

FALL / WINTER 2021 | VOL. 3

THE REPORTER

Port Rowing's Newsletter



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Welcome back to the third edition of
The RePORTer.

The RePORTer - A newsletter
dedicated to bringing you updates
about programming, coaches,
accomplishments, and so much more.

Fall 2021 Results

NY Metro Cup

September 26th
vs. Neirid & Montclair

Event	Placement
Men's Junior 1V Eight	2nd
Men's Junior 2V Eight	1st
Men's Junior 3V Eight	1st
Women's Junior 1V Eight	1st
Women's Junior 2V Eight	1st
Women's Freshman/Novice Four	1st
Men's Junior 1V Quad	2nd
Men's Junior 2V Quad	3rd
Men's Freshman/Novice Eight	1st
Men's Junior 2V Four	1st
Women's Junior 1V Four A	1st
Women's Junior 1V Four B	2nd
Women's Junior 2V Four	1st
Women's Junior 3V Four	1st

Row for the Cure

October 2nd
Hempstead Harbor

Event	Placement
Men's Varsity Eight	1st
Women's Varsity Eight A	1st
Women's Varsity Eight B	2nd
Men's 2V Eight	1st
Men's 2V Eight B	2nd
Men's 2V Eight C	5th
Men's Freshman/Novice Eight A	1st
Men's Freshman/Novice Eight B	3rd
Boy's Middle School Eight	1st
Women's Novice Eight	1st

Head of the Housatonic

October 9th
Shelton, CT

Event	Placement
Men's Junior Quad A	7th
Men's Junior Quad B	11th
Men's Junior 2V Eight	19th
Men's Junior 1V Eight	15th
Men's Junior 1V Four A	14th
Men's Junior 1V Four B	17th

Head of the Charles

October 24th
Boston, MA

Event	Placement
Women's Youth Four	35th
Women's Youth Eight	30th
Men's Youth Four	52nd
Men's Youth Eight	31st



Fall 2021 Results

Head of the Fish

October 31st

Saratoga Springs, NY

Event	Placement
Boy's Junior Freshman Eight	1st
Boy's Junior Novice Eight	14th
Girl's Junior 1V Eight	6th
Boy's Junior 1V Four	14th
Boy's Junior 2V Four	9th
Girl's Junior 2V Eight	5th
Boy's Junior 1V Quad	6th
Boy's Junior 2V Quad	5th
Girl's Junior Lightweight Eight	2nd
Boy's Junior Freshman Four	13th
Boy's Junior 1V Eight	9th
Boy's Junior 2V Eight	5th
Boy's Junior 3V Eight	5th
Girl's Junior 1V Four	7th
Girl's Junior 2V Four A	4th
Girl's Junior 2V Four B	8th
Boy's Junior 4V Eight	5th
Girl's Junior Freshman/Novice Four	16th
Mixed Junior Eight A	4th
Mixed Junior Eight B	8th

Snowflake Regatta

November 7th

Riverhead, NY

Event	Placement
Men's Varsity Quad	1st
Women's Varsity Quad	1st
Men's Varsity Four	2nd
Women's Varsity Four	1st
Women's Junior Varsity Quad	1st
Women's Junior Varsity Four	1st
Men's Novice Four	3rd
Men's Varsity Eight A	1st
Men's Varsity Eight B	2nd
Women's Varsity Eight	1st
Men's Junior Varsity Eight A	1st
Men's Junior Varsity Eight B	2nd
Women's Junior Varsity Eight	1st
Men's Novice Eight	1st
Women's Novice Eight	2nd



COACHES CORNER

Coach Donnie- Varsity Boys

This Fall has been one of the strongest seasons in the history of Port Rowing! Since I arrived in Port Washington in August, I have been nothing but impressed with this team. The Varsity Boys are making huge strides both on the erg and on the water. Nearly every race we attended pitted us against some of the strongest crews in the country, from scrimmaging the sculling powerhouse at Neriad and finishing just six seconds behind them in the Quad, to closing the gap on Greenwich by 26 seconds.



We are still working towards our ultimate goal of Youth Nationals, and every day each athlete pushes us closer to that goal. I am extremely proud of the work that we have done, and look forward to seeing just how much the team can do as we move into the Winter.

Some more results for our season include: Head of the Charles -31st out of 80 teams in the Men's Youth Eight (Best finish ever for Port Rowing in this event) and 52nd out of 84 teams in the Men's Youth Four (2nd Best Finish for Port Rowing); Head of the Fish; First Varsity 8+- 8th; Second Varsity 8+- 5th; Third Varsity 8+- 5th; Fourth Varsity 8+- 5th; Varsity Quad: 6th; Second Varsity Quad: 5th

All of these results show that the work is paying off all the way down our 56 person roster. This kind of depth will be immensely beneficial in the Spring, and I am extremely excited to lead such a large squad to our goals.

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Coaches Corner

Coach Isa- Varsity Girls

Going into the fall I knew our girls had the potential to be competitive as we returned 13/15 girls that competed at Nationals in June. But, what I was most pleased with was how we decided to push forward through the way we trained and the way girls have stepped up and made every seat competitive could be the start of a potentially special season. It was definitely our most competitive fall season to date.

