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## 2009 Season Ends Challenging Year for Berkeley Crew

As we head into the summer months and look back on the '08-09 season, the year could be summed up with that old saying, "May you live in interesting times!" The weakening economy took a bite out of our fundraising goals, while the competition on the water in the Southwest Region was the fiercest ever. We lost our lease on our backup storage boathouse at Aquatic Park in Berkeley, forcing us to pack all our race support gear and several additional shells into our already crowded JLAC boatbay. The challenges of running our organization and staying competitive have never been greater.

Receipts from our annual fall fundraiser, the Ergathon, were off 40% over last year's. Yet despite the economic crisis that has affected so many of our crew families, a big thank you goes out to our Berkeley Crew parents, friends and alumni who still dug into their pockets to contribute. Berkeley Crew is committed to making crew accessible to all BHS students who want to row, and this past year the board was still able to fund all scholarship requests, which were up 20% over last year.

Despite a challenging year, the determination and commitment of Berkeley Crew's student athletes has never been stronger. And the hard work of our coaches, parent volunteers and crew board has kept the team on the water and focused on the competition. As alumni of Berkeley Crew, we need your help too—see Support Berkeley Crew with ideas on what you can do!

Tom Horton  
Board President

## Racing Season Highlights

After several fall tune-up regattas, the Berkeley Crew women got a jump start on the racing season in a noisy gym full of ergs for the **Peninsula Indoor Rowing Championships**. Twenty novice and varsity women competed against strong local club teams. Kate Meyer took second place in the Junior Event. In the Junior Novice Event, Mari Sulheim was edged out of first place by .1 second, with Signe Henderson right behind her in third. In the Freshman Event, Signe took first place and Anya Christy took second.

Traditionally, the **Novice Regatta** on Lake Merced in San Francisco marks not only the beginning of the official racing season, but also the beginning of rowing careers. BHS novice rowers put in some strong performances against teams from as far away as San Diego and Newport. The women's freshman 4+ and the men's novice 4+B boats each rowed to decisive second place finishes. Other boats found themselves in hard-fought duels. Most importantly, in their first real racing experience, Berkeley novice rowers learned what racing is all about.

On Sunday, the varsity squad also raced, battling extremely wet conditions from steady rain, and turned in several strong performances. The

## Contact Us:

Want to make a donation, volunteer, view race photos or get more information on upcoming events? Know a BHS crew alumni or someone who would be interested in supporting Berkeley High Crew? Visit the official BHS Crew website at: [www.berkeleyhighcrew.org](http://www.berkeleyhighcrew.org).

women's lightweight 4+ gave Stanford a run for first place. Other second place finishes for Berkeley rowers went to the men's lightweight 4+ and the men's varsity 4+.

The annual **Battle of the Bay** was held at our home Oakland Estuary race course and featured Berkeley, Oakland Strokes (host), Saint Ignatius, and Marin Rowing. Two remarkable races started the day. The BHS women's lightweight 4+ gained 1.5 boat lengths against Strokes' crew in the final 50 meters to capture first place. Then, the men's novice 8+ battled Marin and Strokes the entire length of the course, only losing ground in the final sprint to take a strong third.

In other highlights, the men's Varsity 4+ and lightweight 4+ each took second place in their races, the lightweights falling to an open-weight boat. The newly configured lightweight 4+ B boat looked good while finishing fourth in that same race. BHS rowers raced hard all day long, giving the bigger club squads a run for their money.

Concentrated workouts over Spring Break paid off for the team at Stockton's **Deep Water Dash** regatta. In sweltering heat, Berkeley crews won eight gold medals and rode home with the team points trophy. First-place finishes went to the men's varsity lightweight 4+, men's junior varsity 4+, women's lightweight 4+, women's novice 4+ A, women's lightweight 8+, men's 4x+, women's varsity 4+, and the men's freshman 4+.

This year's **Southwest Regional Championship (CJ's)** was the biggest ever, with 26 schools and clubs, from Tempe, AR to Humboldt, CA. Under blue skies and beautiful weather, Saturday morning began with excitement for BHS Crew, as the women's frosh 8+ boat came within seconds of advancing to the finals. A day of strong rowing followed, but each time the BHS crews were shut out of the finals. Then, late in the afternoon, the men's frosh 4+ dueled Marin for first place in their heat. BHS fell by .1 second, but advanced to Sunday's final, the only BHS boat to move on from its heat.

