

- Head Coach & Novice Boys Coach— Pat Hancock
- Varsity Boys Coach- Matt Stufano ('12)
- Varsity Girls Coach- Kenny Anderson
- Assistant Varsity Boys Coach- Steven Bocchino ('14)
- JV Boys Coach- Jason Miller ('13)
- Novice Girls Coach- Elizabeth Schlusser ('13)

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WCC needs 5
your help!

Donations 6

2019 HVRL Champs!



2019 Season: Notable Results

Hi everyone. We hope you enjoyed the inaugural issue of *Wappingers Waves*, our alumni newsletter from April 2019. Inside this issue you'll find a season recap from all of our coaches. Additionally, we hope to see everyone at the team banquet. The banquet will be [Saturday June 15th @ 5pm](#) at the HRRR Boathouse in Poughkeepsie.

Saratoga Invitational

- Boys Freshman 4- 4th in their heat
- Boys Junior 8- 5th in their heat

Triangulars

- Boys Freshman 4- 1st
- Girls Novice 8- 1st
- Boys Freshman 8- 1st
- Boys Lightweight 4- 1st
- Girls Lightweight 4- 2nd
- Boys Varsity 8- 2nd
- Boys Senior 4- 2nd
- Boys Junior 4- 2nd
- Boys JV8- 3rd
- Girls Varsity 8- 3rd

New York State Championships

- Boys Freshman 4- Grand Final- 3rd Overall
- Girls Novice 8- 3rd Club category
- Boys Junior 8- Grand Final—2nd Club category
- Boys Lightweight 4- Grand Final
- Girls Lightweight 4- Petit Final- 1st

Syracuse Invitational

- Boys Junior 8- 1st
- Boys Lightweight 4- 1st
- Boys Freshman 4- 3rd
- Boys 2nd- 3rd

Novice Championships

- Boys Freshman 4- 1st
- Girls Novice 8- 1st

W.A.R.S Regatta

- Boys V8- 1st in Heat, 2nd overall
- Boys Lightweight 4- 1st in Heat, 2nd Overall
- Girls V8- 3rd in Heat, 4th overall
- Boys 2nd 8- 2nd in Heat, 2nd Overall

Dutchess Cup

- Boys V8- 1st Overall
- Boys Light4- 1st Overall
- Girls Lightweight 4- 2nd Overall
- Boys- Dutchess Cup Champions
- Girls- 2nd place in Dutchess Cup

HVRL Championships

- Boys Varsity 8- 1st Place
- Boys Lightweight 4- 1st Place
- Girls Varsity 8- 5th Place
- Girls Lightweight 4- 5th Place

Hudson Valley Rowing League Results

- Boys- Grand Champions- 1st Overall
- Girls- 3rd Place Overall

Row for the Cure

- Raised \$ for Susan G. Komen
- 12th consecutive year hosted by WCC

Season Recap: Varsity Boys



2019 Boy's Freshman 4 at States with their Bronze Medals

Poughkeepsie Journal
 'Wappingers Boys Win Crew Championship'

<https://www.poughkeepsiejournal.com/story/sports/high-school/2019/06/03/wappingers-crew-wins-team-title/1333120001/>

The Boy's Varsity 8 Final at HVRL Championships, where 1st and 5th place were separated by 5 seconds!



Spring 2019 was a special and unique year for the varsity boys. We came into the season with a completely reorganized coaching staff. Coach Steven Bocchino ('14) stayed on with the varsity from last year, I was pulled up from the Novice Boys, and we hired Jason Miller ('13) to coach the Junior Varsity. We had a total of 35 rowers & coxswains. Over half of our athletes, 21 to be exact, had 2 years of experience or less— including one foreign exchange student from Italy who joined us during Fall Learn to Row. Plus, we implemented a new Varsity/JV system which we hoped would increase inter-team competition. So overall, we were a VERY young and inexperienced team top to bottom. However, that did not hold us back.

Winter training gave us many challenges. A limited number of ergs (only 11 for our entire 68 person team) made it difficult to ensure all 30 of our rowers got erg time. It made it a necessity to develop a ton of partner erg workouts. Of course, the weather didn't help at all either so Lake Runs were limited- which meant a lot of stairs, a lot of bar cycles and A LOT of circle cals (so much fun...) Despite that, the boys persisted, erg scores dropped, and everyone got into shape. By the time we hit the water we split into more defined Varsity and JV squads. Coach Steve and I took on 24 athletes and Coach Jason the remaining 11. We began with a Varsity 8, a Lightweight 4, a Varsity 4, a Freshman 4 & a JV 8.

