of the program in 2008, Fogt led the Cards to a top 20 national ranking, a third straight BIG EAST team runner-up finish, a top 10 finish in the Championship 8+ event at the

prestigious Head of the Charles Regatta and helped develop the program's third CRCA All-American, Kristin Falovo, who also became the Cards' first underclassmen to earn All-America honors.

"In the process of doing our national search, it quickly became clear that Laura was a star," said U of L senior associate athletic director Julie Hermann. "She is a critical reason why we were ranked in the Top 20. I look forward to her leading us forward and compete for the BIG EAST title and an NCAA bid. I expect her to be a great leader for the program."

Fogt, a native of Raleigh, N.C., joined the Cardinals' rowing program in the summer of 2004 working primarily with the second Varsity 8+ crew and the Varsity 4+ crews while also assisting with the development of the novice program and the recruitment of U of L's future rowing talent.

Under Fogt's guidance in 2007, the Cards' second Varsity 8+ and Varsity 4+ crews each won BIG EAST titles to lead the program to a runner-up team finish overall. The Cards' second Varsity 8+ crew also advanced to the Grand Finals at the Aramark South/Central Region Sprints for the first time in the program's history, finishing sixth overall, while in 2006, U of L's second Varsity 8+ boat qualified for the Petite Finals at the Aramark South/Central Region Sprints for the first time in school history.

"I truly enjoy working with such a phenomenal group of athletes and women who continue to strive to reach a higher level of national recognition," Fogt said. "It's an honor to be part of the Cardinal Family and supported by such an outstanding athletic department."

Overall in 2007, the Cards' varsity program had its best season ever with three Varsity 8+ wins over Top 20 teams and the program's highest national ranking ever at No. 16 on March 28. U of L closed the season ranked No. 17 in the final USRowing/CRCA Varsity Eight Coaches Poll after earning a victory in the Varsity 8+ petite final at the Aramark South/Central Region Sprints. The season closed for the Cards with senior Beth Daunhauer earning CRCA Second Team All-America honors becoming just the second Cardinal rower in school history to earn such an honor.

The Cards also enjoyed great success off the water in 2006-07 as a school record 10 U of L rowers earned CRCA National Scholar-Athlete recognition, including seven underclassmen who competed for the Cards in 2007-08. The Cardinal rowing program had seven athletes named to the Dean's List in 2006-07 with a 4.00 GPA and a total of 55 rowers were named Red & Black Scholars in 2007 with a minimum 3.0 GPA.



In 2005-06, Fogt was instrumental in the development of the Cards' Varsity 8+ crew which closed the season ranked 20th in the final USRowing/CRCA Coaches Poll, the program's highest end-of-season ranking at the time. U of L had five rowers earn CRCA All-Region honors in 2005-06, the most by any school in the Southern Region and tied for tops in the nation. Beth Daunhauer, Jessica Grigsby and Jenna Sample earned CRCA South Region First Team honors, while Nicole Alderson and Lisa Terreberry were named CRCA All-South Region Second Team.

As a team, the Cards finished third in the South and ninth overall at the 2006 NCAA South/Central Regional Sprints in Oak Ridge, Tenn., while U of L continued its success at the prestigious Head of the Charles Regatta with a victory in the Club 4+ event, marking the fifth straight year the Cards had medaled at the world's largest regatta. Off the water, the Cards had three rowers – Nicole Alderson, Beth Daunhauer and Lisa Terreberry – named CRCA National Scholar-Athletes.

Fogt joined the U of L rowing program after a combined six years of rowing and coaching experience at the University of North Carolina at Chapel Hill. While at Carolina, Fogt served as the novice coach and recruiting coordinator. Fogt's crews experienced much success under her guidance with Top 5 finishes at the Head of the Chattahoochee for two consecutive years, a bronze medal at the 2004 Dad Vail Championships and a strong finish at the 2004 NCAA South Central Championship.

A 2001 graduate of the University of North Carolina, Fogt earned her degree from the School of Journalism and Mass Communication with a concentration in public relations. Fogt helped lead the Tar Heels to a Top 25 finish for the first time and was a two-time letter winner. During her senior year, Fogt earned MVP honors as well as being named to the Collegiate Rowing Coaches Association All-South Region Second Team.

## ● Coach Laura Fogt at a Glance...

Full Name: ..... Laura Nielsen Fogt  
 Birthday: ..... Sept. 25  
 Hometown: ..... Raleigh, N.C.  
 College: ..... University of North Carolina  
 B.A. in public relations, 2001

### Collegiate Rowing Experience/Accomplishments

University of North Carolina..... 1999-2001  
 CRCA All-South Region Second Team .....2001  
 Named Team MVP.....2001  
 Member of UNC's first ever Top 25 rowing team.....2001

### Collegiate Coaching Experience

University of Louisville, Assistant Coach .....2004-2007  
 University of North Carolina, Assistant Coach.....2001-2004

### Coaching Accomplishments

BIG EAST Championship Team Runner-Up .....2006, 2007, 2008  
 BIG EAST Championship in 2V8+ .....2007  
 BIG EAST Championship in V4+ .....2007  
 South/Central Region Sprints 2V8+ Grand Finalist .....2007  
 South/Central Region Sprints 2V8+ Petite Finalist.....2006  
 Dad Vail Championships Bronze Medal.....2004

## ASSISTANT COACHES



- **ODETTE MITCHELL-SERVILIO**
- Assistant Coach

Former University of Colorado varsity club team head coach Odette Mitchell-Servilio enters her first as assistant coach for the University of Louisville women's rowing team.

"We are thrilled to have Odette join the Cardinal family," said Fogt, who is entering her second season as the Cards' head coach. "There is no question she will be an asset to this program and great role model and mentor for our young ladies.

Odette has already made a great connection with the athletes and they quickly sensed her passion and enthusiasm for the sport."

In two seasons as head coach, Mitchell-Servilio led CU to the grand finals at the inaugural ACRA Championships and at the WIRA Championships in both the varsity eight and novice four events. The Buffaloes were also ranked in the ACRA Varsity 8+ Top 10 throughout the 2008 season as Mitchell-Servilio was nominated for ACRA Plains Region Coach of the Year. Before moving into the head coach position at CU, she served as the novice team head coach for two seasons in Boulder.

"Spending the past four years as full time teacher and full time head coach, Odette is extremely excited about focusing all her energies on coaching and rowing at the Division I level," Fogt said. "With two BIG East titles and an NCAA appearance at Syracuse University, Odette understands where we are trying to get to and what it is going to take."

Prior to her tenure at Colorado, Mitchell-Servilio spent two seasons in the high school ranks as both head coach (2003-04) and assistant coach (2002-03) at Warwick Valley High School in Warwick, N.Y.

Mitchell-Servilio is very familiar with the BIG EAST Conference having earned three letters rowing for Syracuse University from 1999-2002. While at Syracuse, she was a member of the program's first crew to ever earn a team bid to the NCAA Championship (2002), back-to-back BIG EAST titles (2001-02) and back-to-back NCAA at-large bids in the varsity eights (2000-01).

She earned a degree in television, radio and film from Syracuse in 2002, and earned her master's in secondary social studies with a specialization in leadership and power dynamics from the University of Denver in 2006.



- **BECKY WOHRLE**
- Graduate Assistant

Becky Wohrle enters her second season as a graduate assistant after serving in 2007 as a volunteer assistant with U of L rowing. Prior to that, she competed for the Cards for two seasons as a coxswain. In 2006, Wohrle was the coxswain for the Cards' second varsity 8+ boat which finished second at the BIG EAST Championships and third in the "B" final at the NCAA South/Central Regional.



- **ANDREA BUCH**
- Assistant Coach

Former University of Kansas rower Andrea Buch enters her second season as novice head coach and in-state recruiting coordinator for the University of Louisville women's rowing program.

"It's great to have Coach Buch on staff at Louisville," said Fogt. "Her contagious energy will make her an excellent coach for the novice women as well as a great role model for the varsity women. She understands the demands of being

a competitive Division I athlete and she will do a fantastic job of preparing the novice women for a successful racing season."

In her first season in Louisville, Buch led the Cards' novice program to runner-up finishes in the Novice 8+ and Novice 4+ events at the BIG EAST Championships, as well as a second-place finish in the Novice 8+ "A" Final at the SIRA Championships. The Cards' novice eights crew earned an impressive win over Tennessee in 2008.

Buch, who graduated with honors from the University of Kansas in 2002 with a bachelor's degree in geography, rowed for the Top 25 ranked Jayhawks from 1998-2002. She was team captain as a senior and was a member of the top varsity crew her junior and senior seasons. She rowed with the second varsity crew her first two seasons with KU and was named Most Outstanding Freshman in 1998.

Buch also excelled in the classroom at KU consistently earning Jayhawk Scholar and Big XII Commissioner's Honor Roll recognition. From 2005-2007, Buch attended the University of Otago in New Zealand earning a master's degree in geography.

"I'm so excited to be part of the fantastic athletic community here at Louisville and to be joining the Cards after such a groundbreaking season in 2007," said Buch. "I look forward to building on that success."

Buch joins the Louisville rowing program after coaching at East Lyme High School and the Thames River Sculls in Conn., in 2007. Prior to that, she was the head coach at Lyme-Old Lyme High School in 2004 where she coached the gold medalist crews in the Boys and Girls 2x events at the Stotesbury Cup Regatta. From 1998-2003, she coached both sweep and sculling to the high performance juniors program at Blood Street Sculls in Old Lyme, Conn., where she was also involved with their highly competitive masters program. Buch started her coaching career in 1996 working with the Old Lyme Rowing Association.



# LOUISVILLE



# Olga S. Peers Academic Center for Student Athletes

- The mission of the Olga S. Peers Academic Center for Student Athletes is to provide academic support, counseling and guidance to the student-athletes participating in the University of Louisville's intercollegiate athletic programs by promoting self-responsibility, personal growth and academic development.



• **MARVIN MITCHELL**  
 • Associate Athletic Director

Marvin Mitchell is in his ninth year as Associate Athletic Director for Academic Services.

Mitchell is the school's first Associate Athletic Director in the area of academics. He joined the U of L Athletics staff in 1999 as the Cards' Director of Academic Services after three years in a similar capacity at East Carolina. Prior to his stint there, Mitchell worked five years at his alma mater Wake Forest in many roles, including serving as assistant director of academic services for the Demon Deacons from 1994-96.

A four-year letterman on the defensive line at Wake Forest (1987-91), Mitchell is an accomplished speaker and has delivered presentations at the National Association of Academic Advisors for Athletics (N4A) national convention. He is an active member of the Black Coaches Association (BCA) and the National Consortium for Academics and Sport (NCAS). He serves on national and local boards, including 100 Black Men of America and Chestnut Street YMCA.

A native of Eastville, Va. and graduate of Northampton High School, Mitchell earned a bachelor's degree in psychology with a minor in speech communications at Wake Forest in 1992 and a master's degree in education there in 1995.



• **BRYAN HICKS**  
 • Assistant Athletic Director

Bryan Hicks is in his 12th year with the U of L Athletic Department and fifth as Assistant Athletic Director for Academics. He is responsible for overseeing academics for the Cardinal football team and managing the Papa John's Cardinal Stadium Computer Lab.

Hicks serves on the University's Commission on Diversity and Racial Equality (CODRE), the Directors Council for University Wide Advising and is coordinator for the athletics department program S.C.O.R.E. (Student-Athletes of Color Combining Opportunity and Responsibility for Excellence).

A native of Huntsville, Ala., Hicks attended Tuskegee University and played on the basketball and baseball teams there. He received his bachelors degree in Marketing from Alabama A&M University in 1992 and went on to receive his Masters in Public Administration (MPA) degree from Portland State in 1996.

Hicks came to U of L after serving as assistant men's basketball coach and coordinator of multicultural admissions at Warner Pacific College in Portland, Oregon. While with the Cardinals, Hicks has served as the compliance coordinator over education and monitoring and as an academic counselor.

Hicks and his wife, Kellie, are the parents of three children – two daughters, Hailey and Sydney, and one son, Garrett.



• **NICOLE ALDERSON**  
 • Associate Academic Counselor

Nicole Alderson is in her first year at the University of Louisville as an Associate Academic Counselor. She is responsible for overseeing academic support for the rowing program and the women's lacrosse program.

Prior to 2008, Alderson worked as a graduate assistant with the University of Louisville's Academic Services for Athletes. As a graduate assistant, Alderson's primary responsibilities were advising lacrosse, baseball, and rowing student-athletes. In addition to her duties with specific teams, she also served as the Assistant Tutor Coordinator.

A native of Carlisle, Ont., Canada, Alderson is currently pursuing her master's degree in Sport Administration. A four-year letter winner on the rowing team at the University of Louisville, Alderson received her bachelor's degree in Health and Human performance with a double concentration in Exercise Science and Physical Education, with a minor in Sport Administration.

While rowing with the Cards, Alderson was a CRCA National Scholar-Athlete Award winner, a BIG EAST Academic All-Star, a member of the Dean's Honor Roll, a Red & Black Scholar, a member of the Athletic Director's Honor Roll, a CRCA All-Region selection and was selected Second Team All-South Region.



## 2008-09 Louisville Varsity Rowing Roster

ROWER.....	YR.....	EXP.....	HOMETOWN (PREVIOUS SCHOOL)
Ashley Anderson.....	So.....	1L.....	Louisville, Ky. (Sacred Heart Academy)
Anna Ardiel.....	Sr.....	3L.....	Vittoria, Ont. (Simcoe Composite HS)
Laura Cers.....	Sr.....	3L.....	Hamilton, Ont. (St. Mary's HS)
Danielle Christiansen.....	Jr.....	2L.....	Taylor Mill, Ky. (Scott HS)
Ashley Edwardson.....	Jr.....	2L.....	St. Catharines, Ont. (Governor Simcoe SS)
Shannon Elias.....	So.....	1L.....	Murray, Ky. (Murray State/Murray HS)
Mandey Erdman.....	Sr.....	3L.....	Louisville, Ky. (Sacred Heart Academy)
Kristin Falovo.....	So.....	1L.....	Thorold, Ont. (Denis Morris Catholic HS)
Kimberly Feinberg.....	Jr.....	2L.....	Russell, Ky. (Russell Independent HS)
Sarah Fiske.....	So.....	1L.....	Barrington, R.I. (St. Andrews HS)
Ruthie Fligor.....	Jr.....	2L.....	Richmond, Ky. (Model Laboratory School)
Lisa Grace.....	Sr.....	3L.....	Shepherdsville, Ky. (Presentation Academy)
Chelsea Haack.....	Fr.....	HS.....	Amelia, Ohio (St. Ursula Academy)
Brittany Hall.....	So.....	1L.....	New Richmond, Ohio (New Richmond HS)
Mallory Hamman.....	Sr.....	3L.....	Clarksville, Ind. (Clarksville HS)
Sam Kayser.....	So.....	1L.....	Ottawa, Ont. (Canterbury HS)
Anna Kirk.....	Fr.....	HS.....	Oklahoma City, Okla. (Classen SAS)
Kira Lawson.....	So.....	1L.....	London, Ont. (Saunders HS)
Tara McKiernan.....	So.....	1L.....	Louisville, Ky. (Mercy Academy)
Lauren Mensch.....	So.....	1L.....	Elizabethtown, Ky. (John Hardin HS)
Sha'Lori Moore.....	Sr.....	3L.....	Louisville, Ky. (Mercy Academy)
Allison Pelette.....	Sr.....	3L.....	Welland, Ont. (Notre Dame College)
Anastasia Prokopenko.....	r-So.....	1L.....	Pskov, Russia (Pskov Lyceum for the Humanities)
Chelsea Reeves.....	So.....	1L.....	Louisville, Ky. (Assumption HS)
Jill Reeves.....	Sr.....	3L.....	Louisville, Ky. (Assumption HS)
Katie Rorer.....	Jr.....	2L.....	Paducah, Ky. (Lone Oak HS)
Katie Scordo.....	Jr.....	2L.....	Lexington, Ky. (Lexington Catholic HS)
Samantha Seldon.....	Jr.....	2L.....	Louisville, Ky. (Ballard HS)
Allison Siu.....	So.....	1L.....	Louisville, Ky. (Manual HS)
Annie Stadig.....	So.....	1L.....	Mt. Sterling, Ky. (Montgomery County HS)
Kelly Traynor.....	Jr.....	2L.....	Hamilton, Ont. (Westdale SS)
Liz Van Zeyl.....	Sr.....	3L.....	Fonthill, Ont. (E.L. Crossley SS)
Anna Zwanzig.....	r-Jr.....	2L.....	Louisville, Ky. (Home School)

## 2008-09 Louisville Novice Rowing Roster

ROWER.....	YR.....	HOMETOWN (PREVIOUS SCHOOL)
Anneska Atzinger.....	Fr.....	Louisville, Ky. (Assumption HS)
Hannah Baughman.....	Fr.....	Madisonville, Ky. (Madisonville North Hopkins HS)
Brooke Cantwell.....	Fr.....	Paducah, Ky. (Tilghman HS)
Chelsea Coorts.....	r-Fr.....	Paducah, Ky. (Lone Oak HS)
Freya Diehlmann.....	Fr.....	Louisville, Ky. (Assumption HS)
Abbey Holderman.....	Fr.....	Georgetown, Ind. (Floyd Central HS)
Amelia Motsch.....	Fr.....	Sellersburg, Ind. (NW Pennsylvania Collegiate Acad.)
Elisa Parrent.....	r-Fr.....	Bowling Green, Ky. (Bowling Green HS/W. Kentucky Univ.)
Emily Peeler.....	Fr.....	Bowling Green, Ky. (Gatton Academy of Math & Science)
Jenna Rawlings.....	Fr.....	Lexington, Ky. (Tates Creek HS)
Caroline Sawyer.....	Fr.....	Louisville, Ky. (Assumption HS)
Maegan Smith.....	r-So.....	Louisville, Ky. (Mercy Academy)
Kristen Soden.....	r-So.....	Union, Ky. (Dixie Heights HS)
Lauren Thomas.....	Fr.....	Owensboro, Ky. (Apollo HS)
Erinn Torbeck.....	Fr.....	Burlington, Ky. (St. Henry District HS)
Anna Traughber.....	r-So.....	Louisville, Ky. (Male HS)
Rebecca Washer.....	Fr.....	Louisville, Ky. (Eastern HS)

**Head Coach:** Laura Fogt, 2nd Season

**Assistant Coaches:** Odette Mitchell-Servilio, Andrea Buch (Novice Head Coach)

**Graduate Assistant:** Becky Wohrle



# VARSITY ROWERS



● **ANNA ARDIEL**  
**Sr. • Vittoria, Ont.**  
**Simcoe Composite HS**

*Team Captain for 2008-09*

2007-08: Named CRCA National Scholar-Athlete ... Red & Black Scholar ... Rowed in the Cards' varsity eight boat for the final four events of 2008, including the NCAA Regional, BIG EAST Championship and in races against Michigan and Michigan State ... Was in the eight-seat of the V8+ boat for the second-place finish at the BIG EAST Championships.