BHS athletes rowed well all weekend long, but fell repeatedly to the stronger clubs. The men's frosh 4 boat improved its time in Sunday's final, but was unable to medal. The women's pair came within 2.5 seconds of moving on. The men's



*Berkeley Men's Freshman 4+ dueling for first place in their CJs heat*

lightweight 8+, still a young combination, finished strong, but could not make it into those tough three spots. The men's 4x challenged for the lead in its heat until an injury hampered its run. What more is there to say but "hats off" to the crews that stood out at CJs this year—Newport, Marin, Los Gatos, Long Beach and Capital Cities—and to all the rowers from throughout the southwest.

A weekend of "respectable" rowing left the BHS team proud and determined to improve next year. And then, there's the inevitable sadness of the CJs: the championships signal the finale for many graduating seniors. It has been a great year under the leadership of these remarkable young men and women.

## Coaches' Corner

### Chris Dadd Celebrates 10 years



Chris Dadd, the indefatigable head coach of Berkeley Crew, was recognized at the end of season awards banquet on May 29th for ten years of outstanding service leading Berkeley Crew. Tom

Horton, representing the Berkeley Crew Board, presented Chris with a framed picture of the men's varsity Vespoli V1 Rhino eight, which has been christened "The Dadd." Named in honor of Chris' father, Reginald "Rex" Dadd, who passed away in 1994, the Rhino will be a symbol to future teams

**Alumni—  
Update  
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Info Today!**

In an effort to reduce newsletter mailing costs, we need your updated contact info and email address. Please go to the BHS Crew website, [berkeleyhighcrew.org](http://berkeleyhighcrew.org) and click on the alumni section to enter your current contact info:

- Name
- Year Graduated
- Mailing Address
- Phone
- Email Address

Let us know if you would prefer future newsletters mailed or emailed.

of the dedication and inspiration that Chris has brought to the Berkeley Crew organization over the past decade. **Sabrina Linden** begins her fourth season leading the women’s team, and will be busy over the summer running the Berkeley Crew summer rowing program and novice intro workshops.

**BHS Crew Assistant Coach  
Morgan Fenner**



Returning to lead the men’s novice team this past season, assistant coach Morgan Fenner balances patience with a no-nonsense approach to teaching novice rowing. Having previously coached the novice men

from 2001-2006, Morgan took a leave to attend graduate school, but was enticed back by Coach Dadd last fall. “I enjoy teaching novices to learn to row from scratch,” she says, “watching them learn quickly over the course of their first year.” A graduate of Del Campo High School in Sacramento, Morgan earned a seat rowing on the Cal Berkeley women’s freshman team. After graduating, she joined the Berkeley Crew assistant coaching staff and proudly watched a group of her novices go on to win races and bring home medals as varsity, including a national championship. Asked to describe Morgan as a coach, some of her boys say she is “stern but patient,” “direct,” and “not afraid to demand jumpies if we aren’t paying attention.” Chris Dadd says of her, “She is an excellent novice coach—she knows how to mold their brains and teach them the technique they need to become good oarsmen.” Morgan says she is pleased with how her novice squad has grown into rowing this past season, with some surprisingly strong finishes, including the men’s frosh four making the final at CJs. Morgan says the novices have learned how to work hard and show great potential for next season. Morgan is part of an outstanding assistant coaching team, lead by returning coaches **Gulliver Scott** and **Lindsey Anderson**.

**Athlete Profiles**

**Jacob Warhuus  
Varsity Men’s Team**



When asked what he is most proud of over his four years of rowing for the Berkeley men, Jacob Warhuus replies, “... being

able to be part of leading BHS Crew. Creating the summer conditioning program along with two years as varsity team captain has really taught me a lot about organizing and running a team.” Jacob says he loves crew for its complete simplicity, “While other sports have changed over time, crew is still the same it was hundreds of years ago. Though there are different ‘styles’ on how to row (for example, Canadian national team has a tendency to have more ‘layback.’), and though boats have become lighter and sleeker, the sport is the same. Get your bow ball across the finish first, 2,000 meters away!” Jacob enjoys rowing in eights best and remembers his first San Diego Crew Classic as a sophomore in the BHS varsity eight as both a terrifying and thrilling experience. In a hard fought final, Jacob’s boat came in third just behind Marin. “I loved the race, though we came in third, because it was the first race where I rowed in a competitive varsity boat that truly went fast.” says Jacob. Having been recruited to the University of Wisconsin rowing program, Jacob will start all over again as a freshman oarsman with the Badgers this fall.

