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Subject: Laker Navy May Newsletter  
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To: president@grandvalleyrowing.com



## May Newsletter

The conclusion of the Laker Navy's season



*The Dad Vail Regatta*

The Dad Vail regatta pulls in the best crews from around the country to face off against each other, and Grand Valley was right there with these top crews in an exciting weekend spent in Philadelphia!

We began our racing on a sunny Friday morning, where crews competed in time trials. The Laker Navy consisted of six crews, and all of them proved themselves in the time trials, all advancing onto semi-finals. Friday afternoon brought about the beginning of semi-finals.

With excitement coursing through our veins, and adrenaline rushing through our bodies Grand Valley took to the course. The first crew to compete was our women's pair, they posted a time of 8:30.7, coming in second, advancing themselves into the Grand Final on Saturday! The next crew to come down was the women's double, posting a time of 9:07.6, placing sixth. Although they put up a fight their time wasn't enough to land them in the grand final, instead they secured their spot in the third final. Next was the Men's Novice 4+, who finished in third, with a time of 7:05.5, sending them to the second final the next day. The Men's JV 4+ follow immediately after, finishing sixth with a time of 7:38.7, unfortunately this time didn't place the four into the Grand Final, but they still had one more race to prove themselves. Next up, sliding into a position in the Grand Final by 0.4 seconds, the Women's 8+ raced down the course. Finishing out the day the Men's 8+ came in fifth with a time of 6:01.0, placing them in the third final the next day.

Saturday dawned cool and rainy, but the weather let up in time for racing, bringing about beautiful conditions. Athletes rose early in the morning to begin our big day of Finals racing. The first crew to compete was the Men's Novice 4+, in a tight race to the finish they finish second behind Rollins College by 1.2 seconds, posting a time of 6:59.7! Racing next was the women's double, they finished 5th with a time of 8:49.2. Next up was the Men's JV 4+, who finished 5th in their third final, posting a time of 7:26.0. Next up, in a thirst to prove themselves, the Men's Varsity 8+ came down the course. In a nail-biting race Grand Valley pulled ahead, and kept their lead by a margin of 0.3 seconds as they crossed the finish line! Beginning the start of the Grand Finals the Women's Varsity pair raced down the course. In an exciting, but unfortunate

race, the pair came in 4th by a four seconds, but nonetheless proving Grand Valley as a serious competitor. Finishing out the day the Women's Varsity 8+ came down the course. In a close race, Grand Valley finished 6th with a time of 6:40.7.

You can view all of the official results [here](#). If you missed the livestream you can still view the grand final races [here](#). (The Women's 2x can be viewed at 10:04; the Men's JV 4+: 48:52; Men's 8+: 2:04:27; Women's 2-: 3:37:20; and the Women's 8+: 7:48:30). There are also photos from the event that can be seen [here](#) and [here](#).

Of course coming into the weekend we wanted to walk away from these races with some hardware. Although no crews came out on top we all developed the need to finish the season out right, with medals in hand, and that feeling carried us in ACRA.



**ACRA National Championships**

## **ACRA National Championships**

The day dawned hot and humid, the threat of rain forced a rescheduling of the races, but the rain held off the whole day to allow for races to continue. All crews began the weekend by racing in a time trial.

The time trials proved to be a test for a few of the Grand Valley crews, but every crew was going to have another chance to prove themselves later in the weekend. Saturday afternoon brought about the semi-finals.

Starting off the afternoon the Varsity Women's 8+ took second in their semi final behind New Hampshire with a time of 7:07.9, which placed us in the Grand Finals! The Men's Novice 4+ took to the water next. In a close race they slid into third by a margin of 1.5 seconds, securing their spot in the Grand Final.

The next crew to race down the course was the Men's pair, they raced all the way to the finish, and came in 6th by a mere 0.1 seconds! This placed them in the petite finals Sunday morning. Right after them the Women's pair came down the course, they had a strong showing and took first by a margin of 13 seconds, putting them in the Grand Finals. And closing out the day the Women's double raced down the course, taking fourth with a time of 9:40.2, also placing them in the Grand Finals on Sunday morning.

