

↖ **42 miles of open water on Cayuga Lake**

Cornell Rowing Directory

The Staley Women's Rowing Coach:

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Spirit of '57 Director of Rowing/Heavyweight Head Coach:

Dan Rook (office: 607-255-4017; e-mail: djr16@cornell.edu)

Heavyweight Freshman Coach:

Dan Allen (office: 607-255-4074; e-mail: dja23@cornell.edu)

The Robert B. Tallman '41 Head Coach of Lightweight Rowing:

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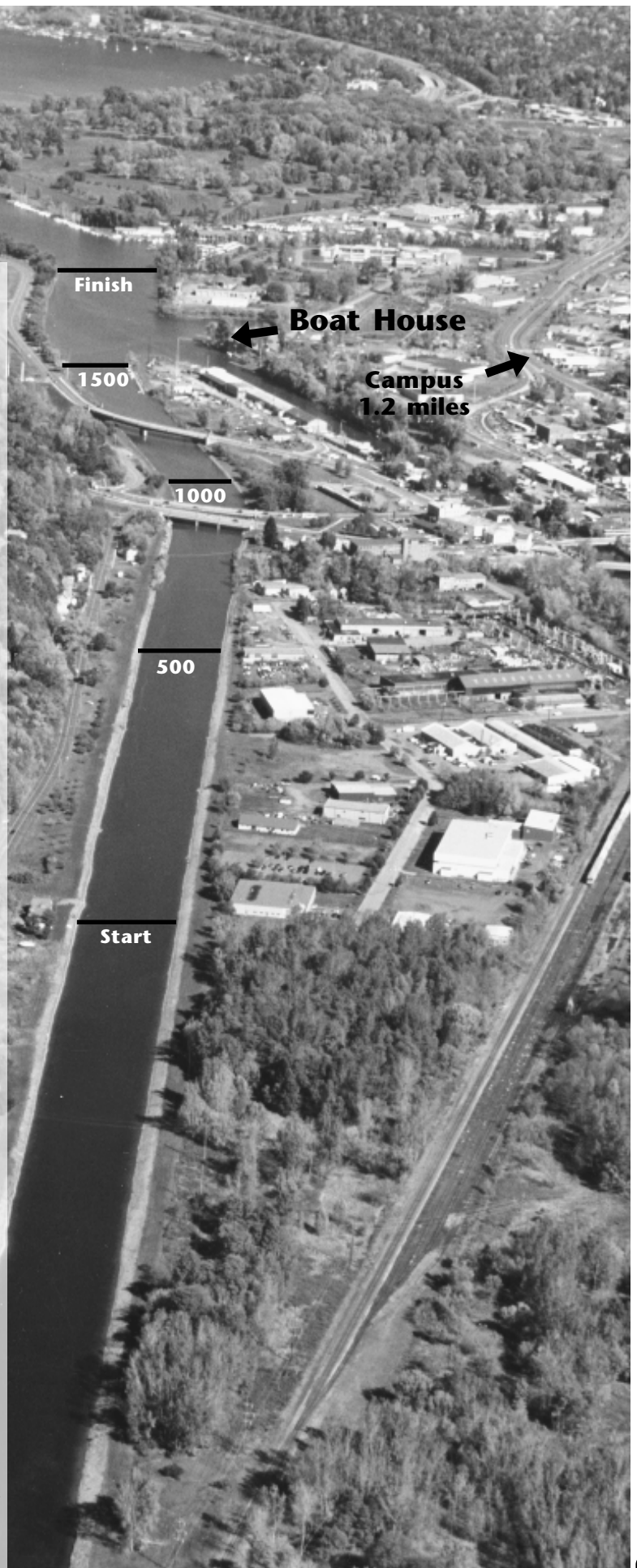
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Table of Contents

Women's Rowing Head Coach Chris Wilson 2
 Women's Rowing Assistant Coach Hilary Gehman 3
 Women's Outlook and Roster 4
 Women's Captain 5
 Men's Heavyweight Head Coach Dan Rook 6
 Men's Heavyweight Assistant Coach Dan Allen 7
 Men's Heavyweight Outlook and Roster 8
 Men's Heavyweight Commodore 9
 Men's Lightweight Head Coach Todd Kennett 10
 Men's Interim Lightweight Assistant Coach Sean Healey 11
 Men's Lightweight Outlook and Roster 12
 Men's Lightweight Captain 13
 Big Red Rowing Facilities 14
 Giving Back to Cornell Rowing 16-17
 Cornell University/Realizing a Bold Dream 18-19
 Ithaca, N.Y. 20
 University Leadership 21
 Cornell Athletics Leadership 22
 The Ivy League 23
 The Friedman Center 24
 Support Services 25
 Athletic Training 26
 Prominent Cornell Alumni 27
 Success in and out of the Classroom 28

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CHRIS WILSON

**Third Year As Head Coach
Eighth Year at Cornell
Yale '83**

The Staley Women's Rowing Coach

Chris Wilson, who served as interim head coach of the Cornell women's crew in 2004-05, was named the Staley Women's Rowing Coach in July 2005.

Wilson has a tremendous background as an innovator and pioneer in the sport of rowing, as her experiences on the collegiate and international scene illustrate. She was recognized as a "Pioneer in the Sport of Rowing" by the Power Ten Association of New York in 2002. Before returning to Cornell, she served as the assistant women's coach for the United States national rowing team for three and a half years, aiding with the training, technical development and race preparation for the 2004 Olympians.

