



2016 Paralympic Games USA Press Kit

Rodrigo de Freitas Lagoon
Rio de Janeiro - State of Rio de Janeiro, Brazil

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2016 Summer Paralympic Games

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About the Venue (Maps)

Lagoa Stadium, Rodrigo de Freitas Lake

Av. Borges de Medeiros, 1524 - Lagoa, Rio de Janeiro - RJ, CEP 22470-003

By Metro:

Jardim de Alah Station (Line 4)

~12 minute walk/0.51 miles

Nossa Senhora da Paz Station (Line 4)

~19 minute walk/.87 miles

Both stations are accessible. Nossa Senhora da Paz Station will have an auxiliary shuttle service for the convenience of those in wheelchairs or who have reduced mobility.



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Tentative Schedule

(check updated schedule at www.worldrowing.com)

Wednesday, September 7

9:15 - 10:15 AM Practice

Thursday, September 8

11:00 AM - 12:00 PM Practice

Friday, September 9

8:30 - 9:10 AM	ASW1x Heats 1-2	Top to final A, remaining to repechages
9:10 - 9:50 AM	ASM1x Heats 1-2	Top to final A, remaining to repechages
9:50 - 10:30 AM	TAMix2x Heats 1-2	Top to final A, remaining to repechages
10:30 - 11:10 AM	LTAMix4+ Heats 1-2	Top to final A, remaining to repechages

Saturday, September 10

8:30 - 9:10 AM	ASW1x Repechages 1-2	Top two to final A, remaining to repechages
9:10 - 9:50 AM	ASM1x Repechages 1-2	Top two to final A, remaining to repechages
9:50 - 10:30 AM	TAMix2x Repechages 1-2	Top two to final A, remaining to repechages
10:30 - 11:10 AM	LTAMix4+ Repechages 1-2	Top two to final A, remaining to repechages

Sunday, September 11

8:30 AM	ASW1x Final B	
8:50 AM	ASM1x Final B	
9:10 AM	TAMix2x Final B	
9:30 AM	LTAMix4+ Final B	
9:50 AM	ASW1x Final A	Medals - 1st, 2nd, 3rd
10:10 AM	ASM1x Final A	Medals - 1st, 2nd, 3rd
10:30 AM	TAMix2x Final A	Medals - 1st, 2nd, 3rd
10:50 AM	LTAMix4+ Final A	Medals - 1st, 2nd, 3rd

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Boat Previews

World Rowing first introduced Paralympic in 2005. But the first time they were included were at the 2008 Game in Beijing and included four events, the men's and women's arms and shoulders single sculls, the trunk and arms mixed double sculls and the legs, trunk and arms four with coxswain.

The U.S. reached the final in the men's and women's singles and won a silver medal in the four that first Paralympics. At the 2012 Paralympic Games in London, the U.S. had three crews entered, reached the final in the four and Oksana Masters and Rob Jones won a bronze medal in the trunk and arms mixed double sculls.

At the 2016 Games in Rio de Janeiro, Brazil, the U.S. has crews entered in all four events.

The Rio 2016 Paralympic Games will be the largest edition of the Games yet, with an estimated 4,350 participating athletes. Athletes from more than 176 countries will compete in 528 medal events in Rio.

American athletes will compete in 20 sports contested throughout the 11 days of competition. The sports are archery, cycling, equestrian, goalball, judo, paracanoe, paratriathlon, powerlifting, rowing, sailing, shooting, sitting volleyball, soccer seven-a-side, swimming, table tennis, track & field, wheelchair basketball, wheelchair rugby, wheelchair fencing and wheelchair tennis. Both paracanoe and paratriathlon are making their Games debuts in Rio.

For the first time since 2004, Team USA qualified all eight of its team sports to compete in the Games.

At the London 2012 Paralympic Games, Team USA claimed a total of 98 medals, finishing sixth overall. Among the members of the 2016 U.S. Paralympic Team are 14 reigning Paralympic champions, and 18 athletes who won multiple medals in London, including swimmer Jessica Long (five gold, two silver, one bronze) and track & field athletes Raymond Martin (four gold) and Tatyana McFadden (three gold, one bronze).

The team also includes 31 military veterans and active duty service members, some of whom were wounded in Iraq and Afghanistan.

