

THE 10TH SEAT

From the Secretary

Welcome back to the Winter 2020 edition of *The Tenth Seat*, here to keep you connected with our Gaucho rowers! With an incredibly successful winter training quarter behind us, we are here to look back at the highlights. In this issue you'll find highlights from winter scrimmages, our men's and women's teams, and some great photos. If you have any suggestions to better connect our alumni and parents to current rowers, please email our secretary, Lindsey Adams (lindseyadams@ucsb.edu) and include "UCSB Rowing" in the subject line. Enjoy!

Men's Team Update

JACKSON BRIGHT #1608

This winter, the men's team attacked winter training with youth and excitement. The team put in countless hours of practice in the weight room, on the erg, and on the water, the latter of which is thanks to Lake Cachuma for giving us a full lake and abundant days of glassy water.

The men began the quarter with a scrimmage with Orange Coast College and Mission Rowing at Lake Cachuma. We exchanged pieces with Coast in V8/JV8 mixed lineups along with a 3V8, and built tension and excitement for the battles to come in spring. We ended the



quarter with the UC Challenge Cup turned into the California Challenge Cup, hosted by UC Irvine in Newport Beach. This race consisted of over 22 boats competing in 1 on 1 Henley-style round robin racing over a 1250 meter race course. In a very tough field that included 2 varsity boats from UC Berkeley, the men's V8 and JV8 finished in 7th and 13th place, respectfully. Our men's V8 did an ad hoc tank bet with the UC Davis V8 in their final match up, and won the tanks by just over a 2 second margin.

The first 2k test of the year came at the end of winter training. While the test saw some PRs, it ultimately left the

entire team hungry for more. The hunger, tenacity, and drive of the team this year represents Gaucho Rowing perfectly. Our constant quest to continue the legacy built before us and pursue excellence on and off the water define us as Gaucho oarsmen. Our season was cut short due to the rapid spread of the COVID-19 pandemic, meaning we are not be able to have the opportunity to race for tanks during spring .

Despite the unexpected and sudden end to our season, this only strengthens Gaucho Rowing. We now start a long period of “summer” training to prepare us for next season, with the men’s team already hitting the ergs and the water hard, using this season’s early success as kindle for next year’s fire. Go gauchos!



Women’s Team Update

NOEMMA OLAGARAY #1622

Our women’s Winter racing season was one for the books, as we were able to scrimmage and give Orange Coast College and Loyola Marymount a run for their money. At the OCC scrimmage, we boated a Varsity 8, Novice 8, and a Mixed 4, all of which came out on top of the heats. At the Loyola Marymount scrimmage, we were able to hold onto our D1 competitors in every heat and were extremely competitive with their speed and technical work. In lieu of attending the previously named UC Challenge Cup (now the men’s-only Henley-Style California Challenge Cup) we donned our racing gear and held the UC(SB) Challenge Cup on Lake Cachuma where we mixed novice and varsity lineups to spice up



the competition for our Saturday practice. We raced Mixed 4s and singles, and had great successes among all our boats. This ultimately served as a great team bonding event between varsity and novice, and helped to show the novice what a real race feels like.

Over the long winter months, we have been so grateful to be able to row on our gorgeous Lake Cachuma three days a week, bringing technical focus into our steady state workouts. Coach Alyssa has been tirelessly working on sharpening



up our catches, and smoothing out our finishes to make our boat work together as seamlessly as possible to head into Spring Training. Thankfully, the lake was clear and calm the majority of the Winter, with only a couple days out of dozens of practices where we got fogged out. On one of the few foggy days, we still got in a great workout by doing boat ramp sprints at the Cachuma Marina boat ramp.

Towards the end of the quarter, we began working on our start sequences, which nailed down quite quickly. We started picking up the pace and doing much more anaerobic workouts to prepare us for the transition from the longer 5k races to the short, sprint-style 2k races. Overall, we had a very successful and promising Winter quarter. Although we are devastated at the fact that our Spring Training and Spring Racing season was cancelled, we are more than ready to stay fit and get right back into it in the fall!
Go Gauchos!



55th Anniversary

IRIS CHAN #1611

Our team celebrated 55 Years of Excellence on March 7th, 2020! We had an open boathouse where alumni, parents, and supporters mingled and toured. Some alumni boats were taken out, from 8s to 4s to pairs. We moved to The Clubhouse at Cachuma Lake for a luncheon catered by HOOK'D Restaurant. The Clubhouse was decorated with ACRA plaques, opponent school tanks, a boat bow, trophies, and more! After everyone got their first serving of food, President Kelly Garvey and Vice President Coleman McGrath thanked everyone for coming, and we heard some words from our coaches. We opened the floor to alumni, and they inspired our novice with words of wisdom and advice. We can't wait for the 60th Anniversary in 2025!



