

Crew News

Alumni Edition



Special points of interest:

- Ridgewood brings home a boatload of medals in the Spring Season
- Ridgewood '22 rows at Olympic Training Center
- Ridgewood '18 carries on the tradition at Perdue
- Ridgewood expands our fleet with six new singles

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Letter from the President John Hersperger

Spring season 2022 was the beginning of back to normal for Ridgewood Crew. For the first time since 2019, the Philadelphia regatta organizers permitted spectators back at races, our chuckwagon came out of deep storage, the parent tent crew cooked up some amazing food, and the Stotesbury Cup was a blazing hot classic, with our JV girls and boys quads winning gold and silver in two amazing races. And, like normal, the team racked up medals at every championship regatta along the way, including the Garden State, Cooper Cup, Cities, Mid-Atlantics, and SRASs. And we sent two boats to Youth Nationals in Sarasota, Florida. I'm happy to report, Ridgewood Crew is back!

But it wasn't easy to get back to normal after scholastic rowing faced a total shutdown in 2020. And 2021 was a very different kind of crew season, one in which we saw our winter membership decline as we faced, yet again, huge uncertainty about the spring season. Nevertheless, we persevered and succeeded in a unique, spectator-free spring 2021 season. Still heading into summer 2021, the program seemed somewhat on edge, and our Board was concerned that our summer learn-to-row enrollment needed to be strong. And it was; an unprecedented 60 Ridgewood students learned to row, and we now have perhaps the strongest development team in club history! Coach Boris couldn't be more excited about the team's freshman.

You're reading this update in our first edition of the Ridgewood Crew Alumnae Newsletter. The Ridgewood Crew board recognizes that a long list of outstanding rowers and amazing parents have shepherded our club through its first 19 years and made it what it is today. We are thankful, and we want to keep you updated on our progress, and keep you involved. We could really use your help finding out where all of our alumnae are. So please, share this newsletter widely with all the other alumnae you know.

And please, as you are able, consider making a regular donation so that Ridgewood Crew can continue providing Ridgewood students with a top-tier scholastic rowing experience. With inflation raging, everything from bussing to regatta fees have risen dramatically, and we expect more increases to come. We would greatly appreciate our alumnae rowers and alumnae parents supporting us financially. We plan to update our alumnae at least twice a year. Until then, please go to www.ridgewoodcrew.com for new and information about the team, and check out some fantastic photography from all our regattas.

Coach's Update

Boris Roque Alvarez

I recently celebrated 10 years as head coach for Ridgewood Crew. I originally accepted this position for one year!

As a club we have just completed our first full regatta season since the summer of 2019. During the past two years our rowers have worked hard in unusual circumstances, getting into peak physical condition and always wanting to be back on the river rowing and competing. We had 44 high school and 16 development team rowers this year.

What a great 2022 spring season we have had, many of our rowers have only now had their first full regatta season. All rowers were enthusiastic and eager to do well both in erg time trials and on the river. I have been very impressed with the rowers' drive, talent and winning spirit. Our rowers have a great camaraderie with each other and want to see and help each other to succeed. Many of our juniors are setting their sights on rowing in college after adding medals and trophies to their collections.

This year we took part in 8 regattas plus some of our boats qualified for SRAA held in New Jersey and Nationals in Florida. As you can see in the photo below, we did especially well in the Garden State Championships.

Over the summer 17 rowers took part in the Independence Day Regatta held in Philadelphia which was attended by approximately 200 college talent spotters and coaches. For the first time in many years we will send a team to compete in the Royal Henley Regatta in Canada.

I am proud of their achievements and look forward to our next season watching our rowers develop and exceed their expectations.



10 Years With Ridgewood Crew



On Saturday, June 20, 2022, Coach Boris not only celebrated his birthday, he also celebrated 10 Years as the Coach for Ridgewood Crew. Thanks Coach Boris!!



UPCOMING EVENTS

*Please join us
for the Annual
Fall Social on
11/5/22*

*Please contact
ridgewoodcrew
finance@gmail.com
for more
information*

*We can't wait to
see you!*

Rowing at Purdue University Ed Hida '18



After spending four years rowing for Ridgewood Crew, I decided to continue rowing for four more years at Purdue University. Rowing in college is similar to rowing in high school and it is also very different to rowing in high school. You have obvious differences like sculling at Ridgewood and sweeping

at Purdue, but there are also many little things such as the ever-changing lineups and seat racing every practice. While I may not have joined a varsity team, I loved my experience on my club team. Rowing on a club team like Purdue allows you to be as competitive as you want to be and get out what you put in. If all you want is to join a club so that you work out a couple times a week then you can do that, if you want to do extra workouts with your boat to get faster than you can do that also. Having gone through Ridgewood Crew, I was prepared to be in the most competitive boats. Purdue has one of

not the largest college club rowing team in the nation, having at times up to five varsity men's 8s, three novice men's 8s, three varsity women's 8s, and two novice women's 8s. This depth of a team has pushed the top boats to be competitive nationally, and internationally. Through Purdue Crew I have been able to compete at regattas such as Dad Vails, Head of the Charles, San Diego Crew Classic, and even Henley Royal Regatta. I would never have been able to experience these things if I had not rowed for Ridgewood Crew, preparing me for the future.