For our Freshman and Lightweight 4s, it was quite the successful season from the start. Our Freshman 4 notched two decisive wins at Novice Triangulars- the first by 12 seconds in the Freshman 4 category and the second by a whopping 24 seconds in the Freshman 8 category, where they teamed up with other freshman rowers out of the V8, Light4, JV8 and even the Novice 8! Their season reached its peak at States where they made Grand Finals in the Freshman 4 category. They used their *Big Kahuna Sprint* (patent pending) to move up from 5th to 3rd place all within the last 200 meters to earn bronze medals and finish 3rd overall in the state! The Lightweights had very similar success. After winning at Triangulars and making Grand Finals at State Championships, they proceeded to go undefeated in all remaining races- including WARS, Syracuse Invitational, Dutchess Cup and HVRL Championships (more on that later.)

The Varsity 8 and Varsity 4 faced a little more adversity than their teammates in the 4s. The V4 went through multiple lineup changes trying to find the best fit. Their biggest success was at Syracuse Invites where they, along with 4 JV rowers who were called up for the race, formed a Men's 2nd 8, which earned them a bronze medal. Our Varsity 8 went through a multitude of lineup changes as well, until we found the right lineup which included 4 Juniors, 1 Sophomore, and 1 Freshman

rower- who finished the season with the lowest 2k score in the V8 at 7:01. Two of the boys in the V8 were actually novices (including our Italian import.) This new lineup went on to avenge a loss to Arlington at Triangulars by 0.34 seconds by beating them (and everyone else) at Syracuse, WARS, Dutchess Cup & HVRL Champs.

All of these performances earned the 2019 Varsity/JV Boys a Hudson Valley Rowing League Championship! The V8 and Light4 won their semis and went on to win incredibly competitive races during finals to seal the victory for the team. Coach Steve, Coach Jason and I are incredibly proud of how well our young team grew up this season and were able to accomplish our day one goal of a league title.

It was an absolute thrill to be able to coach all of our 35 athletes throughout the season. Steve, Jay & I were lucky enough to see the potential of this team first hand. Being so young means the future is incredibly bright for us. I can't wait until next season to see what they can accomplish. Congrats to all the boys on a job well done this season!

- Matt Stufano ('12)

Season Recap: Varsity/JV Boys

Hey everyone, Coach Steve here! I am happy to report that our boys have reclaimed the ultimate title of the Hudson Valley Rowing League Grand Champions! The varsity boys have also continued their success by winning the Dutchess Cup for the fifth straight year in a row! The boys have made an impressive and competitive showing across all fronts; at home and away races. The success that we've seen this year can be contributed to one of the many changes that occurred over the course of the season as well as the goals that we set for our rowers.

One of the most impactful changes for myself as well as our previous varsity rowers was the departure of Coach Tim Malet and the arrival of new coaches, both of whom previously rowed for WCC, Coach Matt and Coach Jason. With the addition of new coaches came new mindsets, perspectives, and strategies for developing a successful rowing team. The size of our team this season afforded

us the opportunity for the first time to create a junior varsity team amongst our guys which fostered a more competitive atmosphere. This in turn allowed us to craft faster lineups. On the tech side, video recordings during practices let our rowers analyze specific issues related to their form and technique. Finally, electronically archiving the boys practice results and 2k scores allowed us to show them their improvement over their duration of the season and for future seasons to come. As we mentioned, the JV boys team was something new Coach Matt, Coach Jason & I wanted to try out this year. We feel it worked very well, and are looking forward to watching it develop further next year.

Here's Coach Jason with his thoughts on how the JV Boys performed this year.

Hi everyone! When we decided to split the men's team into separate Varsity and JV squads it was with the intent to provide an environment through which the JV could learn and grow as athletes and the varsity

could be pushed to newer, greater heights; and we believe the decision has achieved just that. For Wappinger's Junior Varsity Boys, the 2019 spring season has been one of improvement and progress.

Throughout the year the JV trained on land side by side with the varsity squad resulting in, across the course of the year, a total drop of 5 minutes & 40 seconds off their collective 2Ks with an average drop of 38 seconds per rower. On the water, the JV squad fielded an 8, who held their own against fellow JV squads on the Hudson as well as some of the toughest varsity crews around at Saratoga. Even when faced with seemingly insurmountable odds the junior varsity team held firm while their hard work and determination shined through. We are very excited to see what the JV can bring to the table as they set their eyes on varsity and the 2020 season!