A successful coach of both sweep and sculling crews, Wilson coached the winning U.S. women's straight four at the world championships in 2003 and the lightweight double that won a silver medal at the 1990 world championships. At the Olympics in Athens, she was primarily responsible for the women's quad, a crew that finished fifth and included Cornell assistant women's coach Hilary Gehman.

A native of St. Catharines, Ont., Wilson has coached at numerous development and pre-elite rowing camps in the U.S. and worked with

the Canadian junior team. In 1994 she guided the men's straight four to a bronze medal and the women's single sculler to a fourth place finish at the junior world championships.

Wilson also served as interim associate athletic director and assistant to the director of athletics for special projects at Cornell from 1999-2001. She served as the head women's rowing coach at Yale from 1997-99, helping raise \$7.5 million for the Gilder Boathouse, which was dedicated in October 2000.

Prior to heading to Yale, Wilson was the freshman rowing coach at Cornell from 1996-97. She also worked as an English teacher and rowing coach at the prestigious Phillips Exeter Academy from 1993-95 and entered the boarding school world with her first professional appointment at Choate Rosemary Hall from 1983-86.

Wilson started her collegiate coaching career at Yale in 1985 and remained there until 1993. During that time, she served as assistant women's rowing coach (1985-87), enjoying undefeated seasons with her novice crews. She was named the 1987 EAWRC Women's Rowing Coach of the Year. She then became the first woman to coach men at a major U.S. collegiate program when she was hired to coach the freshman heavyweights (1987-93). Her 1991 crew won the Eastern Sprint championships and set a course record at Lake Quinsigamond.

A 1983 graduate of Yale, Wilson earned a bachelor's degree in English and was team captain during her junior and senior years.

Education

Yale University
B.A., English, 1983

Coaching Experience

Cornell University
Head Coach, 2004-present

U.S. National Team
Assistant Coach, 2001-04

Yale University
Head Coach, 1997-99

Cornell University
Freshman Heavyweight Coach, 1996-97

Phillips Exeter Academy
Head Coach, 1993-95

Yale University
Freshman Heavyweight Men's Coach, 1987-93
Assistant Women's Coach, 1985-87

Competitive Experience

- Yale University, 1980-83
- Four-year letter winner
- Two-year captain
- EAWRC champion with Yale varsity
- Five-time Canadian national champion

Coaching Highlights

- Assistant coach for the 2004 U.S. Olympic team.
- Led 2003 U.S. Women's Four to gold medal at 2003 World Championships.
- Named a "Pioneer in the Sport of Rowing" by Power Ten Association of New York in 2000.
- Canadian Junior National Team coach in 1994.
- 1991 Yale freshman crew won EARC title and set course record.
- U.S. Pre-Elite coach in 1988, 89 and 90.
- Named 1987 EAWRC Coach of the Year.



While rowing athletes rarely receive much time in the spotlight, it is an individual's impact that increases boat speed. For every Big Red oarswoman who reaches for a map to the medal podium, the landmarks on the road are these:

- taking pride in the chance to represent a great university as a varsity athlete
- using natural athletic gifts to reach beyond established personal limits
- committing to team and individualized training to build strength and fitness
- working diligently to improve rowing skills and boat sense
- building lifelong friendships with women who share a passion for racing

Along the way each athlete is pushed and guided by appropriate coaching approaches – a mix of patient teaching and demanding expectations.

As the program re-establishes itself as a force among crews to reckon with, we are searching for more talented, gritty young women who are eager to leave their own marks on the university's record books.



HILARY GEHMAN

**Third Year At Cornell
Colby '93**

Women's Assistant Rowing Coach

Hilary Gehman, a six-time member of the U.S. national rowing team and a two-time Olympian, was named women's novice rowing coach at Cornell University in August 2004. She was the voice of the Olympic 4X in Athens, serving as crew leader in training sessions and during races. Her fifth-place finish at the 2004 Games mirrored her performance in the quad at the 2000 Olympics in Sydney.

In her two seasons with the Big Red, the novice women have combined for an 11-6 record and are currently in the midst of a four-year winning streak.

A two-time Olympian, Gehman has also raced on four U.S. national teams in the women's quad, earning a bronze medal in 2001. A competitor at numerous World Cup stops with the U.S. team, Gehman and her crewmates have captured four bronze



medals at four international regattas since 1999, and her quad earned the gold medal at the 2003 Munich World Cup. In competitions at the national level, Gehman won the double sculls at the 2001 and 2002 Head of the Charles regattas and finished second in 2003.

Gehman earned coaching experience in the competitive EAWRC while serving as the assistant coach at Georgetown from 2000-03, and the Hoya's captured the Big East title in 2001. Prior to her time in

the nation's capital, Gehman was the head men's and women's rowing coach at Lewis and Clark College in Portland, Ore., from 1996-98, overseeing 60 student-athletes.

A native of Wolfeboro, N.H., Gehman graduated from Colby College in 1993 with a bachelor's degree in sociology. She was a four-year member of the Mules' club rowing team, as the sport was elevated to varsity status the season following her graduation. Gehman is an exceptional all-around athlete whose national team career and active lifestyle make her a role model for Cornell's undergraduates. She still logs many miles in her single and on the ergometer, but she has diversified her training by competing in The Birkebeiner, a 51 km cross country ski marathon held in Hayward, Wis., in February. In warm weather she enjoys swimming across Cayuga Lake, and this summer she successfully completed the challenging Tupper Lake Tinman Triathlon.



