



WASHINGTON STATE WOMEN'S ROWING

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COMPLETE
STUDENT ATHLETE

Pac-12 students are known for their athletic success, but they are also impressive, **complete** people with outside interests, diverse backgrounds, extracurricular activities, interesting families, busy schedules, and full lives. The release for this week's competition is focused on who Washington State students are in the classroom and community.



ACADEMIC SPOTLIGHT

Senior biology major, Savannah Davison, has done several different types of research, including discourse and power in coach-athlete relationships, the impacts on individuals' self-esteem due to parental divorce and coping mechanisms and stable isotopes in soil fractions.

Senior sport science major and coxswain, Rebecca Burns interned for the WSU CrossFit Club and at the conclusion of the internship she led a clinic for the members of the club on proper rowing technique on an erg.

Senior kinesiology major, Kim Coon, did a research project on 'group based exercise programs for breast cancer survivors' as part of the Bruya-Wood Kinesiology Poster Conference.

Kinesiology/sport science is a popular area of study amongst the WSU rowing team as six of 25 member of the team that have declared a major are majoring in either kinesiology or sport science.



COMMUNITY CORNER

The rowing team is deeply involved in the community. Many of the team members have been involved with Cougar Pals, the Special Olympics basketball tournament, reading buddies and Butch's Bash.

Each spring WSU rowing teams up with the National Association of Letter Carriers (NALC) to 'Stamp Out Hunger'. Even though the annual food drive often conflicts with competition or graduation dates, WSU rowing finds a date to collect food items outside of local groceries stores as part of the 'Stamp Out Hunger' Food Drive. Those items are donated to local food banks.



FAMILY TIES

Senior Rebecca Burns is related to the Founder of Maryland – The Calvert Family. Her two sisters both rowed in high school and collegiately, and since she was always the smallest amongst her sisters, Rebecca was convinced to try coxing.

Senior Savannah Davison credits her mom as being her biggest influence for attending Washington State and to pursue her athletic endeavors, which led to her rowing. Fellow senior Katrina Tarrant also credits her mom for attending WSU as she's a Cougar grad herself.

Freshman rower, Sara Brevick comes from a long line of Cougars and of Cougar rowers – her older sisters Karin and Amy rowed at WSU from 2005-09 and 2006-09, respectively.



TOP PERFORMERS

Junior Mihaela-Teodora Berindei has a 3.94 grade point average and is majoring in accounting.

Senior Jordan Watson has a 3.71 GPA and is majoring in sport science.

Sophomore Emily Morrow is undeclared and has a 3.88 GPA.



HOBBY HUDDLE

Senior Rebecca Burns enjoys distance running and has completed four marathons and a 50K.

Senior Savannah Davison enjoys spending time with her pet rat.

Junior Mihaela-Teodora Berindei enjoys dancing.

Californian, Jenna Mangiagli enjoys surfing and spending time at the beach.

Junior Isabella Watt is a rock climber.



NUTRITIONAL CORNER

Popular meals prior to races are oatmeal, granola bars and energy shots/bars.

Senior Savannah Davison claims to be a nervous snacker, so she keeps popcorn, sour gummy worms or a chocolate bar handy.



2016 ROWING

Pac-12 Championships

Sunday, May 17 • Gold River, Calif. (Lake Natoma)

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WHAT'S HAPPENING THIS WEEK:

The No. 13 Washington State University rowing team will race at the 2016 Pac-12 Rowing Championships, Sunday, May 15 at the Sacramento State Aquatic Center on Lake Natoma at Gold River, Calif. ...women's racing will begin at 9:15 a.m. with the third varsity eight grand final, followed by the varsity four grand final (9:45 a.m.), the second varsity eight grand final (10:15 a.m.) and the varsity eight grand final (10:45 a.m.)...in addition to challenging for the Pac-12 title, WSU will be competing for a bid to the NCAA Championships, which take place May 27-29, at the same location, Lake Natoma at Gold River, Calif...the Pac-12 Championships will be shown on tape delay on the Pac-12 Networks, Saturday, May 21 at 11:30 a.m...live results can be found online.

THE FIELD:

The 2016 Pac-12 Rowing Championships will include the seven conference varsity rowing programs (No. 2 California, No. 4 Washington, No. 6 Stanford, No. 12 USC, No. 13 Washington State, No. 20 UCLA, and Oregon State)...all events will be seven-lane races to determine the champion...each race is worth a different amount of points, as varsity eight is worth as many as 21 points for first place, second varsity eight is worth as many as 14 points for first place, varsity four is worth seven points for first place and the third varsity eight race winner earns 3.5 points...please see the sidebar of this release for more details on the scoring...WSU's third varsity eight boat has the team's highest seeding at fourth, while the varsity eight and second varsity eight are both seeded fifth and the varsity four crew is seeded sixth.