2006-07: Team captain... Cardinal Pride Award winner ... Named CRCA National Scholar-Athlete ... Red & Black Scholar ... Rowed in the two-seat of the Cards' Varsity 8+ boat for most of the spring ... Led the Cards to a win in the Petite Final at the NCAA South/Central Region Sprints, a win over No. 5 ranked California, a win over nationally ranked Minnesota and a second-place finish in the Grand Final at the BIG EAST Championships.

2005-06: Closed her first collegiate season in the seven-seat of the Cards' 2nd Varsity 8+ boat which earned third in the "B" Final at the NCAA South/Central Region Sprints ... Rowed in the five-seat of the 2nd Varsity 8+ boat which finished second at the BIG EAST Championships and first at the Southern Intercollegiate Rowing Association Championships ... Rowed in the five-seat in the Cards' 2nd Varsity 8+ race win over

Minnesota ... Also rowed in the five-seat of the 2nd Varsity 8+ boat against California, Wisconsin and Tennessee ... Red & Black Scholar.

Prior to UofL: Four-year member of the Silver Lake Rowing Club under the direction of coach Sue Fairley ... Earned a gold medal finish in the singles events at the 2005 Head of the Fish ... Earned gold in the 63kg single at the Canadian High School Championships ... Finished second in the singles event at the 2005 Ontario Championships and third in 2006 ... Along with rowing, she also competed in cross country and track at Simcoe Composite School.

Personal: Born on June 14, 1987 in Simcoe, Ontario ... Daughter of Beth and Bob Ardiel ... Has two brothers, Evan and Liam ... Majoring in human performance at U of L with a minor in French ... Post-college ambition is to be a teacher ... Hobbies and outside interests include running and snowboarding ... Chose the University of Louisville because of the community support for U of L athletics and because of the coaches and teammates ... Believes the best things about the city of Louisville are the friendly people and the support from the city for college athletics.



● **LAURA CERS**  
**Sr. • Hamilton, Ont.**  
**St. Mary's SS**

2007-08: CRCA National Scholar-Athlete ... Dean's Scholar ... Red & Black Scholar ... Rowed in the Cards' varsity eight boat in every race during the spring ... Was in the four-seat for the Cards' runner-up finish at the BIG EAST Championships, as well as the second-place finish in the petite final at the San Diego Crew Classic.

2006-07: Named CRCA National Scholar-Athlete ... Dean's Scholar ... Red & Black Scholar ... Rowed in the two-seat of the Cards' 2nd Varsity 8+ boat which finished sixth in the Grand Final at the NCAA South/Central Region Sprints ... Rowed in the three-seat for the Cards' Varsity 8+ win over No. 5 California and the runner-up finish in the V8+ Grand Final at the BIG EAST Championships ... Also rowed in the four-seat of the Cards' 2V8+ boat against Minnesota and Tennessee.

2005-06: Spent most of the season in the Cards' Varsity 8+ boat, rowing in the four-seat at the BIG EAST Championships (second place) and the NCAA South/Central Region Sprints ... Rowed in the two-seat of the Varsity 8+ boat which won the "A" Final at the Southern Intercollegiate Rowing Association Championships ... Was in the one-seat for the Varsity 8+ crew's win over Minnesota ... Rowed in the three-seat for the Cards' Club 4+ win at the prestigious Head of the Charles ... Also rowed in the three-seat of the Varsity 8+ boat against California, Wisconsin and Tennessee ... Rowed in the four-seat for the Cards' Open 8+ race win at the Head of the Elk Regatta ... Red & Black Scholar.

Prior to UofL: Five-year member of the Leander Boat Club under the direction of coach Steffan Wagner ... Rowed for coach Kevin Monaco at St. Mary's Catholic Secondary School ... Named Rookie of the Year in 2002 ... Earned Top 10 finishes at the Ontario Indoor Rowing Championships from 2002 to 2005 ... Finished first in the junior doubles at the 2003 Schoolboy and third in the junior doubles at the 2005 Henley ... Also lettered four years in volleyball at St. Mary's ... Joins teammate Breanne O'Connor as graduates of St. Mary's Secondary School.

Personal: Born Laura Amanda Cers on Sept. 16, 1987 in Hamilton, Ontario ... Daughter of Sylvia Cers ... Has one sister, Sandra ... Majoring in accounting ... Post-college ambition is to become a CPA and a CA and live in New York City ... Chose U of L because she felt like she fit in ... Best thing about U of L rowing is the amazing people she gets to work with every day ... Believes the best thing about the city of Louisville is Kentucky Derby Week ... Says her best races were the finals of the 2006 NCAA South/Central Region Sprints and the 2005 Head of the Charles Regatta.



● **MANDEY ERDMAN**  
**Sr. • Louisville, Ky.**  
**Sacred Heart Academy**

2007-08: Closed the season as the coxswain for the Cards' second varsity eight boat, which finished fourth in the petite final at the NCAA Regional ... Was the coxswain for the Cards' varsity four boat which finished fourth at the BIG EAST Championships.

2006-07: Spent most of the spring racing season as the coxswain in the Cards' 2nd Varsity 8+ boat ... Led the Cards' 2V8+ crew to a win at the BIG EAST Championships, a sixth-place finish in the Grand Final at the

NCAA South/Central Region Sprints and a win over Stanford ... Also coxed the Cards' Varsity 4+ boat in the win over Minnesota to open the spring racing season.

2005-06: Spent her first collegiate rowing season as a coxswain for the Novice team ... Closed the season as the coxswain for the Novice 4+ boat which finished fourth at the BIG EAST Championships ... Led Lightweight Novice 4+ boat to a win in the "A" Final at the Southern Intercollegiate Rowing Association Championships ... Opened collegiate career as the coxswain for the Cards' 2nd Novice 8+ boat against Minnesota on March 12, 2006.

Prior to UofL: Four-year member of the rowing team at Sacred Heart Academy under the direction of coach Bob Hurley ... She rowed and was coxswain her first year at SHA, then was coxswain for her final three prep seasons ... Was president of the Environmental Science Club as a senior at Sacred Heart.

Personal: Born Amanda Nicole Erdman on Dec. 5, 1986 in Ft. Mitchell, Ky. ... Daughter of Debbie and Marty White ... Majoring in communications at U of L ... Post-college ambition is to be a marketing leader ... Hobbies and outside interests include photography and collecting vintage stuff ... Chose the University of Louisville because it is near her family and she loves the city ... Says the best thing about the city of Louisville is that it's so diverse and it's an excellent place for a college student to be ... Believes the best thing about U of L rowing are her teammates because it's impossible to do the things they do without each other ... Favorite class is COM 318 - Advertising ... Says her best race was the second varsity eight win over Notre Dame at the 2007 BIG EAST Championships.





● **LISA GRACE**  
**Sr. • Shepherdsville, Ky.**  
**Presentation Academy**

2007-08: CRCA National Scholar-Athlete ... Dean's Scholar ... Red & Black Scholar ... Closed the season in the Cards' varsity four boat, which finished fourth at the BIG EAST Championships and sixth in the petite final at the NCAA Regional ... Rowed in the Cards' second varsity eight boat which finished first in the petite final at the San Diego Crew Classic ... Also rowed in the Cards' second varsity eight boat against Tennessee and Indiana.

2006-07: Named CRCA National Scholar-Athlete ... Dean's Scholar ... Red & Black Scholar ... Was in the three-seat of the Cards' 2nd Varsity 4+ boat which won the Grand Final at the BIG EAST Championships ... Rowed in the one-seat of the Cards' Varsity 4+ boat which finished sixth in the Petite Final at the NCAA South/Central Region Sprints ... Rowed in the two-seat of the Varsity 4+ boat in wins over Tennessee and Minnesota.

2005-06: Named Co-Most Improved Novice Rower ... Closed out her first collegiate rowing season in the three-seat for the Cards' third-place finish in the Open 4+ race at the NCAA South/Central Region Sprints ... Rowed in the five-seat for the Cards' Novice 8+ crew at the BIG EAST Championships and the three-seat for U of L's Novice 8+ crew at the Southern Intercollegiate Rowing Association Championships ... Also rowed in the

three-seat for the Cards' Novice 8+ crew against Wisconsin, Tennessee and Minnesota, and at the Head of the Elk ... Dean's Scholar with a 4.0 GPA ... Red & Black Scholar.

Prior to UofL: Was an strong prep athlete at Presentation Academy competing for four seasons in swimming and three seasons in track ... Earned the coach's award in swimming as a senior and the 110% award in swimming ... Earned first-place honors in the 4x800-meter relay as junior at the regionals.

Personal: Born Lisa Christine Grace on Aug. 5, 1987 in Louisville, Ky. ... Daughter of Jim and Susan Grace ... Has two siblings, Becky and Michael ... Majoring in nursing at U of L ... Post-college ambition is to be a nurse anesthetist ... Hobbies and outside interests include swimming and being outdoors ... Chose the University of Louisville because it's close to home and she was interested in rowing ... Says the best thing about the city of Louisville is that there's always something to do ... Believes the best thing about U of L rowing is being with her teammates and working hard together ... After graduation, she plans to work as a nurse and work towards being a nurse anesthetist.



● **MALLORY HAMMAN**  
**Sr. • Clarksville, Ind.**  
**Clarksville HS**

2007-08: Named Louisville rowing's Varsity Rower of the Year ... CRCA First Team All-South Region ... CRCA National Scholar-Athlete ... Dean's List ... Red & Black Scholar ... Spent the entire spring in the Cards' varsity eight boat ... Led the Cards' V8+ crew to a second-place finish at the BIG EAST Championships, a fifth-place finish in the petite final at the NCAA Regional and a second-place finish in the petite final at the San Diego Crew Classic ... Also rowed in the V8+ boat against Michigan, Michigan State, Tennessee and Indiana.

2006-07: Voted Most Improved Varsity Rower by teammates ... Named CRCA National Scholar-Athlete ... Red & Black Scholar ... Spent the entire spring racing season in the seven-seat of the Cards' Varsity 8+ boat ... Was instrumental in U of L's V8+ win over No. 5 California, the Cards' win in the Petite Final at the NCAA South/Central Region Sprints and the runner-up finish in the Grand Final at the BIG EAST Championships ... Was also in the seven-seat for the Cards' V8+ win over nationally ranked Minnesota.

2005-06: Named Co-Most Improved Novice Rower ... Finished her freshman season in the four-seat in the Open 4+ race at the NCAA South/Central Region Sprints ... Also rowed in the four-seat of the Novice 4+ boat at the BIG EAST Championships ... Rowed in the eight-seat for the Novice 8+ "A" Final at the Southern Intercollegiate Rowing Association Championships ... Rowed in the eight-seat of the Novice 8+ boat against

Wisconsin and Tennessee, and in the two-seat of the Novice 8+ boat against Minnesota ... Was in the two-seat for the Cards' third-place finish in the Novice 8+ "A" race at the Head of the Elk ... Red & Black Scholar.

Prior to UofL: Lettered in four sports at Clarksville High School, including cross country (three years), track and field (two years), golf (one year) and tennis (one year) ... Named All Mid-Southern Conference in track and cross country ... Earned Most Improved Award in track and cross country.

Personal: Born Mallory Sarah Hamman on March 31, 1987 in Floyds Knobs, Ind. ... Daughter of Ted and Anna Hamman ... Has four siblings, Laine, Bailey, Madison and Cassy ... Majoring in health and human performance with a minor in health and teacher prep ... Hobbies and outside interests include running, triathlons, wakeboarding and anything outdoors ... She chose the University of Louisville because it was close to home ... Says the best thing about the city of Louisville is all of the Kentucky Derby activities ... Believes the best thing about U of L rowing is the wonderful team, being able to travel to so many great places and all of the hard work ... After graduation she plans to continue on to graduate school.



● **SHA'LORI MOORE**  
**Sr. • Louisville, Ky.**  
**Mercy Academy**

2007-08: Dean's List ... Spent the entire spring in the Cards' varsity eight boat ... Led the Cards' V8+ crew to a second-place finish at the BIG EAST Championships, a fifth-place finish in the petite final at the NCAA Regional and a second-place finish in the petite final at the San Diego Crew Classic ... Also rowed in the V8+ boat against Michigan, Michigan State, Tennessee and Indiana.

2006-07: Rowed in the five-seat of the Cards' 2nd Varsity 8+ boat during the final three events of the spring ... Key component to the U of L's 2V8+ win at the BIG EAST Championships ... Also in the five-seat of the Cards' 2V8+ win over Stanford and the sixth-place finish in the Grand Final at the NCAA South/Central Region Sprints ... Opened the spring in the four-seat of the Cards' Varsity 8+ boat in the win over nationally ranked Minnesota.

2005-06: Spent most of her freshman season in the three-seat of the Cards' 2nd Varsity 8+ boat which finished first in the "A" Final at the Southern Intercollegiate Rowing Association Championships ... Her crew finished second at the BIG EAST Championships and third in the "B" Final at the NCAA South/Central Region Sprints ... Was in the three-seat for the 2nd Varsity 8+ crew's win over Minnesota and the second-place finish in the "C" race at the Head of the Elk ... She also rowed against California, Wisconsin and Tennessee.

Prior to UofL: Lettered in three sports at Mercy Academy including basketball (four years), softball (two years) and volleyball (one year) ... She played center and forward for her basketball team, second base in softball and middle hitter/blocker in volleyball ... Was named MVP at the KPP Classic ... Earned All-Tournament honors at the LIT ... Also named to All-District Tournament Team.

Personal: Born Sha'Lori Lynn Moore on Nov. 4, 1986 in East Point, Ga. ... Daughter of Lori and Edward Moore, Sr. ... Has one brother, Edward ... Majoring in exercise science at U of L ... Post-college ambition is to pursue a career in nursing with a concentration in public health ... Hobbies and outside interests include dancing, reading a good book, watching movies and hanging with friends ... She chose the University of Louisville because of the competitive atmosphere, the closeness to home, the diverse population and because she earned an academic scholarship ... Says the best thing about the city of Louisville is the commitment to U of L Athletics and the variety of things to do ... Believes the best thing about U of L rowing are the friendships she's made, the traveling opportunities and the competitive spirit ... Says her best race was in the finals of the 2007 BIG EAST Championships.



## VARSITY ROWERS



● **ALLISON PELETTE**  
Sr. • Welland, Ont.  
Notre Dame College

Team Captain for 2008-09

2007-08: Team captain ... CRCA National Scholar-Athlete ... Dean's Scholar ... Red & Black Scholar ... Rowed in the Cards' varsity eight crew throughout the spring ... Led the Cards' V8+ crew to a second-place finish at the BIG EAST Championships, a fifth-place finish in the petite final at the NCAA Regional and a second-place finish in the petite final at the San Diego

Crew Classic ... Also rowed in the varsity eight boat against Michigan, Michigan State, Tennessee and Indiana.

2006-07: Named CRCA National Scholar-Athlete ... Red & Black Scholar ... Closed the spring in the one-seat of the Cards' Varsity 8+ boat, which knocked off No. 5 Cal, finished first in the Petite Final at the NCAA South/Central Region Sprints and finished second in the Grand Final at the BIG EAST Championships ... Also rowed in the Cards' 2nd Varsity 8+ boat in the spring in races against Tennessee and Minnesota.

2005-06: Finished freshman season in the three-seat of the Cards' Varsity 8+ boat which finished second in the "B" Final at the NCAA South/Central Region Sprints ... Rowed in the seven-seat of the Varsity 8+ boat which finished second at the BIG EAST Championships and first at the SIRA Championships ... Rowed in the two-seat for the

Cards' Varsity 8+ win over Minnesota ... Also rowed in the two-seat of the Varsity 8+ boat against California, Wisconsin and Tennessee ... Rowed in the one-seat for U of L's first-place finish in the Open 8+ "A" race at the Head of the Elk ... Rowed in the eight-seat for the Cards' first-place finish in the Open 8+ race at the Head of the Licking ... Red & Black Scholar.

Prior to UofL: Four-year member of the Notre Dame College rowing team and a member of the South Niagara Rowing Club under the direction of coach Tom Blacquiere ... Won the silver medal in the 63kg pair at the Canadian Schoolboy in 2003 and the silver medal in the senior pairs at the 2004 Canadian Schoolboy ... Finished third in the junior women's fours at the 2004 Royal Canadian Henley ... Named Senior Oarswoman of the Year in 2004 at NDC ... Named Junior A Oarswoman of the Year for South Niagara Rowing Club in 2004.

Personal: Born Allison Marie Pelette on April 22, 1986 in Welland, Ont. ... Daughter of Phyllis and Dave Pellete ... Has two sisters, Tara and Julie ... Majoring in health and human performance with a concentration in exercise science ... Post-college ambition is to be an athletic trainer ... Hobbies and outside interests include sports and playing the guitar.



● **JILL REEVES**  
Sr. • Louisville, Ky.  
Assumption HS

2007-08: Rowed in the Cards' varsity four boat which finished sixth in the petite final at the NCAA Regional ... Rowed in the second varsity eight boat which finished second at the BIG EAST Championships ... Rowed for the Cards' second varsity eight crew which defeated Michigan ... Also rowed in the second varsity eight boat against Michigan State.

2006-07: Red & Black Scholar ... Closed the season in the two-seat of the Cards' 2nd Varsity 4+ boat which finished fourth in the Open 4+ Grand Final at the NCAA South/Central Region Sprints ... Rowed in the two-seat of U of L's Varsity 4+ boat which finished fourth in the Grand Final at the BIG EAST Championships ... Was in the one-seat of the Cards' Varsity 4+ boat in wins over Minnesota and Tennessee ... Also rowed in the one-seat of the Varsity 4+ boat at the Windermere Real Estate Rowing Classic against California, Stanford and Washington.

2005-06: Closed the season in the two-seat of the Novice 8+ boat which finished fourth at the BIG EAST Championships ... Rowed in the four-seat of the Novice 8+ boat against Wisconsin and Tennessee ... Rowed in the six-seat Novice 8+ boat against Minnesota ... Red & Black Scholar.

Prior to UofL: Four-year member of the Louisville Rowing Club and Assumption HS rowing team ... Earned a first-place finish in the 2- at 2005 Indy Regatta ... Placed second

in the 2- at the 2005 Midwest Junior Championship ... Also competed for four years in cross country and swimming.