**Katie Potter  
Varsity Women’s Team**



Katie Potter, senior, started her rowing career early, in the summer before her eighth grade, upon the suggestion of a family friend. Once she got in a boat, she says she was “hooked.” Katie finishes four

years at BHS with a long list of accomplishments and many fond memories while rowing for the

**Calendar:**

- **Solano Stroll,**  
Sun., Sept. 13  
(visit our booth  
@ top of Solano  
Ave., Berkeley)
- **Back to Crew  
Picnic,**  
Sun., Sept. 20,  
JLAC Boathouse
- **Holiday Sprints**  
alumni event,  
Sun., Dec. 20th,  
JLAC Boathouse

*Note: Some dates /  
locations are subject to  
change. Visit the BHS  
Crew website calendar  
for the most up-to-date  
information and events.*

Yellowjackets. Voted “Most Inspirational” at this year’s awards banquet, Katie has excelled in many different size boats, having stroked in eights, fours and doubles. But given a choice, Katie says, “I prefer rowing in a four—you really get to feel close to the other rowers. And I love the stroke seat—staring the coxswain right in the eyes and concentrating on pulling hard.” Katie knows about pulling hard and the pain that sometimes comes with it. She has fought back problems since her sophomore year, sometimes having to be lifted out of the boat at the end of a hard race. But Katie rows through her pain, drawing her strength through overcoming it. “I know everyone is pulling their hardest, so no matter how hard it hurts, I have to keep going, to stay in that moment, then die later,” she says. Katie is off to the University of British Columbia just north of the border next fall. Although the UBC rowing program is tempting, Katie says she has no plans to row in college, but you never know!

**Nia Lazarus  
Novice Women’s Team**



Nia Lazarus, on right, has shown true grit and determination as part of a strong Berkeley novice women’s squad. With several wins and many close finishes behind them, Nia and her novice teammates are looking forward to moving into the varsity boats next year. She admits that initially those early morning practices were an adjustment, but she says, “the early practices have really not been a problem. I like to be on the water in the morning so I can be mentally active the rest of the day and focus on my homework after school.” Being driven both in academics and athletics has paid off, earning her a seat in the Freshman A boat and an impressive 4.0 grade average. Having played competitive sports her whole life, she says she found crew through the urging of another Berkeley crew alum, George McNitt, class of 83. She finds erging to be one of the most challenging aspects of this new sport—where you are racing against yourself, striving for that new personal best time. For Nia, who lost her hearing during a childhood illness, Berkeley Crew has become a family affair, with her fellow rowers

helping translate coxswain’s commands into hand signals during races and her mother, Neesa, interpreting coaching instructions from the coaches’ launch during practices.

**BHS Crew Alumni News**



*Seven seat Ian Horton wins gold with Cornell  
Freshman Lightweights*

Eight BHS Crew alumni rowers successfully pursued their collegiate rowing careers this year, and as the spring racing season built toward eastern and western championships, five rowers continued on to the two National Championship events. This collegiate season saw a perfect storm of rowing converge on Sacramento’s Lake Natoma, beginning with the Southwest Regional Juniors Championships (CJs) on May 8-10, The Pacific 10 Championships on May 15-17, and for the first time in the west, the Intercollegiate Rowing Association National Championships (IRAs) on June 4-6. The championship successes of west coast collegiate teams in recent years have upended eastern rowing tradition; the IRAs will now be held on the west coast every two years.

At regional events throughout the U.S. where several thousand collegiate rowers participate, BHS Crew alumni excelled.

**Winning Gold medals were:**

**Erin Anderson** (BHS 07) coxing the Yale Lightweight Men’s Second Varsity 8,

**Ian Horton** (BHS 08) in the Cornell Lightweight Freshman 8.

**Winning a Bronze medal:**

**Laura Donaldson** (BHS 06) in the Georgetown Lightweight Varsity 8.

**Contact Us:**

**New Mailing Address!**  
**Berkeley High Crew**  
PO Box 1012  
Berkeley, CA 94701  
www.berkeleyhighcrew.org

**Head Coach / Men's Coach**  
Chris Dadd  
thecrew4bhs@earthlink.com

**Women's Coach**  
Sabrina Linden  
Sabrina\_linden@hotmail.com

**Alumni Coordinator**  
Carla Frank  
carla.frank@gmail.com

**Board President**  
Tom Horton  
president@berkeleyhighcrew.org

**Board Treasurer**  
Lynne Hollyer  
treasurer@berkeleyhighcrew.org

**Board Secretary**  
Rosa Luevano  
secretary@berkeleyhighcrew.org

**Crew Webmaster**  
Rick Jaffe  
webmaster@berkeleyhighcrew.org

Also participating in Eastern Regional events were: **Sam Paul** (BHS 07) in the MIT Varsity Lightweight 8, **Tyler Williamson** (BHS 05) in the Northeastern Varsity 8, **Alex Pujol** (BHS 07) in the Dartmouth Varsity 8, **Max Perel-Slater** (BHS 07) in the Wesleyan Second Varsity 8 and **Michaela Glaeser** (BHS 07) in the Princeton Varsity 4.

