

MILLS COLLEGE CREW

WINTER NEWSLETTER 2012



Dear Team, Family, Friends, and Alumnae;

I am pleased to introduce myself as the new Head Coach for Crew. What a warm welcome I have received from the entire Mills community! It is with excitement and gratitude that I write my first newsletter, and I look to stay involved with all of you as the spring racing season arrives. Special thanks to former Head Coach Carrie Davis for setting up an exceptional program, and making it easy for me to step in and keep the program moving forward.

I firmly believe that rowing is an education in and of itself, and the lessons learned from rowing carry over to the “real world”. As such, it has an extremely important place at Mills College. Furthermore, the greater the challenge, the more you can learn. The team has embraced the phrase “*get comfortable being uncomfortable*” and are learning to push the boundaries of what they thought was possible to entirely new levels. In addition, the friendships, the teamwork, the fitness, and the incredible memories that are forged under pressure last a lifetime. I am looking forward to a great year of challenges and learning, with a team of awesome women!

-- Sara Nevin

FALL SEASON SUMMARY

With Assistant Coach Jess LaFrank '11 leading the on-campus recruiting efforts, we attracted two eights worth of hard-working, eager novices. These new-comers to the team quickly picked up the basics and added their enthusiasm to the small group of dedicated returning rowers.

It quickly became clear to the team that improving fitness would be a major way to achieve ambitious goals, and they embraced that challenge (although sometimes not until after the workout was over)! Everyone saw big improvements in their erg scores and developed more confidence going into races.

We added Friday afternoon land workouts to the practice schedule, which were promised to help the team learn more about themselves and each other. There was lots of erging, team building activities, fun challenges, and our last Friday was spent discussing how to work out while we were not meeting as a group.

The team cohesion this fall has been outstanding. The Varsity rowers all adopted “little sisters” from the novice team, which really helped to integrate everyone into one strong team, even though we generally practice in different boats. After the first couple of weeks, all of the land workouts were done together, which were a lot of fun and very competitive with the entire team.



We attended the Wine Country Classic in Petaluma as our first race this fall. This is a great low-key event to practice racing skills, and for the novices to learn what happens at a regatta. The Novice 8+ rowed all eight for the full race, the first time doing the entire distance, and rose to the occasion with good matching and technique. Due to team numbers and to get the most people a race, we also entered four novices into the Varsity 4+ and they held their own against far more experienced rowers. A very impressive performance for having a total of five weeks of experience! The Varsity felt the added fitness level allowed them to have their best head race to date, and were very pleased with the race (and happy to show off their silver medals).

Wine Country Classic Results:

Novice 8+		Varsity 4+		Varsity 8+	
Sonoma St A	21:01.0	Humboldt St A	20:13.0	Humboldt St	18:59.0
Humboldt A	22:10.0	Humboldt St B	20:38.0	Mills College	19:00.0
Humboldt B	22:38.0	Sonoma St	21:55.0	Sonoma St	19:12.0
Mills College	22:52.0	Cal Ltws B	21:56.0		
Sonoma St B	23:57.0	Cal Ltws A	22:49.0		
Chico St	24:30.0	Mills College	23:21.0	<i>(novice rowers in Varsity event)</i>	

One week later we closed out the fall season at the Head of the American in Sacramento. This is a phenomenal event with all the top rowing programs on the West Coast attending. The Novice 4+ and Varsity 8+ raced essentially the same line-ups as the week before at the Wine Country Classic and both felt they had solid improvements from the previous week. The Novice 8+ had a couple of changes to allow everyone to have a race and they also felt they were stronger and more consistent throughout the entire three miles. Special thanks to Kristin Shirey's mother, Diane, for coordinating an awesome feast for us at the regatta.

Head of the American Results *(only includes teams who race at WIRA in the spring):*

Novice 8+		Varsity 4+		Varsity 8+	
St. Mary's B	20:38.9	St. Mary's B	19:34.5	St. Mary's	17:44.3
Sac State A	20:43.7	Sac State A	19:58.9	San Diego St	18:06.4
Sonoma St A	21:02.2	Sac State B	20:02.7	Long Beach	19:05.7
UC Irvine	21:12.7	St. Mary's A	20:12.3	UC Irvine	19:28.1
Sac State B	21:23.9	St. Mary's C	20:28.4	Mills College	19:28.7
St. Mary's A	21:43.9	UC Davis	20:43.8	Santa Clara	19:47.4
Cal Ltws	22:43.6	Sac State C	20:44.1	Sonoma St	19:48.1
Mills College	22:47.8	Univ. of Pacific	22:50.8		
Univ. of Pacific	22:54.5	CA Maritime	23:14.2		
Sonoma St B	23:21.9	Mills College	23:17.2	<i>(novice rowers in Varsity event)</i>	
Long Beach A	23:55.1				
St. Mary's C	26:51.4				
Long Beach B	27:23.8				

At the end of racing, everyone was very excited for what is to come in the spring and felt their efforts had paid off with great performances on race day. As you can see from the results, every second will count this spring!