Personal: Born Jillian Renee Reeves on Nov. 27, 1986 in Louisville, Ky. ... Daughter of Pat and Jeff Reeves ... Has two siblings, Chelsea and Morgan ... Majoring in nursing at U of L with a minor in Spanish ... Post-college ambition is to travel, work for the Peace Corps and have a big family... Hobbies and outside interests include traveling, cooking and baking, running and laughing ... She chose the University of Louisville because it's a great sports city and U of L has a great rowing team with talented coaches ... Says the best thing about the city of Louisville is the great location, people and atmosphere ... Lists the hard-working and dedicated teammates and coaches as the best thing about Louisville rowing ... Favorite class is community health class ... After graduation, she plans to make an impact in whatever she does ... Says her best race was the Cards' 2V8+ win over Michigan.



● **LIZ VAN ZEYL**  
Sr. • Fonthill, Ont.  
E.L. Crossley SS

2007-08: CRCA National Scholar-Athlete ... Dean's List ... Red & Black Scholar ... Rowed in the Cards' second varsity eight boat at the NCAA Regional and the BIG EAST Championships ... Was in the Cards' V8+ boat for a second-place finish in the petite final at the San Diego Crew Classic ... Also rowed in the Cards' varsity eight boat in races against Michigan, Michigan State and Tennessee.

2006-07: Named CRCA National Scholar-Athlete ... Red & Black Scholar ... Rowed in the four-seat of the Cards' Varsity 8+ boat for the final three events of the season ... Instrumental in the Cards' V8+ win over No. 5 ranked and reigning national champion California ... Also rowed in the V8+ boat which won the Petite Final at the NCAA South/Central Region Sprints and finished second in the Grand Final at the BIG EAST Championships ... Opened the spring in the Cards' 2nd Varsity 8+ boat in races against Minnesota and Tennessee.

2005-06: Named Most Improved Varsity Rower ... Completed a successful freshman campaign in the six-seat of the Cards' Varsity 8+ boat which finished second in the "B" Final at the NCAA South/Central Region Sprints ... Rowed in the four-seat of the Varsity 8+ boat which won the "A" Final at the Southern Intercollegiate Rowing Association Championships ... Rowed in the one-seat of the Varsity 8+ boat against California,

Wisconsin and Tennessee ... Rowed in the three-seat of the Varsity 8+ boat in the Cards' win over Minnesota ... Was in the seven-seat for the Open 8+ "B" race and the Open 4+ "A" race at the Head of the Elk ... Also rowed in the five-seat in the Open 8+ "B" race at the Head of the Licking Regatta ... Red & Black Scholar.

Prior to UofL: Five-year member of the South Niagara Rowing Club ... Captain as a senior of E.L. Crossley rowing team ... Won gold medal at 2003 Schoolboy in quad ... Won silver medal in the doubles at the 2004 Schoolboy ... Earned bronze medal in the quad at the 2005 Schoolboy ... Won silver medal in the doubles at the 2005 Statesbury ... Also lettered in basketball, volleyball and badminton at E.L. Crossley.

Personal: Born Elizabeth Maria Van Zeyl on Oct. 3, 1986 in Fonthill, Ont. ... Daughter of Betty and Casey Van Zeyl ... Has three siblings, Chris, Adrian and Janine ... Majoring in exercise science at U of L with a minor in public health ... Chose the University of Louisville because of the energy of the team and the friendly people ... Says the best thing about the city of Louisville are the parks, Thunder and all of the wonderful people ... Believes the best thing about U of L rowing is how passionate her teammates and coaches are about the sport and that everyone strives to be the best.





● **DANIELLE CHRISTIANSEN**  
**Jr. • Taylor Mill, Ky.**  
**Scott HS**

2007-08: Dean's List ... Rowed in the Cards' second varsity four boat at the BIG EAST Championships, earning a third-place finish overall ... Also rowed in Louisville's 2V4+ boat against Indiana.

2006-07: Opened collegiate rowing career on the Cardinals' novice team and gained valuable experience to earn a position on the Cards' varsity roster for 2007-08.

Prior to UofL: Lettered in four sports at Scott High School, including four years each in basketball and soccer and two years each in cross country and softball ... Displayed excellent athleticism as a midfielder in soccer, a point guard in basketball and a catcher in softball.

Personal: Born Danielle Linda Christiansen on June 23, 1988 in San Diego, Calif. ... Daughter of Harold and Christine Christiansen ... Has one sister, Nicole ... Majoring in business at U of L ... Hobbies and outside interests include surfing, camping and watching movies ... Chose the University of Louisville because it has a great School of Business and its known for athletics ... Believes the best thing about U of L rowing is being part of such a great program ... Favorite class is College Algebra ... After graduation, she plans to find a career in a major company ... Says her best race was at the 2007 BIG EAST Championships ... If she could tell her incoming teammates one thing, it would be to enjoy every minute of being on the team because the season flies by so quickly.



● **ASHLEY EDWARDSON**  
**Jr. • St. Catharines, Ont.**  
**Governor Simcoe SS**

2007-08: Named CRCA National Scholar-Athlete ... Was the coxswain for the Cards' varsity eight boat for the entire spring ... Directed the Cards' V8+ crew to a second-place finish at the BIG EAST Championships, a fifth-place finish in the petite final at the NCAA Regional and a second-place finish in the petite final at the San Diego Crew Classic ... Also rowed in the V8+ boat against Michigan, Michigan State, Tennessee and Indiana.

2006-07: Red & Black Scholar ... Spent first collegiate rowing season as a coxswain for the Cardinals' Varsity 8+ crew and was instrumental in one of the program's best season's ever ... Led the Cards to Varsity 8+ win over No. 5 ranked and 2006 NCAA champion California ... Cards also earned a win in the V8+ Petite Final at the NCAA South/Central Region Sprints and second place in the Grand Final at the BIG EAST Championships ... Under her guidance, the Cards opened the spring with a Varsity 8+ win over nationally ranked Minnesota.

Prior to UofL: Competed for the St. Catharine's Rowing Club under the direction of coaches Tim Tope and Tim Dumont ... As a coxswain, she led her crews to several strong finishes in 2006 including a gold medal finish in the senior men's 4+ event at the CSSRA Championships and a bronze medal finish in the senior men's 4+ event at the Stotesbury Cup Regatta ... In 2005, she led her crew to a second-place finish in the junior "A" men's 4+ event at the Royal Canadian Henley, a gold medal in the junior "A" men's 4+ race at the RowOntario Championships, a silver medal in the senior men's 66kg 4+ event and a bronze medal finish in the senior men's 4+ race at the CSSRA Championships and a silver medal in the senior men's 4+ event at the Stotesbury Cup Regatta.

Personal: Born Ashley Vivian Edwardson on Sept. 12, 1988 in Halifax, Nova Scotia ... Daughter of Greg and Linda Edwardson ... Has one sibling, Marnie ... Majoring in fine art with a minor in art history ... Post-college ambition is to be a famous artist ... Hobbies and outside interests include art, design, architecture and travel ... She chose the University of Louisville because of the people she's surrounded by every day. They make her a better person ... Believes the best thing about U of L rowing is being part of a team which continues to grow and gain respect annually while maintaining its humility ... Favorite class is Art History.



● **KIMBERLY FEINBERG**  
**Jr. • Russell, Ky.**  
**Russell Independent HS**

2007-08: Athletic Director's Honor Roll ... Coxswain for the Cards' in her second season ... Directed Louisville's second varsity four boat against Indiana last March in Bloomington.

2006-07: Red & Black Scholar ... Opened collegiate rowing career on Louisville's novice team and gained enough valuable experience to earn a position on the Cards' varsity roster for 2007-08.

Prior to UofL: Attended Russell Independent High School and graduated in 2005.

Personal: Born Kimberly Ann Feinberg on Feb. 18, 1988 in Stratford, N.J. ... Daughter of Gail and Howard Feinberg ... Has one sister, Cheryl ... Majoring in biology at U of L ... Post-college ambition is to be a pediatrician ... Hobbies and outside interests include making and selling glass bead jewelry ... Chose the University of Louisville because of the opportunities that are offered ... Believes the best thing about the city of Louisville is open mindedness of the people ... Says the best thing about U of L rowing is the closeness of the team ... Favorite classes include psychology and cellular and molecular biology ... After graduation, she plans to become a pediatrician ... Says her best race came at the 2007 BIG EAST Championships ... If she could tell her incoming teammates something, it would be: don't take any second of practice for granted and your teammates will become your family.



● **RUTHIE FLIGOR**  
**Jr. • Richmond, Ky.**  
**Model Laboratory School**

2007-08: Dean's List ... Spent the entire spring in the Cards' second varsity four boat ... Was in Louisville's 2V4+ boat that finished third at the BIG EAST Championships and second in the "C" final at the NCAA Regional ... Also rowed in the 2V4+ boat at Indiana to open the spring racing season.

2006-07: Red & Black Scholar ... Started collegiate rowing career on the Cardinals' novice team and gained valuable experience to earn a position on the Cardinals' varsity roster for 2007-08.

Prior to UofL: Lettered in four sports at Model Laboratory High School including soccer and diving for three years each, track for two years and cross country one year ... Was the team captain for her diving team.

Personal: Born on Feb. 4, 1987 in Lexington, Ky. ... Daughter of Annie Homan and David Fligor ... Has one brother, Caleb and one sister, Kristen Humphrey ... Majoring in biomedical engineering at U of L ... Hobbies and outside interests include reading, politics and horseback riding ... Chose the University of Louisville because of its bio-engineering department and the co-op experience Speed School offers for engineering students ... Believes the best thing about the city of Louisville is the parks - Waterfront, Cherokee - with tons of fun and great green space ... After graduation, she plans to earn a medical degree so that she can save the world ... Says her best race came at the 2008 BIG EAST Championships.



## VARSITY ROWERS



● **KATIE RORER**  
**Jr. • Paducah, Ky.**  
**Lone Oak HS**

2007-08: Dean's List ... Red & Black Scholar ... Closed the spring in the Cards' second varsity eight boat which finished second overall at the BIG EAST Championships and fourth in the petite final at the NCAA Regional ... Was also in the Cards' 2V8+ boat which earned a win over Michigan and competed against Michigan State ... Was in Louisville's varsity eight boat which finished second in the petite final at the San Diego Crew Classic ... Also rowed in the

Cards' varsity eight boat against Tennessee and Indiana.

2006-07: Named U of L's Novice Oars Woman of the Year ... Red & Black Scholar ... Opened collegiate rowing career on the Cardinals' novice team and gained enough valuable experience to earn a position on the Cards' varsity roster by the end of the season ... Rowed in the two-seat of Louisville's Varsity 4+ boat which earned a sixth-place finish in the Petite Final at the NCAA South/Central Region Sprints.

Prior to UofL: Lettered in three sports at Lone Oak High School, including four years in tennis, three years in basketball and one year in soccer ... Played guard for the basketball team and was a midfielder in soccer.

Personal: Born Katherine Elaine Rorer on March 26, 1988 in Paducah, Ky. ... Daughter of Gina Fraser and Denny Rorer ... Has one sibling, Carly ... Majoring in biology at U of L ... Post-college ambition is to be a surgeon ... Hobbies and outside interests include surfing ... Chose the University of Louisville because of the great opportunities and diverse student population ... Says the best thing about the city of Louisville are all of the great places to eat ... Believes the best thing about U of L rowing are her teammates ... Favorite class is evolution of disease ... After graduation, she plans to travel ... Says her best race came in the Cards' victory over Tennessee in 2007 ... If she could tell her incoming teammates one thing, it would be to set your goals high and push yourself everyday.



● **KATIE SCORDO**  
**Jr. • Lexington, Ky.**  
**Lexington Catholic HS**

2007-08: Dean's List ... Red & Black Scholar ... Closed the spring in the Cards' second varsity four boat which finished second in the "C" final at the NCAA Regional ... Was in the Cards' varsity four boat that finished fourth at the BIG EAST Championships ... Was also in the Cards' varsity four boat against Michigan and Michigan State ... Rowed in Louisville's second varsity eight boat which earned a win in the petite final at the San Diego Crew Classic ... Also

rowed in the Cards' 2V8+ boat against Tennessee and was in the V4+ boat against Indiana in the spring opener in Bloomington.

2006-07: Opened collegiate rowing career on the Cardinals' novice team and gained valuable experience to earn a position on the Cards' varsity roster for 2007-08.

Prior to UofL: Lettered in four sports at Lexington Catholic High School, including four years in track and field, three years in golf, two years in basketball and one year in swimming ... Was a post player for two seasons for Lexington Catholic.

Personal: Born Katherine Scordo on March 20, 1988 in Silver Spring, Md. ... Daughter of Cari and Dom Scordo ... Majoring in marketing at U of L ... Post-college ambition is to work in advertising or be a kindergarten teacher ... Hobbies and outside interests include watching TV and goofing off with her friends and teammates ... Chose the University of Louisville because it was close to home and affordable ... Says the best thing about the city of Louisville is there's always something to do ... Believes the best thing about U of L rowing is being part of an amazing team of extremely talented athletes ... Favorite class is English 306 ... After graduation, she plans to get her MBA ... Says her best race was winning the winning the 2V8+ petite final at the San Diego Crew Classic ... If she could tell her teammates one thing, it would be to be passionate and driven and most of all, ready for anything.



● **SAMANTHA SELDON**  
**Jr. • Louisville, Ky.**  
**Ballard HS**

2007-08: Named CRCA National Scholar-Athlete ... Dean's List ... Red & Black Scholar ... Rowed in the Cards' varsity four boat, which earned a fourth-place finish at the BIG EAST Championships and a second-place finish in the "C" final at the NCAA Regional ... Was also in the V4+ boat against Michigan and Michigan State ... Opened the spring in the Cardinals' second varsity eight boat against Tennessee and Indiana.

2006-07: Voted Most Improved Novice Rower by teammates ... Dean's Scholar ... Red & Black Scholar ... Began collegiate rowing career on the Cardinals' novice squad and gained enough experience to earn a position on the Cards' varsity roster by the end of the season ... Rowed in the three-seat of U of L's 2nd Varsity 4+ boat which advanced to the Open 4+ Grand Final at the NCAA South/Central Region Sprints earning a fourth-place finish overall ... Was a member of the Cards' Novice 8+ crew which defeated Tennessee.

Prior to UofL: Was a member of the Ballard High School dance team for three years ... 2006 graduate of Ballard High School.

Personal: Born Samantha Lyne Dale Seldon on June 11, 1988 in Toronto, Ont., Canada ... Daughter of Shane and Lyne Seldon ... Has four siblings, including Amy, Kaley, William and Megan ... Majoring in biology at U of L with a minor in English ... Post-college ambition is to have great friends and be a good person ... Hobbies and outside interests include going to concerts and reading ... Chose the University of Louisville because of the unique opportunities offered ... Says the best thing about the city of Louisville are the restaurants in the Highlands ... Believes the best thing about U of L rowing is all of her fantastic and supportive teammates and the coaches ... Favorite class is International Law ... After graduation, she plans to continue her education ... Says the Novice 8+ win over Tennessee in 2007 was her best race ... If she could tell her incoming teammates one thing, it would be that life isn't a 2K, it's a head race so be slow up the slide.



● **KELLY TRAYNOR**  
**Jr. • Hamilton, Ont.**  
**Westdale SS**

*Team Captain for 2008-09*

2007-08: Named CRCA National Scholar-Athlete ... Dean's List ... Red & Black Scholar ... Closed the spring in the Cards' varsity eight boat, which finished second at the BIG EAST Championships and fifth in the petite final at the NCAA Regional ... Rowed in Louisville's second varsity boat which earned a win over Michigan and competed against Michigan State ... Was also in the Cardinals' second varsity eight boat

which earned a win in the petite final at the San Diego Crew Classic.

2006-07: Red & Black Scholar ... Closed her first collegiate racing season in the four-seat of the Cards' 2nd Varsity 8+ boat ... With her contribution, the Cards' 2V8+ crew earned the program's first BIG EAST title in a Grand Final, as well as a sixth-place finish in the Grand Final at the NCAA South/Central Region Sprints and a win over Stanford at the Windermere Real Estate Rowing Classic ... Opened the spring racing season in the three-seat of the Cards' Varsity 8+ boat, including U of L's win over nationally ranked Minnesota.

Prior to UofL: Earned four years of rowing experience at Westdale and with the Leander Boat Club ... At Westdale, she finished fourth in the junior women's "A" singles race at the 2006 Canadian High School Championships, third in the junior heavyweight women's double at the 2005 Canadian High School Championships, and was named Westdale Female Rower of the Year in 2005-06 and 2003-04 ... For the Leander Boat Club, she was first in the junior "A" women's heavy single at the 2005 RowOntario Championships and third in the junior "A" women's heavy double at 2005 the Royal Canadian Henley Regatta ... In 2004, she was first in the junior heavyweight event at the Ontario Indoor Rowing Championships, was first in the high school women's doubles at the Head of the Ohio, first in the junior "A" women's heavy quads at the Ontario Summer Games, second in the junior "B" women's heavy singles at the Royal Canadian Henley and was named Leander Boat Club Rookie of the Year.

Personal: Born Kelly Anne Wood Traynor on May 22, 1988 in Regina, Saskatchewan ... Daughter of Heather Wood and Dave Traynor ... Has two siblings, Cory and Jaime ... Majoring in sport administration with a minor in business administration ... Post-college ambition is to work for large sports organization or to be a teacher.



● **ANNA ZWANZIG**  
**Jr. • Louisville, Ky.**  
**Home School**

2007-08: Sat out the entire season with a medical redshirt ... Despite injury, earned Most Improved Varsity Rower Award.

2006-07: Red & Black Scholar ... Closed the spring in the one-seat of the Cards' 2nd Varsity 4+ boat which finished fourth in the Open 4+ Grand Final at the NCAA South/Central Region Sprints ... Was in the one-seat of Louisville's Varsity 4+ boat which finished

fourth overall in the Grand Final at the BIG EAST Championships ... Opened the spring in the four-seat of the 2nd Varsity 4+ boat against Minnesota.

2005-06: Finished her freshman season in the three-seat of the Novice 4+ boat which finished fourth at the BIG EAST Championships ... Rowed in the three-seat for the Cards' first-place finish in the Lightweight Novice 4+ "A" Final at the Southern Intercollegiate Rowing Association Championships ... Was in the six-seat of the 2nd Novice 8+ boat against Wisconsin on April 8 ... Rowed in the eight-seat of the 2nd Novice 8+ boat against Tennessee ... Was in the five-seat of the 2nd Novice 8+ boat against Minnesota and for the Cards in the Novice 8+ "C" race at the Head of the Elk.