Racing is scheduled to take place on the Lagoa Rodrigo de Freitas racecourse, the same course where the 2016 Olympics were held. The Lagoa is located in the heart of Rio, in the shadow of the mountains, the Tijuca Forest iconic and the Christ the Redeemer statue at Corcovado.

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Lagoa Rodrigo de Freitas also hosted rowing during the Pan-American Games in 2007 which was also the Olympic Qualification Regatta for the Beijing 2008 Olympics. The 2015 World Rowing Junior Championships were also held there as a test event for the Paralympic Games.

Rio de Janeiro is located at the Southeast Region of Brazil, is the second largest city in the country and the 26th largest in the world. Rio is the most visited city in the southern hemisphere and is known for its breathtaking landmarks, amazing landscapes and for the unique spirit of its people.

The population of Brazil is 203,429,773 (July 2011 est.) with approximately 6.1 million living in Rio de Janeiro.

Arms and Shoulders Men's Single Sculls (ASM1x)

Competing in the men's arms and shoulders single is Blake Haxton of Columbus, Ohio. Haxton first rowed in the event at the 2014 World Rowing Championships in Amsterdam the Netherlands where he finished fourth. Haxton qualified the boat for the Paralympics at the 2015 World Rowing Championship in Aiguebelette, France where he finished fifth.

He earned his berth in the 2016 Games by winning the U.S. Paralympic Team Trials in Sarasota, Fla.

Arms and Shoulders Women's Single Sculls (ASW1x)

Rowing in the women's arms and shoulders single is Jacqui Kapinowski of Tequesta, Fla.. Kapinowski is a two-time Paralympian. She was a member of the 2010 Paralympic wheelchair curling team and finished fourth. She participated in the world championships in two other Para sports, winning bronze at the 2013 Paratriathlon World Championships, and bronze at the 2007 and 2008 Marathon World Championships. She also won at the 2008 World Championships for Wheelchair Curling.

Kapinowski placed ninth in the trunk and arms mixed double at the 2011 World Rowing Championships and qualified the single for the 2016 Games at the 2015 World Rowing Championships, where she finished eighth.

She won the U.S. Paralympic trials in March to earn her place on the 2016 team.

Legs, Trunk and Arms Mixed Four with Coxswain (LTAMix4+)

The U.S. has won consecutive silver medals in the legs, trunk and arms four with coxswain. Three members of those two crews will race in Rio including coxswain Jenny Sichel, of

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Clifton, N.J., Danielle Hansen of Patterson, Calif. and Zachary Burns of Ann Arbor, Mich. Joining the crew is Dorian Weber of Henley-on-Thames, United Kingdom.

Weber is a two time Paralympian and was in the boat that finished sixth in 2012. In 2013 he finished third in the lightweight men's eight at the 2013 World Rowing Championships.

Trunk and Arms Mixed Double (TAM2X)

Helman Roman of Miami, Fla. and Laura Goodkind of Long Beach, Calif. won the 2016 USRowing Non-Qualified Paralympic Trials in this boat class and then finished third at the Final Paralympic Qualification Regatta on April 21-23 on Lake Varese in Gavirate, Italy. With only the top two crews earning placement at the Paralympic Games in Rio, Roman and Goodkind went home believing their Paralympic bid was over.

However, the International Paralympic Committee's August ban on all Russian Paralympic athletes opened a spot to the third place finishing U.S. crew. This is the first Paralympics for Roman and Goodkind. The U.S. won a bronze medal in the event in London 2012.

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Row to Rio

This summer, USRowing has the opportunity to send 57 athletes to the starting line at the 2016 Olympic Games and 2016 Paralympic Games. Here is a snapshot of qualification events for Rio.



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About USRowing

USRowing is a nonprofit membership organization recognized by the United States Olympic Committee as the national governing body for the sport of rowing in the United States. USRowing selects, trains and manages the teams that represent the U.S. in international competition, including the World Championships, Pan American Games,

Olympic Games and Paralympic Games.

More than 85,000 individuals and 1,300 member organizations strong, USRowing serves and promotes the sport on all levels of competition. USRowing membership reflects the spectrum of American rowers – juniors, collegians, masters and those who row for recreation, competition or fitness.

