



The Colby Catch

A Newsletter for Colby College Rowing Alumni

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www.colbycrewalumni.com

Special points of interest:

- Calling for Colby Crew History! (see back page)
- Help raise funds for needed boats
- Check out profiles of our two featured alumni

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Introducing the Messalonskee Rowing Club

By Katie O'Neill '04

Greetings all current and former Colby rowers! This is the first edition of the Messalonskee Rowing Club newsletter, "The Colby Catch." The Messalonskee Rowing Club is a product of many discussions over a number of years. We are finally at a point to take advantage of the large number of Colby rowing graduates and form an alumni organization of our own.

The Messalonskee Rowing Club (MRC), comprised of Colby College Rowing Alumni, aims to drive and expand the Colby Crew Alumni network and provide support, financial and otherwise, for the Colby College rowing program. In order to expand the network of Colby Crew Alumni, the Messalonskee Rowing Club will maintain a

website

(www.colbycrewalumni.com) and publish a bi-annual newsletter outlining updates on the current team and profiling alumni of interest. MRC will host social events and participate and arrange activities around the Head of the Charles Regatta in Cambridge, MA and other regattas where appropriate. The MRC will also serve as a resource for career advice and job and internship opportunities for current team members.

We are constantly looking for ways to improve the newsletter, website and the MRC overall. Please contact us if you are interested in getting involved or have a suggestion. ♦

Coach's Corner: A Conversation with Stew Stokes

By Katie O'Neill
I had the opportunity to speak with Colby Rowing coach Stew Stokes recently. He was very pleased with the progress of the new alumni group, the Messalonskee Row-

ing Club. I asked for an update from his perspective. According to Stew, both the men's and women's teams are training hard in the off-season. The men's team hopes to capitalize and

improve on their results from last year, building from strong senior leadership. The women aim for NCAA's once again with the help of some talented freshmen as well as the cadre of



Stew Stokes, seen here on Lake Messalonskee

Coach's Corner cont.

strong upperclassmen. Both groups aim to gain fitness in the off-season and take advantage of this year's unusually warm Maine winter.

Stew also spoke of two fundraising efforts that are currently underway. First, there is the effort to raise

the remaining funds to buy a new women's varsity eight. Second, Stew hopes to purchase both a men's and a women's coxed four to take advantage of small boat training. Not all alumni of the Crew will receive letters from Colby regarding these fundrais-

ing efforts due to fairly stringent development rules. However, please consider making a donation toward the boats by contacting Stew at smstokes@colby.edu or 207-859-4942. ♦

"We're looking forward to another 22-hour bus ride down to Georgia this March, where we will compete in our first race of the New Year at the Lanier Sprints."

So, How Is Colby Crew these Days?

By Matt Wallach

Once Colby Crew got over the initial shock of losing its talented class of 2005, it went to work on training for the 2006 season. Coming off of a successful spring season in 2005 with a team invitation to NCAA's for the women's team where the varsity eight made the Grand Finals, placing 6th; the second varsity bagging Tufts JV and Puget, going on to place 6th in the Petites. The men had some fun with international racing at Henley in 2005, where the varsity eight became the first men's eight to advance abroad, and the second varsity just missed qualifying.

Both teams used the momentum from the year

prior to build on in the fall of 2006. The men's team found a new adversary with our neighbors in Lewiston, who produced fast freshmen and varsity boats. The men improved throughout the season, however, and put together a great race in the second round of New England's, finishing just seconds behind Bates, a gap we hope to overcome this year. The women's team on the other hand, ended the season very well, finishing 5th at New England's, 6th and ECAC's and earning an at-large selection to the NCAA's; their best results since 2003.

Both squads were happy to return to the water for another picturesque fall on Lake Messalonskee in 2006. On a beautiful Octo-

ber weekend in Boston, both the Men's and Women's squads placed well within the top third of their respective races. Unfortunately the culminating CBB was canceled this year due to horrid conditions, however the team made the best of it and held a fun filled in-door triathlon at the Field House instead, consisting of running, erging, and an interesting game of four-way soccer.