Prior to UofL: Did not participate in rowing prior to joining the Louisville novice program in 2005-06.

Personal: Born Anna Marie Zwanzig on Feb. 18, 1987 in Louisville, Ky. ... Daughter of Evelyn and Darrell Zwanzig ... Has two siblings, Stephen and Rebekah ... Majoring in art at U of L ... Post-college ambition is to return to school and earn a master's degree ... Hobbies and outside interests include photography and cycling ... Chose the University of Louisville because it was close to home and the perfect size ... Says the best thing about the city of Louisville is the number of great places to hang out ... Believes the best thing about U of L rowing are her teammates and being able to compete against the best ... Favorite class so far has been Theories of Visual Art.



● **ASHLEY ANDERSON**  
**So. • Louisville, Ky.**  
**Sacred Heart Academy**

2007-08: Dean's Scholar ... Red & Black Scholar ... Spent her first collegiate rowing season in the Cardinals' novice eight boat ... Was in the three-seat for the Cards' second-place finish at the BIG EAST Championships as well as the silver medal winning performance at the Southern Intercollegiate Rowing Association Championships ... Opened the spring in the one-seat against Indiana and Tennessee ... Opened the fall in the one-seat for the Cards' novice

eight win at the Head of the Eagle Regatta in Indianapolis.

Prior to UofL: Did not row in high school ... Played four years of softball and freshman basketball ... Earned All-Star honors as a junior and senior at Sacred Heart and won the home run award as a junior.

Personal: Born on May 3, 1989 in Louisville, Ky. ... Daughter of Gary and Mary Ann Anderson ... Has two brothers, Matthew and Eric ... Undecided on major at U of L ... Post-college ambition is attend graduate school and study abroad, and possibly work for ESPN ... Hobbies and outside interests include hanging out, meeting new people, movies and music ... Chose the University of Louisville because the campus is large and diverse and the city is a great place to live ... Says the best thing about the city of Louisville is the combination of a laid back city with lots of people, many who you know, but also many you still have the chance to meet ... Lists the unity of the team, the excellent staff that supports their athletes and the ambition the team shares for becoming the best as the best things about Louisville rowing ... Favorite class is Spanish ... Says her best race was the second-place finish for the novice eight boat at the BIG EAST Championships ... If she could tell her incoming teammates one thing, it would be to enjoy the chance to be a Division I athlete because it's an opportunity.



● **SHANNON ELIAS**  
**So. • Murray, Ky.**  
**Murray State/Murray HS**

2007-08: Spent her first season with the Cards on the novice squad ... Closed the spring in the novice eight boat for a silver medal performance at the Southern Intercollegiate Rowing Association Championships ... Was also in the novice eight boat in races against Tennessee and Indiana ... Opened the fall season in the novice eight boat which finished fifth at the Head of the Hooch and earned a win at the Head of the Eagle Regatta.

Prior to UofL: Did not row before joining the Cards' rowing program ... Was very busy athlete at Murray High School playing four years of basketball and softball, three years of golf, two years of soccer and one year of track and field.

Personal: Born Shannon Catherine Elias on Nov. 17, 1987 in Murray, Ky. ... Daughter of Don and Cathy Elias ... Majoring in sports administration ... Post-college ambition is to move to Australia and work for a professional sports team ... Hobbies and outside interests include playing sports, skateboarding and going to the lake ... Chose the University of Louisville because of the sports administration program and the outstanding athletics ... Says the best thing about the city of Louisville is that you can always find something to do ... Believes the best thing about Louisville rowing is the competition each individual makes with other teammates in order to push one another to their maximum potential ... Favorite class is Healthy Lifestyles ... After graduation, she plans to work for a professional sports team ... Lists the Cards' second-place finish at the 2008 Southern Intercollegiate Rowing Association Championships as her best race ... If she could tell her incoming teammates one thing, it would be that we are one team with one goal.



● **KRISTIN FALOVO**  
**So. • Thorold, Ont.**  
**Denis Moore Catholic HS**

2007-08: Earned CRCA Third Team All-America honors to become the third Cardinal rower all-time to earn such an honor ... Dean's List ... Red & Black Scholar ... Closed the season in the Cards' varsity eight crew, which earned a second-place finish at the BIG EAST Championships and a fifth-place finish in the petite final at the NCAA Regional ... Also rowed in the V8+ boat against Michigan, Michigan State and Indiana ... Rowed in the second varsity eight boat that

earned a first-place finish in the petite final at the San Diego Crew Classic.

Prior to UofL: Rowed for Denis Moore Catholic High School and St. Catharine's Club ... 2007 rowing honors include bronze medal in Senior Women's 8+ at the American Schoolboy, silver medal in the Senior Women's 8+ at the Canadian Schoolboy, gold medal in the Junior A 8+, silver medal in the Junior A 2- and bronze medal in the Junior A 4+ at the Ontario Championships, first-place finishes in the Junior Women's 8+ and 4+ and a fourth-place finish in the Junior Women's 2- at the Canadian Henley ... 2006 rowing honors include first place finish in the Junior A 8+ race at the Canadian Henley, American Schoolboy champion in the Junior Heavy 4+, and silver medals in the Junior Heavy 4+ at the Stotesbury Cup, the Senior Heavy 4+ at the Canadian Schoolboy and Junior A 4+ at the Ontario Championships ... 2005 rowing finishes include Canadian Schoolboy champion in the Junior 63kg 4+, silver medal in the 2nd Women's 4+ at the American Schoolboy, third in the Junior B Heavy 8+ at the Canadian Henley, silver medal at the Canadian Indoor Rowing Championships and second place at the Ontario Indoor Rowing Championships.

Personal: Born on Jan. 3, 1989 in St. Catharines, Ont. ... Daughter of Jodi and Ralph Falovo ... Has one brother, Matthew ... Majoring in justice administration ... Post-college ambition is to compete in the Olympics ... Hobbies and outside interests include biking, running, her family and the outdoors ... Chose the University of Louisville because of the people ... Believes the best things about the city of Louisville is the Cardinal Pride ... Says the best thing about U of L rowing is that they have one common goal that they work for together ... Favorite class is Healthy Lifestyles ... After graduation, she plans to work towards her goal of competing at the Olympics ... Says her best race was the Jr. W4+ at the Canadian Henley in 2007 or the 2007 Head of the Hooch ... If she could tell her new teammates one thing, it would be don't waste a moment because it's over before you know it.



## VARSITY ROWERS



● **SARAH FISKE**  
So. • Barrington, R.I.  
St. Andrews HS

2007-08: Athletic Director's Honor Roll ... Spent her first season in Louisville in the second varsity eight boat ... Led the Cards' 2V8+ boat to a win over Michigan, as well as second overall at the BIG EAST Championships and fourth in the petite final at the NCAA Regional ... Was in the 2V8+ boat that earned a win in the petite final at the San Diego Crew Classic ... Also rowed against Michigan State, Tennessee and Indiana.

Prior to UofL: Rowed for three years for the Narragansett Boat Club under the direction of coaches Peter Wilhelm and Albin Moser ... Also rowed for St. Andrew's High School ... Earned second-place finish at the Head of the Charles in the Youth 2x ... Finished first overall in the 2x race at the Junior Nationals ... Finished fourth in the 1x at the Canadian Henley ... Earned third in the Junior 4x, fourth in the Junior 1x and fifth in the Junior 2x at the Canadian Henley.

Personal: Born Sarah Alene Fiske on June 8, 1989 in Providence, R.I. ... Daughter of Cindy and Jerry Fiske ... Has two siblings, Aaron and Noah ... Majoring in math at U of L ... Post-college ambition is to travel, coach rowing and attend graduate school ... Hobbies and outside interests include her church, family and friends, biking, hiking and being outdoors ... Chose the University of Louisville because of the people ... Says the best thing about the city of Louisville is the Ohio River ... Believes the best thing about U of L rowing are her teammates ... Favorite class is swimming ... After graduation, she plans to live abroad for a year ... Says her best race was the Head of the Fish in 2005 in the HS 2x, her first race ... If she could tell her new teammates one thing, it would be to get excited and make some fast boats!



● **BRITTANY HALL**  
So. • New Richmond, Ohio  
New Richmond HS

2007-08: Athletic Director's Honor Roll ... Spent most of her first season in the Cards' novice eight boat ... Closed the spring in the five-seat for the Cards' second-place N8+ finish at the BIG EAST Championships and the silver medal performance at the Southern Intercollegiate Rowing Association Championships ... Was also in the five-seat against Tennessee and Indiana ... After opening the fall in the second novice eight boat at the Head of the Eagle, she moved over to the novice eight crew for a fifth-place finish at the Head of the Hooch Regatta.

Prior to UofL: Rowed four years for the Clermont Crew under the direction of coach Pedro Palacios ... Finished third at Nationals in the 16 and under double, third in singles at the Midwest Championships ... Also ran cross country for three years, played two years of basketball and one year of volleyball at New Richmond High School.

Personal: Born Brittany Michelle Hall on Feb. 11, 1989 in Cincinnati, Ohio ... Daughter of Gail and Tim Hall ... Has one brother, Timmy ... Majoring in nursing at U of L ... Post-college ambition is to be a nurse and a mom ... Chose the University of Louisville because of the location and rowing. She says she loves being close enough to go home on the weekends because she loves her family ... Says the best thing about the city is her friends ... Believes the people on the team are the best thing about Louisville rowing ... Favorite class is biology ... After graduation, she plans to be a nurse, a mom and maybe coach rowing ... Says her best race was the finals at Nationals as a prep ... If she could tell her incoming teammates one thing, it would be that it's going to be hard work. It will take a lot of time. Make sure your grades come first because in four years, college is over and then the real world begins.



● **SAM KAYSER**  
So. • Ottawa, Ont.  
Canterbury HS

2007-08: Red and Black Scholar ... Athletic Director's Honor Roll ... After opening the spring in the varsity eight boat against Indiana, she moved over to the second varsity eight for the rest of the season ... Helped lead the Cards' 2V8+ boat to a win over Michigan, as well as second overall at the BIG EAST Championships and fourth in the petite final at the NCAA Regional ... Was in the 2V8+ boat that earned a win in the petite final at the San Diego Crew Classic

... Also rowed against Michigan State and Tennessee.

Prior to UofL: Rowed for Canterbury High School under the direction of coaches Mike Wallace, Cliff Brimmell and Lubo Kisiov ... Rowed for four years for the Ottawa Rowing Club under the direction of Brimmell and Kisiov ... 2007 rowing honors included first place in the Senior Women's 4+ at the CSSRA Championships, third in the Junior Speed Orders, first in the Junior Women's 2- at the Canadian Henley, second in the Junior Women's 4+ at the Canadian Henley ... 2006 rowing honors included fifth in the CSSRA Senior Women's 4+ event, first in the Junior Women's 4+ at the Canadian Henley, second in the Junior Women's 8+ at the Canadian Henley, fifth in the Junior Women's 2- at the Canadian Henley, first in the Junior Women's 4+ and second in the Junior Women's 2- at the Ontario Championships and a member of the Ottawa Rowing Club's Junior Women's Crew of the Year ... Also lettered one year in water polo at Canterbury ... Team finished second at the city championships.

Personal: Born on Sept. 23, 1989 in Ottawa, Ont., Canada ... Daughter of Sue and Ian Kayser ... Has one sister, Sasha ... Majoring in biology at U of L ... Post-college ambition is to study mangoes in Hawaii ... Hobbies and outside interests include opera singing, drawing, classic literature and swimming ... Chose the University of Louisville because everyone is happy and friendly ... Says the best thing about the city of Louisville is Lynn's Paradise Cafe, Six Flags and the heat ... Believes the best thing about U of L rowing is that there's still so much potential and that these women and these coaches have not peaked yet ... Favorite class is World Literature up to the 1700's ... If she could tell her new teammates one thing, it would be that we're going somewhere big soon, so can you help us go there?



● **KIRA LAWSON**  
So. • London, Ont.  
Saunders HS

2007-08: Dean's List ... Red & Black Scholar ... Closed her first spring in Louisville in the second varsity four boat which finished second in the "C" final at the NCAA Regional ... Was in the novice four boat that finished second at the BIG EAST Championships ... Was also in the novice four boat for races against Michigan and Michigan State.

Prior to UofL: Competed for three years for the London Rowing Club ... Also rowed for St. Thomas Aquinas High School and Saunders High School ... Named the London Rowing Club's Crew of the Year in 2006 as a member of the Junior Women's Quad ... Won gold medal in Junior Women's Quad at 2006 RowOntario Championships ... Finished fifth in the Junior Women's Quad at the 2006 Canadian Henley ... Fourth place finish in Senior Women's Double and Senior Women's Quad at 2007 Canadian Schoolboy ... Also lettered in track and cross country three years each ... Competed in the 100m and 200m in track.

Personal: Born on April 13, 1988 in London, Ont., Canada ... Daughter of Vida and Ian Lawson ... Has one brother, Matthew, and one sister, Hannah ... Majoring in psychology at U of L ... Post-college ambition is to get a job so that she can travel ... Hobbies and outside interests include reading and playing the piano ... Chose the University of Louisville because it is a very friendly and inviting atmosphere ... Says the best thing about the city of Louisville is Waterfront Park and Lynn's Paradise Cafe ... Believes the best thing about U of L rowing is the encouragement and support of teammates ... Favorite class is English ... After graduation, she plans to travel ... Says her best race in the Junior Women's Quad at the 2006 RowOntario Championships ... If she could tell her new teammates one thing, it would be to work hard towards your goals and never give up on them.





● **TARA MCKIERNAN**  
So. • Louisville, Ky.  
Mercy Academy

2007-08: Spent her first season in Louisville as a coxswain for the Cards' novice team ... Directed the Cards' novice four boat to a second-place finish at the BIG EAST Championships and a second-place finish in the "C" final at the Southern Intercollegiate Rowing Association Championships ... Was also the coxswain for the N4+ boat against Indiana ... Opened the fall as the coxswain for the Cards' second novice eight boat at the Head of the Eagle Regatta.

Prior to UofL: Had no rowing experience prior to joining the Louisville rowing program ... Earned four letters in soccer at Mercy Academy ... Earned All-District honors in 2003 and 2004 ... Was First Team All-Region in 2006.

Personal: Born Tara Shea McKiernan on March 31, 1989 in Louisville, Ky. ... Daughter of Karen and Ronnie McKiernan ... Has one brother, Max ... Majoring in nursing at U of L ... Post-college ambition is to work in Louisville as a nurse and have a family ... Hobbies and outside interests include reading and working at the YMCA ... Chose the University of Louisville because it was close to home, provided an opportunity to live on her own and still be close to home and also had the program she was looking for ... Says the best thing about the city of Louisville is that it has a small town/big city feel and that it's a college oriented town ... Lists her teammates and the opportunity to represent her school and her city at a variety of new and different locations as the best things about Louisville rowing ... Favorite class is Communications 115 ... After she graduates, she plans to work in Louisville and raise a family ... Believes her best race came in the Cards' novice four boat, which finished second at the 2008 BIG EAST Championships ... If she could tell her new teammates one thing, it would be to make the most of the opportunity to be a Division I athlete and all the hard work you put in will pay off.



● **LAUREN MENSCH**  
So. • Elizabethtown, Ky.  
John Hardin HS

2007-08: Dean's List ... Red & Black Scholar ... Selected as the Cards' Novice Rower of the Year by her teammates ... After spending most of the season on the novice team, closed the spring in the Cards' second varsity eight boat that finished fourth in the petite final at the NCAA Regional ... Rowed in the six-seat of Louisville's novice eight boat for the rest of the season ... Was instrumental in the Cards' second-place N8+ finish at the BIG EAST Championships

and the silver medal performance at the Southern Intercollegiate Rowing Association Championships ... Also rowed in the novice eight boat against Tennessee and Indiana ... Was in the N8+ boat for a fifth-place finish at the Head of the Hooch and a win at the Head of the Eagle.

Prior to UofL: Had no previous rowing experience prior to joining the Louisville rowing program ... Played four years of softball and four years of basketball at John Hardin High School ... Was a pitcher and played first base in softball and was a center in hoops.

Personal: Born on Dec. 25, 1988 in Ft. Polk, La., ... Daughter of Mike and Micki Mensch ... Has two sisters, Ashleigh and Erin, and one brother, Michael ... Majoring in accounting ... Post-college ambition is to become an actuary ... Hobbies and outside interests include Campus Crusade for Christ ... Chose the University of Louisville because it has an excellent business school and it was close to home ... Says Old Louisville is the best thing about the city ... Believes the best thing about Louisville rowing is that every girl has a passion for rowing and that it's great to be a part of a team that works so hard and has so much heart ... Favorite class is Communications 111 ... Says her best race was the novice eight final at the 2008 Southern Intercollegiate Rowing Association Championships ... If she could tell her incoming teammates one thing, it would be to work hard to improve every day because it will be worth it in the end.



● **ANASTASIA PROKOPENKO**  
So. • Pskov, Russia  
Pskov Lyceum for Humanities

2007-08: Dean's List ... Red & Black Scholar ... Sat out the entire season with a medical redshirt.

2006-07: Red & Black Scholar ... Spent the entire spring racing season in the five-seat of the Cards' Varsity 8+ boat as a true freshman ... Was a key newcomer for the Cards' Varsity 8+ successes, including the win over No. 5 and 2006 NCAA champion California, the first-place finish in the Petite Final at

the NCAA South/Central Region Sprints and the runner-up finish in the Grand Final at the BIG EAST Championships ... Opened the spring in the five-seat of the Cards' Varsity 8+ boat for the win over nationally ranked Minnesota.

Prior to UofL: She finished first in the U-18 2- and 2x events at the 2005 Russian Games and was second in Russia's U-18 national championship in the 2- event in 2005 ... In 2004, she was second in the U-16 4x event at the Russian national championships, and was third in the 4+ event at the 2003 national championships.

Personal: Born on Aug. 28, 1989 in Pskov, Russia ... Daughter of Valerij Prokopenko and Nima Ivanova ... Has one sibling, Ekaterina ... Majoring in exercise science ... Post-college ambition is to travel and see the world ... Hobbies and outside interests include music, dancing, hanging out with friends and reading ... Chose the University of Louisville because it was the only one for her and she belongs here ... Says the best thing about the city of Louisville are the friendly people, the relaxing atmosphere and there's a lot of places to have fun ... Believes the best thing about U of L rowing are her teammates, who are her friends, and she loves how they challenge each other every practice ... Favorite class is anatomy ... After graduation, she plans to attend graduate school to earn her master's in physical therapy ... Says her best race was the 2007 Head of the Charles in Boston ... If she could tell her incoming teammates one thing, it would be to get excited for the next four years, which you will never forget.