Education

Colby College
B.A., Sociology and Classical Civilization,
1993

Coaching Experience

Cornell University
Novice Coach, 2004-present

Georgetown University
Novice Coach, 2000-03

Lewis and Clark College
Head Men's and Women's Coach, 1996-98

Competitive Experience

U.S. National Team, 1999-2004

- Fifth-place at 2004 Olympic Games in Athens and 2000 Games in Sydney in the women's quadruple sculls

- Earned gold medal at 2003 World Cup
- Has four bronze medals from World Cup races

Colby College, 1990-93

- Four-year student-athlete

Coaching Highlights

- Led novice team to 11-6 record in first two seasons.

- Helped Georgetown to 2001 Big East championship.

2006-07 Women's Rowing Outlook

During the fall and spring of the 2005-06 racing season athletes made strides toward increasing personal training discipline and toward their understanding of what is needed to win a championship. Top physical performers earned the chance to increase their overall technical effectiveness by logging miles in pairs and singles. Racing results were mixed, but the overall speed of the varsity crew improved through the year. Walk-on athletes continued to earn important seats in priority lineups as the varsity was comprised of six women who learned to row at Cornell and the first novice eight was filled with seven walk-ons. This ratio will change as the coaching staff promotes all of Cornell's strengths to talented high school athletes who are looking for a place to benefit from the rigor of an Ivy League education and the athletic challenges of a team on the move.



Members of the senior class include captain Michelle Furbacher, Kim Lyle, Diana Athonvarangkul and Meredith Coburn. Strong members of the junior class determined to make their own impact on varsity speed are Kim Kraemer, Delana Spaulding, Caitlin Mance, Arael Candeleresi, Katie Storbeck, Ellie Bucholz and Julia Lippman. The underclass women will create more depth as sophomores and members of the class of 2010 encourage their elders to stay ahead of them on the competitive ladder.

2006-07 WOMEN'S VARSITY ROWING

Name	Cl.	Hometown
Athonvarangkul, Diana	Jr.	Woodside, N.Y.
Balantic, Cathleen	So.	Niantic, Conn.
Bucholz, Eleanor	Jr.	St. Louis, Mo.
Candeleresi, Arael	Sr.	Cincinnati, Ohio
Coburn, Meredith	Sr.	Waltham, Mass.
Colacion, Michelle	So.	Farmington, Conn.
Fisher, Lauren	Fr.	Niskayuna, N.Y.
Furbacher, Michelle	Sr.	Duncan, B.C.
Galligan, Kate	So.	Charlottesville, Va.
Goldsmith, Amy	Fr.	Newtonville, Mass.
Greiner, Jill	So.	Norwalk, Conn.
Griffin, Sarah	Jr.	West Suffield, Conn.
Haimi, Justine	So.	Manhasset, N.Y.
Kraemer, Kimberly	Jr.	Newton, N.J.
Legault, Jillian	Sr.	St. Catharines, Ont.
Lin, Jennifer	So.	San Marino, Calif.
Lippman, Julia	So.	Salem, Mass.
Lyle, Kimberly	Sr.	Hamilton, N.J.
Mance, Caitlin	Jr.	South Easton, Mass.
McCrudden, Kelley	Fr.	Ridgewood, N.J.
Murray, Meredith	Fr.	Tampa, Fla.
Oldiges, Maria	So.	LaGrangeville, N.Y.
Post, Caroline	Fr.	Wayne, Pa.
Runyan, Caitlin	Fr.	Alexandria, Va.
Spaulding, Delana	Jr.	Little Falls, N.Y.
Storbeck, Katie	Jr.	Wayne, N.J.
Symonds, Amelia	So.	Farmington, N.M.
Trevithick, Harlan	Fr.	Hingham, Mass.
Van Der Tuin, Margaret	Fr.	Short Hills, N.J.
Walsh, Afton	Sr.	Portland, Ore.
Wolcott, Erin	So.	Canandaigua, N.Y.

Coaching Staff:

Chris Wilson - Head Coach
 Hilary Gehman - Assistant Coach
 Michelle Furbacher - Captain

Did You Know?

- Olympians Andrea Thies '89 and Stephanie Maxwell-Pierson '86 learned to row at Cornell.
- Jen Kaido '03 stroked the U.S.A. 4X at the 2006 World Championships.



MICHELLE FURBACHER**

**Women's Captain
Senior • 5-8
Duncan, B.C. • Brentwood School
Economics**



At Cornell: Furbacher came to Cornell with a sound foundation in rowing. She learned about the sport at Brentwood College in Mill Bay, B.C., and wears the mantle of the first Canadian elected to captain the women's crew. This summer Furbacher worked in Calgary. She is enrolled in the College of Arts and Sciences. **At Brentwood:** A graduate

of Brentwood School, Furbacher's crew was a national champion in both 2001 and 2002. The team also won the Women's Points Trophy in 2003 when she captained the team. **Personal:** Michelle Elizabeth Furbacher is the daughter of Gerry Rees and Sheila and Richard Furbacher, and she has one younger brother and one older sister.

"Rowing has taught me to be happy with small triumphs — take a seat, two seats, the bow ball. At Cornell, rowing becomes more than just an activity to be involved in — here rowing becomes a lifestyle, one that doesn't narrow but instead expands my identity."



Delana Spaulding '08

- Bow Seat — Varsity 8+ 2006
- EAWRC Silver Medalist — First Novice 8+ 2005

"During my four years at Cornell, rowing always gave me a strong foundation for who I am and who I want to be. Now that I am not going back to the boathouse in the fall, I miss the sport and the team more. There was nothing more rewarding and calming than getting off the water after a great practice. No matter what complications and stresses were going on at school, or with friends or family, rowing always gave me a chance to escape it all and focus on doing one thing well."