In 1982, the United States Rowing Association was formed by the merger of the National Association of Amateur Oarsmen, founded in 1872, and the National Women’s Rowing Association, established in the early 1960s. USRowing brought these two organizations together with a name incorporating both men and women and reflecting the broader interests of rowing. In 1985, the organization moved from Philadelphia, Pa., to Indianapolis, Ind., home of several other Olympic sport governing bodies; and in 1994, Indianapolis became the only U.S. city to host a world rowing championship. In February 2006, USRowing moved its corporate headquarters to Princeton, N.J.

USRowing registers hundreds of regattas across the country each year, ensuring they are run under specific safety guidelines. The association also provides programs to educate referees and coaches. USRowing stages national championship regattas annually including the USRowing National Championships, USRowing Club National Championships, USRowing Masters National Championships, and USRowing Youth National Championships. USRowing also conducts regional championships and national team selection events.

USRowing is a member of the United States Olympic Committee and Federation Internationale des Societes D’Aviron (FISA), the international rowing federation.

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Viewer's Guide & Frequently Asked Questions

The Race

All events at the Olympic Games are 2,000 meters, or approximately 1.25 miles. The racecourse is divided into six lanes and each 500-meter section is marked with buoys. All events at the Paralympic Games are 1,000 meters.

The race begins with all boats aligned at the start in the lanes they've been assigned. Individuals in each lane hold the stern of each boat steady while an official, known as the aligner, ensures that each boat is even with the others and squarely facing the course.

Each crew is allowed one false start; two means disqualification. If within the first 100 meters there is legitimate equipment breakage (e.g., an oar snaps in two), the race will be stopped and restarted with repaired equipment.

The *stroke rate* (the number of rowing strokes per minute that a crew is taking) is high at the start – maybe 45 to even 50 for an eight, 38 to 42 for a single scull. Then, the crew will “settle” into the body of the race and drop the rating back – 38 to 40 for an eight, 32 to 36 for a single. The coach and the way the race is going determine when the crew will sprint, but finishing stroke rates of 46+ in the last 200 meters aren't unheard of. However, higher stroke rates are not always indicative of speed. A strong, technically talented crew may be able to cover more water faster than a less capable crew rowing a high stroke rate.

Unlike canoe/kayak competitions, rowers are allowed to leave their lanes without penalty, so long as they do not interfere with anyone else's opportunity to win. An official follows the crews to ensure safety and fairness.

Despite the exhaustion that follows each race, the crew will row for five to 10 minutes afterwards in order to cool down. In rowing, the medal ceremonies include the shells. The three medal-winning crews row to the awards dock, climb out of their shells and receive their medals before rowing away.

The Stroke

The whole body is involved in moving a shell through the water. Although rowing tends to look like an upper body sport, the strength of the rowing stroke comes from the legs.

The stroke is made up of four parts: *Catch, Drive, Finish and Recovery*. As the stroke begins, the rower is coiled forward on the sliding seat, with knees bent and arms outstretched. At the *catch*, the athlete drops the oar blade vertically into the water.

At the beginning of the *drive*, the body position doesn't change – all the work is done by the legs. As the upper body begins to uncoil, the arms begin their work, drawing the oar blades

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through the water. Continuing the drive, the rowers move their hands quickly into the body, which by this time is in a slight “layback” position, requiring strong abdominal muscles.

During the *finish*, the oar handle is moved down, drawing the oar blade out of the water. At the same time, the rower “feathers” the oar – turning the oar handle – so that the oar blade changes from a vertical position to a horizontal one. The oar remains out of the water as the rower begins *recovery*, moving the hands away from the body and past the knees. The body follows the hands and the sliding seat moves forward until, knees bent, the rower is ready for the next catch.

The Equipment

Oars

Oars move the boat through the water and act as balancers. Sweep oars are longer than sculling oars and may have wooden handles instead of rubber grips. The shaft of the oar is made of extremely lightweight carbon fiber instead of the heavier wood used years ago. The popular “hatchet” blade – named because of its cleaver-like shape – is about 20 percent larger than previous blades. Its larger surface area has made it the almost-universal choice among elite-level rowers.

The Boats – Sculls and Shells

All rowing boats can be called shells. Rowing boats with scullers in them (each person having two oars) are called sculls, *e.g. single scull, double scull, quadruple scull*. So, all sculls are shells but not vice versa. Originally made of wood, today’s boats – especially those used in competition – are made of honeycombed carbon fiber. They are light and appear fragile but are crafted to be strong and stiff in the water.