● **CHELSEA REEVES**  
So. • Louisville, Ky.  
Assumption HS

2007-08: Dean's List ... Rowed in the Cards' novice four boat for the final two events of her first season as a Cardinal ... Helped Louisville's N4+ boat finish second at the BIG EAST Championships and second in the "C" final at the Southern Intercollegiate Rowing Association Championships ... Rowed in the novice eight boat against Tennessee and Indiana ... Opened the fall in the eight-seat of the Cardinals' novice eight boat, which finished fifth at the Head of the Hooch

and first at the Head of the Eagle in Indianapolis, Ind.

Prior to UofL: Rowed from 2003 to 2007 for the Louisville Rowing Club under the direction of coach Bob Hurley ... Ran cross country for four years and was on the swimming team for four years at Assumption High School.

Personal: Born Chelsea Ashton Reeves in 1989 in Louisville, Ky. ... Daughter of Pat and Jeff Reeves ... Has two siblings, Jill and Morgan ... Plans to major in pre-pharmacy ... Post-college ambition is to be a pharmacist ... Hobbies and outside interests include running and swimming ... Chose the University of Louisville because she wanted to row and wanted to walk on the Cards' team ... Says the rowing is the best thing about the city of Louisville ... Believes her teammates are the best thing about Louisville rowing ... Favorite classes are Spanish and math ... Says her best race was against Tennessee in 2008 ... If she could tell her incoming teammates one thing, it would be to give 100 percent every day.



## VARSITY ROWERS



● **ALLISON SIU**  
So. • Louisville, Ky.  
Manual HS

2007-08: Spent first season as a Cardinal on the novice team ... Closed the spring in the two-seat of the Cards' novice four boat which finished second at the BIG EAST Championships and second in the "C" final at the Southern Intercollegiate Rowing Association Championships ... Also rowed in the N4+ boat in the spring opener against Indiana ... Opened the fall in the Cards' second novice eight boat at the Head of the Eagle Regatta in Indianapolis.

Prior to UofL: Had no previous rowing experience prior to joining the Louisville rowing program ... Lettered four years in cross country and track and two years in tennis at Manual High School.

Personal: Born on March 13, 1989 in Louisville, Ky. ... Daughter of Hao and Alice Siu ... Has one brother, Marcus ... Majoring in biology with a minor in exercise science ... Post-college ambition is to become a zoo and wildlife veterinarian, travel, and work with endangered species ... Hobbies and outside interests include running, snow sports, cello, baking, traveling to new places and eating exotic foods ... Chose the University of Louisville because it's happening here! ... Says the best thing about the city of Louisville is pronouncing it ... Believes the best thing about Louisville rowing is the leadership, dedication and pride of the entire team and seeing the sun rise every morning on the river ... Favorite class is introduction to exercise science and psychology ... Says her best race was novice four final at the 2008 BIG EAST Championships ... If she could tell her incoming teammates one thing, it would be now is the time to get involved and this is the place to do it.



● **ANNIE STADIG**  
So. • Mt. Sterling, Ky.  
Montgomery County HS

2007-08: Athletic Director's Honor Roll ... After spending most of the season on the novice team, she rowed in the Cards' second varsity four boat that earned a third-place finish at the BIG EAST Championships ... Rowed in the three-seat of the Cards' novice four boat that finished second in the "C" final at the Southern Intercollegiate Rowing Association Championships ... Was also in the N4+ boat against Indiana ... Was in the novice eight boat for

the Head of the Hooch Regatta and opened the fall in the second novice eight boat at the Head of the Eagle.

Prior to UofL: Had no previous rowing experience prior to joining the Louisville rowing program in 2007 ... Earned four letters in soccer at Montgomery County High School.

Personal: Born on March 12, 1989 in Lubbock, Texas ... Daughter of Bryan and Jordan Stadig ... Majoring in sports administration at U of L ... Post-college ambition is to get a job and live on the beach ... Hobbies and outside interests including sleeping ... Chose the University of Louisville because she loved the big school ... Says the best thing about the city of Louisville is the rowing team ... Believes the best thing about Louisville rowing is the competition and being with her teammates ... Favorite class is sports marketing ... After she graduates, she plans to move to the beach ... Says her best race was the Cards' third-place finish in the second varsity four final at the 2008 BIG EAST Championships ... If she could tell her incoming teammates one thing, it would be to stick with it because it's worth it.



● **CHELSEA HAACK**  
Fr. • Amelia, Ohio  
St. Ursula Academy

Prior to UofL: Earned four years of rowing experience at the Cincinnati Junior Rowing Club under the direction of coach Andrew Piepmeyer.

Personal: Born on March 8, 1990 in Cincinnati, Ohio ... Daughter of John and Teresa Haack ... Has one sister, Kristin and one brother, Johnathon ... Majoring in nursing at U of L ... Post-college ambition is to become a nurse anesthetist ... Chose the University

of Louisville because the city has no professional sports teams, so the sports at U of L are followed with more enthusiasm than most other cities ... Says the best thing about the city of Louisville are the parks that are being built along the riverfront ... Believes the best thing about Louisville rowing is that the program is on the move and she wanted to be part of all of it ... Says her best race was a scrimmage at the Mercer Sprints ... If she could tell her incoming teammates one thing, it would be don't be afraid to ask for help from the older girls because they are there to help.



● **ANNA KIRK**  
Fr. • Oklahoma City, Okla.  
Classen SAS

Prior to UofL: Earned three years of rowing experience with the Chesapeake Junior Crew under the direction of coach Linas Smaileys ... Also rowed for head coach Tempe Knopp at Classen School of Advanced Studies ... Coxed the girls lightweight four at the US Rowing Youth Nationals to a second-place finish in the petite final ... Was the coxswain in the girls open four at the US Rowing Youth National Championships ... Coxed the men's youth eight to gold at the Heart of Texas

and mixed masters four to gold at the Head of the Oklahoma ... Also rowed in the mixed double at the Tulsa Sprints, taking bronze and the men's quad that finished sixth at US Youth Nationals.

Personal: Born on Oct. 4, 1989 in Oklahoma City, Okla. ... Daughter of David and Nancy Kirk ... Has two siblings, Ford and Callie ... Majoring in health and human performance at U of L ... Post-college ambition is to be a physical therapist and to continue on to elite rowing ... Hobbies and outside interests include drawing, painting, photography and watching TV ... Chose the University of Louisville because of its rowing team and because she loved the school and city ... Says the best thing about the city of Louisville are the shops on Bardstown Road, Lynns Paradise Cafe and Toast ... Believes the best thing about Louisville rowing is the family-like comradery ... Favorite class is healthy lifestyles ... After graduation, she plans to continue on to physical therapy school ... Says her best race was the Girls Lightweight 4+ at US Youth Nationals in the heat race and the Men's Junior 8+ at the Heart of Texas ... If she could tell her incoming teammates one thing, it would be that Louisville has been the greatest home away from home.



# NOVICE ROWERS



**ANNESKA ATZINGER**  
FR • Louisville, Ky.  
Assumption HS



**HANNAH BAUGHMAN**  
FR • Madisonville, Ky.  
Madisonville North Hopkins HS



**BROOKE CANTWELL**  
FR • Paducah, Ky.  
Paducah Tilghman HS



**CHELSEA COORTS**  
r-FR • Paducah, Ky.  
Lone Oak HS



**FREYA DIEHLMANN**  
FR • Louisville, Ky.  
Assumption HS



**ABBEY HOLDERMAN**  
FR • Georgetown, Ind.  
Floyd Central HS



**AMELIA MOTSCH**  
FR • Sellersburg, Ind.  
NW Pennsylvania Coll. Academy



**ELISA PARRENT**  
r-FR • Bowling Green, Ky.  
W. Kentucky/Bowling Green HS



**EMILY PEELER**  
FR • Bowling Green, Ky.  
Gatton Acad. of Math & Science



**JENNA RAWLINGS**  
FR • Lexington, Ky.  
Tates Creek HS



**CAROLINE SAWYER**  
FR • Louisville, Ky.  
Assumption HS



**MAEGAN SMITH**  
r-SO • Louisville, Ky.  
Mercy Academy



**KRISTEN SODEN**  
r-SO • Union, Ky.  
Dixie Heights HS



**LAUREN THOMAS**  
FR • Owensboro, Ky.  
Apollo HS



**ERINN TORBECK**  
FR • Burlington, Ky.  
St. Henry District HS



**ANNA TRAUGHER**  
r-SO • Louisville, Ky.  
Male HS



**REBECCA WASHER**  
FR • Louisville, Ky.  
Eastern HS



**LOUISVILLE**

**BIG EAST**  
CONFERENCE



# 2007-08 RESULTS

## at NCAA South/Central Regional Oak Ridge, Tenn. • May 17-18, 2008

OAK RIDGE, Tenn. - For the second straight year, the University of Louisville rowing team finished fourth in the South and 10th overall in the team standings at the South/Central Regional on Melton Hill Lake on Sunday. The Cards scored 208 points overall, while Virginia led the way in the South and overall with 407 points.

Michigan State was second overall with 371 points, followed by Ohio State with 351, Wisconsin with 348 and Michigan with 331. Clemson was sixth overall and second among South region teams with 320 points, while Tennessee was third in the South and eighth overall with 293.

The Cards had four crews competing on Sunday morning, including three petite final races. Leading the way for Louisville was its second varsity eight crew, which finished fourth in the petite final with a time of 6:58.20 across the 2,000-meter course. Minnesota led the way with a time of 6:54.20, while Michigan was second at 6:54.80. Clemson was third at 6:56.80 followed by UCF in fifth at 7:02.50 and Texas in sixth at 7:05.70.

In the varsity eight petite final, the Cards were fifth overall with a time of 6:56.92, while No. 11 ranked Ohio State led the way at 6:46.90. No. 18 Notre Dame was second at 6:48.08, followed by No. 16 Minnesota at 6:50.65 and Iowa at 6:55.30. Texas was sixth overall with a time of 7:04.39.

Louisville earned a sixth-place finish in the varsity four petite final with a time of 7:54.60, while Wisconsin earned the win with a time of 7:34.60. Notre Dame was second at 7:38.02, followed by Tennessee in third at 7:39.19, Texas in fourth at 7:46.67 and UCF in fifth at 7:49.47.

In the open four 'C' final, the Cards were second overall with a time of 8:12.30, trailing only Tennessee with a time of 8:06.20. Miami was third at 8:19.20, followed by Iowa at 8:21.60 and Kansas in fifth at 8:23.20.

Race	Finish	Time
Varsity 8+ Petite Final	5th of 6	6:56.92
Second Varsity 8+ Petite Final	4th of 6	6:58.20
Varsity 4+ Petite Final	6th of 6	7:54.60
Open 4+ C Final	2nd of 6	8:12.30
Varsity 8+ A/B Semifinal 1	5th of 6	6:51.35
Second Varsity 8+ A/B Semifinal 1	5th of 6	6:57.97
Varsity 4+ A/B Semifinal 2	6th of 6	8:02.05
Varsity 8+ Heat 2	3rd of 5	6:41.31
Second Varsity 8+ Heat 2	2nd of 5	6:44.16
Varsity 4+ Heat 2	3rd of 5	7:46.44
Open 4+ Heat 2	6th of 6	8:14.56

## at BIG EAST Championships Oak Ridge, Tenn. • April 27, 2008

OAK RIDGE, Tenn. - For the third straight year, the University of Louisville rowing team earned a runner-up finish at the BIG EAST Championships, while Notre Dame won its fifth straight conference team title on Sunday at Melton Hill Lake.

The Cards advanced to the grand final in each of the six racing events, earning four second-place finishes to score 105 total points, while Notre Dame swept the six event finals to score 123 points and clinch the 2008 BIG EAST team trophy. Syracuse finished third overall for the third straight year scoring 92 points, followed by Georgetown in fourth with 85 and Rutgers in fifth with 67 points.

In the Varsity Eight Final, the No. 21 ranked Cards completed the 2,000-meter race course in a time of 6:46.08, while the No. 18 ranked Fighting Irish led the way with a time of 6:43.60. Syracuse was a distant third in the race with a time of 6:55.78.

In the Second Varsity Eight Final, Louisville's crew finished with a second-place time of 7:02.47, while Notre Dame covered the course in a time of 6:51.80. Georgetown was third with a time of 7:10.94, followed by Syracuse in fourth at 7:12.60.

Along with the two runner-up finishes in varsity races, the Cards also had strong finishes from their novice crews. Louisville was second overall in the Novice Eight Final with a time of 7:06.10, less than one second behind first place Notre Dame's time of 7:05.50. Rutgers was third with a time of 7:21.27 followed by Georgetown in fourth at 7:21.60.

In the Novice Four Final, the Cards finished second with a time of 8:23.74, while Notre Dame led the way at 8:11.50. Georgetown was third at 8:27.93, followed by UConn in fourth at 9:09.07.

Race	Finish	Time
Novice 4+ Final	2nd of 4	8:23.74
Second Varsity 4+ Final	3rd of 6	8:13.14
Novice 8+ Final	2nd of 6	7:06.10
Varsity 4+ Final	4th of 6	8:03.61
Second Varsity 8+ Final	2nd of 6	7:02.47
Varsity 8+ Final	2nd of 6	6:46.08
Varsity 8+ Heat 2	1st of 4	6:49.20
Second Varsity 8+ Heat 2	1st of 3	7:01.70
Varsity 4+ Heat 2	1st of 3	8:00.00
Novice 8+ Heat 2	1st of 3	7:11.50

## at Southern Intercollegiate Rowing Association Championships Oak Ridge, Tenn. • April 19-20, 2008

OAK RIDGE, Tenn. - The University of Louisville rowing program closed the two-day Southern Intercollegiate Rowing Association Championships at the Melton Lake Rowing Venue by earning a second-place finish in the Novice 8+ 'A' Final and a second-place finish in the Novice 4+ 'C' Final on Sunday morning.

The Cards' novice 8+ crew completed the 2,000-meter championship course in a time of 7 minutes, 4.24 seconds to earn the silver medal and trail only Grand Valley with a time of 7:01.90. The Cards spent most of the race in third place, but used a late surge to pass Kansas and push the Jayhawks into third with a time of 7:04.90. Alabama was fourth at 7:08.71, followed by Kansas State in fifth at 7:10.20 and Purdue in sixth at 7:16.60.

Louisville advanced to the 'A' final in the Novice 8+ event after earning a second place finish in Saturday's heat race with a time of 7:14.97.

The Cards' novice 4+ crew completed the course in a time of 8:40.45 to trail only Purdue with a time of 8:36.90 in the 'C' Final. Wake Forest was third at 8:50.45, followed by Tampa in fourth at 8:54.63 and Auburn in fifth at 9:13.04.

Race	Finish	Time
Novice 8+ A Final	2nd of 6	7:04.24
Novice 4+ C Final	2nd of 6	8:40.45
Novice 4+ Semifinal	1st of 6	8:47.63
Novice 8+ Heat Race	2nd of 4	7:14.97
Novice 4+ Heat Race	4th of 6	8:49.67

## vs. Michigan, Michigan State MINNEAPOLIS, Minn. • April 19, 2008

MINNEAPOLIS, Minn. - The University of Louisville rowing team's second varsity 8+ crew earned a win over Michigan, while the Cards' first varsity 8+ crew was narrowly beaten by the Wolverines' top 10 ranked boat on Saturday morning in Minnesota.

The Cards' traveled three varsity crews to Minneapolis for morning races against the Wolverines and afternoon races against Michigan State, and all races were contested on a 2,000-meter course on the Mississippi River. The races were originally scheduled for Lake Phalen, but were moved to the river late last week due to icy lake conditions.

In the second varsity 8+, Louisville's crew covered the course in a time of 5 minutes, 55.9 seconds to edge the Wolverines by one second. The Cards opened an early lead off the start and led throughout before holding off one final surge from Michigan.

In the varsity 8+ race, the Cards jumped out to an early lead and were stroke-for-stroke with the No. 9 ranked Wolverines before succumbing over the final 250 meters. U of L finished with a time of 5:50.0, just 1.3 seconds behind Michigan's 5:48.7. In their final race of the day against Michigan, the Cards' varsity 4+ crew finished with a time of 6:41.18 to finish less than four second behind the Wolverines (6:37.48).

During the afternoon session, the Cards' finished the varsity 8+ race with a time of 5:49.12, while the No. 6 ranked Spartans finished with a time of 5:42.32 after jumping to an early lead and then holding that margin throughout.

In the second varsity 8+ race, the Cards were narrowly beaten by Michigan State as the Spartans finished with a time of 5:53.8 compared to the Cards' 5:55.5. And in the varsity 4+ event against the Spartans, the Cards finished with a time of 6:49.0, while MSU had a time of 6:28.1.

Race	Finish	Time
Varsity 8+ vs. No. 9 Michigan	2nd of 2	5:50.00
Varsity 4+ vs. Michigan	2nd of 2	6:41.18
Second Varsity 8+ vs. Michigan	1st of 2	5:55.90
Varsity 8+ vs. No. 6 Michigan State	2nd of 2	5:49.12
Varsity 4+ vs. Michigan State	2nd of 2	6:49.00
Second Varsity 8+ vs. Michigan State	2nd of 2	5:55.50

## at San Diego Crew Classic SAN DIEGO, Calif. • April 5-6, 2008

SAN DIEGO - The University of Louisville rowing team won the College Junior Varsity Petite Final, while the Cards' finished second in the College Varsity Invitational petite final at the 35th edition of the San Diego Crew Classic Regatta at Crown Point Shores Park at Mission Bay.

The Cards' second varsity 8+ crew covered the race course in a time of 6 minutes, 41.80 seconds to defeat a field of five other boats for the win. Kansas State was second with a time of 6:48.08, followed by Purdue in third at 6:50.41 and San Diego in fourth at 6:52.84. St. Joseph's was fifth with a time of 6:53.82, while San Diego State was sixth at 6:55.14.

In the petite final of the College Varsity Invitational, the Cards' varsity 8+ crew covered the course in a time of 6:35.18 to finish second to Clemson with a time of 6:27.90, while Purdue was third with a time of 6:43.63.

DAY ONE - The University of Louisville rowing team advanced to Sunday's petite finals in both the College Varsity Invitational and the College Junior Varsity events after Saturday's preliminary races at the San Diego Crew Classic at Crown Point Shores Park at Mission Bay.

The Cards opened the day with a fourth-place finish in the second of two heat races in the Women's College Varsity Invitational with a time of 6 minutes, 39.24 seconds, while No. 6 ranked Stanford led the way with a time of 6:30.67. No. 18 UCLA was second at 6:31.95, while Wisconsin was third at 6:33.01. With the finish, the Cards' varsity 8+ crew advanced to Sunday's petite final in the varsity invitational, set to begin at 11:40 a.m. ET (8:40 a.m. PT).

