

## GONZAGA CREW

### 2009, 2012, 2014 & 2015 HIGH SCHOOL NATIONAL CHAMPIONS

Since its founding in 1995, Gonzaga Crew has steadily grown in size and competitiveness. Over the past decade, Gonzaga has risen to consistently become one of the top scholastic boys' rowing programs in the country. The program consistently wins the Washington Metropolitan Team Championship, and has won a record five-straight Stotesbury Cup Championships – the most prestigious scholastic rowing race in the country. With over 75 boys on the roster, the team fields boats at all levels. *In 2009, 2012, 2014 and 2015 the varsity eight won the Scholastic National Championship. In 2015, the varsity eight advanced to the semi-final round at the prestigious Henley Royal Regatta in England.*

All of our athletes are new to the sport of rowing when they start at Gonzaga, and many eventually go on to row in college. We have alumni who have rowed at Harvard, Yale, Columbia, Princeton, Dartmouth, Cornell, Georgetown, the U.S. Naval Academy, Boston College, Northeastern, Delaware, St. Joseph's University, Holy Cross, UVA, Purdue, Penn and many other universities.

Training for rowing primarily involves practicing on the water in our eight-person rowing shells. During the winter we work indoors on our rowing machines and lift weights. Our training aims to build power and endurance; you will be in the best shape of your life, guaranteed. Our practices take place in the afternoons.

In addition to rowers, we also look for very lightweight athletes to become coxswains. The coxswain is the extremely important person who steers, motivates, directs practices, and plays a critical role in the success of a crew.

The fall season serves as an in-depth "learn-to-row" period for our freshman/novice rowers. Although we do race some in the fall, our traditional racing season is in the spring, when we race locally, regionally, and nationally. Participation in the fall season is encouraged but not necessary for participation in the spring season. We welcome multi-sport athletes.

Like any other team sport, friendships made on the crew through mutual hard work and shared experiences are special and last a lifetime.



*"In rowing as in life, there are competitors and there are racers. The competitor works hard and rows to his limit. The racer does not think of limits, only the race." (Jim Dietz)*



## GONZAGA FRESHMAN CREW 2017-18

INTRODUCTION TO ROWING AND RACING CAMP

July 31 – Aug 4  
9 AM to 12 PM

## A TASTE OF ROWING AT GONZAGA . . .

Gonzaga Crew's *Introduction to Rowing and Racing Camp* provides an excellent opportunity to jump-start the challenging, fun and rewarding process of learning the sport of rowing.

Over the course of five days, we will swiftly progress from rowing machines to rowing "barges" to carbon fiber eight-person racing hulls. The camp will culminate with side-by-side racing.

## IF ANY OF THE FOLLOWING APPLY, THIS CAMP MAY BE FOR YOU . . .

- You are an incoming Gonzaga freshman
- You want to meet future classmates before the first day of school.
- You hope to row for Gonzaga and want a head start on learning the sport
- You want to do other fall and/or winter sports at Gonzaga and plan on rowing in the spring. This camp will give you a sense of the sport if you are unable to participate in the standard fall "Learn-to-Row" program.
- You like the idea of working with teammates to get stronger and faster in preparation for racing.
- You are not sure yet if you want to row but are willing to give it a try.

## SAMPLE SCHEDULE:

9:00-9:15 AM: Arrive, warm-up, stretch  
9:15-9:45 AM: Rowing machine instruction  
9:45-10:05 AM: Boat and oar handling instruct.  
10:05-10:15 AM: Break  
10:15-11:45 AM: Rowing on the water  
11:45-Noon: Put away equipment, team meeting



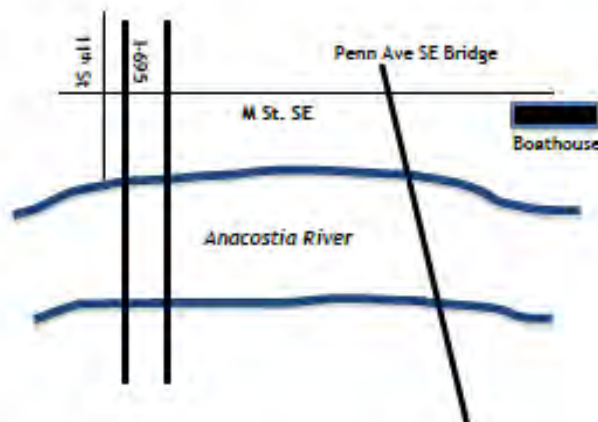
## COACHING STAFF

Marc Mandel, Head Coach, Gonzaga Crew  
Gonzaga Crew Assistant Coaches  
Gonzaga Crew Alumni

## WHEN? WHERE?

Monday, July 31 to Friday, August 4  
9 AM to 12 PM  
Anacostia Community Boathouse,  
1900 M St SE, Washington, DC 20003

For athletes arriving at the Navy Yard Metro,  
the team offers pickup (8:40 AM)  
and drop-off (12:15 PM)



## FEE

\$150\*, Payable to "Gonzaga Crew"  
at the start of camp  
*\*Financial Assistance Available*

## CONFLICTS?

If you have conflicts and are unable to attend the camp, we encourage you to come out for crew during our fall "learn to row," or during the winter/spring if you are playing another fall/winter sport. Finally, be sure to be in touch and seek us out at the "New Families Welcome Picnic" prior to the start of school.



## TO REGISTER:

Contact: Marc Mandel  
Gonzaga Crew Head Coach  
Email: [mmandel@gonzaga.org](mailto:mmandel@gonzaga.org)