Shannon Caron '06

Research Sales Representative, Fisher Scientific, Inc.



"I have always loved rowing, but over the last few years, increasing academic priorities almost made me forget how much a team experience can offer. Coming to Cornell and doing so many things while rowing has reminded me that my passion for sport doesn't have to move to the back seat while I reach for other goals. Thank you for this reminder, along with all of the personal motivation you provided me during my great year in Ithaca."

Jane Watson

2005-06 CALS Exchange Student
Melbourne, Australia

Women's Rowing Class of 2010



DAN ROOCK

10th Year As Head Coach

Princeton '81

**Spirit of '57 Director of Rowing/
Heavyweight Rowing Head Coach**

Dan Roock became Cornell's heavyweight rowing coach in 1996 and was named director of rowing in 1997.

In his ninth year as the Big Red's head coach (he was on sabbatical in 2003), Roock's first varsity eight placed 10th and the second varsity was seventh at the IRA national championships. The varsity also enjoyed some important victories, including a key win against Georgetown and capturing the Madeira Cup vs. Penn and The Howard Smith Cup vs. Rutgers. The second varsity had a break even season, but has compiled an amazing 49-6 record in the last seven years and has had three undefeated seasons in that time.

Roock came to Cornell after leading the Princeton women's varsity crew to three consecutive national titles in 1993, 1994 and 1995. During his tenure with the Tigers, his women's varsity eight also earned five consecutive Ivy titles, five Eastern Sprint all-points trophies and four Sprague Trophies for all-around performance at the national championships.

Prior to serving as a graduate assistant coach of men's crew at Syracuse in 1990, Roock was an assistant coach of heavyweight crew at Princeton from 1986 through 1989. During that time, his freshman eights won an IRA Regatta title in 1989 and his freshman eight was also the Eastern Sprint champion in 1988.

In 1986, he was named assistant coach of Princeton women's crew, and he began his coaching career in 1984-85 as an assistant mentor of men's crew at Florida Tech.

Roock is active in the U.S. national program, having served as a coach for six years. In 1999, Roock was the head coach of the gold medal-winning crew at the Nation's Cup Regatta, the world championships for crews under 23 years old, in Hamburg, Germany. Following that victory, Roock was named the United States Olympic Com-

mittee Developmental Coach of the Year. He coached the Nation's Cup crew in 2000, leading them to the championships in Copenhagen, Denmark. In 1997, he was the co-coach of the U.S. Junior Men's National Team, which won a silver medal in the eight-oared event at the world championships in Hazewinkel, Belgium. He also worked with the U.S. National team during the summer of 1993

and as a co-coach of the 1992 world champion U.S. Junior men's eight. In 1991, he coached crew at Hokkaido University in Sapporo, Japan, and in 1987-88, he was manager at the U.S. men's national team selection camp.

A 1981 graduate of Princeton with a degree in civil engineering, Roock was an outstanding rower for the Tigers and was a member of two IRA championship crews. His crew also won the Head of the Charles championship men's eight title in 1979. As a senior, Roock was awarded the Lyman W. Biddle Medal as the oarsman who had shown the best sportsmanship and contributed the most to rowing at Princeton. A 1977 graduate of Liverpool (N.Y.) High School, Roock also earned a master of science degree in environmental engineering at the SUNY College of Environmental Science and Forestry in 1990.

Education

Princeton University
B.A., Civil Engineering, 1981

Coaching Experience

Cornell University
Head Coach, 1996-present
Princeton University
Women's Head Coach, 1991-96
Syracuse University
Graduate Assistant Coach, 1990
Princeton University
Men's Assistant Coach, 1988-89
Women's Assistant Coach, 1986-88
Florida Tech University
Assistant Coach, 1984-85

Competitive Experience

Princeton University, 1978-81

- Member of two IRA championship crews
- Earned Princeton's Lyman W. Biddle Medal

Coaching Highlights

- Has led teams to six straight top 10 finishes at Eastern Sprints.
- Named 1999 U.S. Olympic Committee Developmental Coach of the Year.
- Led Princeton women to three straight national titles, five consecutive Ivy crowns.
- Head coach of gold medal-winning crew at Nation's Cup Regatta, 1999.





DAN ALLEN

Eighth Year At Cornell

**Cal Berkeley '91
Heavyweight Assistant Coach**

Dan Allen was named the freshman heavyweight coach at Cornell under Dan Rook in 1999.

In Allen's seventh season with the freshmen, the Big Red had a very solid 5-2 record and have continued to make progress in developing experienced rowers for the varsity.



In 2003, Allen served as the interim head coach while Dan Rook was on sabbatical. Under Allen's tutelage, the 2003 varsity claimed the Carnegie Cup over Yale and Princeton, the Madeira Challenge Cup over Pennsylvania and posted an 8-1 regular-season record. Both the varsity and second varsity earned berths in the grand finals at the Intercollegiate Rowing Association Championships. The varsity finished sixth, while the second varsity was fourth. The heavyweights finished the national championships fourth overall in the Ten Eyck points standings.

Allen came to Cornell after successful stints at Princeton and Georgetown. While at Georgetown in 1997, Allen's freshman heavyweights won a silver medal at the Champion International Regatta.