In the Women's College Junior Varsity event, the Cards' second varsity 8+ crew finished fourth in the seven-boat heat race with a time of 6:50.96, while USC led the way with a time of 6:40.40. Washington State was second at 6:43.18, followed by Clemson in third at 6:47.95. With the finish, the Cards advanced to Sunday's petite final in the junior varsity event at 11 a.m. ET.

Race	Finish	Time
Junior Varsity Petite Final	1st of 6	6:41.80
Varsity Invitational Petite Final	2nd of 3	6:35.18
Varsity Invitational Heat 2	4th of 4	6:39.24
Junior Varsity Heat 1	4th of 7	6:50.96

## at Head of the Chattahoochee Regatta CHATTANOOGA, Tenn. • Nov. 3, 2007

CHATTANOOGA, Tenn. - The nationally ranked University of Louisville rowing program closed the fall racing season with four top-five finishes at Saturday's Head of the Chattahoochee Regatta in downtown Chattanooga, Tenn.

The Cards' had a pair of entries in the Championship 8+ event with both crews earning top five finishes. U of L's "B" boat covered the 3.25-mile course on the Tennessee River in a time of 17 minutes, 42.1 seconds while the "A" boat was fifth overall in the field of 30 entries with a time of 17:42.5. Tennessee's "B" boat won the race with a time of 17:15.0.

In the Championship 4+ event, the Cards earned a fourth-place finish with a time of 20:16.2, while Clemson's "A" boat led the way at 19:18.7. In the Freshman/Novice 8+ event, U of L was fifth overall with a time of 20:11.2, and Texas' "B" crew won that race with a time of 19:23.9.

Race	Finish	Time
Championship 8+	4th of 30	17:42.10
Championship 4+	4th of 30	20:16.20
Freshman/Novice 8+	5th of 16	20:11.20

## at Head of the Charles Regatta BOSTON, Mass. • Oct. 21, 2007

BOSTON - Competing at the prestigious Head of the Charles Regatta for the ninth straight year, the nationally ranked Louisville rowing program earned an impressive ninth-place finish in its first ever appearance in the Championship 8+ event on Sunday afternoon on the Charles River. The Cards' crew covered the three-mile course in a time of 16 minutes, 38.073 seconds to finish ninth overall in the field of 39 and seventh among collegiate crews.

The US Rowing Princeton Training Center won the Championship 8+ title with a time of 15:26.572, followed by the London Training Center in second at 15:39.412. The University of Michigan was third overall and the highest finishing collegiate crew with a time of 16:21.651, followed by Yale in fourth at 16:22.225 and Tennessee in fifth at 16:26.994.

Race	Finish	Time
Championship 8+	9th of 39	16:38.073

● All-Time Team Award Winners

**ROWER/OARS WOMAN OF THE YEAR**

1999-00 (Novice).....	Melissa Campbell
2000-01 (Varsity).....	Melissa Campbell
2000-01 (Novice).....	Katie Hoetker
2001-02 (Varsity).....	Allison Kemphaus
2001-02 (Novice).....	Andrea Murray
2002-03 (Varsity).....	Brooke Spence
2002-03 (Novice).....	Natalie Richards, Mandy Botelho
2003-04 (Varsity).....	Christy Ochsner
2003-04 (Novice).....	Beth Daunhauer, Dana Osoffsky
2004-05 (Varsity).....	Beth Daunhauer
2004-05 (Novice).....	Becky Wohrle
2005-06 (Varsity).....	Jessica Grigsby, Jenna Sample
2005-06 (Novice).....	Caryn Lasley
2006-07 (Varsity).....	Beth Daunhauer
2006-07 (Novice).....	Katie Rorer
2007-08 (Varsity).....	Mallory Hamman
2007-08 (Novice).....	Lauren Mensch

**MOST IMPROVED ROWERS**

2000-01 (Varsity).....	Kate O'Bryan
2000-01 (Novice).....	Carmen Noltemeyer, Elissa Peak
2001-02 (Varsity).....	Stephanie George
2001-02 (Novice).....	Karen Bramer
2002-03 (Varsity).....	Jessica Grigsby
2002-03 (Novice).....	Olivia Brittain
2003-04 (Varsity).....	Mandy Moore
2003-04 (Novice).....	Jen Allen
2004-05 (Varsity).....	Katie Prince
2004-05 (Novice).....	Katie Fitzpatrick
2005-06 (Varsity).....	Liz Van Zeyl
2005-06 (Novice).....	Mallory Hamman, Lisa Grace
2006-07 (Varsity).....	Mallory Hamman
2006-07 (Novice).....	Samantha Seldon
2007-08 (Varsity).....	Anna Zwanzig
2007-08 (Novice).....	Kaitlyn Knight

**CARDINAL PRIDE (Selected by the Team)**

2000-01 .....	Allison Kemphaus
2001-02 .....	Christy Ochsner, Leslie Walters
2002-03 .....	Karen Bramer
2003-04 .....	Carmen Noltemeyer
2004-05 .....	Jenna Sample
2005-06 .....	Lisa Terreberry
2006-07 .....	Anna Ardiel
2007-08 .....	Kathryn Hagglund

**CAPTAINS**

1999-00 .....	Kelly Drescher
2000-01 .....	Nikki Lee, Melissa Campbell
2001-02 .....	Stephanie George, Jennifer Klipple
2002-03 .....	Allison Kemphaus, Christy Ochsner
2003-04 .....	Lisa Terreberry, Leslie Walters
2004-05 .....	Karen Bramer, Lisa Terreberry
2005-06 .....	Jenna Sample, Beth Daunhauer
2006-07 .....	Jen Allen, Beth Daunhauer, Kathryn Hagglund
2007-08 .....	Anna Ardiel, Kathryn Hagglund, Allison Pelette
2008-09 .....	Anna Ardiel, Allison Pelette, Kelly Traynor



• 2008-09 Captains: Allison Pelette, Anna Ardiel and Kelly Traynor

● 07-08 Team Awards



Mallory Hamman  
Varsity "Rower of the Year"



Lauren Mensch  
Novice "Rower of the Year"



Anna Zwanzig  
Most Improved Varsity Rower



Kaitlyn Knight  
Most Improved Novice Rower



Kathryn Hagglund  
Cardinal Pride Award Winner

● Cardinal Honors

**CRCA ALL-AMERICA**

<i>Second Team</i>	
Amelia Buhts.....	2004-05
Beth Daunhauer .....	2006-07
Kristin Falovo .....	2007-08

**CRCA ALL-SOUTH REGION**

<i>First Team</i>	
Amelia Buhts.....	2004-05
Brooke Spence.....	2004-05
Beth Daunhauer .....	2005-06
Jessica Grigsby .....	2005-06
Jenna Sample .....	2005-06
Beth Daunhauer .....	2006-07
Mallory Hamman .....	2007-08
<i>Second Team</i>	
Stephanie George.....	2001-02
Allison Kemphaus.....	2001-02
Lucy Svehla .....	2001-02
Leslie Walters.....	2001-02
Brooke Spence.....	2002-03
Beth Daunhauer .....	2004-05
Nicole Alderson.....	2005-06
Lisa Terreberry.....	2005-06
Nicole Alderson.....	2006-07
Kristin Falovo .....	2007-08

**CRCA SCHOLAR-ATHLETE**

Allison Kemphaus.....	2001-02
Lucy Svehla .....	2001-02
Leslie Walters.....	2001-02
Allison Kemphaus.....	2002-03
Leslie Walters.....	2002-03
Amelia Buhts.....	2003-04
Allison Kemphaus.....	2003-04
Christy Ochsner.....	2003-04
Lisa Terreberry .....	2003-04
Leslie Walters.....	2003-04
Amelia Buhts.....	2004-05
Beth Daunhauer .....	2004-05
Brooke Spence.....	2004-05
Lisa Terreberry .....	2004-05
Nicole Alderson.....	2005-06
Beth Daunhauer .....	2005-06
Lisa Terreberry .....	2005-06
Nicole Alderson.....	2006-07
Jen Allen .....	2006-07
Anna Ardiel.....	2006-07
Laura Cers.....	2006-07
Beth Daunhauer .....	2006-07
Lisa Grace .....	2006-07
Kathryn Hagglund.....	2006-07
Mallory Hamman .....	2006-07
Allison Pelette .....	2006-07
Liz Van Zeyl .....	2006-07
Anna Ardiel.....	2007-08
Laura Cers.....	2007-08
Ashley Edwardson.....	2007-08
Lisa Grace .....	2007-08
Kathryn Hagglund.....	2007-08
Mallory Hamman .....	2007-08
Allison Pelette .....	2007-08
Samantha Seldon.....	2007-08
Kelly Traynor .....	2007-08
Liz Van Zeyl .....	2007-08



# ALL-TIME BIG EAST CHAMPIONSHIP RESULTS

## 2008 BIG EAST CHAMPIONSHIPS

Oak Ridge, Tenn. • April 27, 2008

OAK RIDGE, Tenn. - For the third straight year, the University of Louisville rowing team earned a runner-up finish at the BIG EAST Championships, while Notre Dame won its fifth straight conference team title on Sunday at Melton Hill Lake.

The Cards advanced to the grand final in each of the six racing events, earning four second-place finishes to score 105 total points, while Notre Dame swept the six event finals to score 123 points and clinch the 2008 BIG EAST team trophy. Syracuse finished third overall for the third straight year scoring 92 points, followed by Georgetown in fourth with 85 and Rutgers in fifth with 67 points.

In the Varsity Eight Final, the No. 21 ranked Cards completed the 2,000-meter race course in a time of 6:46.08, while the No. 18 ranked Fighting Irish led the way with a time of 6:43.60. Syracuse was a distant third in the race with a time of 6:55.78.

In the Second Varsity Eight Final, Louisville's crew finished with a second-place time of 7:02.47, while Notre Dame covered the course in a time of 6:51.80. Georgetown was third with a time of 7:10.94, followed by Syracuse in fourth at 7:12.60.

Along with the two runner-up finishes in varsity races, the Cards also had strong finishes from their novice crews. Louisville was second overall in the Novice Eight Final with a time of 7:06.10, less than one second behind first place Notre Dame's time of 7:05.50. Rutgers was third with a time of 7:21.27 followed by Georgetown in fourth at 7:21.60.

In the Novice Four Final, the Cards finished second with a time of 8:23.74, while Notre Dame led the way at 8:11.50. Georgetown was third at 8:27.93, followed by UConn in fourth at 9:09.07.

### 2008 Overall Team Results

1	Notre Dame	123 points
2	LOUISVILLE	105 points
3	Syracuse	92 points
4	Georgetown	85 points
5	Rutgers	67 points
6	Connecticut	64 points
7	Villanova	44 points
8	West Virginia	28 points

2008 Race	Finish	Time
Novice 4+ Final	2nd of 4	8:23.74
Second Varsity 4+ Final	3rd of 6	8:13.14
Novice 8+ Final	2nd of 6	7:06.10
Varsity 4+ Final	4th of 6	8:03.61
Second Varsity 8+ Final	2nd of 6	7:02.47
Varsity 8+ Final	2nd of 6	6:46.08
Varsity 8+ Heat 2	1st of 4	6:49.20
Second Varsity 8+ Heat 2	1st of 3	7:01.70
Varsity 4+ Heat 2	1st of 3	8:00.00
Novice 8+ Heat 2	1st of 3	7:11.50



## 2007 BIG EAST CHAMPIONSHIPS

Worcester, Mass. • April 29, 2007

WORCESTER, Mass. - The University of Louisville rowing team won the 2nd Varsity 8+ and 2nd Varsity 4+ race titles to earn a second-place finish overall at Sunday's BIG EAST Championships on Lake Quinsigamond.

The Cards and Syracuse each scored 101 points overall, but the Cards earned runner-up honors for the second straight year after finishing ahead of the Orange in the Varsity 8+ final. Notre Dame won its fourth straight BIG EAST team title scoring 118 points overall.

The Cards' 2nd Varsity 8+ crew covered the 2,000-meter course in a time of 6 minutes, 45.42 seconds to finish more than four seconds clear of second place Notre Dame at 6:49.58, while Syracuse was third at 6:56.95.

In the 2nd Varsity 4+ final, the Cards finished with a time of 7:41.53 to edge second-place Notre Dame by .11 seconds as the Fighting Irish had a time of 7:41.64. In the Varsity 8+ final, No. 6 ranked Notre Dame edged the 18th-ranked Cards by less than four seconds as the Irish covered the race course in a time of 6:31.85 while U of L finished at 6:35.40. Syracuse was a distant third with a time of 6:46.25.

### 2007 Overall Team Results

1	Notre Dame	123 points
2	LOUISVILLE	105 points
3	Syracuse	92 points
4	Georgetown	85 points
5	Rutgers	67 points
6	Connecticut	64 points
7	Villanova	44 points
8	West Virginia	28 points

2007 Race	Finish	Time
Varsity 8+ Final	2nd of 6	6:35.40
2nd Varsity 8+ Final	1st of 6	6:45.42
Varsity 4+ Final	4th of 6	7:46.19
Novice 8+ Final	5th of 6	7:06.31
2nd Varsity 4+ Final	1st of 5	7:41.53
Novice 4+ Final	6th of 6	8:25.49
Varsity 8+ Heat 2	1st of 4	6:31.08
Varsity 4+ Heat 1	3rd of 5	7:50.07
Novice 8+ Heat 1	3rd of 4	7:13.15

## 2006 BIG EAST CHAMPIONSHIPS

Worcester, Mass. • April 30, 2006

WORCESTER, Mass. - In its first venture into a conference championship regatta, the University of Louisville rowing program finished second overall behind back-to-back champion Notre Dame at the 2006 BIG EAST Rowing Championships on Sunday at Lake Quinsigamond.

The Cards scored 103 points overall while the Fighting Irish led the field of nine teams with 122 points to successfully defend their 2005 title. Syracuse was third with 76 points while Rutgers finished fourth with 73 points.

U of L earned three second-place finishes in its six racing events. The Cards were second in the Varsity 8+ Grand Final with a time of 6 minutes, 34.83 seconds to finish behind Notre Dame at 6:28.32, and were second to the Irish in the Second Varsity 8+ Grand Final with a time of 6:46.74. Louisville's third second-place finish was in the Varsity 4+ Grand Final with a time of 7:40.41 while Notre Dame again led the way with a time of 7:33.

Along with the three second-place finishes, the Cards also earned a fourth-place finish in the Novice 8+ Grand Final, a fourth-place finish in the Novice 4+ Grand Final and a fifth-place finish in the Second Varsity 4+ Grand Final.

### 2006 Overall Team Results

1	Notre Dame	122 points
2	LOUISVILLE	103 points
3	Syracuse	76 points
4	Rutgers	73 points
5	Connecticut	63 points
6	Cincinnati	62 points
7	Georgetown	47 points
8	Villanova	45 points
9	West Virginia	21 points

2006 Race	Finish	Time
Varsity 8+ Final	2nd of 6	6:34.83
2nd Varsity 8+ Final	2nd of 6	6:46.74
Varsity 4+ Final	2nd of 6	7:40.41
Novice 8+ Final	4th of 6	7:12.23
2nd Varsity 4+ Final	5th of 5	8:36.87
Novice 4+ Final	4th of 6	8:19.27
Varsity 8+ Heat 2	1st of 4	6:33.47
Second Varsity 8+ Heat 2	1st of 3	6:42.83
Varsity 4+ Heat 2	1st of 4	7:41.53

# BIG EAST

## CONFERENCE

The 2008-09 academic year will be the 30th for The BIG EAST Conference. While the league has gone through membership changes since its birth, it has never been stronger. This academic year will mark the conference's fourth year as the nation's largest Division I-A conference.

The goals of the BIG EAST have never changed. The league aims and expects to compete at the highest level and does so with integrity and sportsmanship. The student-athletes of the member schools continue to maintain the league's proud tradition of success.

BIG EAST teams earned their share of recognition at the highest levels in 2007-08. Four women's teams advanced to their respective NCAA Final Fours: Connecticut field hockey and women's basketball, Notre Dame soccer and Syracuse lacrosse.

Individually in men's sports, Villanova's Bobby Curtis was the NCAA outdoor track champion in the 5,000 meters. Connecticut's O'Brian White won the M.A.C. Hermann Trophy, the highest individual honor in soccer. Two years ago, BIG EAST male and female student-athletes were Hermann Trophy winners.

In men's basketball, the BIG EAST tied its own record set in 2006 by earning eight NCAA Championship bids. BIG EAST women's teams have received eight NCAA invitations in each of the past two years. The combined 16 men's and women's berths in 2008 was an NCAA first.

The quality of BIG EAST football has never been more balanced. Six of the league's eight squads were nationally ranked in 2007. For the third straight year, the BIG EAST representative in the Bowl Championship Series won its BCS bowl game.

The BIG EAST continued to produce student-athletes who were at the forefront of athletic and academic achievement. Nineteen BIG EAST players were chosen to their respective ESPN The Magazine Academic All-America Teams, including eight first-team selections.

The BIG EAST became the nation's largest Division I-A group in 2005-06 when five new members began competing. The new schools were: University of Cincinnati, DePaul University, University of Louisville, Marquette University and the University of South Florida.

BIG EAST institutions reside in nine of the nation's top 34 largest media markets, including New York, Chicago, Philadelphia, Washington, D.C., Tampa, Pittsburgh, Hartford, Milwaukee and Cincinnati. With its newest members, BIG EAST markets contain almost one fourth of all television households in the U.S.

Since opening its doors in 1979, the league has won 25 national championships in six different sports and 125 student-athletes have won individual national titles.

The BIG EAST has always been able to boast that some of its best students are also some of its best athletes. More than 370 student-athletes have earned academic all-America honors. Last year in football, Louisville quarterback Brian Brohm, who finished his career as the BIG EAST's career passing leader, was one of the league's eight first-team ESPN The Magazine Academic All-America team picks.

Also, UConn's Rebecca Lobo, one of the most heralded women's basketball players in the history of the sport, was named to the CoSIDA Academic All-America Hall of Fame in 2008. A two-time BIG EAST Player of the Year, Lobo led the Huskies to the 1995 NCAA national championship.

The BIG EAST has enjoyed tremendous basketball success, especially in this decade. In 2003-04, Connecticut became the first school in NCAA history to win the men's and women's NCAA titles in the same season. In '02-03, the BIG EAST became the first conference in NCAA history to win the men's and women's titles in the same year when the Syracuse men and the Connecticut women captured their respective national championships. In men's basketball, BIG EAST squads have won three of the last 10 NCAA championships. BIG EAST women's teams have taken five of the last nine NCAA titles.