Looking ahead to this spring, we have already begun counting down the days to our first NESCAC race versus Wesleyan and WPI and have been training hard through January, recording some of our fastest erg scores on average for both the men's and women's teams. Almost



Seniors '07, at the 1st Annual Mt Battie Run



Men's Eight at the 2006 Head of the Charles Regatta

So, How Is Colby Crew these Days? Cont.

the entire men's team has returned to campus for Jan Plan, while the women are making due with ten rowers abroad for the month. We're looking forward to another 22-hour bus ride down to Georgia this March, where we will compete in our first race of the New Year at the Lanier Sprints. Both squads have a talented group of sophomores ascending to the varsity team this year in

addition to many returning rowers. We are very excited for the dual season and look forward to bring some hardware back to Colby! ♦



The New Face of Colby Crew: Freshman Coach Mike Kerner

By Katie Brown '04

This fall Colby proudly welcomed 476 freshmen onto its campus and into its community – 475 freshman students and 1 freshman rowing coach.

Mike Kerner is the latest addition to the Colby Crew coaching team, and he joins Head Coach Stew Stokes in leading this year's White Mules through training regimes and practice schedules, and hopefully on to successes in the spring season.

I spoke with Mike over the phone for a bit before the holidays, getting a chance to pick his brain and learn more about Colby Crew's new Freshman Rowing Coach.

Mike comes to Colby after coaching for six years at his alma mater, The University of Rhode Island (URI). During his time coaching at the university, he mainly worked with the men's teams, as the

men and women's programs were strictly divided at the university. In fact, Mike believes the combination of the men and women's teams under one program is one of the most favorable and beneficial aspects of the Colby Crew program. Mike enjoys being a part of the program at Colby where the men and women are teammates and friends, not just strangers passing in the darkness of the erg room.

Below are some of the other questions Mike was kind enough to answer for me. I must apologize in advance for summarizing and paraphrasing Mike's thoughts at points. Mike has a wonderful memory for rowing statistics and rowers themselves – he seemed to remember with great detail the placements of every crew he has coached in every race they com-

peted, as well as the things they did well and the things which needed improving. Unfortunately, my typing skills are not quick enough to capture everything, but I believe I've captured the main points. Overall, Mike is a man excited about the sport of rowing, and is a coach fired up about the program at Colby.

KB: How did you get involved in the sport of rowing?

MK: I did not row in high school. I grew up in Brunswick, Maine and played soccer and basketball during my high school years. When I ended up at the University of Rhode Island for undergrad, I didn't quite make the soccer team, seeing as I was competing with national players from Jamaica and elsewhere in the world. Rather I decided to try a new sport – and rowing seemed

“The first year of coaching was tough. Without an experienced head coach to turn to for guidance, figuring out the best coaching methods and strategies was difficult”.

The New Face of Colby Crew cont.

like a good fit.

My older sister rowed at Ithaca as an undergraduate, but despite this family influence I was “pretty terrible” during my novice year. I loved rowing, however, and came back after my first year. Thanks to a great, experienced coach who could just “make things happen” I began to improve.

Perhaps my proudest rowing achievement was being a member of the URI crew that got a silver medal at the Dad Veil Regatta during my junior year. It was a first for URI, and helped to begin raising the standards for the program.

KB: What differences do you see between varsity crew programs (like that of Colby) and club programs (like that of URI)?

MK: Being a club rower is different in that you as an athlete have a greater hand in running the day-to-day operations of the team. The quality of rowing is just as formal as with a varsity program, but the rowers are not only tasked with improving their stroke, but also with organizing the team’s budget and schedules. This level of involvement that I had as a club athlete definitely

helped down the road when I was a crew coach. In a lot of ways I was already familiar with the details of running a crew program.

A lot of the programs the club team ran in order to raise money for their season are similar to the efforts Colby Crew puts together. As the team “scraped for pennies” they earned cash by picking up trash after football games and completing Work-a-Thon weekends of raking leaves and gardening for community members in the URI area. **SIDENOTE:** While this program was not too unlike Colby’s own “Rent-a-Rower” weekend, the program at URI ran for every weekend of the month of November. Rowers gave up every weekend rather than just one like at Colby.