-Steven Bocchino ('14) & Jason Miller ('13)



Boy's 2nd 8

*"I am happy to report that our boys have reclaimed the ultimate title of the Hudson Valley Rowing League Grand Champions"-
Coach Steve*

Season Recap: Novice Boys

Not all seasons can be measured based on wins and losses. This year was such a year for the Novice Boys. More important are the lessons learned during the novice year.

Boat handling, commands, how to train, all that jargon, boathouse protocol, how to dress, erging, lifting, running hills, road trips, time management, balancing academics and athletics, etc.

Novice year is a long list of first experiences in a sport that is also a first for just about everyone (parents included!) The good news is, we completed the year with a full 8 intact and have a group to send up to varsity next year which really is the larger mission of the novice program. Fortunately, we were even able to send one rower up to Varsity this year, and he ended up in the V8! We look to keep making

similar contributions in future seasons.

We are eager to start the process again in the Fall. In the meantime, if you know anyone, male or female, who is a likely prospect, please send them our way!

- Coach Hancock



Mixed Novice 8 at Row for the Cure

Season Recap: Varsity Girls

2019 Girl's
Lightweight 4



“The captains... did a great job organizing team bonding events and keeping the girls rowing with a positive attitude. Believe it or not, this is actually harder than rowing and I am super proud of them for making it work.” - Coach Kenny

2019 Girl's
Varsity 8



The Varsity Girls worked unbelievably hard this season. The girls were committed to doing their best and exceeding their goals from last year. With such a small and young team, I was nervous about our ability to place in major and local races, however, we did not let that stop us from performing well on the race course.

The girl's season started a little light, I did not have enough for an 8 and a 4. We had 3 girls return from our 2018 novice squad, who added to our 8 holdovers from last season. So we entered 2019 with only 11 total girls. However, similar to years prior we were lucky enough to pick up some new novice upper class ladies, 3 to be exact, who helped out the varsity squad immensely. The addition gave us the little boost we needed, bringing our team up to 14 athletes and enabling us to fill out a varsity 8 and lightweight 4. The new additions had a lot to learn in just a few short weeks. Of course, this did not come without its hardships, (one poor girl caught 7 crabs in one practice... to the face every time!) But the girls knew what they wanted; they wanted to win and were not going to let any obstacle stand in their way.

The veteran Varsity Girls accepted the new rowers and helped as much as they could to cultivate their knowledge and skills. It was really great to see the girls collaborating, not just on the water but on land as well. Of our 14

girls, only 6 had more than 1 year rowing experience. The captains Jenna Miller ('19) and Carly Schneider ('19) did a great job organizing team bonding events and keeping the girls rowing with a positive attitude. Believe it or not, this is actually harder than rowing and I am super proud of them for making it work. So many crews in the past have faltered because of a lack of team unity, so I cannot stress enough how proud I am of the girls for being great rowers AND great teammates.

The girls fought hard at each and every practice, acquiring countless PR's and getting in as many strokes as possible on the water. Everyone was thrilled when one of our seniors finally broke 8 minutes on her 2k! While we did not see a lot of 1st place medals as a team, the girls made every effort to improve, adjust, and perform well. We played with line-ups, changed sides, adjusted techniques, riggers, seats, and slides, all in an effort to improve results on the water. This was a huge learning year for the Varsity Girls.

Some exciting feats included when the Lightweight 4 earned 1st in petit finals at NYS Championships! Locally, the lightweight 4 continued their streak, earning 1st at Triangulars while the V8 earned themselves 3rd in their heat at WARS and 4th overall! However, the V8 was not satisfied with letting the Lightweight 4 having all the

fun, and at Row for the Cure fought stroke for stroke to achieve that coveted 1st place medal.

The year ended on a great note for the Varsity Girls. Because of the success of Coach Liz and the Novice Girls, we were fortunate enough to call up 5 novice girls after Novice Championships to allow us to fill out all 3 HVRL categories- The V8, the Lightweight 4 and the V4. This worked out perfectly for us as both the V8 and Lightweight 4 advanced to the finals at HVRL Championships, where the varsity girls finished 3rd overall in the points standings. I can't say how proud I am of these girls for achieving such a lofty goal considering how young our team is.

Because so many of our younger rowers had to race above their level this season, I am very excited for the future of rowing for the WCC females. We fought hard and came very close to executing our plan for Dutchess Cup and HVRLs but came up with a very near miss. I know this only will inspire the girls to be fired up for next season.

