

ROWING IN NEW YORK CITY

Students from every state and virtually all countries pack away memories of small town life to embrace the city where the lights stay on all night. Hanging out at home is replaced by relaxing on Central Park's Great lawn; mom's cooking is replaced by takeout.

With so many opportunities to enjoy the greatest city in the world, inertia-filled students could get lost in the routine of trying to take in the whole experience.

Columbia Rowing provides an anchor for the student-athletes' life in New York City, providing simple but essential principles like teamwork, effort, diligence and the hunger to excel every time they shove off the dock. Team members learn to strike a balance between the rigors of coursework, the daily training sessions and the excitement of the city.



Columbia rowing provides a team of very competitive and supportive student-athletes driven to succeed in all their endeavors.

When the team leaves the Upper West Side campus to the endless miles of water of the Harlem and Hudson rivers there is excitement for practice and the task at hand. With the home race course surrounded by buildings, factories and apartments, the river still acts as a private passageway for Columbia Rowing.

Rowers can feel the tradition and history of this place as their boat race by famous New York landmarks like Yankee Stadium and the George Washington Bridge. Each practice feels like a performance for the whole neighborhood and brings with it a sense of accomplishment, as rowers work toward the goal of defeating ancient rivals and becoming the best racers in the country, in the greatest city in the world.

THE COLUMBIA BOATHOUSES

In the summer of 2001, Columbia completed construction of the 1929 Boathouse, which was built through the generous contributions of Columbia Rowing supporters. The facility, the newest in the Ivy League, is a three-bay shell house, complete with an upper level that includes an erg and weight room and a beautiful meeting area overlooking the water.

The new boathouse is now the centerpiece of a rowing compound in a park-like setting, as the first stage of Columbia's ambitious reconstruction of its athletic facilities. A new boat shop is expected to be completed in the near future.

The 1929 Boathouse stands immediately next to the Gould-Remmer Boathouse, which was originally constructed in 1895 as the Gould Boathouse at 116th Street on the Hudson River. It was relocated to its current site, and in 1989, was renamed to honor the late Eugene H. Remmer '40CC, '41SEAS, a varsity oarsman and longtime supporter of Columbia Athletics.

The buildings sit at one of the most picturesque locations in New York City. They are located aside beautiful Inwood Hill Park, overlooking the confluence of the Harlem and Hudson Rivers and the famed Spuyten Duyvil.

The 1929 Boathouse is part of a larger facility, Baker Athletics Complex, which houses the Dick Savitt Tennis Center, Lawrence A. Wien Stadium, which is used for football, track and field and lacrosse; the Columbia Softball Complex, Columbia Field Hockey Venue; Columbia Soccer Stadium and Robertson Field at Satow Baseball Stadium. The facility provides a close, family-like atmosphere to be enjoyed by Columbia's student-athletes.



THE PROGRAM'S HISTORY

Columbia University boasts three varsity rowing teams; heavyweight men, lightweight men and women. Though each team is independent, the three squads work together to form a strong, unified rowing program.

While each team maintains its own racing schedule, the program frequently travels as one, including two training trips to Melbourne, Florida, and races like the Head of the Charles.

The coaches and student-athletes work together to build fast crews by training and practicing together and sharing facilities and equipment.

One site in which the teams train together is in Columbia's state-of-the-art crew training facility, one of the best in the nation. The center features 40 Model D Ergometers with computer interfaces and heart rate monitors. It also houses a strength training room, exclusively used by rowers, that includes Olympic lifting stations, multi-lift power areas, bench-pull stations, and cross-training equipment. Best of all, the facility is located on campus in Dodge Physical Fitness Center.

Columbia rowing is the University's oldest intercollegiate sport, dating back to 1857. The varsity crews have been on the Hudson and Harlem Rivers regularly since 1870, and have developed a proud rowing tradition.

In 1878, Columbia gained international acclaim by winning England's Henley Royal Regatta, becoming the first Americans to win a race abroad. The following year, Columbia was named one of three teams to compete for the Childs Cup, the oldest American rowing trophy.

Throughout the next 20 years, Columbia established a national reputation in collegiate rowing. In 1895, with Cornell and Penn, the Lions competed in the first-ever race for the college championship and finished first. This would come to be known as the Poughkeepsie Regatta, a competition to award the national intercollegiate rowing crown. Presently, this race is known as the IRA Regatta.