KB: Are you a starboard or port?

MK: I’m a starboard and an “occasional” port. Port really wasn’t my thing, though when I was first learning to row my coach would sometimes ask me to switch.

KB: How did you get involved with coaching college crew?

MK: I began coaching

crew at the University of Rhode Island (URI) after my senior year rowing for the same program. After spending my senior year as the captain of the team, a fellow graduate of URI and myself were named the interim head coaches of the program. I spent six years working with the men’s team at URI.

The first year of coaching was tough. Without an experienced head coach to turn to for guidance, figuring out the best coaching methods and strategies was difficult. However, with the help of a great men’s team – highlighted by a group of energetic and talented novices – I was able to successfully make it through my first year and pave the way for the years to follow. The novice of my first year took third place at the New England Championships, and from that achievement on we were striving to raise the bar at URI crew.

After my first year the URI program and I were again fortunate to have a talented group of novice men walk on to the program. That season’s novice was a large group (we fielded two 8’s and a 4 that spring) who through their depth and commitment paved the way for a

The New Face of Colby Crew Cont.

subsequent four years of improvement and hard-earned successes.

KB: What was it about this group of rowers that made them successful?

MK: Timing for a coach is always important. This group of rowers, the class of 2004, was the first I watched grow from novice to experienced oarsmen. I think there is always a special place in a coach's heart for the first group of rowers you have.

There is more to it, however, than just timing. This class of rowers did not have success early on in their time at URI, but despite initial setbacks stayed hungry and committed to improve. During my tenure at URI, the class of 2004 was the first group of rowers to "break through" the upper tier of rowing programs with successes at the ECAC regatta and in England at the Henley Royal Regatta. Any time a program is trying to establish a new standard – a higher standard – it is difficult. Through perseverance and a shared belief that they were better rowers and sportsmen than their initial results showed, this group of men were able to set new standards and benchmarks against which subsequent URI men's crew will be weighed.

This class also benefited from good chemistry amongst the rowers. We, the coaches of this group, set these men on a quest to accomplish certain goals, and then we watched them not only meet the expectations but exceed them as well.

KB: How did you end up at Colby?

MK: I am from Maine originally, and I still have family – namely my two sisters – in the state. When I was 18 I couldn't wait to leave Maine and explore different areas of the country. But after a while I became more open to returning. And that openness to returning gradually morphed into a desire to return. At that point it became a question in my mind of the three Maine schools – at which one would I want to coach?

Bates and Bowdoin were both too close to home, and Colby seemed to have good stuff going on up there. When I heard the news about Pat [Pat Tynan, former freshman coach of Colby Crew who is now coaching at Williams], I gave Stew a call. Through a series of conversations with Stew, we both decided that it was a good fit. And now I'm here!

KB: Any initial impressions of Colby Crew after your first fall season?

MK: I was first struck by how tight the groups [the squads of rowers: men's varsity, women's novice, etc.] are and how close the men and women in general are. The relationship between the groups is a seamless one, which is a definite difference than my experience at URI.

Overall, leaving the familiarity of URI was difficult. I had a large sense of ownership at URI

in that everything I touched I felt I had a hand in building.