The smallest boat – the single scull – is approximately 27 feet long and as narrow as 10 inches across. At 58 feet, the eight is the longest boat on the water. The oars are attached to the boat with riggers, which provide a fulcrum for the levering action of rowing. Generally, sweep rowers sit in configurations that have the oars alternating from side to side along the boat. But sometimes, the coach will rig the boat so that two consecutive rowers have their oars on the same side in order to equalize individual athlete power.

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Rowing Quick Facts

- Rowing is one of the original sports in the modern Olympic Games. Baron Pierre de Coubertin, founder of the modern Olympics, was a rower.
- Eight-oared shells are about 60-feet long, about 20 yards on a football field.
- Rowing was the first intercollegiate sport contested in the United States.
- Physiologically, rowers are superb examples of physical conditioning. Cross-country skiers and long distance speed skaters are comparable in terms of the physical demands the sport places on the athletes.
- An eight, which carries more than three-quarters of a ton (1,750 pounds), may weigh as little as 200 pounds. The boats are made of fiberglass composite material.
- Singles may be as narrow as 10 inches across, weigh only 30.86 pounds, and stretch nearly 27-feet long.
- FISA, the international governing body of the sport, requires all eights used in international competition to be sectional, so that crews who must disassemble and ship their boats overseas in standard shipping containers will not be at a disadvantage.
- The first amateur sport organization was a rowing club, Philadelphia's Schuylkill Navy, founded in 1858.
- From 1920 through 1956, the United States won the gold medal in the men's eight at every Olympic Games.
- The first national governing body for a sport in the United States was for rowing. Founded as the National Association for Amateur Oarsmen in 1872, it was changed in 1982 to the United States Rowing Association.
- Yale College founded the first collegiate boat club in the U.S. in 1843.
- FISA, the first international sports federation, was founded in 1892.
- Dr. Benjamin Spock, the famous doctor, was an Olympic rower in 1924 and won a gold medal in the eight. Gregory Peck rowed at the University of California in 1937.
- Physiologists claim that rowing a 2,000-meter race – equivalent to 1.25 miles – is equal to playing back-to-back basketball games. All Olympic events are contested over a 2,000-meter course with six lanes. In the 1976, 1980, and 1984 Olympics, women raced 1,000 meters.
- In 2013, the U.S. women's eight set the World Best Time (5:54.16) in its final at the World Rowing Cup III in Lucerne, Switzerland. The United States is the two-time defending Olympic champion in the event (2008, 2012) and won its historic 10th-consecutive world title in 2015.

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Glossary of Rowing Terms

Bow: The forward section of the boat. The first part of the boat to cross the finish line. Also, the person in the seat closest to the bow, who crosses the finish line first.

Button: A wide collar on the oar that keeps it from slipping through the oarlock.

Coxswain: The person who steers the shell and is the on-the-water coach for the crew.

Deck: The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

Ergometer: Rowers call it an “erg.” It’s a rowing machine that closely approximates the actual rowing motion. The rowers’ choice is the Concept2, which utilizes a flywheel and a digital readout so that the rower can measure his “strokes per minute” and the distance covered.

Gate: The bar across the oarlock that keeps the oar in place.

Lightweight: Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.

Oar: Used to drive the boat forward; rowers do not use paddles.

Port: The left side of the boat, while facing forward, in the direction of the movement.

Power 10: A call for rowers to do 10 of their best, most powerful strokes. It’s a strategy used to pull ahead of a competitor.

Repechage: The second-chance race, which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.

Rigger: The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

Run: The run is the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

Sculls: One of the two disciplines of rowing, where scullers use two oars or sculls.

Shell: Can be used interchangeably with boat.

Slide: The set of runners for the wheels of each seat in the boat.

Starboard: The right side of the boat, while facing forward, in the direction of movement.

Stern: The rear of the boat; the direction the rowers are facing.

Straight: Refers to a shell without a coxswain, i.e. a straight four or straight pair.

Stretcher or Foot stretcher: Where the rower’s feet go. The stretcher consists of two inclined footrests, which hold the rower’s shoes. The rower’s shoes are bolted into the footrests.

Stroke: The rower who sits closest to the stern. The stroke sets the rhythm for the boat; others behind him must follow his cadence.