Novice 4+ practicing at Briones, photo by Kurt Loeffler

FROM THE MEGAPHONE OF ASSISTANT COACH JESSICA LAFRANK



I truly am grateful to have a continued role on the Mills College rowing team. Though my time as a coxswain is over, it has been both challenging and rewarding to step into the role of Assistant Coach. Already, in our short six week Fall season, I've relearned what it means to make a commitment. Our student-athletes show up daily ready to meet whatever challenges await us on the water. They bring with them the fire and commitment necessary to convince their minds to give more than they thought they had. Truly, our team has gotten comfortable exploring what seems uncomfortable.

This commitment to challenge has been inspiring. I am excited to continue to press our student-athletes to further flourish; when the motivation for exploration refines into a skill, it is powerful in more than just the sport of rowing -- our students feel ready to face challenges in "the real world."

I recall the debriefing of our final race: I began to say, "Six weeks ago..." and every exhausted face in our circle flashed into a smile of accomplishment. If these feelings of pride, strength, commitment, empathy, and perseverance could be cultivated in six weeks, truly our 13 week Spring season will be memorable.

UPCOMING SPRING SEASON

With a solid fall of training behind us, it is fun to start looking forward to spring and 2000m racing! The team is deeper than we had anticipated and it looks like we can be very competitive in at least two eights for racing. At the beginning of spring that will be a Varsity and Novice 8+; at the end of spring the Varsity and JV 8+'s will be prioritized. If the athletes come back in good shape and we have some successful fundraising efforts, we will take the two priority boats on the long trips to San Diego and Vancouver, WA (Just across the river from Portland, OR).



Varsity 8+ Racing at the Wine Country Classic, photo by Kurt Loeffler

SPRING RACE SCHEDULE

Feb 25	Scrimmage TBD	
March 10	Sacramento Invitational	Lake Natoma, CA
March 23-24	Humboldt	Humboldt, CA
Mar 30-Apr 1	San Diego Crew Classic	San Diego, CA
April 7	NCRC Invitational	Vancouver, WA
April 14	Santa Clara & Sonoma St.	Los Gatos, CA
April 28-29	WIRA Championships	Lake Natoma, CA

NOTES ABOUT THE SPRING SCHEDULE:

We will have an alumnae tent at the Crew Classic. Please plan to join us if you live anywhere in Southern California. More details to come, but invite some former teammates to re-unite, meet and cheer on this year's team! This is also a great event for parents to attend, as they have a big screen video of racing set up for fans on the shore.

NCRC stands for Northwest College Rowing Conference, and we have been invited to attend. All the Division III schools on the West Coast will be there, as well as Division II schools. This will be a fantastic opportunity to test ourselves against the best in the West!

There is a chance that we can qualify for the NCAA Championships this year. We might be invited to bring just a Varsity 8+, or possibly a full team, which is composed of a Varsity 8+ and a JV 8+. The Championships will be held in Camden, NJ from May 25-27.

Photo by Kurt Loeffler

To become more involved in the future of crew at Mills or to support us financially, please contact Sara Nevin. snevin@mills.edu or 510-430-3256.



TEAM PLAYER OF THE WEEK:

Several Fridays this fall, we selected a “Team Player of the Week”, given to a team member by the coaches and the person who won the award the week before. In a sport where team is everything, it is essential to remember that it is the actions of each individual that combine to make all the difference. These four were selected over the six weeks of the fall season for exemplifying what Mills Crew means.