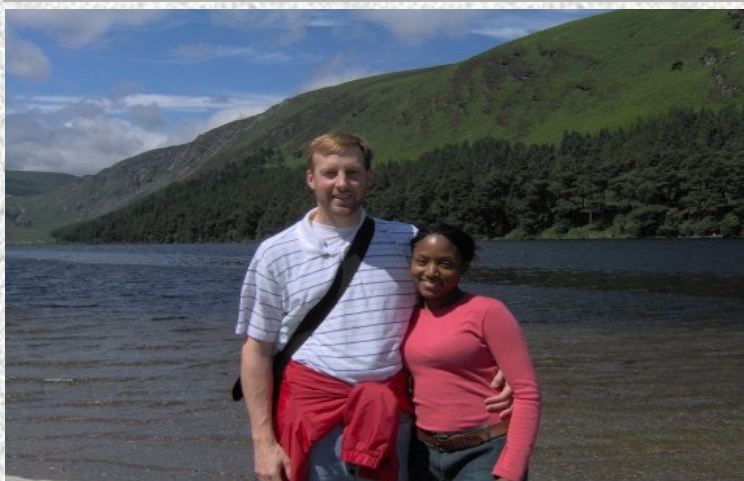
But I'm developing that sense of belonging here at Colby too. I participated in the costume portion of the annual Intergalactic Halloween Regatta on Lake Mesalonskee, for example. Originally I had thought to dress up as Dale Earnhardt Jr in honor of the bright red van I transport the novice rowers to practice in (the van is affectionately called the "Cherry Bomb" by the freshman rowers). Instead, however, Stew and I decided to mess with the coxswains a little. I dressed up as one of the buoys of the lake with an impaled oar running through me, while Stew was a boat which repeatedly crashed into me. The coxswains were good-natured about our joke, and the regatta was a success.

My next big task (besides setting practice and training schedules, of course) is to work up my skit for the annual "Skit Night" during the Spring Break training trip.

KB: One last question, what is your favorite dessert option from the Colby dining halls?

MK: At first I was a big fan of the soft serve ice cream. Recently, however, I've been stuck on the mint brownies. And in terms of favorite dining hall, I'm a big fan of Bob's, but all are just about better than any dining hall choices at URI. ♦

Catching Up with Scott Shirey



*Scott and
his fiancée
Angela in
Ireland*

By Pete Morelli '02

Most Colby rowers are familiar with the name Scott Shirey. The team's annually presented spirit award bears his name, and most have heard some version of the story and circumstances behind it.

When asked to write this article, I was intrigued and slightly apprehensive. On one hand, here was my chance to research the story first hand and learn about someone whom I've never met but who already has my respect. On the other hand, what if reality isn't quite as exciting as the stories are, and how could I cover this topic fairly while also paying attention to his life *after* Colby? In this case, I found the truth to be every bit as compelling as what I had imagined.

Scott now lives in Helena, Arkansas. Although he still uses his erg and misses rowing, the passion he once devoted to Colby Crew is now focused on improving America's schools and children from the ground up. Upon graduating from Colby in '98 with a BA in History, he spent three years in Baton

Rouge, LA as a Teach For America (TFA) Corps member serving underprivileged communities, exceeding the two-year teaching commitment many find tough to fulfill.

TFA's challenges motivated and led Scott to the KIPP (Knowledge Is Power Program), a network of public schools serving the neediest areas in the country. The KIPP is designed to put its students on the college track through school, student and parent commitment, high expectations, and no excuses. In 2002, under the KIPP Leadership Program, Scott founded the Delta College Preparatory School (DCPS) in Helena. For his efforts, Scott was recognized in 2006 by the Milken Family Foundation National Educator Awards program.

Responding to my questions, Scott's answers about his time on Mayflower Hill and the lake revealed his consistently diligent (if not slightly crazed) character traits. When asked about a favorite workout or tradition, Scott

answered that he loved "the bear" during winter training "more than anything...It was hard, and crazy, and probably not the best way to train, but someone was sure to get sick by the end." I couldn't help but smirk when I recalled the full-body lactate burn during the fifth set of a long 45"on/15"rest body weight circuit on the gray workout room floor. I doubt many besides Scott would list it as a favorite.

In my initial contact with Scott, I asked if rowing had helped him get where he is today, about his favorite memories, and the question that seemed like an elephant in the room: how he felt about the Spirit award and the story behind it. In response to my questions, he efficiently responded "I scanned the essay from my application to KIPP five years ago. It should be helpful." After reading it, the chills of nostalgia I had alleviated any concerns about how I could portray his passionate personality. I would let him do it himself.

