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**Subject:** **Ridgewood Crew**

Please see below for a recap of Ridgewood's performance at the 5th Manny Flick in Philly.

Sunday, Ridgewood Crew’ boys and girls squads traveled to Philadelphia to compete in the 5th Manny Flick Regatta on the Schuylkill River. The 5th Manny Flick acts as the final brush up for Ridgewood and many of the teams in the mid-Atlantic region before the championship season begins next week.

The varsity boys started the day off with some excellent results. Ridgewood’s boys Lightweight 2x, rowed by juniors Sam Daspin and Spencer Campbell had a poor start to their race, but were able to recover to finish third in their fast heat and third overall. Senior boys Patrick DuBois and Ian Soderlund had a strong result in the Varsity 2x and look to continue to improve as they look forward to Garden State Scholastic Championships Saturday April 29.

Senior Charlie Koontz finished second in his heat in the Varsity 1x event only three seconds behind the leader. Koontz finished third overall based on time, but with a faster start, Koontz should be able to close the gap on the top finisher from Claritas.

The Freshman 4x showed a lack of experience in the race format for the day. The boys took a conservative pace off the start and after the race, in spite of their 6th place finish, the freshman all felt they could have given more and learned an important lesson about competing at a such a high level. The second boys Freshman 4x finished 11th.

Similarly, both the boys Junior Varsity doubles competed in a time trial. The Ridgewood A double rowed by Drew Johnson and Alex Melarti finished in 5th place with a time of 5:31 and the Ridgewood B crew finished right behind them in 6th with a time of 5:35. Strong results from both crews demonstrates the depth and strength of the boys Junior Varsity team.

The boys Junior Varsity 4x rowed by Juniors Edward Hida and Joe O’Keefe and Sophomores Henry Koontz and Alex Saladucha finished 3rd overall in a very fast boys event and look to stay strong as they head into the championship season.

The girls Junior Varsity 4x started the girls racing for the afternoon with a 10th place finish. Rowed by two second year juniors and two sophomores, the crew is just starting to come together and is poised to make huge strides over the coming weeks.

The girls Freshman 4x made their Philadelphia debut with a strong 5th place showing.

Additionally on the girls side, the Junior Varsity 2x rowed by Alexandra Walton Roth and Maddie Gibson finished second in their heat and 3rd overall a second behind the leader in their heat and less than 3 seconds from the overall best time

The day closed out with the girls Varsity team competing in two 2x races, a 4+ race, and a 4x race.

The girls Lightweight double rowed by Seniors Maddy Phillips and Emily Gilman finished second overall and feels strongly about their chances in next weekend’s Garden State Championships. They finished with a time of 5:58.32, besting the closest New Jersey challenger by over 4 seconds.

The girls Varsity 2x rowed by Seniors Claire Callaghan and Jordan Wittmaack rode a blistering sprint to a victory in their heat and the fourth fastest time in the event.

The girls Varsity 4+ finished 4th in their heat Seniors Georgia Hefferon, Clarah Grossman, Erica Lehman, and Sara Gilman feel good about their chances to potentially medal at Garden States in this extremely competitive event.

The girls Varsity 4x rowed by Seniors Bella DeGreggorio and Melissa Dexter and Juniors Chloe Young and Amanda Perezfinished Ridgewood’s day of racing with a second place finish behind a very fast Conestoga crew.

Racing continues next Saturday as Ridgewood travels to Pennsauken, NJ for the Garden State Scholastic Championships on the Cooper River

Manny Flick Results

<http://rowtown.org/lrs/schedule.jsp?regattaName=5th+Manny+Flick+%2F+Horvat+Series&regattaDate=2017-04-23&organizationName=Village+Rowing+Foundation+Inc.+DBA+Ridgewood+Crew&day=All+Days&includeAthleteNames=false>

Photo Credit Ed Hida Pictured Varsity Women's 4x

Bella DeGregorio

Chloe Young

Amanda Perez

Melissa Dexter