LANE ASSIGNMENTS/SEEDING:

Race	L1	L2	L3	L4	L5	L6	L7
Women's Third Varsity 8+	WASH	CAL	STAN	WSU	USC	UCLA	OSU
Women's Varsity 4+	WASH	CAL	STAN	USC	UCLA	WSU	OSU
Women's Second Varsity 8+	WASH	CAL	STAN	USC	WSU	UCLA	OSU
Women's Varsity 8+	STAN	CAL	USC	WASH	WSU	UCLA	OSU

WSU HEAD COACH JANE LARIVIERE ON THE PAC-12 CHAMPIONSHIPS: "We're happy to have graduation and school over. We've been going down to the boat house and doing our last bits and pieces of preparation. We're looking forward to going down Friday and getting used to the venue and giving it our best shot. We just assume everyone in the Pac-12 is fast. Every time we race someone from the Pac-12 it just confirms they're fast, so it'll be a really fast race. I think the Pac-12 is really stacked this year. The margins between the different teams are not as great as they have been in some cases, so we'll have to just see what happens."

PAST CONFERENCE CHAMPIONSHIPS:

Last season Washington was just one race shy of capturing the Pac-12 Championship as the Huskies won every women's race besides the varsity eight...California took the final race and the team championship in dramatic fashion as it raked in a total of 41 points to claim the title...Washington finished second with 39.5 points, followed by Washington State (30.5) in third, defending champion Stanford (29.5) in fourth, USC (20.5) in fifth, UCLA (11) in sixth and Oregon State (10) in seventh...WSU's third-place finish last season was its best since also placing third in 2008...the Cougars were led by a second-place finish by the varsity four crew, tying its highest finish by its varsity four boat at the conference championships...WSU's second varsity eight and third varsity eight crews each placed third, while its varsity eight was fourth...WSU earned its best conference team finish in 2006, stroking to second place as a team...the Cougars have finished third four times (2003, 2004, 2008, 2015)...three Cougar crews have garnered Pac-10/12 Champion honors (second varsity eight, 1995, 1996; novice eight, 2001)...the varsity eight and varsity four boats' best finishes came in 2006 when both placed second.

COUGARS' LAST OUTING:

The 13th-ranked Cougars swept Oregon State, going on to claim their seventh-consecutive Winchell Cup, Saturday, April 30 at Wawawai Landing at Pullman...WSU's varsity eight defeated OSU by four seconds...the varsity eight victory over the Beavers secured the Crawford Plate, named for WSU rowing's first head coach, Tammy Crawford, remained on the Palouse.

COACHING STAFF:

Jane LaRiviere is in her 14th year as head coach of the WSU women's rowing program...LaRiviere led the Cougars to their 10th NCAA Championship appearance in program history last season and fifth in six years...she is joined by associate head coach Josh Adam, assistant/novice coach Karl Huhta, coordinator of operations Sam Hoeper and graduate assistant Brandon Campbell...Adam is in his sixth year after coaching his prior two years at Indiana...Huhta is in his second year at WSU and fourth year overall, he spent last season as the coordinator of operations after being a volunteer coach in 2009-10...Hoeper enters her first season as the coordinator of operations after rowing at Washington State from 2010-13...Campbell enters his first season as a graduate assistant after graduating from Brock University in 2015...the coaching staff was named the CRCA West Regional Staff of the Year in 2015.

PAC-12 HIGHLY RANKED:

WSU is currently ranked 13th in the nation in the USRowing/Collegiate Rowing Coaches Association (CRCA) Division I Poll presented by Pocock Racing Shells...WSU is ranked for the 87th-consecutive week, dating back to March 11, 2008...six Pac-12 women's rowing teams are ranked in the top-20 poll: California-second, Washington-fourth, Stanford-sixth, USC-12th, WSU-13th and UCLA-20th...California received 12 first-place votes, while Washington received one.

FOLLOW THE COUGS

Follow Cougar Rowing on Twitter at @Cougar_Rowing for up-to-date information and results on the WSU women's rowing team.

Results for Sunday's Pac-12 Championship can be found at: <http://results.regattatiming.com/backoffice/webpages/raceResults.jsp?raceId=410>

SCORING SYSTEM

Varsity 8	2 Varsity 8	Varsity 4	3 Varsity 8
1st - 21	1st - 14	1st - 7	1st - 3.5
2nd - 18	2nd - 12	2nd - 6	2nd - 3
3rd - 15	3rd - 10	3rd - 5	3rd - 2.5
4th - 12	4th - 8	4th - 4	4th - 2
5th - 9	5th - 6	5th - 3	5th - 1.5
6th - 6	6th - 4	6th - 2	6th - 1
7th - 3	7th - 2	7th - 1	7th - 0.5

SUNDAY'S SCHEDULE

9 a.m. - Men's Varsity Four
9:15 a.m. - Women's Third Varsity Eight
9:30 a.m. - Men's Novice Eight
9:45 a.m. - Women's Varsity Four
10 a.m. - Men's Third Varsity Eight
10:15 a.m. - Women's Second Varsity Eight
10:30 a.m. - Men's Second Varsity Eight
10:45 a.m. - Women's Varsity Eight
11 a.m. - Men's Varsity Eight
11:45 a.m. - Awards Presentation