Sunday morning brought about heavy fog, which caused for more rescheduling of races. After a slight delay the Women's double began the day. They started out strong, staying in fourth for most of the race, but an unfortunate crab placed them in 6th with a time of 8:55.9. Next up came the Women's pair. In an exciting race the pair posted a time of 8:29.4, and were named National Champions! The first crew of Grand Valley to take home some hardware this weekend! Next to take the water was the Men's pair in the B Final. In a close race the pair took 4th by 0.2 seconds! The Men's Novice 4+ came down the course in their Grand Final next, they took 8th with a time of 7:12.3. The weather began to take a turn for the worse, rain beginning to come down as the eights took to the water to finish out the day. The Varsity Women were the next to come down the course. In a fast race, with a time of 6:47.6 the women took home a silver, finishing five seconds behind UCSB, but defeating New Hampshire for the first time this weekend! Finishing out the ACRA weekend the Men's Varsity eight swept away the competition, finishing first by five seconds in

their third final! This was a redeeming moment for the men's eight, as their time of 6:02.9 would have placed them as tenth overall.

You can view the official results [here](#), browse photos [here](#) and [here](#). You can also watch the Final races [here](#). (W2x: 3:45:15, W2-: 4:02:00, M2-: 4:33:00, MN4+: 4:58:00, W8+: 6:51:00, M8+: 6:59:13).

All in all we were very pleased with the results of this weekend. Two crews coming home with medals, and our pair becoming National Champions! With these results the women finished second in team points, falling to UCSB. It was a great way to end our regular season before transitioning into Henley training!!





## ACRA Awards

At the ACRA regatta a few exceptional individuals are recognized each year for their achievements academically and athletically. This year a handful of athletes received awards. Being named the First Team All-Academic rowers are Elizabeth Greve and Faith Platz. These two women achieved a cumulative GPA of 3.85 or higher while competing in order to achieve this award. Named to the Second Team All-Academic rowers, maintaining a GPA between from 3.85-3.5, are Elliot Rieth and Audrey Boersen. Along with these awards Grand Valley had some individuals who were named to the Great Lakes All Region team. These individuals were picked based on their 2k scores, as well as their performance on their crews, and individual racing results. Receiving this award were Jessie Hasenau, Audrey Boersen, and coxswain Diana Bullen. To top it all off Coach John Bancheri was named the All Region Coach on both the men and the women's side. We are very proud of the achievements of athletes from Grand Valley State, go Lakers!





# Head to Henley

The Laker Navy now begins out Henley training. Here in the states we have a three week period where we will be working everyday to improve our skills on the water, to be ready to compete on an international scale. This once in a lifetime opportunity will consist of a ten day training period in Kastoria, Greece, followed by our attendance at the Royal Henley Regatta! This training period is thanks to Coach B's relationship with his former athlete, Evangelos Tsourtsoulas. Evangelos' father sits on the board of the local rowing club, which allows us this very unique opportunity to go to Greece to row. For each athlete this comes at a high cost, but you can help to ease this cost!

To give directly to the Henley trip type in "Head to Henley Fund" under "Gift to" and your donation will go directly to helping athletes cover the cost of this amazing trip.

Your donations will never go unnoticed, and if you decide to give \$500 or more you will be gifted a previously used GVSU oar! For everyone who has donated the Laker Navy gives you a heartfelt thank you, we couldn't have gotten this far without your help. We would like to challenge you to "pay forward" the generosity you received when you were on the team to help us now to achieve higher standards on the team.

You can donate by clicking below, this will take you to a GVSU page where there are a number of options, to Donate to GVSU rowing team:

1. Enter the amount in "Gift Amount"
2. Click "Other Fund"
3. Type in "Rowing" under the "Gift to" (note: if you give to "Laker Effect Fund" the money will not go to GVSU rowing)
4. Choose where you would like your donation to go towards
5. Continue to fill out the rest of the form
6. You will receive a receipt email of your donation after submitting. Thank You!

[\*\*Donate Now\*\*](#)

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The Laker Navy is now working closely with the university administration on our fundraising efforts this year. We're looking forward to showing off to the larger GVSU community just how supportive our alumni and donors are! You're an essential part of our success and we couldn't be more grateful.

To help us keep you in touch with Grand Valley Rowing, please update your information [here](#). That will ensure that we're able to reach you with updates, race results, and other important news about the Laker Navy. Thank you for your continued support!!

Thank you all very much for all of your support, and don't forget to follow us on social media on the links below to receive frequent updates!

Sincerely,  
Audrey Boersen  
2017-2018 Alumni Coordinator  
B.S Behavioral Neuroscience  
Grand Valley State University Rowing Club

"Grand Valley State University Rowing Club challenges its student-athletes to reach the highest level to which they aspire both academically and athletically, while continuing to build and sustain a nationally competitive intercollegiate rowing program"

"PULL FOR THE LAKER NAVY"

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