With about 800 rowers taking part in the IRA National Rowing Championships and 400 rowers in the NCAA National Rowing Championships, five BHS Alumni were among the National participants, specifically:

- Erin Anderson** coxed the Yale Men's Lightweight Varsity 8 to a Silver Medal.
- Laura Donaldson** stroked the Georgetown Lightweight Varsity 8 to a 6th place finish.
- Tyler Williamson** rowed 7 seat in the Northeastern Varsity 8 to a 10th place finish.
- Alex Pujol** stroked the Dartmouth Varsity 8 to a 12th place finish.
- Michaela Glaeser** rowed 3 seat in the Princeton Varsity 4 to a 14th place finish.

If you know an alumni rowing collegiately whom we have missed, email our alumni coordinator and let us know. Congratulations to all our BHS Crew alumni and their rowing successes!

**Berkeley Crew in the News**

Berkeley Crew was prominently featured in the June edition of *Youth Sports* magazine. Boris Weintruab's article, titled "Youth Sports—A matter of Picking your Game," focused on growing attraction of participating on an alternative youth sport other than the major ball sports such as basketball, baseball and football, including soccer, lacrosse and rowing. Following is an excerpt:

So what's the appeal of rowing on a crew team? "It's disciplined. It's focused. It's just a rush," says 17-year-old Gordon Churchill of Washington, D.C.'s Wilson High eight-person varsity crew.

"I didn't think of myself as an athlete," says Susannah Starr, co-captain of Berkeley High's crew team, California's only public high school

squad and one of the few west of the Mississippi River. "When I was a freshman, the first practices were scary," she says. "I was afraid I'd fall out of the boat into the water. But suddenly I realized, 'Hey, I can do this!' I didn't die!"

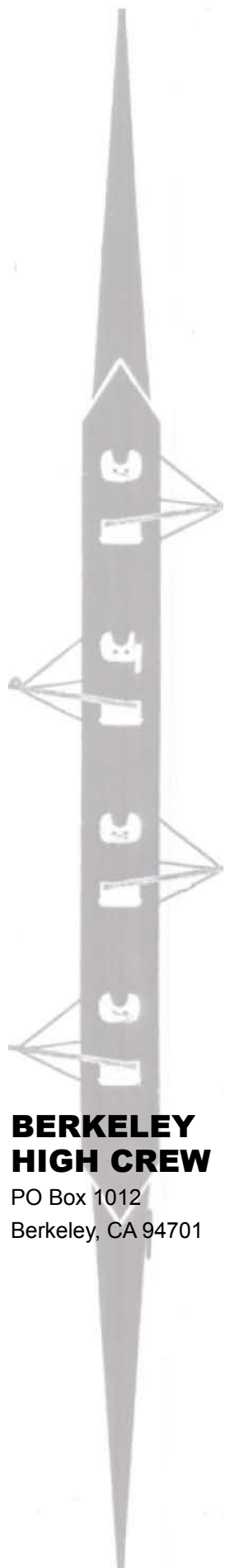
**Support Berkeley High Crew**



Between boathouse rent, maintaining and purchasing shells and equipment, and supporting a team of 70-100 rowers each year, keeping Berkeley Crew afloat is a challenge even in the best of times. This

past year, however, has been especially difficult. A shortfall in our projected Ergathon donations combined with a larger number of scholarship requests forced our board make some hard choices. We deferred maintenance and new equipment purchases, drove the boat trailer with a borrowed pickup and cut back our team attendance at CJs. To the disappointment of many rowers, the team even had to forgo traveling to one of the big away regattas this year, such as San Diego, Long Beach or Scholastics. With these cost saving efforts, and thanks to our tireless treasurer Lynne Hollyer, the crew bank account ended the season in the black.

As Berkeley Crew alumni, you can help make the difference in these tough times. Rower fees cover only a portion of the team's costs, with no financial support from BUSD beyond modest coaches' stipends, so we depend on our supporters' generous donations. There are many ways you can support your former team; name an oar after your coach or a rower, contact your classmates and name a boat together, buy raffle tickets at the Holiday Sprints (Dec. 20 at JLAC), or visit our booth at Solano Stroll (Sept. 13 in Berkeley). Or simply mail us a donation—Berkeley Crew thanks you!



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PO Box 1012  
Berkeley, CA 94701