Proactive movement has been a signature strategy for the conference that was born in 1979. The BIG EAST continually turns challenges into opportunities to become stronger.

In the spring of 2001, the BIG EAST added women's lacrosse and rowing to its growing list of sports. The first women's golf championship was held in the spring of 2003. In 2007, the league conducted its first women's lacrosse championship tournament. In 2009-10, the BIG EAST

will begin sponsorship of men's lacrosse, its 24th sport.

The BIG EAST became a reality on May 31, 1979, following a meeting of athletic directors from Providence College, St.

John's, Georgetown and Syracuse Universities. Seton Hall, Connecticut and Boston College completed the original seven school alliance.

While the membership has both increased and changed, the focus of the BIG EAST has not wavered. The conference reflects a tradition of broad based programs, led by administrators and coaches who place a constant emphasis on academic integrity. Its student athletes own significantly high graduation rates and their record of scholastic achievement notably shows a balance between intercollegiate athletics and academics.

Any successful organization needs outstanding leadership. Michael Tranghese, the league's first full-time employee, and for 11 years the associate to Dave Gavitt, became Commissioner in 1990. In his first year, he administered the formation of The BIG EAST Football Conference.

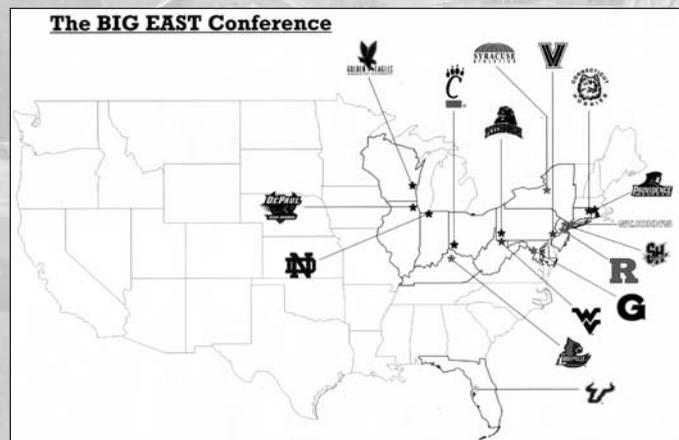
For 2009-10, the BIG EAST will undergo one significant change. Tranghese has announced that he will step down from his position on June 30, 2009.

The league has long been considered a leader in innovative concepts in promotion and publicity, particularly regarding television. Those efforts have resulted in unparalleled visibility for BIG EAST student athletes. The conference has enjoyed long-standing relationships with CBS, ESPN, Inc. and ABC.

While BIG EAST basketball games are regular sellouts at campus and major public arenas, including the annual men's BIG EAST Championship in Madison Square Garden, attendance figures also are significant in soccer, women's basketball and baseball games.

More than 550 BIG EAST student-athletes have earned all America recognition and dozens have won individual NCAA national championships. The BIG EAST has been well represented in U.S. or foreign national and Olympic teams. Several athletes earned gold medals in each of the last six summer Olympiads.

The BIG EAST has its headquarters in Providence where the conference administers to more than 5,500 athletes.



### 2008-09 BIG EAST Rowing Members

- ◆ Connecticut / Storrs, Conn.
- ◆ Georgetown / Washington, D.C.
- ◆ Louisville / Louisville, Ky.
- ◆ Notre Dame / South Bend, Ind.
- ◆ Rutgers / New Brunswick, N.J.
- ◆ Syracuse / Syracuse, N.Y.
- ◆ Villanova / Villanova, Pa.
- ◆ West Virginia / Morgantown, W.V.





# LOUISVILLE ROWING FACILITIES

## CARDINAL BOATHOUSE

The Cardinal Boathouse, the current home for the U of L rowing team, is a beautifully renovated brick warehouse with ample storage for the fleet of shells, sliding racks, oars, ergometers, cox-boxes and other accessories. The launching site is a chute created by Towhead Island, creating a protected stretch of water for launching and docking. The boathouse is adjacent to the Louisville Rowing Club, which features year-round activities for rowers as well as the nationally known Adaptive Rowing Program.



# LOUISVILLE

## **MARSHALL CENTER - STRENGTH & CONDITIONING**

Located at Cardinal Park on the Belknap Campus, the Marshall Center serves as the strength and conditioning home to the U of L women's rowing program. The first floor features a 7,000-square-foot weight and strength training area, while the second floor of the facility contains over 1,000 square feet dedicated to cardio training.



## **YUM! CENTER - TRAINING ROOM**

Also located at Cardinal Park on the Belknap Campus, the Louisville rowing program's training room home is located in the new Yum! Center, which opened in the fall of 2007. The facility also serves as the home for Louisville men's basketball, volleyball and lacrosse.



# First Class Facilities



S



**17** All-Americans

**56** All-B  
Team

BIG EAST **34**  
Individual Champions

Academic **4**  
All-Americans

**Cardinal Athletics**

BIG EAST First  
Team Selections



12

Nationally Ranked Teams



3 Olympic  
Coaches



Postseason  
Appearances 17



BIG EAST 5  
Championships



All-Region  
Selections

34

es By the Numbers

## Student DEVELOPMENT

- Welcome Back
- Cardinal Creed
- Healthy Lifestyles
- Menu Picks
- Seminars
- Professional Panels
- **L.I.F.E.** - Louisville International Family Enrichment Program
- **S.C.O.R.E.** - Student-Athletes of Color Combining Opportunity and Responsibility for Excellence
- **SAAC** - Student-Athlete Advisory Council
- Senior Exit Interview
- Student Safe

## Olga Peers ACADEMIC UNIT

- New-Student Athlete Orientation
- CARDStart
- **OBSh** - Objective Based Study Hall
- Academic Advising
- Study Hall
- Tutoring Program
- Four Computer Labs for Distance Learning
- **C.S.C./C.A.R.D.S** (Cardinal Scholar Champions/ Cardinals Are Really Dedicated Students)
- Faculty Guest Coach

## Sports MEDICINE

- Recruiting Visit Evaluation
- Fitness Program
- Campus Physical Assessment
- Health Performance Design
- Case Management
- Drug Testing



Comprehe

CARD

I am Committed to  
I am Accountable to  
I am Respectful of  
I am Determined to



Jewish Hospital and Frazier Rehab Institute

## Career PLANNING

- Discover
- Shadows
- Career Panels
- Job Prep
- Sports Mentors
- Life After Sports
- CAF Member

## Student OUTREACH

- CardsCare
- Speaker's Bureau
- Cardsfit
- Fit-4-me



# ARE

TM

Comprehensive Student Support System

## CARDINAL CREED

I am committed to the University of Louisville and its athletic department

I am committed to myself, my team, my family and my community

I am committed to my body, mind and spirit and those of others

I am committed to excel in competition and the classroom

### Cardinal Medical Advisory Board

Dr. Christopher Pitcock  
Dr. John Lach  
Dr. John Ellis  
Dr. Raymond Shea  
Dr. Dave Caborn  
Dr. Craig Roberts  
Dr. Kerry Rempel  
Dr. Greg Potts  
Dr. Mark Smith  
Dr. Walter Badenhausen  
Dr. Akbar Nawab  
Dr. Edward Tillet  
Dr. Judith Skolnick  
Dr. David Watkins  
Dr. John Guarnaschelli  
Dr. Staci Grossfeld  
Dr. Scott Black  
Dr. Andy Meyer  
Dr. Greg Karem  
Dr. Randy Sheen  
Dr. Julie Ellis  
Dr. Mark Petrik  
Dr. Christopher Peters  
Dr. Divya Cantor  
Dr. Kleinert, Dr. Kutz &  
Associates  
The Eye Care Institute  
Dr. Steve Smith

### Performance Team Systems

HIGH PERFORMANCE  
Performance Nutrition  
Regeneration  
Mental Skills

LIFE PERFORMANCE  
Healthy Lifestyles  
Substance Use/Misuse  
Financial Fitness  
Relationship Management

### Performance Team Members

Sheena Binford  
Chris Peters  
Dr. Burns Brady  
Gail Peitzmeier  
Anne-Marie Brown  
Tia Suter  
Laura Byrd  
Jennifer VanDyke  
John Walsh  
Michelle Eckhart  
Denise Wooldridge  
Chris Mohr  
Kevin Chapman  
Cheryl Kolander  
Andy Meyer

## “ One of the Nation’s Top Metropolitan Universities ”

*The University of Louisville offers a real-world education for its students and much-needed services for the community.*



### *It’s Happening Here!*

When the University of Louisville adopted that simple motto in the winter of 2007, it challenged itself and its community to strive for excellence. It also sent a message to the nation that Kentucky’s metropolitan research university is on the verge of greatness.

One of the nation’s oldest metropolitan universities, U of L has a longstanding reputation in areas such as business, law, engineering and medicine. The university is building on that reputation, establishing itself as a national leader in areas ranging from the humanities to entrepreneurship, from logistics and distribution to music composition, from social work to nursing and dentistry.

In 1998, U of L announced its Challenge for Excellence, a program designed to raise the university to national prominence within 10 years. Efficiency on campus has been improved in recent years and university funds have been refocused on high-priority programs.



Grawemeyer Hall, U of L’s administration building.

The effort already has paid off through national attention on the university and through benefits to the citizens of Louisville, Kentucky, Indiana and other areas around the nation and the world.

In fall 2000, the university was one of 147 universities to achieve the Doctoral/Research University-Extensive designation from the Carnegie Foundation for the Advancement of Teaching.

U of L’s transplantation research program received international acclaim in 1999 after performing only the second successful hand transplant in the world.

A new Cardiovascular Innovation Institute, a partnership with Louisville’s Jewish Hospital, will focus on the development, testing and clinical delivery of leading-edge treatments for heart failure.

The Institute for Cellular Therapeutics, which relocated to U of L from Philadelphia in 1998 as part of the Challenge for Excellence, is working on leading-edge immunosuppression research that soon may lead to better, less risky transplantation procedures and treatments for diseases ranging from cancer to sickle cell anemia.

U of L’s entrepreneurship program, ranked among the nation’s top 10 by Success magazine, has helped its students launch several successful ventures and is grooming tomorrow’s business leaders.

Its logistics and distribution program works with the United Parcel Service hub and other Louisville-area businesses to improve delivery systems throughout the world.

Its School of Education works closely with Louisville-area schools and others throughout the state to continue refining Kentucky’s nationally acclaimed efforts to reform education in grades K through 12.

Through the presentation of its \$200,000 Grawemeyer Award for Music Composition, U of L’s music school has built one of the world’s best collections of contemporary music.

And U of L’s Brandeis School of Law, which was one of the first in the nation to require pro bono work as part of its curriculum, boasts a student body that has won several national competitions in recent years.

U of L has begun to gain recognition on the national level in a variety of ways. A Wall Street Journal article cited U of L as being among the top 30 schools in the nation for sending students to elite graduate schools. And Consumers Digest rated the university 25th in the Top 50 Best Values for Public Colleges and Universities based on academic excellence, educational quality and costs of attendance for the 2003-2004 academic year.

### Why students consider U of L

#### *Strong Academic Programs*

*The University of Louisville offers undergraduate, graduate and professional degrees and certificates in 178 fields of study. Thirteen schools, colleges and divisions are housed on three campuses.*

#### *Tradition*

*One of the oldest metropolitan universities in the nation, tracing its heritage to 1798, U of L alumni and faculty lead prominent professional and civic roles from Washington D.C. to the California coast and beyond.*

#### *Location*

*Our campuses are in the heart of Kentucky’s business, health and cultural center in Louisville, the state’s largest metropolis. Easily accessible from three interstate highways (1-64, 1-65 and 1-71) and a major airport within reach of nearby states.*

#### *Diversity*

*U of L’s 22,000 plus students offer a cultural and international diversity to create lasting friendships and improve the learning environment for all students.*

#### *Great Environment*

*U of L’s main campus (Belknap) has a park-like setting with stately buildings, mixed with contemporary structures. Complemented by a city named as one of the “most livable” by Rand McNally, U of L makes it easy to combine the business of learning with pleasure.*

U of L’s students also have gained national recognition in 2004. U of L ranked seventh in the nation in the number of students receiving Fulbright English teaching assistantships in 2004. The university ranked seventh among schools in the South for producing Fulbright research fellows.

And U of L’s Debate Program finished fifth in the National Debate Tournament.

Most students study on the Belknap Campus. Located in the heart of Kentucky’s largest city, the park-like campus is noted for its combination of historical and contemporary buildings. Three motion picture companies filmed on campus this year alone



The Louisville area owes its existence to the Falls of the Ohio, the only place where the 981-mile river flows over bedrock. The falls were really rapids where the river dropped about 27 feet in three miles, usually blocking passage by boat.

Early explorers recognized the strategic importance of the Falls. George Rogers Clark established the first settlement there in 1778, to use as a base of his invasion of British territory in Southern Illinois and Indiana. Two years later that settlement became Louisville – named for King Louis XVI of France, who was supporting the American Revolution.

Louisville quickly became a vital transportation center for the young nation. Ports were established above and below the Falls. Passengers and freight moved overland around the rapids. Trails and roads connected the ports to inland settlements in Kentucky and Indiana. The steamboat brought prosperity and growth to the area; by 1850, Louisville was the 10th largest city in the nation.

In the decades that followed, railroads greatly improved connections with cities throughout the nation, and Louisville became known as the “Gateway to the South.” Businesses and industries were attracted by the strong and convenient transportation network and Louisville became an industrial center.

In recent years, the economy of the Louisville area has shifted from a heavy reliance on industry to an increasing emphasis on services, including transportation. Once again, location is a key factor. Louisville is located near the center for the eastern half of the contiguous 48 states, with nearly half of the nation’s consumer markets within a 500-mile radius. The climate is mild enough that Louisville’s airport is rarely closed because of weather.

Climate, location and a good transportation system helped convince United Parcel Service to establish its national hub in Louisville in the early 1980s. UPS, in turn, is attracting businesses that depend on fast and efficient transportation of their goods to other parts of the nation and throughout the world.

The Kentucky Center for the Arts is one of the nation’s premier performing arts facilities, housing three spacious theatres.

Sports, including U of L athletics, are an important facet of life in the Louisville area. Churchill Downs has hosted three Breeders’ Cups and continues its traditional Run for the Roses each May. The 1996 and 2000 PGA Championships were held at Valhalla Golf Course in eastern Jefferson County. The Louisville Bats, the triple-A baseball team of the Cincinnati Reds, drew over a million fans to games in a single season. Over 140 public parks, 20 public golf courses and 226 public tennis courts also provide outdoor entertainment.

Even though Louisville has changed through the years, it still has the flavor and gentleness of a Southern town. The Belle of Louisville steamboat still paddles its way up and down the Ohio River daily, mint juleps are still served under an old oak tree during the hot and muggy summers and fishing in the many lakes and rivers of Louisville and surrounding counties is still a favorite pastime.

## Louisville Facts

- Population: approximately 700,000, the nation’s 16th largest metropolitan area in population.
  - Median Age: 32.5
  - Weather: average annual rainfall is 43 inches; average summer/fall temperature is 88 degrees; winter/spring temp. is 68.
  - Louisville is home to legendary Churchill Downs and the Kentucky Derby, known as “the greatest two minutes in sports.”
  - Hillerich & Bradsby’s Louisville Slugger baseball bats are a hit at ballparks.
- Louisville is home to...
- the Kentucky Derby
  - Papa John’s Pizza
  - The first electric trolley
  - Derby Pie
  - The first cheeseburger
  - “Thunder Over Louisville,” the nation’s largest annual fireworks display

### Famous Louisvillians

- Muhammad Ali - Heavyweight Boxing Champion
- Ned Beatty - Actor
- Foster Brooks- Comedian
- Denny Crum - Basketball Coach
- Thomas A. Edison - Inventor
- Sue Grafton- Author
- Darrell Griffith - Athlete
- Lionel Hampton - Jazz musician
- Paul Hornung - Heisman Trophy Winner, 1957
- Mary T. Meagher - Olympic Swimmer
- Tori Murden-McClure - Solo rower across the Atlantic Ocean
- John Ed Pearce - Pulitzer Prize Winning Journalist
- Georgia Powers - 1st Female African American Senator
- Pee Wee Reese - Hall of Fame Baseball Player
- Colonel Harland Sanders - Founder of Kentucky Fried Chicken
- Diane Sawyer - Newscaster
- Phil Simms - Super Bowl Winning Quarterback
- Sean Young - Actress



## DIRECTOR OF ATHLETICS TOM JURICH



- **TOM JURICH**
- Director of Athletics
- Vice President, U of L

Growth, innovation, achievement and excellence have been the trademarks of Tom Jurich's tenure as the Vice-President for Athletics at the University of Louisville for the last 11 years.

Since coming to the Derby City in 1997, Jurich's desire and vision has led the Cardinals to unprecedented development and accomplishment. His efforts received national acclaim when he was selected as the 2007 Street & Smith's Sports Business Journal/Sports Business Daily Athletic Director of the Year.

From facilities to gender equity, from community involvement to national leadership, Jurich's actions prompted one state media outlet to recently write that "it all shows yet again that the hiring of Tom Jurich, the architect of this Louisville emergence, as U of L AD in the fall of 1997 stands as one of the most significant events in our state's modern sports history." After just eight years working his constructive efforts, he was inducted into the state's Kentucky Athletic Hall of Fame in 2006.

Jurich has guided a whirlwind of accomplishments that have caught the eye of those who follow collegiate athletics across the nation. Special things are happening in Louisville, with a vibrant personality leading the way.

U of L took a dramatic step toward maintaining that upward trend by signing Jurich to an unprecedented contract extension in December of 2006 and subsequent enhancements that will keep him with the Cardinals through 2023. In an unprecedented appointment, he was named Vice President for Athletics at U of L in 2003.

"Tom is an energetic leader," said U of L President Dr. James Ramsey. "He has the advantage of being able to see the world of collegiate athletics from the viewpoint of a coach, an administrator, an athlete and a parent because he has worn all of those hats in his career. He has the vision to create a model program, assemble an ambitious group of talented coaches and staff, build world-class facilities and create educational as well as championship opportunities for hundreds of student-athletes. He is committed to creating a forward moving, competitive and compliant culture that reflects well on our university."

Since Jurich was named Director of Athletics for the Cardinals on Oct. 21, 1997, there has been an unmatched flurry of activity on the U of L campus and Louisville area since his arrival.

