

News for Immediate Release

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1st Place Winners in the 3rd Manny Flick Girls Freshman 4x L-R I. Lee, E. Galbraith, C. Villemoes, L. Riedel

[Ridgewood Crew Champions Celebrate Two Weeks in a Row](#)

Ridgewood, New Jersey, April 8, 2019 – After a cold and rainy March, the Ridgewood Crew Team is excited to be back on the water! Training hard at this spring’s temporary docks in Bergen County’s Overpeck Park has proved beneficial for the athletes. Special thanks to Don Bosco for welcoming our rowers at their facility.

The Ridgewood Crew team recently participated in the third and fourth of the 2019 Manny Flick Series of rowing races before the annual regatta season begins. In the rowing world, the only regattas on the Schuylkill are the upcoming City Championships, the Catholic League Championships, and the Stotesbury Cup Regatta. To give the crews time to size up the competition beforehand, local teams came up with a series for the rowers at the "flicks" on the famous Schuylkill race course. The “flicks” are named after Manuel A. Flick, a father who organized the first series in the 1950s.



First Place Winners in the 3rd Manny Flick Boys JV 4x Flight 1 L-R T. Montgomery, G. Martinez, M. Lepis, D. Park

The 3rd Manny Flick was held on March 31 at the Cooper River in Camden, NJ. Ridgewood competed in 14 events. Ridgewood Crew results included...

First Place: Boys Freshmen/ Novice 2x Flight	B. Lintner, P. Joseph 6:19.08
Third Place: Boys Freshmen 4x Flight 1	T. Gammer, I. Darby, A. Kim, C. D'Arpa 5:31.28
Fourth Place: Boys JV 2x Flight 1	K. Okamura, F. Orlando 6:16.91
First Place: Boys JV 4x Flight 1	T. Montgomery, G. Martinez, M. Lepis, D. Park 4:21.96
Six Place: Boys JV 4+ Flight 1	J. LaFrance, C. Nuzzolo, J. Scanlon, J. Warren, Coxwain: M. Lee 06:34.4
Second Place: Boys Varsity 4x	A. Melarti, D. Johnson, A. Saladucha, S. Rivero 05:17.4
Fifth Place: Boys JV 8+ Flight 3	D. Yang, J. Andrews, E. Galbraith, Y. Choi, D. Joseph, F. Hamilton, J. Hida, T. Reinsdorf, Coxwain: D. Lerner 05:10.8

First Place: Girls Freshmen 4x	L. Riedel, C. Villemoes, E. Galbraith, I. Lee 6:06.19
Fourth Place: Girls JV 2x Flight 1	P. Kliesch, K. Ravenfeld 7:05.12
First Place: Girls JV 2x Flight 2	H. Sisco, V. Lyakerman 6:16.07
First Place: Girls JV 4x Flight 2	A. Soderlund, L. Sudol, V. Hoy, N. Kye 5:23.40
Second Place: Girls Ltwt 2x Flight	S. Wong, A. Liu 6:35.63
Fourth Place: Girls Ltwt 2x Flight	D. Vij, S. Lee 6:56.63

The 4th Manny Flick, held on the Schuylkill River on April 7, was a similar success. The weather was ideal, and the athletes were in prime form after a solid week of practice. The same five winners boats from the 3rd Manny Flick, repeated their performance at the 4th. The results of our boats at the 4th Flick were as follows:

First Place: Girls Freshman 4x Flight 1	L.Riedel, C.Villemoes, E.Galbraith, I.Lee 5:33.50
Third Place: Girls Freshman 8+ Flight 1	L.Glenning, S.Corcoran, S.Shah, S.Kornemann, S.Kahn, D.Guemeryl, E.Dowd, E.Howard, Coxwain: V.Krivor 09:29.24
First Place: Girls JV 2x Flight 2	H.Sisco, V.Lyakerman 06:00.85
Fourth Place: Girls JV 2x Flight 3	P. Kliesch, K. Rahnefeld 06:26.37
First Place: Girls JV 4x Flight 1	A.Soderlund, L.Sudol, V.Hoy, N.Kye 05:23.83
Third and Fourth Places: Girls Ltwt 2x Flight 1	S. Wong, A. Liu 6:15.12 D. Vij, S Lee 6:28.02
First Place: Boys Freshman/ Novice 2x Flight 2	B. Lintner, P. Joseph 06:06.74
Fourth Place: Boys Freshman 4x Flight 2	T. Gammer, I. Darby, A. Kim, C. D'Arpa 5:51.41
Third Place: Boys JV 2x Flight 2	K. Okamura, F. Orlando 6:21.88
Six Place: Boys JV 4+ Flight 4	J. LaFrance, C. Nuzzolo, J. Scanlon, J. Warren, Coxwain: M. Lee 06.12.52
First Place: Boys JV 4x Flight 1	T. Montgomery, G. Martinez, M. Lepis, D. Park 5:02.79

Second Place: Boys JV 8+ Flight 3

D.Yang, J.Andrews, E.Galbraith, Y.Choi,
D.Joseph, F.Hamilton, J.Hida, T.Reinsdorf,
Coxwain: D.Lerner 5:10.08

Third Place: Boys Ltwt 4x Flight

K.Shattuck, T.Lowicki, T.Woods, M.Carmona
05:20.58

Second Place: Boys Varsity 4x Flight 1

A.Melarti, D.Johnson, A.Saladucha, S.Rivero
5:04.96

While the whole team is in great shape, it is evident that the aggressive efforts of the Middle School Development Team have had a big impact on the early success of this year's team.

About Ridgewood Crew

Ridgewood Crew not only introduces participants to basic and advanced rowing techniques, but also instills and promotes character values including discipline, focus, teamwork and sportsmanship. Ridgewood Crew rowers are challenged individually and as a team. The philosophy of Ridgewood Crew is to elevate each athlete to the status of MVP. By doing so, we believe that a team of young leaders emerges. These leaders not only make fast boats, but also significant contributions toward their individual pursuits. Founded in 2004, the team rows on the Passaic River in northern NJ and competes in the sport's premier regattas held throughout the Northeast.

In the program's short history, our youth, board and parent volunteers have moved Ridgewood Crew forward by leaps and bounds. That success is represented by the widespread individual and team achievements of each of the student-athletes on the roster. To facilitate that success, Ridgewood Crew continues to make investments in coaching and new equipment. The coaching staff is one of the most experienced in program history.

Ridgewood Crew athletes compete in the Philly Flicks on the Schuylkill River as well as at the highly competitive SRAA Nationals, Stotesbury Cup Regatta, Philadelphia City Championships, Passaic River Northern NJ Championships and Garden State Championships. Additionally, the team's overall performance continues to attract interest from top rowing colleges and universities including: Bucknell, Boston College, Boston University, Columbia University, Drexel, Duke, Fairfield, Fordham, George Mason, Georgetown, Harvard, Holy Cross, Lehigh, Marist, Notre Dame, Purdue, Syracuse, Trinity College, University of Delaware, University of North Carolina, University of Wisconsin, Williams, and others.

Ridgewood Crew offers several ways for you to experience our mission: join the team, volunteer or donate. Student athlete programs being with Learn-To-Row for middle school schoolers.

For more information, to support or join the team, contact Ridgewood at
<http://www.ridgewoodcrew.com>

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