Sweep: One of the two disciplines of rowing, where rowers use only one oar. Pairs (for two people), fours (for four people) and the eight are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.

Swing: The hard-to-define feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

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2016 U.S. Paralympic Games Roster

Name	Birthday	Height	Weight	Hometown	Club/Affiliation
Arms and Shoulders Women's Single Sculls					
Jacqui Kapinowski	11/28/1962	5'8"	142	Tequesta, Fla.	Treasure Coast Rowing Club
Arms and Shoulders Men's Single Sculls					
Blake Haxton	12/17/1990	3'2"	150	Columbus, Ohio	Upper Arlington Crew
Trunk and Arms Mixed Double Sculls					
Helman Roman	5/8/1968	5'7"	180	Miami, Fla.	Miami Beach Rowing Club
Laura Goodkind	4/22/1986	5'5"	150	Long Beach, Calif.	Miami Beach Rowing Club
Mixed Legs, Trunk and Arms Four with Coxswain					
Jenny Sichel (c)	3/9/1988	5'3"	110	Clifton, N.J.	Community Rowing, Inc.
Dorian Weber	5/15/1982	6'1"	160	Henley-on-Thames, United Kingdom	Community Rowing, Inc.
Zachary Burns	12/25/1996	5'10"	150	Ann Arbor, Mich.	Community Rowing, Inc.
Danielle Hansen	10/16/1993	6'1"	160	Patterson, Calif.	Community Rowing, Inc.
Jaclyn Smith	7/2/1993	5'9"	150	Williston Park, N.Y.	Community Rowing, Inc.

Coaches

Patrick Kington, Men's Arms and Shoulders Single Sculls
 Harry Kapinowski, Women's Arms and Shoulders Single Sculls
 Ellen Minzner, Legs, Trunk and Arms Four with Coxswain
 Stephanie Parrish, Trunk and Arms Mixed Double Sculls

Support Staff

Thomas Darling, Staff
 Ed Moran, Media
 Tesse Smole, Team Physical Therapist
 Margaret Soutter, Team Leader

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Athlete Pronunciation Guide

Zachary Burns - Burn-s
Laura Goodkind - Good-kind
Danielle Hansen -Han-sen
Blake Haxton - Hax-ton
Jacqui Kapinowski - Kap-in-owski

Helman Roman - Hell-man Row-man
Jenny Sichel - Si-shell
Jaclyn Smith - Jack-lin Smith
Dorian Weber - Dor-e-an Web-er

2016 Team by State

California (2)

Laura Goodkind
Danielle Hansen

Florida (2)

Jacqui Kapinowski
Helman Roman

Michigan (1)

Zachary Burns

New Jersey (1)

Jenny Sichel

New York (1)

Jaclyn Smith
Dorian Weber

Ohio (1)

Blake Haxton

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Zachary Burns

Legs, Trunk and Arms Mixed Four with Coxswain

Birthplace: Ann Arbor, Mich.

Hometown: Ann Arbor, Mich.

Current Residence: Ann Arbor, Mich.

Current Club Affiliation: Skyline High School

Began Rowing: 2011, Skyline High School

Date of Birth: 12/25/96

Height: 5'10"

Weight: 150

High School: Skyline High School, Ann Arbor, Mich.

Training Location: Boston, Mass.

Current Coach: Ellen Minzner

National Teams: Two – 2014-15, Senior



International Results: Won silver in the legs, trunk and arms mixed four with coxswain at the 2015 World Rowing Championships...Won silver in the legs, trunk and arms mixed four with coxswain at the 2014 World Rowing Championships...Won the men's 66kg four at the 2014 Canadian Secondary School Regatta.

National Results: Made the final at the 2014 USRowing Youth National Championships in the men's lightweight four.

Personal: Zachary lists his hobbies as rowing, biking, camping, ultimate frisbee and being with his friends. His most memorable sporting achievement is winning the Midwest Championship in the lightweight four with some of his best friends. He began rowing because he was interested in attaining a high level of fitness and he likes the work ethic the sport requires. His teammates are the most influential people in his sporting career because they influence him by pushing him to work hard. He hopes to continue rowing and competing at a high level in the future.

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Laura Goodkind

Trunk and Arms Mixed Double Sculls

Hometown: Santa Monica, Calif.

Birthplace: New York, N.Y.