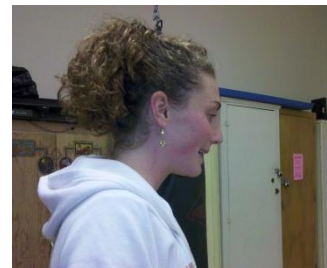
Mary Moon '12



Photo by Kurt Loeffler
Amanda Clark '13



Photo by Kurt Loeffler
Lydia Koerner '15



Isabelle Drever '14

TEAM ROSTER

Nina Adelson*	SO	San Diego, CA
Emmalaine Berry	FR	Alameda, CA
Kristen Callender	JR	Santa Monica, CA
Melissa Carlson	FR	Livermore, CA
Lora ChauDavis*	SO	San Diego, CA
Amanda Clark*	JR	Poway, CA
Ziomy Coyoy	FR	San Rafael, CA
Stephanie Der*	JR	Vacaville, CA
Abigail Diamond	FR	Dallas, TX
Emily Dirksen	FR	Sacramento, CA
Isabelle Drever	JR	Tiburon, CA
Christi Fillhart	SO	San Bernadino, CA
Theresa Granucci	FR	San Francisco, CA
Jeanette Hardiman*	SO	Richmond, CA
Madeline Hero	FR	Venice, CA
Destinee Hua	FR	Brentwood, CA
Colleen Kimsey*	JR	Vancouver, WA
Lydia Koerner	FR	Hood River, CA
Zoë Marcus*	SR	Petaluma, CA
Mary Moon*	SR	Houston, TX
JennThuan Nguyen*	SO	Sacramento, CA
Shannon Read	FR	Carmel, CA
Amanda Ridley	FR	San Gabriel, CA
Akilah Shahid*	SR	Indianapolis, IN
Alexandra Shepperd	FR	Van Nuys, CA
Kristin Shirey*	JR	Elk Grove, CA
Kate Smith*	SR	Chandler, AZ
Fanny Tan	FR	San Francisco, CA
Anastasia Thorbecke	FR	Camas, WA

* Denotes Varsity member

FALL 2012

MILLS CREW T-SHIRTS

All proceeds go to the team's travel & equipment needs. Uni-sex sizes X-Small to Extra Large available. \$15 each if you pick up, or \$20 includes shipping.

Order by phone or email:

510-430-3256 or snevin@mills.edu

Shirts can be mailed anywhere in the US or Canada!



Navy – Mills College Crew
(No print on back)

White – Mills College
(below & right = front & back)



Black w/Pink – Rosie the Riveter
White w/Navy – Rosie the Riveter
(Back is same design for both black & white)



Contact Head Coach Sara Nevin
Phone: 510-430-3256
E-mail: snevin@mills.edu
Web: www.mills.edu/athletics

MEET HEAD COACH SARA NEVIN

Sara Nevin joined the Cyclones as Head Rowing Coach in Fall 2011 after serving ten years as Assistant Coach for the Cal Golden Bears. At Cal, Nevin led the novice crew to the top of the Pac-10. In 2004, the Golden Bears' novice eight captured the Pac-10 crown for the first time since 1989. Cal's 2008 novice eight capped off an undefeated season with an open-water victory at the Pac-10 Championships. The Collegiate Rowing Coaches Association acknowledged Nevin's ability and success by naming her the 2008 CRCA Assistant Coach of the Year, as well as the 2008 CRCA West Region Assistant Coach of the Year.

In addition to her collegiate coaching endeavors, Nevin coaches the Serbian National Team sculler Iva Obradovic, who placed 6th place at the World Championships in 2010.

Nevin served as the executive director and head coach at the Lake Lanier Rowing Club in Gainesville, Georgia from 1996-2001. During her five years in Georgia, Nevin coached all levels of rowers from beginners to U.S. national team members. In addition to her coaching, Nevin acted as the full-time boathouse and rowing club director, as well as Regatta Director for the NCAA Women's Rowing Championships in 1998 and 2001.

Before arriving at Lake Lanier, Nevin spent seven years coaching in Seattle, Washington. Between 1989-92, Nevin coached at the Seattle Training Center, coaching a group of elite and pre-elite rowers. Her stint culminated with all eight women earning spots on the 1992 Olympic team. From 1990-96, Nevin also coached the varsity boys rowing team at the Mount Baker Rowing Club. There, Nevin grew a program of 16 athletes to over 50 and won four USRowing Junior National Championships, including the school-boys' eight in 1991 and 1993.

Nevin earned a B.A. in political science with a minor in pre-medicine from the University of Washington in 1985. During her rowing career at UW, Nevin won three varsity eight national championships and was undefeated in U.S. collegiate competition. She was a member of the U.S. national team in 1985 and 1986.

Nevin began her rowing career as a senior in high school with the Durham Boat Club in Durham, N.H. She won the Junior Single and Quad at the National Championships in 1980.

STAY IN TOUCH ON FACEBOOK

For those of you who enjoy Facebook, we have added a group "Mills College Crew" as a way to share information. We will be posting regatta information, photos and race results so you can get timely updates. Parents and athletes will also be able to post pictures and videos they take and want to share.

In addition, we strongly encourage alumnae to go through their old photos and upload some for others to peruse. We just got some great pictures of the "birth" of the original boathouse at Briones, and it is likely there are many more great memories hiding that need to be brought to light.

The group is a "closed" group, so you will have to request admittance. This is for NCAA Compliance reasons. We also encourage you to check your privacy settings if you do not want to share everything on your personal page with everyone else in the group.

WE ARE ALL LOOKING FORWARD TO A FANTASTIC 2012. HOPE TO HEAR FROM YOU!

