

Pride of Hofstra Crew

Volume I

Hello Rowers, Coxswains, and Coaches!

This is the beginning of a great new tradition at Hofstra Crew—a newsletter! It's about time the current team keeps our extended family in the loop. This introductory issue will highlight a few of the changes Hofstra Crew has seen over the last year.

This year, the team is focused on continuing to grow as a program. We had a successful spring season (see Recap on page 2), and our mens varsity four is excited to return to the Head of the Charles regatta this October. Come check us out at some races this fall.

Also, this season the team is looking forward to reconnecting with alumni at

some events this year, including our Alumni Race and Picnic on October 16 in Oyster Bay. Be sure to save the date!

Hope you enjoy the first issue of our newsletter. Keep rowing!

Allie Socha
Hofstra Crew Secretary



Looking Ahead: Fall 2010

This fall, Hofstra Crew is travelling all around New York and New England. With two new coaches (see page 2), we hope to continue to compete with the best from our area.

Varsity will make their season debut at the beautiful Textile River Regatta in Lowell, MA. With many of our members from Massachusetts, a long, winding course down the

Merrimack River is sure to get us in the spirit of rowing.

Both varsity and novice will then compete at the Head of the Housatonic Regatta in Shelton, CT. The mens varsity four will finish the head racing season at the Head of the Charles Regatta in Boston, MA. Last year, their hard work earned them an automatic bid for this year's race. Let's wish the guys luck so they can do it

again this year!

With a bit of help from the Alumni Race, set for October 16 in Oyster Bay, the team will



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then transition into sprint mode. The team will compete in back-to-back sprint races at Dowling College and Fall Metropolitan Championships. Last year, the



novice girls brought home multiple medals at these races. Everyone will get the opportunity

to race multiple times in eights and fours. What an exciting weekend to end the season!

- Fall 2010 Schedule:**
October 3- Textile River Regatta, Lowell, MA
October 9- Head of the Housatonic, Shelton, CT
October 16- Alumni Race and Picnic, Oyster Bay, NY
October 23-24 Head of the Charles, Boston, MA
November 6- Dowling Regatta, Oakdale, NY
November 7- Fall Metropolitan Regatta, New Rochelle, NY

Welcome the De Schaal Van Knal!

A few short weeks before racing at the Head of the Charles Regatta, former president Tim Lynch drove up



to New Haven to pick up his new baby--a new bow-loader Vespoli four. "Pop's Shell," as it translates in Dutch, the De Schaal Van Knal is the newest shell in the Hofstra Crew fleet. She was christened at the Head of the Housatonic Regatta and brought the boys much luck throughout the 2009-2010 season. Look for her at races this fall--you can't miss her bright yellow hull!



Coaches! Coaches!

Since Katie and Tom went on their way to Colorado, it meant Hofstra Crew was looking for some new coaches. Luckily, we found two new coaches to start off the Fall 2010 season. Troy will continue to help the novice rowers when he can, but Drew Oprea and Jim Finke will be joining us this year.

Drew began rowing in 2006. He rowed at the collegiate level

at Worcester Polytechnic Institute, where he graduated in May. He has also rowed with the Sagamore Crew Club.

Jim began rowing at Rutgers University in 2008. He has also rowed with Sagamore's summer program. Jim graduated from Rutgers in May with a degree in Environmental and Business Economics.

Both Drew and Jim are starting their coaching careers here at Hofstra and are eager to share their passion for rowing with others.

Spring 2010 Race Recap

Spring was a busy season for Hofstra Crew! The varsity members travelled to Camp Bob, SC for a training trip to prepare for a very successful season!

The team debuted at the Knecht Cup in Camden, NJ. For the first time in years, both the women's varsity pair and men's varsity four made it out of their heats. The women placed third in the petite final and the men placed fourth in the club four final.

At Spring Mets, the womens novice four came in first in their heat, allowing them to advance to the final. The mens varsity four came in fourth in their final.

New York States was an extremely exciting weekend for Hofstra Crew. The mens varsity pair (Matt Vitrano and Sean Harvey) took home bronze medals, while the womens varsity pair (Ali Ratte and Sara Steingard) took home gold



medals! We are so proud of all of them!

We couldn't let all of the excitement end at States, though. For what we believe to be the first time in Hofstra Crew history, two boats advanced at the Dad Vail Regatta. The mens varsity four (Tim Lynch, Evan Markley, Colin Creegan, Jesse Fox, Allie Socha) came in second place in their heat, to advance to semi finals. The womens pair also came in second place in their heat, to advance to semi finals. Everyone was thrilled to have the opportunity to race with such a high level of competition!

Rower Spotlight: Colin Creegan

Each issue, readers will get to know one member of our current team. This issue, we got to know Colin Creegan, a junior from Lowell, MA studying mathematics and secondary education. Colin is a member of Honors College. This is Colin's 5th season with Hofstra Crew. He is currently the team president. Here's what Colin had to say:

How long have you been rowing?

This is my 6th year rowing. I rowed 3 years at Lowell High School in Massachusetts and now 3 here at Hofstra.

What's your favorite memory from Hofstra Crew?

Qualifying for semis at Vails, for a few reasons. Mainly because

it was getting out of heats at Vails, and i knew what that meant as a boat. But beating a crew we lost to the previous week (Army) and then UML, a



school I was convinced for so long i would be going to for college, that just made it even better.

What's one thing people should know about you?

I like to cook for people. My specialties are Buffalo Chicken Dip and Pumpkin Chocolate Chip Muffins. Both disappear very quickly.

Where do you see yourself in 10 years?

In ten years, I see myself teaching high school math and coaching a high school crew after school.

Wing Nuts and Washers

Coach Tom, alumni Tim Lynch and Evan Markley, and junior Jesse Fox traveled to Taiwan in May to row in a Mercedes Benz commercial. The link to the video is posted on the Hofstra Crew page on Facebook.

What's new with you? Share what you've been up to and you may be featured in an upcoming newsletter! hofstracrew@gmail.com

While we were sad to see them go, congratulations to Coach Katie and Coach Tom on their engagement! We wish them the best in their new lives in Denver!

Save the date! The Alumni Race and Picnic will be held at the Sagamore Boat House in Oyster Bay, NY on October 16, 2010. More information will come, so stay tuned!

Special thanks to Gary Staurowsky and Tim Lynch for helping out preparing equipment for the upcoming fall season!



Hofstra Crew E-Board

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