Current Residence: Miami Beach, Fla.

Club Affiliation: Miami Beach Rowing Club

Began Rowing: 2014

Date of Birth: 4/22/1986

Height: 5'5"

Weight: 150 lbs

High School: The Forman School

Undergraduate Education: Whittier College

Current Coaches: Ron Harvey, Stephanie Parrish

National Teams: One – 2016, Senior



International Results: Finished third at Final Paralympic Qualification Regatta.

National Results: Won the 2016 Non-Qualified Paralympic Team Trials.

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Blake Haxton **Arms and Shoulders Men's Single Sculls**

Hometown: Columbus, Ohio
Birthplace: Columbus, Ohio
Current Residence: Columbus, Ohio
Club Affiliation: Upper Arlington Crew
Began Rowing: 2005, Upper Arlington High School
Date of Birth: 12/17/90
Height: 3'2"
Weight: 150
High School: Upper Arlington High School
Undergraduate Education: The Ohio State University
Graduate Education: The Ohio State University – Moritz College of Law, 2016
Current Coaches: Chris Swartz, Patrick Kington
National Teams: Three – 2014-16, Senior



International Results: Finished fifth in the arms and shoulders single sculls at the 2015 World Rowing Championships...Finished fourth in the arms and shoulders single sculls at the 2014 World Rowing Championships.

National Results: Won the arms and shoulders single sculls at the 2016 Olympic & Paralympic Team Trials...Won the arms and shoulders single sculls at the 2015 Para Rowing and Junior World Championships Trials...Won the arms and shoulders single sculls at the 2014 U.S. Para-Rowing World Championships Trials...Winner of the 2014 C.R.A.S.H. B's...Indoor record holder for the U.S. arms and shoulders...Finished fifth in the youth four with coxswain at the 2007 Head of the Charles Regatta.

Personal: Blake chose rowing in high school when his friends and family really wanted him to give it a try. He gave in and was hooked within a few weeks...He lists making the U.S. National Team as his most memorable achievement...His goal is to make the 2016 Paralympic Team...He's still not sure what he wants to do when he grows up...Blake lists his older brother Anderson as the most influential person in his life, saying, "We're very close in age, so we've done just about everything together, especially anything involving sports. He was always a fierce competitor and when combined with the fact that he was always a little bigger and stronger than I was, it meant that he would beat me in just about everything we played. Eventually that competitive streak rubbed off a little bit, and I'm really glad I had him to push me all those years."

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Danielle “Dani” Hansen
Legs, Trunk and Arms Mixed Four with Coxswain

Hometown: Patterson, Calif.
Birthplace: Modesto, Calif.
Current Residence: Seattle, Wash.
Club Affiliation: N/A
Began Rowing: 2012, University of Washington
Date of Birth: 10/16/93
Height: 6'1"
Weight: 160
High School: Patterson High School
Undergraduate Education: University of Washington, 2016
Current Coach: Ellen Minzner
National Teams: Two – 2014-15, Senior



International Results: Won silver in the legs, trunk and arms mixed four with coxswain at the 2015 World Rowing Championships...Won silver in the legs, trunk and arms mixed four with coxswain at the 2014 World Rowing Championships.

Personal: Dani lists her hobbies as going to church and the beach, rowing, playing guitar and ukulele and hanging out with her friends and family as her hobbies...She finished first place at the 2014 Pac-12 Championship in the University of Washington’s novice eight...She chose rowing because it was the only sport a coach would let her play with Erb’s Palsy in her arm...Her parents are the most influential people in her sporting career because they have worked hard their entire lives and always stay humble, persevere through setbacks and put God first...She hopes to make the 2016 Paralympic Team and after that, find a career she enjoys.

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Jacqui Kapinowski Arms and Shoulders Women's Single Sculls

Hometown: Tequesta, Fla.
Birthplace: Belleville, N.J.
Current Residence: Tequesta, Fla.
Club Affiliation: Treasure Coast Rowing Club
Date of Birth: 11/28/62
Height: 5'8"
Weight: 142
Marital Status: Married with two children (boys) aged 28
High School: Point Pleasant High School
Current Coach: Susan Saint Sing
National Teams: Three – 2011, 2015-16, Senior



International Results: Finished eighth in the arms and shoulders single sculls at the 2015 World Rowing Championships...Won bronze at the 2013 paratriathlon World Championships...Finished ninth in the trunk and arms mixed double sculls at the 2011 World Rowing Championships...Placed fourth in the 2010 Paralympic Games for Wheelchair Curling...Took bronze at the 2007 and 2008 Marathon World Championships...Took bronze at the 2008 World Championships for Wheelchair Curling.