USROWING/CRCA DIVISION I TOP-20

May 11, 2016

(1st-place votes), Total Votes	Last Week
1. Brown (8), 452	1
2. California (12), 450	2
3. Ohio State (4), 423	3
4. Washington (1), 414	4
5. Virginia, 406	5
6. Stanford, 398	6
7. Yale, 339	7
8. Texas, 320	8
9. Princeton, 317	9
10. Michigan, 308	10
11. Wisconsin, 260	11
12. USC, 214	12
13. Washington State, 175	13
14. Indiana, 120	14
15. Notre Dame, 116	15
16. Syracuse, 113	16
17. Gonzaga, 109	17
18. Harvard, 86	18
19. Duke, 67	19
20. UCLA, 45	20

Not Ranked But Receiving Votes (alphabetical order): Iowa, Louisville, Minnesota, San Diego.

2016 WASHINGTON STATE ROWING

WASHINGTON STATE CONFERENCE CHAMPIONSHIP RESULTS (1992-2015) (Prior to 1995 competed at Pacific Coast Rowing Championships)

Year	Varsity Eight Finish	Second Varsity Eight Finish	Varsity Four Finish	Novice Finish	Team Finish
2015	Fourth	Third	Second	Third	Third
2014	Sixth	Fifth	Fourth	Fifth	Sixth
2013	Sixth	Sixth	Fourth	Third	Sixth
2012	Sixth	Fifth	Fourth	Third	Sixth
2011	Fourth	Fifth	Fourth	Fourth	Fifth
2010	Sixth	Fourth	Sixth	Fifth	Sixth
2009	Sixth	Sixth	Seventh	Fourth	Sixth
2008	Third	Fifth	Fourth	Third	Third
2007	Seventh	Sixth	Sixth	Fourth	Seventh
2006	Second	Third	Second	Seventh	Second
2005	Sixth	Sixth	Fifth	Fourth	Sixth
2004	Fifth	Second	Fourth	Fourth	Third
2003	Third	Fourth	Third	Fifth	Third
2002	Third	Fifth	Fifth	Second	Fourth
2001	Fifth	Second	Third	Pac-10 Champions	Third
2000	Fifth	Fourth	Fourth	Fourth	Fourth
1999	Sixth	Third	Fifth	Third	Fourth
1998	Fourth	Second	Fourth	14th	Fourth
1997	Fourth	Second	Fourth	Eighth	Fourth
1996	Second	Pac-10 Champions	DNC	Fifth	Fourth
1995	Third	Pac-10 Champions	Second	Second	Fifth
1994	Fourth	Second	Fourth	PCRC Champions	Fourth
1993	Third	DNC	Fourth	Third	--
1992	Fifth	DNC	DNC	Fourth	--

2016 SPRING RESULTS

2015 Washington State Race Results

3/25	Gonzaga	Silver Lake, Wash.
	Eight	Second of Two 6:40.61
	II Eight	First of Two 6:54.79
	Four	First of Two 7:51.61
	III Eight	First of Two 7:23.69

4/2-3 San Diego Crew Classic San Diego, Calif.

Saturday Session:			
	Eight	Third of Five	6:44.3
	II Eight	Second of Six	6:59.4
	Four	Second of Five	7:38.5
	Novice	Second of Five	7:25.7

Sunday Session:			
	Eight	Fifth of Eight	6:58.5
	II Eight	Sixth of Six	7:17.5
	Four	Sixth of Six	8:29.6
	Novice	Second of Seven	7:26.8

4/9 Washington Seattle, Wash.

	Eight	Second of Two	6:33.2
	II Eight	Second of Two	6:42.8
	Four	Second of Two	7:34.1
	III Eight	Second of Two	6:50.4

4/16-17 Clemson Invite

Clemson, S.C.

(Virginia, Indiana, Penn, Clemson, Cornell, Central Florida, Michigan, Oregon State, Oklahoma, Columbia, Tennessee, Ohio State, Harvard, San Diego, Louisville, Cornell)

Saturday Session 1:

Eight	Second of Seven	6:48.2
II Eight	Second of Seven	6:57.6
Four	Second of Six	7:53.1
III Eight	First of Six	7:10.2

Saturday Session 2:

Eight	Second of Seven	6:33.4
II Eight	Second of Seven	6:36.8
Four	Third of Seven	7:30.0
III Eight	Second of Six	6:52.9

Sunday Session:

Eight	Second of Seven	6:41.8
II Eight	Second of Seven	6:53.0
Four	Fifth of Seven	7:43.2
III Eight	Third of Six	6:51.8

4/30 Oregon State Pullman, Wash.

Eight	First of Two	6:23.17
II Eight	First of Two	6:32.09
Four	First of Two	7:24.78
III Eight	First of Three	6:50.41