Allen was an assistant lightweight coach at Princeton from 1993-96. In 1994 he took over the Tiger freshman lightweight program, holding a 20-1 record in EARC cup and dual races. Allen's 1995 crew captured a gold medal at the Eastern Sprints while his 1996 crew won a silver medal. Both crews maintained undefeated regular season records prior to their success at the Sprints.

A Newport Beach, Calif., native, Allen graduated from the University of California Berkeley in 1991 with a bachelor of arts degree in legal studies. A coxswain on the Cal crew, he was awarded the school's highest crew honor, the Dean Witter Award, voted by teammates for loyalty, spirit and proficiency.

Education

University of California, Berkeley
B.A., Legal Studies, 1991

Coaching Experience

Cornell University
Assistant Coach, 1999-present
Interim Head Coach, 2003

Georgetown University
Assistant Coach, 1996-97

Princeton University
Assistant Coach, 1993-96

Competitive Experience

University of California, Berkeley, 1988-1991
•Earned team's highest honor, the Dean Witter Award for loyalty, spirit and proficiency

Coaching Highlights

- Coming off excellent 5-2 season with the freshmen in 2006.
- As interim head coach in 2003, helped heavyweights to 8-1 record and spot in Grand Finals for both the varsity and junior varsity at the IRAs.
- His Georgetown freshman heavyweights won silver medal at Champion International Regatta in 1997.
- Had a 20-1 record in EARC cup and dual races at Princeton.
- Led undefeated 1995 lightweight freshmen to a gold medal at Eastern Sprints.



MIKE BROWN

Boatman

Mike Brown serves as Cornell's boatman and rigger and is responsible for main-taining the Big Red's first-class racing fleet. He has been a part of the rowing program's success for 19 years.

Brown's duties include all maintenance and repair of the crews' shells and equipment. He also oversees the boathouse and shell house facilities located on the Cayuga Lake Inlet. He is responsible for transporting the teams' shells and equipment to all of their away regattas and also assists with home events.



HERB GOTTFRIED

Volunteer Assistant Coach

Herb Gottfried has been assisting the Cornell rowing program for eight years. He assists with strength and flexibility training during the winter months and is involved with the crews' on-the-water training in the fall and spring seasons.

Along with his Cornell duties, he coaches community rowers in the Ithaca area. He has also coached baseball, basketball, tennis and soccer at various levels throughout his career.

Gottfried is a master's rower and is an avid sculler.

An emeritus professor of landscape architecture in Cornell's College of Agriculture and Life Sciences, he and his wife, Jan Jennings, an associate professor in the College of Human Ecology, reside in Ithaca.

2006-07 Heavyweight Rowing Outlook

The continuous development of its rowers and coxswains is a hallmark of Cornell rowing. Many a novice freshman has grown into a varsity medallist. Everyone strives to improve, and the system is there to allow those that work to become skilled and successful. This past season, our best boat relative to competition was a varsity pair that won a third-place medal at the IRAs. In 2005 the second varsity eight won the EARC sprint championship and was a silver medalist at the IRAs. Many in these crews came from second freshman and third varsity crews of years past, illustrating that persistent hard work pays off.

The 2006-07 campaign will emphasize each crew member's responsibility to raise his level of performance. The prescription for success will include lots of long rows on the beautiful, clear waters of Cayuga Lake, fortified by work on ergometers, weight lifting, and core strength exercises. Small boat sweeping and sculling will further develop the Cornell rower's skill.

Cornell rowers are adept at balancing their athletic and academic pursuits. Rowers take advantage of the diversity of academic offerings at Cornell, and carry majors in all seven of the University's colleges. The team's average grade point average is always among the best of any sport on campus, usually well above 3.1.

Every afternoon the Big Red rowers put their books aside, gather at the boathouse, climb aboard their shells, and go for a hard pull. This is the essence of Cornell rowing: study hard, pull hard and race hard. Generations of Cornellians have experienced this joy of life intense, and the crew of 2006-07 will do the same.

2006-07 HEAVYWEIGHT VARSITY ROWING

Name	Cl.	Hometown
Allsopp, Brian	Sr.	Arnold, Md.
Andrade, Marco	So.	Pasadena, Texas
Baker, Mike	Sr.	Hammondsport, N.Y.
Barth, Colin	So.	New Hartford, N.Y.
Brown, Michael	So.	Madison, Wis.
Canty, Brian	Sr.	West Nyack, N.Y.
Carr, Andrew	Jr.	Chestnut Hill, Mass.
Carroll, Jonathan	So.	Sparta, N.J.
Clark, Christopher	Sr.	Pelham, N.Y.
Davis, Tyler	Sr.	Mercer Island, Wash.
Doro, Matthew	So.	Ellicottville, N.Y.
Fuoco, Gregory	So.	Bronx, N.Y.
Germano, James	So.	Galloway, N.J.
Gevurtz, David	Sr.	Gladwyne, Pa.
Hearne, Peter	Jr.	Princeton, N.J.
Holodnik, Daniel	Jr.	Pittsburgh, Pa.
Huth, Timothy	Jr.	Norfolk, Mass.
Janowski, James	Jr.	New Hyde Park, N.Y.
Keller, Andrew	Sr.	Roseville, Calif.
Kleimeyer, Michael	Sr.	Cincinnati, Ohio
Liddell, Timothy	So.	Lancaster, Pa.
Lindsey, John	Sr.	Detroit, Mich.
Mahler, Jonathan	Jr.	Bronx, N.Y.
Malumed, Jason	So.	Villanova, Pa.
Manchester, Zachary	So.	Downingtown, Pa.
McConnell, Matthew	Sr.	Long Beach, Calif.
McCormack, Robert	Jr.	Basking Ridge, N.J.
McLaren, Andrew	So.	Sturbridge, Mass.
Monaghan, Ryan	Sr.	Pittsford, N.Y.
Moyer, Tyson	Jr.	Feasterville, Pa.
Nino de Rivera, Adrian	Sr.	Mexico City, Mexico
Reichenbach, Charles	So.	Newton, Mass.
Reiss, Taylor	Sr.	Bellevue, Wash.
Rossidis, Michael	So.	Garden City, N.Y.
Russell, Warren	So.	Aurora, Ill.
Silverstein, Scott	Jr.	Andover, Mass.