National Results: Won the arms and shoulders single sculls at the 2016 Olympic & Paralympic Team Trials...Won the arms and shoulders single sculls at the 2015 Para-Rowing and Junior World Championships Trials...Won the trunk and arms double sculls at the 2011 Adaptive World Championships Trials...Won the 2010 U.S. Para Triathlon in New York City.

Personal: Jacqui's hobbies include hand cycling, wheelchair racing, swimming and triathlons. She has competed in 80 marathons--19 of them she ran before becoming disabled. Her most memorable sporting achievements have been earning spot on the USA Curling Team, rowing team and triathlon team. Competed in first ironman in November of 2014 after being diagnosed with cancer in 2013. She credits husband Harry and her son Bill as the most influential people in her life whose support and love she can't even describe. Jacqui lists her parents as her heroes for teaching her so many life values and teaching her to enjoy life. Finds time to help other people with disabilities... She tried rowing for the first time at the Endeavor Games in Oklahoma three years ago, and after the Winter Paralympic Games, she contacted Navesink Rowing Club... Before races she always wears the same visor and always braids her hair for marathons...She has received the Senate & General Assembly Legislative Resolution of Proclamation, a Key to the City and a Letter of Proclamation from the Mayor of Point Pleasant, N.J.

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Helman Roman

Trunk and Arms Mixed Double Sculls

Hometown: Miami, Fla.

Birthplace: Bogota, Colombia

Current Residence: Miami Beach, Fla.

Club Affiliation: Miami Beach Rowing Club

Began Rowing: 2014

Date of Birth: 5/8/1968

Height: 5'7"

Weight: 180

High School: Real de Santa fe High School

Current Coaches: Stephanie Parrish

National Teams: One - 2016, Senior



Personal: Served in the U.S. Army for 10 years...Has a son and a daughter

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Jenny Sichel

Legs, Trunk and Arms Mixed Four with Coxswain

Birthplace: New York, N.Y.

Hometown: Clifton, N.J.

Current Residence: Clifton, N.J.

Club Affiliation: Community Rowing, Inc.

Began Rowing: 2006, Bryn Mawr College

Date of Birth: 3/9/88

Height: 5'3"

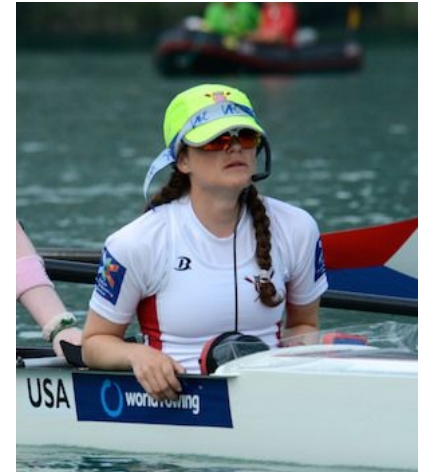
Weight: 110

High School: Clifton High School

Undergraduate Education: Bryn Mawr College, A.B. Mathematics, 2010

Current Coach: Ellen Minzner

National Teams: Four – 2010, 2013-15, Senior



International Results: Won silver in the legs, trunk and arms mixed four with coxswain at the 2015 World Rowing Championships...Won silver in the legs, trunk and arms mixed four with coxswain at the 2014 World Rowing Championships...Finished fourth in the legs, trunk and arms mixed four with coxswain at the 2013 World Rowing Championships...Finished sixth in the legs, trunk and arms mixed four with coxswain at the 2010 World Rowing Championships.

National Results: Won the men's intermediate lightweight four with coxswain and the women's senior four with coxswain at the 2010 USRowing Club National Championships.