We started with our annual tri-meet with Montclair Crew and Nereid BC. Our girls were able to post convincing double digit victories in the Varsity and 2nd 8+. Our top 2 4+s were able to best Nereid's 8 entry, and our C 4+ best nereids B entry. Montclair consistently produces solid crews, so having two crews ahead of their top 4+ was a motivator for the girls to continue working hard.

Our following race against local crews didn't go according to plan due to some teams cancellations, but we hang our hat on racing hard no matter what: the Varsity 8+ took first with a two minute lead to our 2nd Varsity 8+ who took second with a comfortable distance. We raced an 8+ and a 4+ with the 4+ racing with the new U17 designation. Despite having a couple of girls get sick ahead of the Head of the Charles, we still managed to requalify both of our boats for the first time ever as a club.

Following the Head of the Charles, we decided to make the trip up north to get our athletes used to the course they will use to qualify for nationals. We were one of only 5 teams to place a 1V8+ (6th) and 2V8+ (4th) in the top 7 of both events (Greenwich Crew, Saratoga, CRI and Row NJ were the others).

We saw more shenanigans at snowflake regatta with the other varsity teams largely withdrawing after we put our entries in. Our girls raced hard down the 2500m course and were still able to put on a good show for our fans. What was more exciting to us as a team was more than 16 girls posting their Personal Best on their 2K erg in the lead up that week to the race. The attitude of the girls and the senior leadership is leading us to gains in so many little areas that it's adding up to something big.



I'm proud to say that Port Rowing as a whole has made a qualitative leap forward since I started here in 2016. We've been able to aim and perform at higher levels due to support from the port rowing community and board members past and present. We've taken our training indoors to the Village Club of Sands Point which has graciously provided us with a place to train and achieve our winter goals.

COACHES CORNER

Middle School- Coach Ellie

Our Middle School teams had a great Fall Season! Many 7th and 8th graders came to us with no rowing or erging experience, but with hard work they finished the season as a cohesive and strong team! We spent the fall months focusing on good technique, and trying to take as many strokes on the water as possible. The Middle schoolers were able to row doubles, quads, and eights and enthusiastically tried out different seats in all of the boats.

We used our time off the water to improve general fitness and start building habits that will produce strong, healthy athletes as they grow and progress to the Varsity squads. We worked on how to be good teammates, and what a positive, motivating attitude can do for the success of the group. By the end of our season we were having efficient, productive practices and were able to send two Novice 8's to the Snowflake Regatta!

We're looking forward to continuing this progress in the winter months!



Freshman Boys- Coach Aaron

It has been an incredibly productive Fall season for the Freshmen/Novice boys. From the beginning of the season, my focus has been to get everyone on the squad excited about the sport of Rowing. Rowing requires immense focus and discipline, which is only possible if everyone loves what we are doing. I am extremely proud of the work that the entire Freshmen squad has done. We have come together and motivated each other to reach goals that wouldn't be attainable without everyone's cooperation.

This is an amazing start to the 2021-2022 campaign. Not only have we solidified ourselves as one of the strongest Freshmen teams in the Northeast, but we are continuing to expand our depth as a squad. We have so much momentum coming into Winter, but there is still much more to improve upon. Success in the Fall is awesome, but it guarantees nothing beyond this season. As I have mentioned to some, Medals are earned in the Winter, and collected in the Spring.

If you are an individual who wants to take home lots of hardware this Spring, understand this: No one can achieve success in the sport of Rowing by themselves. If you want to win, you have to motivate others and bring them along with you. When everyone competes with one another (and themselves) and challenges each other to take our training to the next level, only then will we reach our maximum potential.

FROM OUR ROWERS

"This fall Season was the perfect time to build up the whole team together going into the winter season. Being able to go to practice, hang n' bang with the boys, and then have a great time racing at huge events like the Head of the Charles as well as small, fun events like Snowflake made for a fantastic season." **-Will Taylor (Senior, Boys' Varsity)**



"As a team, I feel that we made huge strides this past fall. Everyone worked super hard and I am so proud of how we performed! We had amazing results at some of our larger races, like the Head of the Charles and the Head of the Fish, and we got to show our speed at some smaller scrimmages as well. When I first joined Port Rowing in 7th grade, I never could have imagined being a part of such a hardworking, determined, and supportive environment, but I believe that is exactly what the atmosphere at Port consisted of this past fall. I can't wait to keep training over the winter and see how fast we can get for the spring!" **-Braidy Lipset (Senior, Girls' Varsity)**

ANNOUNCEMENTS

Save the Date!

We will be celebrating the Port Rowing 10 Years Strong! Gala on Friday, April 1, 2022 at the Village Club of Sands Point. This Gala is a testament to our resilience and commitment to the future of Port Rowing.

For the last 10 years we have been enhancing our community by developing young minds and bodies to be the best they can be through the sport of rowing.

Want to learn more or become a gala sponsor?
Visit www.portrowing.org/gala



Gear Store is still open.

Looking for some Port Gear for winter training and beyond? Visit the gear store on our website. Most items are ready for immediate delivery!

Visit www.portrowing.org/shop to see what's in stock!