During the 1920s and 1930s, Columbia was one of the most dominant rowing schools in the nation. From 1926-1929, Columbia led collegiate rowing, winning the national championship three times and finishing second once— behind a California squad that went on to win an Olympic medal.



More recently, Columbia crews have worked hard to achieve and maintain the excellence the University has come to expect. During the past three years, the heavyweight crew has won three Collins Cup races, three Alumni Cup races, three Maxwell Stevenson Cup races, two Lusins Trophy races, the Blackwell cup twice and the Childs Cup once. These regular season successes have led to two births in the Sprints Grand Final and one in the IRA Grand Final and an invite to the Henley Royal Regatta in England.

In 1995, the freshman lightweights earned Columbia's first Eastern Sprints medal in 25 years, and were named the EARC Outstanding Lightweight Boat of the Year. The next year, the varsity lightweights earned national acclaim when they went 10-1 and won the Augusta Regatta, the Geiger Cup, and the Subin Cup, and were third in the IRA Regatta, the first Lion varsity crew to medal at the IRA in 25 years.

In 2000, the team won the Eastern Sprints, the first time a Columbia varsity has captured the prestigious event, and was third at the National Championship. The same year, it won England's Marlow Regatta and took its second trip to Henley in three years, again reaching the quarterfinals. The 2003 varsity lightweights went 11-2, gained silver medals after finishing second in both the Eastern Sprints and the National Lightweight Championship, and became the first Columbia crew ever to capture all four cup races in a single season. Both the 2005 and 2006 freshman lightweight eight earned bronze medals by finishing third in the Eastern Sprints. The varsity lightweight fours completed a perfect season, going 11-0.

Columbia women's crew has been an official varsity sport for 20 years (1986-87) and has established itself strongly in Eastern competition.

First under National Team oarsman and Row2K.com founder, Ed Hewitt '84CC, and most recently under Melanie Onufrieff, the women's crew has had several strong seasons. In 1998, the varsity earned the bronze medal at the IRA Regatta. In 2002, the squad finished above .500 (7-5) for the first time since 1990 (4-2), while the 2003 women's varsity went 7-3, the best record by a women's varsity at Columbia in 18 years, and the 2004 varsity was considered for an NCAA bid.

For the first time since Columbia women's rowing began in the 1980s, a Lion eight-oared shell earned a medal in the Eastern Sprints. The novice eight captured the bronze medal, and the Columbia "A" novice four finished second to gain silver; the 2006 varsity eight went 9-5 and won the Petite Final.





MIKE ZIMMER

**Head Coach, Director of Rowing
21st season, 7th as Heavyweight head coach**

After a recent string of national success that culminated in all three Columbia boats finishing among the top 12 at the 2010 IRA Regatta, Mike Zimmer embarks on his 21st season at Columbia with eyes of pushing the Lions further up the ladder among the nation's elite. Zimmer heads into his seventh season as head man of the heavyweight crew, after previously serving as both the Columbia lightweight and women's head coach.

Over the past three years, Columbia's varsity eight has won 15 Cup races, five in each season. The Lions strung together consecutive victories in the first five events of the year in 2009, including a win at the prestigious Childs Cup over Princeton for the first time in 46 years.

Columbia followed that performance up with a second consecutive win at the Blackwell Cup the following week, where it triumphed last season for the first time in 67 years. The Lions also earned a Maxwell Stevenson Cup win for the second straight year after a 45-year hiatus, and finished up the year ranked 11th in the nation.

When Mike Zimmer was named head coach of heavyweight rowing at Columbia five years ago, everything began to look up for the heavyweights. As someone said then, Mike Zimmer will turn the corner with the heavyweights, you just don't know when.

"When", it turns out, was the spring of 2008. That's when Zimmer's varsity heavyweight eight won five cup races, its most ever. The Lions went on to compile a 10-1 record and make the Grand Finals of both the Eastern Sprints and the IRA National Championship

Regatta, the former for the first time since 1955, the latter for the first time in the IRA's modern format. It had taken four years, but Mike Zimmer's team truly had turned that corner.

Prior to becoming heavyweight coach, Zimmer had spent eight years as head coach of the Lion women's crew. Under his direction, the Lions were ranked in the nation's top twenty each of the final four years, and were considered for a berth in the NCAA Championships in 2004, his final season.

That year was concluded with one of the best showings in the season-ending EAWRC Sprints in Columbia rowing history. The varsity eight made a great move to seize the lead in the Petite Final, while the novice four earned a Sprints medal by finishing third.