Coaching Staff:

Dan Rook - Head Coach
 Dan Allen - Assistant Coach
 Herb Gottfried - Volunteer Coach
 Brian Allsopp - Commodore

Did You Know?

- The Big Red has won 25 IRA crowns since the first race in 1895.
- The 1957 squad that won the Grand Challenge Cup will be celebrating its 50th anniversary this season.



HEAVYWEIGHT COMMODORE



BRIAN ALLSOPP**

Heavyweight Commodore
Senior • 6-0
Arnold, Md. • Broadneck HS
Biological Sciences



At Cornell: After rowing in the seven seat of the first freshman eight boat in 2004, Allsopp was the bowman of the EARC sprint champion and IRA silver medallist second varsity eight in 2005, and then in the bowseat again in 2006 for the first varsity. He is enrolled in the College of Arts and Sciences. **At Broadneck:** A versatile athlete, Allsopp participated in football, hockey and rowing at Broadneck HS. He was also a sculler for the Annapolis Rowing Club. **Personal:** Brian Christopher Allsopp is the son of Christopher and Susie Allsopp, and he has one older and two younger sisters. He comes from a long line of rowers, as his father is the former coach at Navy (now the boatman) and a former U.S. national team rower, and his grandfather is Cornell rower Peter B. Allsopp '49, who was also a commodore.

Race Day For The Big Red





TODD KENNETT

**Ninth Year As Head Coach
19th Year at Cornell
Cornell '91**

**The Robert B. Tallman '41
Head Coach of Lightweight Rowing**

Todd Kennett, a former three-year letter winner with the Big Red heavyweight crew, was named head coach of lightweight rowing at Cornell in 1998.

In his eighth year as the head coach of the Big Red lightweights, Kennett's program enjoyed nothing less than a phenomenal season. The varsity eight captured not only the Eastern Sprints title, but also pulled off an upset and claimed the first IRA national title for the Big Red since 1992. And, then after earning another trip to Henley, the lightweights had five very successful days of racing to advance to the finals where they managed an exciting second-place finish (the Big Red's best finish since 1967). The Eastern title was the eighth in the program's history and the national title was the second. Also enjoying a spectacular season was the junior varsity, who earned a 7-1 record and a first-place finish at the Eastern sprints, and the lightweight pairs who captured a third-place medal at the IRAs.

Kennett's boats also had a remarkable season in 2005. Every varsity boat medalled at both the Easterns and at the IRAs, and the third varsity went undefeated and won the Eastern title. The first varsity boat compiled an 8-1 record and a third-place finish at the Easterns, breaking a course record in the process. And, at the IRAs, the varsity eight had an excellent second-place finish, and the Big Red also had a gold medal-winning pair and a bronze medal-winning four.

A native of Middlebury, Conn., Kennett has been a member of the Cornell rowing staff since 1993. He coached the Big Red's third and fourth varsity eights in 1993-94 and served as the coach of freshman rowing from the fall of 1994 through 1998. Under Kennett, the third

varsity eight placed second at the Saturday Night Sprints that year and the four-with-coxswain finished third at the IRA championships. In 1995, he led his first freshman eight to a second-place finish at the Eastern Sprints. The Big Red's second freshman eight



Education

Cornell University
B.A., Animal Sciences, 1991

Coaching Experience

Cornell University
Head Coach, 1998-present
Assistant Coach, 1993-98
Ithaca College
Assistant Women's Coach, 1992-93

Competitive Experience

Cornell University, 1988-91

- three-year letter winner
- received Butler Award for outstanding leadership and performance as a senior
- helped boat to a third-place finish at IRA Regatta as a senior
- teamp competed at Henley Royal Regatta

Head Coaching Highlights

- Directed team to Eastern and IRA championships in 2006 and a runner-up finish at the Henley Royal Regatta.
- Has guided lightweight eight to consecutive appearances at Henley Royal Regatta.
- Big Red finished second at nationals in 2005 after a third-place effort at Easterns.
- Cornell has finished in the top six at nationals for five consecutive seasons.

was undefeated during the 1996 and 1997 regular seasons. In 1998, the first freshman eight placed third at the EARC grand finals, while the second freshman boat took second-place honors. He coached the lightweight pair to a gold medal at the 2000 IRAs and in 2001, the pair of Rob Garrison and Jon Zelken claimed a silver medal. Also in 2001, the junior varsity eight took bronze at the Sprints as did the lightweight straight four at the IRAs. In 2002,

he led all five of his crews to grand finals races at the Eastern Sprints, including a bronze medal performance by the varsity eight. Several members of his team also enjoyed success at the IRAs, with the varsity eight earning fifth place and the freshman four taking bronze. And, in 2003, a Kennett-coached varsity pair captured a bronze medal at the IRAs.