Rowing prospects looked great for my senior year at Colby College. I had spent the previous semester at University College London and had raced in the internationally renowned Henley Royal Regatta. The Colby team had voted me co-captain in my absence, and our younger team members were strengthening our program. Despite the promise of a terrific fall, I struggled to adjust from the English rowing style to the Colby style.

Scott Shirey cont.

I frequently ended practice frustrated and exasperated, which often led to resentment and denial. My seat status slipped from seven to three, and my technique was regressing. Despite this, I was still in the first boat, which earned a victory at the MIT Invitational to end the fall season.

After a winter in the gym, we eagerly anticipated spring training: a week in warm weather where rowing was our only concern and the team traditionally bonded. It was also the week that determined the spring racing line-ups, which meant seat races, an often unannounced and ruthless way of pitting one athlete against another to identify the better rower. Pulling hard counts, but technique is essential. I lost the only seat race in which I participated that week. My technique had failed me and I would not receive a second chance. Senior year, I would race in the junior varsity boat.

Already disheartened, my position soon fell from five seat to three seat, one seat away from racing at all, and my remaining pride vanished. Furthermore, our boat was struggling and we were tired of the pretentious attitude the varsity boat displayed. One morning [at practice], frustration finally led to anger. Teammates accused each other of the greatest sin in crew, not "pulling your weight". We walked to the water where the varsity crew was waiting to race and lined up at the start with a poignant silence. As the whistle sounded our oars dug

in, our bodies swayed back and forth, and' for the first time all season, the varsity crew could not shake us. We came off the water ecstatic. We might have been in the "second" boat, but none of us believed we were second-rate athletes. This belief bound us together.

We began to crush our competition, my stroke improved, and we began to row with a single mission, to win New England's. Each practice started and ended with a huddle that only broke to the sound of our unified voices bellowing, "Win!" Finally, the weekend of New England's came and we headed to Worcester, MA, where we cruised through the first round Saturday morning and earned a slot in the afternoon finals. We lined up at the starting blocks, confident and poised. With the sound of the start gun, our blades entered the water simultaneously and the boat surged forward. In three seat, the coxswain's voice faded, silence surrounded me, and I entered what athletes call "the zone". My oar locked in the water each stroke with increasing intensity as one thought monopolized my mind: "Win!" As we decimated the competition, I wanted more. A one boat...a one and a half...a two boat length lead was not enough. My body pushed on, unaware of pain and exhaustion. Cheers erupted from our whole boat as we finished, except for three seat, where I sat with a blank quiescent stare. As the official hung a medal

around my neck at the docks, teammates supported my depleted body. I had given all I could and collapsed to the ground while medics rushed to administer oxygen. As the crew carried our boat over me, I could hear faint shouts of "Shirey" but was unable to respond.

Three weeks later Colby's award ceremony signified the end of my rowing career. My teammates bestowed upon me the MW title and the Spirit Award, presented to the person who epitomizes the heart of Colby Crew. In addition, the coaches surprisingly honored me by naming the award the "Scott Shirey Spirit Award". As the tears streamed down my face, never have I felt more humbled or proud.

Three years later, this experience guides my approach to starting a school. Our boat began to achieve the moment we believed we were not second-rate to anybody and focused intently on our goal.. High expectations in schools are needed now more than ever, every child can and will succeed. Furthermore, schools that lack vision are unable to teach foundational skills because the mastery of those skills has no visible purpose. It was only when our crew shared a common goal that our technique began to significantly improve. Every rower in our boat became individually accountable for his stroke. Children, parents, and educators today must be responsible for a child's education.

Scott Shirey cont.

There can be no success without accountability. While we all focused on improving our individual strokes, we also committed all our efforts to a shared goal, to win. Every teacher must believe in his or her efficacy within the school and work together to achieve a new standard of excellence. I attribute the last and certainly not least significant reason for our success to time. My crew trained no less than eight times a week, rowed when the cold turned our sweat to ice, and witnessed several sunrises and sunsets practicing on the water. It is only this type of dedication that leads to achievement in the classroom.