Thank you to our President, Kelly Garvey, for organizing this event! Thank you to Vice President Coleman McGrath, Webmaster Iris Chan, and UCSB Student Affairs Director of Development Delene Bliss for decorating. Thank you to our coaching staff- Alyssa Dewey, JP Sekulich, Liann Jimmons, and Sean McCrea- for their support.



Gaucha at USA U23's

KELLY GARVEY #1585

Last summer, I had the privilege of being invited to the Under 23 Open Women's National Team Selection Camp held at the University of Virginia Boathouse. It was not only the most incredible highlight of my rowing career, but one of the best experiences of my life. It was beyond humbling to compete against the very best D1 women as the only club athlete at the camp. Almost a year later, I think everyday how it bolstered my love for the sport and connected me to such inspiring, strong women across the country and the larger USRowing family.

As a senior, I have one more year of eligibility left in the Under 23 age category. Now that I know what to expect, I have been putting in the extra, long hours of training to prepare myself to return and earn my spot in the boats to compete at the U23 World Championship in Slovenia this August. The opportunity to represent the United States at that level of competition is incredibly humbling and a goal I never want to give up on.

I crave being able to push my body and train at such a high caliber. We would get in 20-22k on the water in the morning mostly in 4's, and then come back and do either a 3x25' erg or 12-15k in 8's on the water. We would also incorporate a body weight circuit most days and get in plenty of stretching. Training in the heat and humidity of the Virginia summer, I was pushing 3,500-4,000 calories a day and constantly drinking water, Gatorade, and eating snacks in the boat. It was a routine I came to love and now miss everyday. By the time I left camp, I had accumulated 90,000+ meters, which helped me achieve my other goal of doing the UCSB 1,000,000 meter challenge. One of the best memories I have at camp was when we would break it out. Similar to how we "gaucho out" at every practice, we would go, "on three, U. S. A!" Chills still run down my spine thinking about how in that moment, we were not women from different collegiate rowing programs, we were Team USA.

Although the coronavirus cancelled all of the club and NCAA seasons, I am continuing to train for the Women's Open Camp coming up in June that will be held at the University of Iowa. As of March 21st, USRowing is operating under the assumption that Worlds will still take place and the selection camps will begin when safely possible. It is nerve racking in the uncertainty of everything going on but nothing can or will stop me from trying my best to make it back to camp with the dream of competing at Worlds.



2019-2020 Rookie Class
at Numbers Ceremony

Congratulations!

In Response to COVID-19

LINDSEY ADAMS #1584

The end of winter training is an exciting time, as all four squads have built incredible momentum and are hungry for Spring Break on Cachuma. Every year, Spring Break is a time for the team to build speed going into Crew Classic, as well as bonding activities in the evening such as elections, the talent show, and a hike to Gaviota Peak. This year, the tone was no different, but our situation quickly changed.

On March 12th, Chancellor Yang made the decision to halt in person lectures through the end of April and later for all of Spring. Gaucho Rowing remained optimistic with the hope to spend more time training as a team while adjusting to the new normal. Later that afternoon, we were told our practices would be suspended until April 6th to comply with University policy. In true Gaucho spirit, we did not let the news get us down. An erg room usage document quickly went out to spread team erg usage out to promote social distancing and allow for us to continue to train. The boathouse remained open for small boat use, and rowers carpooled up to the lake together to take advantage of glassy conditions. We were determined to make our own Spring Break training camp in a safe manner even if the coaches could not be with us.

Each day, new restrictions continue to be put in place in order to keep us safe and prevent the American healthcare system from being overwhelmed, but Gaucho rowers continue to press on. The erg room and Rec Center remain closed until further notice, but rowers staying in Isla Vista were able to grab machines. We continue to do long steady states in living rooms and driveways with the ocean breeze. Some Gauchos have opted to put on their running shoes and explore the shorelines at low tide, taking in the beauty of the coast that we miss when at Cachuma. In order to keep momentum going for all Gaucho rowers, we will be competing team wide in a (Sp)Ring it Up training

competition where athletes can log their Spring Training from wherever they are and get their name on top of the leaderboard.

While it is hard to see this season end, especially as a senior, I know I have made the best of every single day. I am proud to be a Gaucho rower, and I am proud to be a member of the class of 2020. Each senior has put so much into this team and we have all left our legacy. This season may be over, but there are only 432 days until ACRA 2021!

Stay healthy and socially distance, but don't forget to explore your hometown on foot or on a bike. Getting outside in this time is so important to our health! The Gaucho rowers aren't letting this time get us down, so join us in Spring Training. Set a goal for yourself and see what you can accomplish.

Go Gauchos!



Thank you Coaches!



Make sure to follow us on social media!

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Facebook: UCSB Crew Support Page and UCSB Rowing