Jurich continues to push U of L to the forefront of college athletics and keep the Cardinals on the cutting edge nationally, turning heads while quickly guiding major changes in the face of Cardinal Athletics including:

- Engineering U of L's historic move to the BIG EAST Conference, which has a long-term relationship with the lucrative Bowl Championship Series. This is the Cards' fourth year in the league.
- Attracting eighth-year men's basketball coach Rick Pitino to U of L, a move many deemed impossible. Pitino's arrival energized the Cards' tradition-rich program and quickly restored it to a position among the nation's top teams. A new downtown arena is to be completed in 2010.
- Taking a major step in achieving gender equity, upgrading funding and support staff for existing women's programs while adding four new sports – softball, golf, rowing and lacrosse. Jurich's efforts also moved field hockey, women's soccer and baseball to fully-funded programs. He received the Citizens for Sports Equity 2000 Sports Leadership Award and was honored as Louisville of the Year in 2005 by the Louisville Urban League Guild.
- Rapidly building the football program. The Cardinals have been ranked in the top seven in two of the last four seasons, including the school's first BCS bowl berth in 2006. An expansion of Papa John's Cardinal Stadium is underway.

- Addressing multiple facility needs, including an extensive sports park to serve as a front lawn for the University. Owsley B. Frazier Cardinal Park features Ulmer Stadium (softball), Trager Stadium (field hockey artificial surface field), a soccer field surrounded by a state-of-the-art track, fitness trail and a playground. Three new facilities opened in 2005: Jim Patterson

Stadium (baseball), Ralph Wright Natatorium and the Trager Center indoor fieldhouse. The Yum! Center, a practice facility for volleyball and men's basketball, opened in 2007 and the Marshall Center/Waldman Field Hockey Complex opened its doors in 2008.

- Strengthening U of L's athletic administration by enlarging the compliance department with the school's first associate athletic director for compliance and adding the school's first female associate athletic director/senior woman administrator.
- Placing U of L on the cutting edge of sports medicine with a comprehensive partnership with Louisville's world-renowned Jewish Hospital.
- Bolstering the community outreach arm of U of L athletics, developing L-Care and CardsFIT to promote student-athlete community involvement.
- Academic success has risen dramatically during Jurich's watch as well. Those earning recognition on the U of L Athletic Director's Honor Roll (3.0 or better grade point average for a semester) increased to a record 332 for the 2008 spring semester, a figure which represents half of the total students involved in U of L Athletics.

Jurich's high energy, community and family-minded approach has been contagious, infecting the university, city and U of L fans everywhere with a positive outlook for the future of Cardinal Athletics. It is a formula that has provided a trail of success in each situation Jurich has touched.

Jurich has been active in the scope of college athletics on a national level, within conference issues, and in his local community. He served three years as a member of the NCAA Management Council, one of the top legislative bodies of the NCAA, and the NCAA Division I Baseball Committee. He sits on the Board of Directors for Republic Bank, Willpower Foundation and American Heart Association.

Jurich recently received the Louisville of the Year Award by the Louisville Advertising Federation and the Dan Mangeot Memorial Award, for contributions to the advancement of tourism and hospitality. He shared U of L's prestigious Hickman-Camp Award, presented for exemplary contributions to the athletic department, with his wife Terrilynn in 2007. He was named the Louisville Magazine Person of the Year in 2007.

Guiding Colorado State University as its athletics director for the four years prior to his arrival at U of L, Jurich oversaw not only one of the most successful time periods in the school's history in terms of on-field competitiveness, but he was the driving force behind a successful capital campaign drive that included facility renovation.

Prior to his constructive efforts at Colorado State, Jurich operated as director of athletics for eight years at his alma mater, Northern Arizona University. When appointed at NAU, he was the youngest director of athletics at the NCAA Division I level at the age of 29.

He became athletic director at Northern Arizona in 1988, after previously serving as co-director (1986-88) and assistant director ('84-86). He was inducted to the NAU Sports Hall of Fame in 1989.

Jurich is among the finest football players in Northern Arizona history. A punter, placekicker and backup quarterback for the Lumberjacks, Jurich earned first-team Kodak All-America honors in 1977 – the first collegiate kicker to make the Kodak honor list – and also received All-America acclaim from The Sporting News. He is the only kicker in Big Sky Conference history to be named the league's offensive player of the year (1977).

A 10th-round NFL draft pick of the Pittsburgh Steelers, Jurich later played with the Minnesota Vikings before a brief coaching stint at the University of Minnesota.

He and his wife, Terrilynn, a former Miss Wyoming, have four children: sons Mark and Brian; and twin daughters, Haley and Lacey.





● **DR. JAMES RAMSEY**

● **President, U of L**

As University of Louisville President James Ramsey has commented on many occasions, "The University of Louisville is an institution with a great history and tradition. Our job is to build on that history and tradition going forward."

There is no question that during Dr. Ramsey's six year tenure the University of Louisville is a very changed institution. Under Dr. Ramsey's leadership the quality of UofL's freshman class has

improved each year, with an average ACT score today for incoming freshmen of 24.3, well above the national average of 21.2, and the state average of 20.8. What's more, students coming to the University of Louisville are having greater success than ever.

Graduation rates over the last six years have improved over 33%. UofL students continue to receive a significant share of the nation's most prestigious academic honors, including seven UofL students receiving Fulbright scholarships in both 2008 and 2007.

During the last six years, UofL's research programs have continued to grow - for example, the University of Louisville, for the five-year period 2002-2007, experienced the most rapid growth of any institution in the country in National Institutes of Health (NIH) funding. Today the University of Louisville's dental school ranks 14th nationally among all institutions in funding; new drugs are in various phases of clinical trials; new clinical procedures are improving health care for people of our community and state; UofL's Rapid Prototyping Lab in the Speed School of Engineering is coming up with new advanced manufacturing systems to make Kentucky manufacturers more competitive.

A major focus of Dr. Ramsey during his tenure has been on the community of which the university is a part of. The University of Louisville has been a major player in an award-winning Partnership for a Green City with Jefferson County Public Schools and Louisville Metro government. The university has launched the Signature Partnership Initiative, an effort to improve education, health care, social services and economic opportunity in a traditionally underserved area in west Louisville.

The University of Louisville's partnership with UPS has been an important part of UPS' continued commitment to the local and state economy. As a result of Metropolitan College and UofL's Logistics & Distribution Institute, UPS has continued to grow and is today the state's largest employer. Under Dr. Ramsey's leadership, a \$2.5 billion plan has been approved for expanding and building the Health Sciences Campus with new research, clinical, and educational facilities in a Downtown Research Park. As part of this initiative, UofL received approval for a \$350 million Tax Increment Financing (TIF) from the state of Kentucky and Metro government.



The mandate given to Dr. Ramsey when he began at the University of Louisville in 2002 was to continue to move the university forward with the implementation of the strategic plan - "The Challenge for Excellence - 1998-2008." With the successful completion of the "Challenge," the university has now stepped forward with a new strategic plan - "The 2020 Plan," a blueprint that will guide the university through the milestone date set in the Postsecondary Education Reform Act of 1997.

At the same time, the university has begun the silent phase of its next major capital campaign and has undertaken a new branding effort - It's Happening Here.

A strong commitment to serving the community and commonwealth is nothing new for Ramsey. Before assuming UofL's top post, he served as senior policy advisor and state budget director for the Commonwealth of Kentucky and senior professor of economics and public policy at UofL.

He also has held several other positions in state government, serving as interim commission of the Office of the New Economy and special advisor to the chairman of the Kentucky Council on Postsecondary Education.

On the academic side, he has served as vice chancellor for finance and administration at both University of North Carolina at Chapel Hill and Western Kentucky University. He has been associate dean, assistant dean and director of public administration in the College of Business Administration at Loyola University and a research associate for the University of Kentucky's Center for Public Affairs.



He has served on the faculties of UNC, WKU, UK, Loyola University and Middle Tennessee State University.

A frequent national speaker and writer on economic issues in the public sector, Ramsey received the National Governors Association's Outstanding Public Service Award in 2001 and was named Kentucky's Distinguished Economist of the Year in 1999.

Business First newspaper named Ramsey Louisville's Business Leader of the Year in December 2007.

A Kentucky native, he holds a bachelor's degree in business administration from Western Kentucky University and master's and doctoral degrees in economics from UK.

Sharing his commitment to public service is his wife, Jane Ramsey, who is involved in a host of community activities and organizations. She heads an effort to beautify UofL's Belknap Campus and revitalize its surrounding South Louisville neighborhood. That effort is highlighted by the upcoming renovation of Stansbury Park, which borders the Belknap Campus. That Olmsted-designed park is being restored to its former glory thanks to partnerships among the university, Louisville Metro and the Olmsted Conservancy.

The Ramseys have two daughters. Jenny, an Auburn University graduate with a degree in Zoology, and a graduate of UofL's School of Nursing. Jacque is a senior at UofL and is actively engaged in campus, intramurals, and Chi Omega.

# SUPPORT STAFF



Julie Hermann  
Senior Associate AD



John Carns  
Assoc. AD Compliance



Kyle Moats  
Assoc. AD Marketing



Rob Brawner  
Asst. AD Internal Affairs



Jim McGee  
Asst. AD Varsity Sports



Holly Sheilley  
Asst. AD Student Devel.



Jody Sykes  
Asst. AD Compliance



Lynn Barney  
Compliance



Stephanie Bennett  
Athletic Trainer



Jason Bond  
Technology/Facilities



Ray Bronger  
Facilities



Shelley Feller  
Graphics/Photographer



Daniel Gossam  
Compliance



Dave Klotz  
Director of Photography



Teena Murray  
Sports Performance



Nick Ojea  
Compliance



Angela Todd  
Program Assistant



Garrett Wall  
Sports Information



# CARDINAL ROWING OARS CLUB

Assisting the women of Louisville Rowing in their quest to remain a national presence; outfitted with the finest equipment and supported by the best college sports fans in the country!

## How will your support help Louisville Rowing?

- Development of UofL Boathouse
- Purchase of new racing shells and top of the line equipment
- Increases team travel to ensure competitive racing schedule
- Allows for more athletes to travel to regattas
- Creates elite training environment with access to exercise physiologists, massage therapists, sports psychologists and motivational speakers
- Provides athletes with nutritional supplements for daily training and travel
- Expands recruiting opportunities

Rendering of a New Louisville Rowing Boathouse



## Special Thanks to our 2008 Cardinal Oars Club Members!

**DIAMOND Oar**  
Owsley B. Frazier

**EMERALD Oar**  
John & Sallie Cunningham  
Edmund & Nancy Nasief

**PLATINUM Oar**  
Gregory & Linda Edwardson  
Dave & Phyllis Pelette  
Don & Karen Rickers  
Dr. Shirley & Greg Willingham

**GOLD Oar**  
Kaye Edsell

**SILVER Oar**  
Walt & Betsy Buch  
Robert & Carole Buhts  
Jerry & Cindy Fiske  
Anders & Brooke Fogt  
Margaret Handmaker  
Jimmy & Susan Grace  
Ronnie & Karen McKiernan  
Linda Powell Patton  
Robert & Jeanne Reed

**BRONZE Oar**  
Gary & Mary Ann Anderson  
Ken & Kathy Glover  
Donald & Kathy Elias  
Vagn & Kitty Fogt  
Steve & Janie McNeill



• The U of L rowing truck was donated by Bob Leidgen of Alpha Leasing.

## Different Levels of Giving:

### Corporate Sponsorship

**Diamond OAR Donor:** \$10,000 or more

**Emerald OAR Donor:** \$2,500-\$9,999

**Platinum OAR Donor:** \$1,000-\$2,499

**Gold OAR Donor:** \$500-\$999

**Silver OAR Donor:** \$100-\$499

**Bronze OAR Donor:** up to \$99

### Naming Endowment:

A rowing shell will maintain its name throughout the life of the endowment. Every three years a new shell will be purchased and dedicated as the donor wishes. A special presentation will take place at a UofL Athletics event. All donors will be recognized with a plaque in the trophy room of the future UofL Boathouse.

### Naming Purchase:

A rowing shell will be named in honor of its donor. The naming of this shell will be held for three years at the University of Louisville Boathouse. Dedication of this shell will be held at the annual Spring Awards Banquet.

Shell Dedication	Endowed	Purchase
<b>8+ Shell</b>	<b>\$60,000</b>	<b>\$30,000</b>
<b>4+ Shell</b>	<b>\$31,000</b>	<b>\$15,500</b>
<b>2- Shell</b>	<b>\$18,000</b>	<b>\$9,000</b>
<b>Single (1x)</b>	<b>\$12,000</b>	<b>\$6,000</b>
<b>Set of Oars</b>	<b>\$5000</b>	<b>\$2500</b>

Please contact Head Coach Laura Fogt if you would like to be more involved with the women's rowing program:

(502) 852-3325

[laura.fogt@louisville.edu](mailto:laura.fogt@louisville.edu)



## ● Rowing Technology

**BLADE:** the end of the oar which pulls the boat through the water.

**BOW:** the forward end of the boat which crosses the finish line first; the rower in the seat nearest the forward end of a shell, who typically has a quick catch, stable technique and a shorter arc.

**BUCKET RIGGING:** two riggers on the same side next to each other instead of alternated.

**COXSWAIN (COX):** person who steers the shell from a seat located in the stern or a lying position in the bow.

**ERGS:** short for ergometer; individualized rowing simulators that help strength and conditioning.

**LIGHTWEIGHT:** a crew on which each athlete weighs under a specific amount (130 pounds for women).

**NOVICE:** a rower in the first year of collegiate competition.

**REGATTA:** the name of rowing events in which several crews compete.

**REPECHAGE:** a second chance race for those crews which did not automatically advance to the finals of an event.

**RIGGER:** the part which attaches an oar to the shell.

**RUN:** the distance the shell moves during one stroke.

**SCULLING:** type of rowing where each rower uses two oars.

**SHELL:** boat used in the rowing races. It seats nine people for an Eight and five people for a Four, and ranges in length from 45 feet for a Four to 58 feet for an Eight.

**SPRINTS:** used in collegiate competition, this type of race features a course which is 2000 meters long, usually with four to six unmarked or buoyed lanes and a floating or staked start.

**STERN:** the back of the boat; the end the rowers face during competitions.

**STROKE:** a complete cycle of moving the shell through the water; the rower who sits closest to the stern, looks directly at the coxswain in a stern-coxed boat and sets the rhythm for the shell.

**SWEEPING:** type of rowing where each rower uses one oar.

**VARSAITY:** the collegiate rower who competes beyond the novice level.

**8+ AND 4+:** eights (8+) and fours (4+) are the most common collegiate competitions and the two events held at the NCAA Championships. The plus indicates a coxswain on board.

## ● 2000-meter Competition

National, World and Olympic competitions are 2000 meters, or approximately 1.25 miles. Most courses are divided into six buoyed lanes, allowing six boats to participate at any one time. This racing utilizes a double-elimination system which allows each participant at least two opportunities to row.

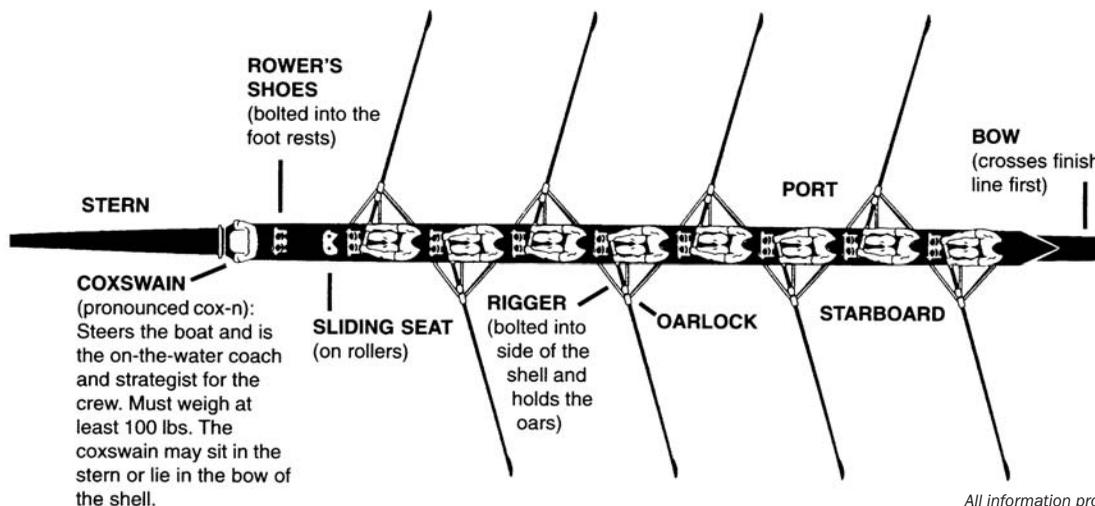
## ● Race Watching

The crew that's making it look easy is most likely the one doing the best job. While you're watching, look for –

- *Continuous, fluid motion of the rowers.* The rowing motion shouldn't have a discernible end or beginning.
- *Synchronization.* Rowers strive for perfect synchronization.
- *Clean catches of the oarblade.* If you see a lot of splash, the oarblades aren't entering the water correctly. The catch should happen at the end of the recovery, when the hands are as far ahead of the rower as possible. Rowers who uncoil before they drop the oarblades are sacrificing speed and not getting a complete drive.
- *Even oarblade feathering.* When the blades are brought out of the water, they should all move horizontally close to the water and at the same height. It's not easy, especially if the water is rough.
- *The most consistent speed.* Shells don't move like a car – they're slowest at the catch, quickest at the release. The good crews time the catch at just the right moment to maintain speed.
- *Rowing looks graceful, elegant and sometimes effortless when it's done well.* Don't be fooled. Rowers haven't been called the world's most physically-fit athletes for nothing. A 2,000-meter rowing race demands virtually everything a human being can physically bring to an athletic competition – aerobic ability, technical talent, exceptional mental discipline, ability to utilize oxygen efficiently and in huge amounts, balance, pain tolerance, and the ability to continue to work when the body is demanding that you stop.
- *A "Power 10" is a call by the coxswain for 10 of the crew's best, most powerful strokes.* Good coxswains read the course to know how many strokes remain for their crew to count down to the finish.
- *It doesn't matter whether you win an Olympic medal or don't make the finals – each crew still carries their boat back to the rack.*
- *Coxswains from first-place boats worldwide are thrown into the water by their crews.*
- *Coxswains don't now and probably never did yell "stroke! stroke!"* Similar to a jockey, their job is to implement the coach's strategy during the race, in addition to steering and letting the rowers know where they stand in the race and what they need to do to win.

## ● Head Races

Head Races are the traditional fall regattas, in which boats cross the starting line at full speed at roughly 15 second intervals. The course usually involves navigating three miles of river, around bends and under bridges. Whichever team completes the course in the shortest amount of time wins.



All information provided by USRowing.