-Kenny Anderson



The Varsity Girls & Coach Kenny after Dutchess Cup!

Season Recap: Novice Girls

This has been quite the season for the Wappingers Novice Girls! This year is the first in several that WCC has had more than 5 novice girls so I was very excited at the prospect of having a novice 8. As winter training droned on the girls showed promise but I was not sure what the potential was for racing season.

The first race of the season, Saratoga Invitational, came and demolished the girls self confidence. During the race, one girl popped an oarlock, another caught a crab, and another lost her inhaler in the middle of the sprint! However, the Novice Girls returned

to Saratoga for States, as determined as ever, to make that race course theirs. And that they did! The Novice Girls earned themselves 3rd place medals for the club category and 11th overall in New York State!

After this impressive feat, the girls continued to dominate the novice race course locally, including 1st place at Novice Championships. Once the novice racing season was finished, coming out of it almost entirely undefeated, I passed several of the girls up to varsity to help Coach Kenny fill in lineups. The girls learned a lot with the varsity team, and 2 of them even earned silver med-

als in the lightweight 4 at Dutchess Cup.

I cannot express what a pleasure it was to coach these young women this season. Coaching this cohort brings back fond memories of my own novice year in 2011. I feel so grateful to have been granted the opportunity to teach the girls how to row and work as a team. While I am sad to see the season ending, I'm beyond excited to see what they do as true varsity rowers next year!

-Liz Schlusser ('13)



2019 Novice Girl's 8

"I cannot express what a pleasure it was to coach these young women this season." - Coach Liz

Wappingers Crew Club needs YOUR help!

Greetings alumni! As you can see we have had a very good season. **YOU** got us here over a period of years and **YOU** can help us keep up the momentum.

In our last newsletter I made some general comments about charitable giving, prices, equipment, etc. Since then, we have had a chance to check our inventory and see what we really need. Should the spirit move you to donate, we will be happy to commemorate your gift with your name or "in memory of" or "in honor of."

Here are some of the things we are specifically shopping for.

1. **Girl's "8"**: A lighter hull for somewhat smaller rowers. Considering our girls "8" came in second or third several times this year by a few of seconds, a lighter hull more suitable for

their body size might have made all of the difference! One of the local teams has one for sale we are looking at.

PRICE: ASKING \$14,500.

2. **Coach's launches and motors**. We need to upgrade in size and horsepower so that in an emergency all coaches and rowers come off the river safely.

PRICE: 14' LAUNCH WITH 15 hp ENGINE: \$5,550. NEW ENGINES: \$1,500

3. **COX BOXES**: Our old ones are starting to die, also we need a few more as the team continues to grow. The Novice boys did not have one all Spring.

PRICE: \$600

4. **Oars: About \$350 each x 8 = almost \$3,000 per set.**

Aside from these specific items, any donation to the general fund to help cover gasoline, insurance, boathouse rental, repairs and all the other items that make the program run effectively would be most welcome. No donation is too small!

Thank you for your generosity. Hope to see you at the Banquet on June 15th!

GO WAPPINGERS!!

-Coach Hancock

Wappingers Crew Head Coach/Adviser

Hudson Valley Rowing League, President



2019 Varsity Boys after their 5th consecutive Dutchess Cup Championship



Wappingers

Crew Club

Wappingers Crew Club Inc.

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Please join us at our end of the year Banquet
Date and Time: **Saturday, June 15th @ 5pm**
Location: **HRRR Boathouse - Poughkeepsie, NY**

“No gift is too small (no gift is too big either!)... If you would consider a holiday gift to the Crew Club or if you want a tax break for next year, (gifts to WCC, Inc. are tax deductible) or if you simply have good memories of your days on the water and want to be sure other kids get the same chance you had, we would be most appreciative.” - Coach Hancock

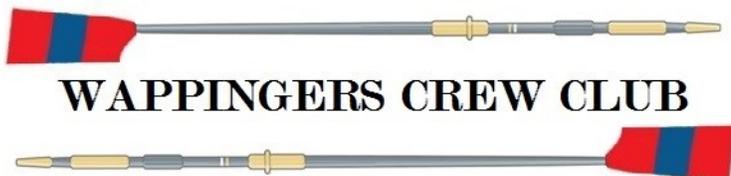
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2019 Team Photo



WAPPINGERS CREW CLUB

Congrats to our 2019 Senior Class!!!!

(L-R: Carly (Captain), Emma, Liz, Jenna (Captain), Hunter, Lorenzo, John, Emily)