In 1992-93, Kennett served as coach of the Ithaca College women's novice program, leading the squad to a 22-2 record, two New York State Small School titles and two Murphy Cups.

His Bomber crews also earned silver and bronze medals at the Dad Vail Regatta.

A 1991 graduate of Cornell's College of Agriculture and Life Sciences, Kennett received his bachelor of science degree in animal sciences. As a rower with the heavyweights from 1987-91, he competed in the first freshman eight his first year and went on to row in the varsity eight for three consecutive seasons, including the 1991 campaign in which the varsity finished third at the IRA regatta and competed at the Henley Royal Regatta. He received the Butler Award for outstanding leadership and athletic performance as a senior.

From 1989-91, Kennett rowed in U.S. Rowing Olympic Development and Pre-Elite camps. He also competed in the 1989 and 1990 Olympic Festivals, placing third and first, respectively.



SEAN HEALEY

First Year At Cornell

Cornell '05

Interim Lightweight Assistant Coach

Former lightweight rower Sean Healey returns to his alma mater in 2006 to serve as assistant coach under his mentor Todd Kennett. Healey was an important part in building a crew that won Eastern Sprints and The IRA Regatta and finished second at the Henley Royal Regatta a year ago.

A four-year member of the Big Red crew, Healey spent the last year coaching for Three Rivers Rowing Association in his hometown of Pittsburgh, Pa.

As a student-athlete at Cornell, Healey won an IRA title in the pairs and collected three second-place finishes at the Eastern Sprints championship.

Education

Cornell University
B.A., Engineering, 2005

Coaching Experience

Three Rivers Rowing Association
Assistant Coach, 2005-06

Competitive Experience

- Cornell University, 2002-05
- Four-year member of the team
 - Won 2- at IRA championship
 - Collected three second-place finishes at Eastern Sprints
 - Competed at Henley Royal Regatta



2006-07 Lightweight Rowing Outlook

The 2005-2006 season was predicted to be a rebuilding year. The previous years crew's success (Varsity 10-1, third at Eastern Sprints and second at IRAs; junior varsity, second at Eastern Sprints; third varsity, undefeated) was closely correlated to 14 seniors. Their graduation left the squad quite small and inexperienced. The fall was a bit bumpy and the crews struggled to be a main competitor in the league.

With a work ethic second to none, the crew went on their winter training trip in Florida. Lots of intense short rows, combined with a technical twist, and suddenly there was a revitalized sense of boat speed. The three seniors all were stepping up with their performances and leadership making good things happen.

The spring was a little late to arrive in Ithaca, keeping the boats off the water until mid-March, but once on the guys continued their positive steps towards championship speeds. Ending their regular season with an 8-4 record in the varsity and a 9-1 in the junior varsity boats, things were better than expected. A few final adjustments before the Eastern Sprints and IRA's would be the key to this crew.

Both boats upset pre-regatta predictions and won the Eastern Sprints. The varsity would go on to win the IRA as well. That was the eighth Sprints championship and second national title. The varsity would also go on to the Henley Royal Regatta where they would win their first four

r a c e s understroking their competition. They ended up second in a field that started at 72. It was a great "rebuilding year."



2006-07 LIGHTWEIGHT VARSITY ROWING

Name	Cl.	Hometown
Ackerman, John	Sr.	Monroeville, N.J.
Baines, Emily	Sr.	Naperville, Ill.
Balloga, Abram	So.	Meeker, Colo.
Bass, David	Sr.	Jacksonville, Fla.
Boyce, William	Jr.	Princeton, N.J.
Brabeck, Stefan	So.	Chicago, Ill.
Brennan, Chris	So.	Maitland, Fla.
Bridges, Drew	So.	Pacific Palisades, Calif.
Bunnell, Chris	Jr.	Wilton, Conn.
Burdick-Will, Joshua	So.	Philadelphia, Pa.
Dargis, Booth	Jr.	Bar Harbor, Maine
Depenbrock, John	Sr.	Moorestown, N.J.
Dietz, Kennen	So.	Villa Park, Calif.
Ernst, Alfred	So.	St. Petersburg, Fla.
Fishbone, Justin	So.	Reston, Va.
Fowler, Sarah	Jr.	Austin, Texas
Freeman, Robert	Jr.	Etna, N.H.
Gambino, Salvatore	Jr.	Huntington, N.Y.
Gavalas, Michael	So.	Manhasset, N.Y.
Green, Justin	So.	Windermere, Fla.
Heidt, Greg	Sr.	Los Angeles, Calif.
Iacono, Mike	So.	Cincinnati, Ohio
Kleimeyer, John	So.	Cincinnati, Ohio
Kochem, Matt	Jr.	Burnt Hills, N.Y.
Kuhl, Stephen	So.	Fayetteville, N.Y.
Levatch, Mark	So.	Brooktondale, N.Y.
Litt, Max	Sr.	Ontario, N.Y.
Little, Patrick	Sr.	Fayetteville, N.Y.
McClafferty, Nathan	Sr.	Berryville, Va.
McHale, Kevin	Jr.	Woodbine, N.J.
Mongiello, Sarah	So.	Ringgold, Ga.
O'Connell, Preston	Jr.	Napa, Calif.
Peebles, Zachary	So.	Shrewsbury, Mass.
Petrich, Angelo	Sr.	Culver City, Calif.
PolICASTRO, Richard	So.	Egg Harbor Twtnshp., N.J.
Psiaki, Mike	So.	Brooktondale, N.Y.
Psiaki, Tim	Sr.	Brooktondale, N.Y.
Rossman, Jack	So.	Chappaqua, N.Y.
Russell, Matthew	Jr.	Chester, Vt.
Ryskin, Michael	Jr.	Belle Mead, N.J.
Symington, Jason	Jr.	Calgary, Alb.
Talamo, Philip	So.	Freehold, N.J.
Wolf, Brian	Sr.	Egg Harbor Twtnshp., N.J.
Zappacosta, Corinne	So.	Augusta, Ga.