Personal: Jenny began rowing her freshman year of college because the school did not have a softball team...Besides rowing, Jenny enjoys running, pole vaulting, baton twirling, and playing softball...She was the 2010 Mid-Atlantic Regional Conference Rower and the 2010 Bryn Mawr College Most Valuable Rower...She received the 2010 Bryn Mawr College Founder's Award...Jenny was named the 2007 Mid-Atlantic All-Region Novice Rower...In high school, she was a drum majorette for the band and earned the Clifton High School Drum Majorette Award for Excellence in Performance...She was a rower before a herniated disc caused her to switch to coxing...Jenny's pre-race ritual is her "race day hair," the braids she has worn for every race in her career...The most influential people in Jenny's athletic career are her college rowing coach Carol Bower, who taught her the sport and encouraged her national team aspirations, and her high school band director Robert Morgan, who first taught her that dedication and desire make hard work pay off...Jenny's most memorable sporting achievement is making the 2010 U.S. National Team...After rowing, Jenny plans to study veterinary medicine.

2016 Summer Paralympic Games

Jaclyn Smith
Legs, Trunk and Arms Mixed Four with Coxswain

Birthplace: Mineola, N.Y.
Hometown: Williston Park, N.Y.
Current Residence: Fairfield, Conn.
Club Affiliation: Sacred Heart University
Began Rowing: 2007, Our Lady of Mercy Academy
Date of Birth: 7/3/93
Height: 5'9"
Weight: 150
High School: Our Lady of Mercy Academy
Undergraduate Education: Sacred Heart University
Graduate Education: Sacred Heart University,
Elementary School Education, 2016
Current Coaches: Nicoleta Mantescu, Ellen Minzner,
Shelagh Donohoe
National Teams: Three – 2013-15, Senior



International Results: Won silver in the legs, trunk and arms four with coxswain at the 2015 World Rowing Championships...Won silver in the legs, trunk and arms mixed four with coxswain at the 2014 World Rowing Championships...Finished fourth in the legs, trunk and arms mixed four with coxswain at the 2013 World Rowing Championships.

National Results: Won the legs, trunk and arms four at the 2015 C.R.A.S.H. B Indoor World Rowing Championships..Finished second in the pair at the 2015 Dad Vail Regatta...Won the legs, trunk and arms mix four at the 2014 Head of the Charles.

Personal: Jaclyn is the second oldest of four to parents James and Annmarie Smith; older brother James, younger brother Brian, and younger sister Caleigh...Born into a very athletic family, Jaclyn played all sorts of sports growing up in order to keep up with her very athletically talented siblings, Jaclyn was inspired to row when she attended high school at Our Lady of Mercy Academy and they offered rowing as a varsity sport...She took up rowing because she believed it was a sport that she would be able to excel in...She favors all New York sports teams; the Yankees, Giants, Rangers, and Knicks. Her favorite book is "Hope Solo's Memoir" and her favorite TV show is "Friday Night Lights"....During her free time, Jaclyn loves going to the beach and spending time with friends...Jaclyn says that living out her dreams of rowing on the United States National Team would not be possible without the continuous love and support of her family and friends, but specifically her parents, grandparents, and Coach, Nicoleta Mantescu.

2016 Summer Paralympic Games

Dorian Weber
Legs, Trunk and Arms Mixed Four with Coxswain

Birthplace: Manhasset, N.Y.
Hometown:
Current Residence: Boston, Mass.
Club Affiliation: Riverside Boat Club
Began Rowing: Claire's Court School, 1996
Date of Birth: 5/15/82
Height: 6'1"
Weight: 160
High School: Sir Williams Borlase Grammar School, Marlow, United Kingdom
Training Location: Boston, Mass.
Current Coaches: Bruce Smith
Years on National Team: Two – 2012-13, Senior



International Results: Finished third in the lightweight eight at the 2013 World Rowing Championships...Finished sixth in the legs, trunk and arms four with coxswain at the 2012 Paralympic Games.

National Results: Won the lightweight eight at the 2013 World Championships Trials.

Personal: Dorian's most memorable sporting achievement includes winning the Queensland State time trial in the single while on a year abroad in Australia and, in doing so, beating gold medalist and Olympian, Duncan Free...He considers his mother and brother to be the most influential people in his sporting career while he "tries to succeed in this watery endeavor"... He enjoys fishing, surfing and kite surfing.

2016 Summer Paralympic Games

Historical U.S. Results

This section includes results from past world championships and Olympic Games including the top three finishers in every event at the world championships and Olympic Games from 1900 to the present.

- [World Champions, Paralympic and Olympic All Time Medal Table](#)
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