In rowing, a perfect stroke does not exist. It is the ability to make each stroke better than the last, to make each stroke build upon its predecessor that distinguishes a good crew from a great crew. Every stroke I took pushed my boat further, and with each successive stroke I knew I had more to give. The complete expenditure of my body that day allowed me to leave the sport of crew without one regret, knowing exactly what it means to give everything. It is this experience that pushes me to make each lesson better than the last, each day better than the prior, until I know I have given 100%. This is the principle that guides my approach to starting my own school.

It is clear Scott believes the KIPP slogan “There are no shortcuts.” In the coming months and years, he is looking to create other KIPP schools in Arkansas. He also met Angela Frierson, a Loan Officer in Helena, when she volunteered at DCPS. They are engaged to be married on June 30th this year. He admits his plans “should keep [him] busy for awhile.”

schools in Arkansas. As for advice to current Colby rowers, Scott says: “Rowing was one of the best experiences of my life. It is from the sport that I learned the real meaning of teamwork, trust, individual accountability, commitment, and hard work. These attributes have served me well in my current job and have become more of a philosophy than a list. The second is that during my final weeks, I spent a bit too much time celebrating with my fellow teammates and friends. As a result, I didn’t give a final push on my senior thesis. I received an A- but shutter at the silly grammatical errors and typos that one or two more edits would have caught. I still think about that and regret it today.” ♦

**For more information on
Scott’s school and KIPP,
visit**

www.deltacollegeprep.org



“Rowing was one of the best experiences of my life. It is from the sport that I learned the real meaning of teamwork, trust, individual accountability, commitment, and hard work.”

Catching up with Caroline Andresen

By Ted Farwell '05

My first memory of Caroline Andresen '05 was JanPlan of our freshman year (January 2002); Stew was introducing the FebFrosh to the rest of the group. Caroline had spent her fall term in Dijon, France, and now faced a room of people who had been bonding through the joys of the fall season and the trials of two months of indoor training. While abroad Caroline says she had nightmares about how out of shape she was getting, but when she arrived at Colby she was greeted by a hotshot freshman named Leah Hageman ('05), who walked her down to the gym. The next few weeks were full of "bad erg splits and impossible-to-finish body circuits", but she persisted in hopes of being able to finish the ab circuit without stopping, like seniors that year 22, Laz, Dub and Lindsey could. But Caroline found her place, and she worked through the ensuing challenges with an ever-present smile on her face. Caroline quickly became our teammate and friend.

Caroline grew up in New Hampshire and Vermont, and graduated from Hanover High School in 2001. Caroline was introduced to rowing at summer camp, and she immediately loved it, admitting herself that she wasn't really good at other sports and usually purposely avoided the ball. The first years of rowing could be classified as very "donkey"; much of her memories are full of crabs, rushed slides and lots of splashing.

But the calm mornings were one of the things that she was drawn towards in the sport.

Though Caroline and I were teammates, it wasn't until our senior year (2004-2005) that I really got to know her, when Caroline and I ended up as Co-COOT Leaders for a canoe trip. Working with Caroline as a COOT leader helped me realize the innovative and understanding person that she is. All of our COOTers loved her, and she provided them with perfect advice regarding all aspects of their freshman year. Leading COOT with Caroline was a great introduction to leading with her as a captain. Much like COOT, Caroline was great to deal with as a co-captain, and was a good leader for the team as a whole. Since graduation I saw Caroline in Washington D.C. from time to time, until she recently moved to Kenya.

Caroline's memories of sophomore year rowing are dominated by erg score PR's, which it seems like she had at least one a month throughout the season, no matter the distance. She remembers a lot of particular erg tests with Stew, Pat and her teammates yelling at her to bring the splits down, and to her surprise, they came down. After many of these ergs, she realized that she was probably capable of more than she thought. Caroline's junior and senior year rowing memories are perfectly described by her, so

here they are in their entirety:

The first team memory that comes to mind is the finish of the NCAA championships in 2003. I turned around and my pair, Cam, had a shocked expression on her face and one seat back from her Sarah Dunham had this expression of complete exertion and crying at the same time. Our boat had gone through some ups and downs during the regular season and finally started to pull ourselves together at New England's, ECAC's and finally at NCAA's. The tail wind was ripping, the swells were, well, high and I think everyone was really nervous. Stew told us what we had to do before the race: beat Coast Guard (who we had been inching closer too every time we raced them). He said try to beat everyone, but Trinity and Ithaca's JV's were blazing fast and realistically we probably weren't going to get them. So about 800 meters into the race we were neck and neck with Coast Guard and then Becca called the 1000 meter move at just the right point and we totally walked through them. At about 1100 meters Becca screamed "I CAN'T EVEN SEEEEE COAST GUARD!!!" We were in third at that point, exactly where we needed to be. We had had a lot of trouble with the sprint in past races and had been focusing on it in practices and so when we hit the 38 in the last 20 (cont next page)

Caroline Andresen cont.

strokes - it was pretty sweet. I almost caught a crab! We finished third and it almost felt like we had won. It felt so good to accomplish a huge goal. And no one can take that accomplishment away from me or my teammates. We did it! Senior year at New England's. The heats. It was a fast heat - and we needed to get 2nd to get to the Grand Final. We were in fourth or something like that at the 1500 meter mark. Becca started the sprint early by shouting, "I NEED THIS - GIVE IT TO ME!" And we picked up the rating, and got into third place then with about 200 to go, we were still in third and Becca called it up again, shouting something about how many seats we needed and that we had to get 2nd. About a stroke and a half after she said that, there was this collective WHOOSH - I could feel it in the whole boat - up went the power, the rating went up without any second thought, we were rowing with abandon. I could hear Caitlin start grunt behind me - which meant we were near our max. It was awesome - I really felt like that was our maximum we were rowing as hard as we could. We got second place and you couldn't wipe the smile off our faces. Also senior year, I remember the first weekend of spring racing we were supposed to race Smith but the weather was so bad - flooding and freezing rain and sleet - that the race was cancelled. Instead we had "Dog Leg" on the stream - a series of frantic and frozen pieces. It was freezing. There was ice on the oar shafts and on the tracks.

*I was bow seat and over the course of the couple hours we were out there, Caitlin's black fleece turned into a gleaming white from all of the sleet. Austin, in her low riding spandex, questioned the sanity of the chirping birds at the end of the piece, remarking, "what the *&%\$ do they have to sing about?" It was irrationally funny at the time. Colby Crew has some serious spirit. It's not broken by icy tracks or frozen pieces or numbed extremities.*

As a student, Caroline was an International Studies major which led her to Uganda in her junior year. Her mother had done a program in Africa and encouraged her to go, as did some of her African International Studies professors. Caroline's main focus was in northern Uganda, where there were tens of thousands of Sudanese Refugees. In particular she studied the causes of domestic violence against female refugees.

After graduating and a few brief temporary internships, Caroline knew she wanted to work with an international organization, and threw her resumes around to a variety of NGO's. She ended up assisting with research on different international conflicts in Washington D.C. for the International Crisis Group. A Vermonter at heart, Caroline had a great Colby rowing career, and now is able to enjoy work that means a great deal to her in a country she loves. Her short-term future plans are to stay in Africa for a few years working with refugees and/or a gender based violence group, and ideally, she won't be an intern forever.



Caroline Andresen,
women's captain 2005



So...Now Where do I Row?

By Andrea Piekarski '04

Never fear, the trials and tribulations (and fun) of life as a rower can continue after college! There are hundreds of clubs across the country that offer many different rowing programs ranging from independent sculling to competitive men's and women's teams. Finding a club is not difficult, but it is still important to make sure the clubs you're looking into have the specific programs you're looking for. Not all clubs offer boats/classes for scullers who do not have their own equipment, not all clubs offer competitive teams, not all clubs compete at the same races and some clubs are invitation only. Most clubs will have detailed websites outlining their programs and membership information so make sure you have an idea of what a club offers and where it's located (if you don't have a car make sure public transportation is accessible where and *when* you need it) before you contact new member coordinators.