Coaching Staff:

Todd Kennett - Head Coach
John Ackerman - Captain



JOHN ACKERMAN***

**Lightweight Captain
Senior • 5-9**

**Monroeville, N.J. • St. Augustine Prep HS
Applied Economics and Management**



At Cornell: A two-year captain, Ackerman was the stroke of the first freshman eight in 2004 that earned a first-place ranking for several weeks, and in 2005, he rowed in the bow position of the first varsity that won a bronze medal at the Eastern Sprints, a silver medal at the IRAs and participated in the Henley Royal Regatta. An experienced rower,

he started the 2006 season in the bow seat of the first varsity. Ackerman then switched to the junior varsity where he helped that boat win the Eastern Sprints championship. He is enrolled in the College of Agriculture and Life Sciences. **At St. Augustine Prep:** Ackerman won three letters in soccer and four in crew at St. Augustine Prep HS. He stroked St. Augustine's varsity lightweight eight crew to the New Jersey state championship. **Personal:** John C. Ackerman is the son of John and Janice Ackerman and has an older sister and a younger brother and sister.

The 2006 Henley Royal Regatta



Above: Members of the Big Red lightweight crew rig the boat prior to its first practice run at Henley.



Right (top): Cornell gets ready to launch its boat for the first time on the River Thames in 2006. **(bottom)** the Big Red warms down after winning a race.



Below: The Big Red gets ready for its semifinal matchup against the University of California second varsity heavyweight boat. Cornell advanced to the finals with 3/4 length victory over the Golden Bears.



Right: The Big Red gets off to an early lead in a win over Pembroke and Christ Church of Oxford as the crowd cheers on the banks of the River Thames.

2006 Henley Royal Regatta	
<i>Individual Race Results</i>	
Race 1	Cornell def. Pembroke and Christ Church by open water
Race 2	Cornell def. Imperial College by three lengths
Quarterfinals	Cornell def. Trinity College by 1/2 length
Semifinals	Cornell def. California by 3/4 length
Finals	Oxford-Brookes def. Cornell by 1/3 length



Big Red Rowing Facilities

For most athletes who row, their favorite place on campus is in a boat, on the water. At the same time, members of the crews enjoy multiple venues for training. The space allocated to these athletes speaks of the University's support of rowing and the long history the sport has at Cornell. On central campus, Teagle Hall is home base for the men's and women's crews. Two moving water rowing tanks, training space for ergometer work and circuits plus an office suite for the coaching staff are contained within the Charles J. Abbe '63 Training Facility. Just around the corner in Teagle is the Tregurtha Erg Room where more floor space is devoted to all "slider" ergometers. Up the hill past Lynah Rink, athletes work with certified assistant coaches in the Friedman Strength & Conditioning Center. Down the hill, approximately two miles from campus, are the Collyer Boathouse and the Doris Robison Shell House.



RACE DAY ON CAYUGA INLET



TREGURTHA ERG ROOM



COLLYER AND ROBISON BOAT HOUSES



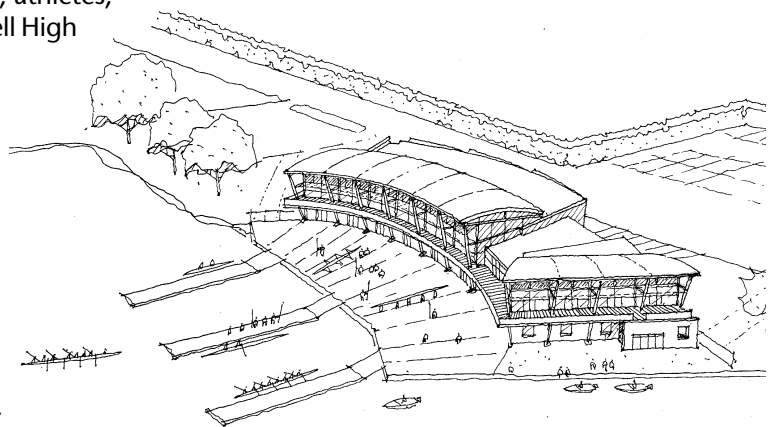
TEAGLE HALL INDOOR ROWING TANKS

Cornell High Performance Rowing Center

The vision of the future that is shared by rowing coaches, athletes, alumni and fans alike include plans to construct a new Cornell High Performance Rowing Center.

The new home of all Cornell crews would comprise 32,000-square-feet for on-shore training, locker rooms, meeting rooms, coaches offices, boat storage and the boatman's shop. A bunk room would house athletes during training camp for the post-semester Intercollegiate Rowing Association and NCAA championships, and visiting U.S. national teams that train in Ithaca during summer months. The new boathouse will accommodate future program growth, even beyond the 150 athletes currently on the three Cornell rowing squads.

"We want people, as they are walking into the new rowing center, to know they're in the headquarters of Cornell rowing," said Dan Rook, the Spirit of '57 Director of Rowing. "The rowing center will make our current students feel a part of something that has endured. It will also be a place for rowing alumni — a place where they can feel comfortable and where their efforts are remembered and honored."





This Is Cornell University