Ed Hida in the Purdue University Henley Four (Second from left)

Row-a-thon Raises \$16,000 for Ridgewood Crew

On a rainy Saturday in March, members of Ridgewood Crew gathered in Van Neste Square for the annual Row-A-Thon. Over 40 rowers and coaches rowed throughout the day and challenged each other to friendly competitions on the ergs. Underclassmen collected donations from village residents and passers-by purchased treats and hot chocolate to support Ridgewood Crew.

Go WOOD!

Fleet Improvements

During the 2021-2022 season Ridgewood Crew Foundation purchased six new Swift Racing singles. Keep your eyes open next season for Boat Naming Opportunities!

Rising Ridgewood Senior Reflects

Anna Mevissen '23

Hi! My name is Anna and I am currently a rising Senior in Ridgewood Crew. This past year was the first completely normal rowing season since the 2019 season, so for us Juniors it was the first time we were able to experience rowing without covid-19 restrictions. Despite this, my boat (the JV 4x) had an extremely successful season winning both the Statesbury Cup and SRAA Nationals. Such accomplishments, however, didn't come without a great deal of personal and collective efforts. Our boat wasn't able to go to a regatta together until the Garden State Championship Regatta due to changes in boat line ups, so that did cause some stress since the Statesbury Cup was only 3 weeks away. During the weeks leading up to the regatta, my boat had a combination of really good practices as well as some really off practices, where half the time the boat felt like it was leaning and it felt like our speed wasn't there. But at the end of the day, we knew rowing was a process. We knew we wouldn't always have a good practice, but at the end of the day we all gave everything we had.

Flash forward to the week of Stotes. We were starting to gain confidence

that we might have a chance at medaling, but we tried to not get our hopes up. Once we got to Stotes we went through time trials and ended up placing 3rd, only a few seconds behind 1st. We were elated, of course, but we knew that because all of the times were so close that we had to remind ourselves, as Coach Boris says, "short memory". The next day as we were getting ready to launch my boat all sat down and spoke not only about race strategies, but we reminded each other how much we had worked for this moment. We went in the water

and we gave everything we had. We ended up winning and beating Conestoga by 1.2 seconds. The following weekend we went to SRAA Nationals placing 7th in heats and the following day placing 1st. Some people have said that we were just "lucky", but we think otherwise. At the end of the day it was a mental game. We were definitely not the strongest girls on the course since none of us are sub 8, but because of our collective efforts and the way we mentally approached each final, we were able to have the best spring season we have ever had.



The sun rises over the Schuylkill River for the Statesbury Regatta.

RIDGEWOOD CREW FOUNDATION

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The Ridgewood Crew Foundation Inc. provides funding and other support for a rowing program for youth in the Ridgewood School District, Ridgewood, New Jersey. The Foundation supports opportunities for rowing instruction and training and stimulates interest in the sport of rowing by educating amateur rowers on the virtues of sportsmanship and physical development associated with the sport.



Rising Freshman Rowing at USRowing Selection Camp

Llian Riedel '22

My name's Llian Riedel, I just graduated from RHS and I rowed for Ridgewood Crew for 5 years. This year I was fortunate enough to be invited to USRowing U19 Selection Camp.

My experiences at Ridgewood Crew have trained me to the level necessary to be accepted into the National Team Camp which rows at the Chula Vista Olympic Training Center. Every year, this camp aims to select from those they have invited a small group of elite athletes capable of winning medals at the World Rowing Junior Championships. This year, this renowned regatta is located in Varese, Italy.

I've been training in the sculling group, which has rowers compete in quads. This week, I've been bow seat, 2 seat, and stroke seat. A typical training day involves about 18-22k in the mornings, and another 12k in the evenings. Practices are a mix of drilling, steady state, and pieces. However, as the camp goes on, there will be more and more pieces so as to help coaches select potential worlds athletes. We are also using advanced data-collecting technology, such as the PEACH system, which can measure the power generated by each stroke, as well as many other important factors.

As of now, my time spent here has been incredible— I am surrounded by athletes who are some of the fastest in the nation, possessing both high levels of fitness and excellent technique on the water. Training alongside these athletes and working with them in boats has allowed me to grow immensely and develop many aspects of my rowing.



How to Support Ridgewood Crew

Ridgewood is continually working to improve our program and the experience we offer to our young athletes. Ridgewood Crew receives little/no financial support from the Ridgewood Public School District. In order to continue our work growing our club we would like to ask our alumni, friends and family to consider making a regular donation to our club. All donations are tax free and can be included on your tax return. **Forego one Starbucks a week and donate \$20 to Ridgewood Crew each month.**



Regular donations can be set up through donorbox, scan the QR code here, it only takes a minute.