Most clubs will require a new member to take a tour of the club and learn about the requirements of membership before actually joining. Below are some questions you might want to ask:

- **Cost:** Cost can vary depending on when you join and also what programs you would like to row in. It is also important to note that most teams will require an additional fee for equipment/coaching/regatta fees on top of general club fees.

- **Service:** Clubs are run and maintained by members and usually do not have maids. Ask what the service requirements are and how they can be fulfilled.
- **Equipment:** Ask if there is club equipment available for general use. If you want to row on a sweep team but also learn to scull on the weekends then make sure your club has practice sculls available. Also make sure you know the rules and eligibility requirements for club equipment. Most clubs aren't going to pass off one of their expensive sculls and hope you don't sink it.
- **Social Climate:** Clubs can be fun places! Just make sure you're at the right club. Some clubs will focus primarily on masters programs, some on open programs, some on youth programs and some on elite programs. Some clubs are very social while some clubs are only about rowing. This is especially important for small clubs.
- **Winter Workouts:** If you plan on using the boat club as your only workout destination, make sure that there is enough equipment to go around. If a lot of people have the same idea, or if there are teams that practice all year long, then erg time will be at a premium.

Finally, don't be intimidated by what may seem like a lengthy

membership process-new member coordinators are there to help you!

For those of you who know you're interested in rowing with a club team (note that a club team is not an elite program – if you're interested in a development program you should talk to Stew), below is a list of clubs who've entered large boats in some of the major regattas held during the summer/fall racing seasons:

- Capital Rowing – Washington, DC
- Chicago Rowing Center – Chicago, IL
- Community Rowing (CRI) – Allston, MA
- Marin Rowing Club – Greenbrae, CA
- Minneapolis Rowing Club – Minneapolis, MN
- New York Athletic Club (NYAC)* – Pelham, NY
- Penn AC – Philadelphia, PA
- Pocock Rowing Center – Seattle, WA
- Riverside BC – Cambridge, MA
- Thompson Rowing Club – Washington, DC
- Vesper BC* - Philadelphia, PA

* May require invitation

This is by no means a comprehensive list and does not include the numerous clubs that enter smaller regattas or are primarily small boat clubs. A broader list can be found at row2k.com. ♦

Upcoming Events and Next Steps

By Katie O'Neill

As the Messalonskee Rowing Club gains speed, we aim to organize alumni social events and races, as well as continuing to support the program. Upcoming events include:

- **Sun April 22, 2007**- CBB Alumni Race in Lewiston, ME (tentative)
- **Sun May 6, 2007**- Alumni gathering at the New England Rowing Championships in Worcester, MA
- **Sat October 20, 2007**- Evening Alumni gathering at the Head of the Charles Regatta in Boston
- **October 20/21 2007**- Alumni Race at the Head of the Charles Regatta

Stay tuned for more information on the upcoming events and start thinking about whether you'd like to race for the Messalonskee Rowing Club this year.

In the coming months, through ongoing group teleconferences, we will continue working to formalize MRC as an organization and also to plan upcoming events. The next major task is drafting MRC's charter and bylaws, and discussing membership options.

If you're interested in participating in this effort, serving on the board, or just volunteering to help out or meet up in general, please contact Katie at colbycrewalumni@gmail.com. We're especially interested in representation from classes in the eighties and early to mid-nineties and from anyone with experience in newsletter lay-out, web design or non-profits. Widespread participation and interest will help ensure MRC develops into a strong, mutually-beneficial, and sustainable organization! ♦

The Messalonskee Rowing Club is compiling a history of Colby Crew and we need your help!

- We're looking for a complete list of varsity boats (at New England's), both men and women, as far back as we can go.
- Email the webmaster with class year and line-ups information
- The list is available for viewing at www.colbycrewalumni.com





The Messalonskee Rowing Club is online!
Come check out articles on the alumni group, pictures of the team and more!

www.colbycrewalumni.com

*For any questions about MRC, email Katie at
colbycrewalumni@gmail.com*