The winner of the Petite Final would finish seventh of all the varsity eights in the East's strongest conference. And Columbia gained that seventh spot. Although the Light Blue varsity eight had made the Petite Final four times in the previous six years, it had never finished higher than fourth in the race.

The previous season had marked another step in the development of the women's team; it posted a 7-3 record in 2003, its best since the late '80s.

Prior to becoming the women's coach, Zimmer enjoyed six years as head of the Lions' lightweight men's team. He was voted lightweight rowing's EARC Coach of the Year after his 1996 team posted a 10-1 record and earned a bronze medal for third place at the IRA. At the time, it was the lightweights' best season in their history.

He has vast experience with men's rowing, much of it with the United States Men's National Team. Most recently, he guided the U.S. Men's Lightweight Four to eighth place in the 2005 Nations Cup,

in Amsterdam. In 2003, he led the U.S. lightweight eight to a silver medal at the 2003 World Championships. The preceding year his lightweight eight won a bronze.

He also served as a coach of the U.S. Under-23 National Team in 2000 and 2001. He led the men's lightweight four without cox to a fifth place in 2000 and the men's pair to fourth place and men's eight to second-place finishes in 2001.

For his efforts that year, Zimmer was selected as rowing's Developmental Coach of the Year by the United States Olympic Committee's Coach Recognition Program.

For many years, he coached the New York Athletic Club, which he led to more than 25 national championships and 15 titles at Canadian Henley, winning the Barnes Trophy as the top men's club three times.

Zimmer was an accomplished lightweight rower at Princeton. His lightweight eight won the collegiate national championship in 1988. He competed in the U.S. National Championships and the Pan American Games Trials, as well as the 1988 Koninklijke Regatta on the Bosbaan in Amsterdam.

Following his 1988 graduation with a degree in English, he taught and coached in Connecticut for a year, and then became freshman lightweight coach at Princeton. His initial college coaching effort resulted in an undefeated season and an Eastern Sprints championship for his first boat, a 6-1 record and third place in the sprints for his second boat, and another third place, in the IRA Regatta, for the Tiger freshman four with coxswain.

Zimmer lives on Morningside Heights, near the Columbia campus.



JON DOUGLAS

Assistant Coach Fourth season

Jon Douglas is in his fourth year coaching the freshmen heavyweights and recruiting oarsmen for Columbia. Douglas has been an integral part of the heavyweights' recent successes, including 15 Cup wins since he joined the staff and three top 12 finishes for all three

boats that entered the IRA National Regatta in 2010. His freshmen capped off the 2010 season with a berth in the Grand Final of the Eastern Sprints Regatta.

Douglas came to Columbia from the Rutgers, where he served as freshman heavyweight coach and led the Rutgers freshmen to impressive regular-season and Eastern Sprints showings while heading a productive recruiting effort. Prior to Rutgers, Douglas had been assistant coach of the varsity heavyweights at Cornell from 2003-04.

Douglas served as head coach at Brookline (Mass.) High, leading the Warriors to the 2002 and 2003 Massachusetts Public School Championship titles. Under his guidance, Brookline qualified for the US Rowing Youth Invitational for the first time in the school's history.

During the summers of 2003 and 2004, Douglas served as the assistant coach for the U.S.A. Junior National Rowing Team. He led the Junior Men's Coxed Four to a fourth-place finish at the Junior World Rowing Championships the same year the US eight won the silver medal. Douglas also coached the U.S.A. eight, four and pair to CanAmMex gold medals.

A varsity heavyweight letterman at Cornell, Douglas went on to row for the U.S. National Team during the summer of 2002. Coached by present Columbia heavyweight head coach and director of rowing Mike Zimmer, Douglas earned a bronze medal with the U.S.A. Lightweight Eight at the 2002 Senior World Rowing Championships. He also placed sixth in the International Lightweight Final at the CRASH-B Championships.

"I'm very excited to have Jon Douglas on the Columbia heavyweight coaching staff," Zimmer said. "Jon and I worked very well together when he rowed on the 2002 National Team. He and I share philosophies on the efficacy of hard work and preparation. Jon has been a very diligent recruiter and has instilled the work ethic in the Columbia freshmen that they need to succeed at the varsity level."

Douglas entered the coaching profession after his stint with the National Team. He received a B.S. in environmental engineering from Cornell University and currently resides in Brooklyn.

