

NAC Varsity Girls finished off a great 2008-2009 season

Heading into the SW Junior Regional Championships the Varsity Girls felt well prepared for the competition. T-shirts were made, goals were set and the excitement was inspirational.

Most of the girls arrived Friday and we had a good day of practice on the course, running through the race plan, taking advantage of one more practice before Saturdays' races and trying to work out the nerves. The accommodations were great at the Marriot, so the girls were living it up, especially with Starbuck's in the hotel lobby. The attitudes were positive and the girls were ready.

Saturday was the heats and finals of the V8+, JV8+, 3rd8+s, JV4+, Lwt. 4+. The JV8+ put in a strong performance finishing fifth in the final, a little short of their expectations, but still a respectable performance. In the 3rdV8+ race, we had three entries, the A boat qualified for the final, finishing fourth, only inched out by a couple seats for a medal. In the JV4+, the A boat made the Sunday final and the b boat had a strong race, only missing the final by a few seconds. Jessica and I were pleased with the results and the efforts.

Sunday was the heats and finals of the V2x-, V4x-s, V4+,Lwt. 2x-, Lwt. 8+ and JV4+ (final). In our sculling boats we had several of younger scullers, most only with one year of sculling. Similar to the day before they put forth a good race, finishing with great composure and revealing a lot of potential for the future. The Lwt. 2x with Jennifer Wukawitz and Katie Rosoff did make the final and earned a bronze medal with an exciting finish. The JV4+ of coxswain Sara Zomaya, Mallory Scarpello, Lizzy Collins, Natasha Weidemann, and Breezy Brewster finished with a great sprint taking the bronze.

Our final race of the day which came after the seven pm hour was one of our most exciting of the weekend, the Lwt. 8+. With a young line-up of coxswain Katie Murai, Cynthia Bui, Jennifer Wukawitz, Kaily Vonesh, Brooke Overend, Katie Rosoff, Brigitte Ngo, Kristine Sanders, Emily Van Hoffman the expectations were high along with the potential, but the lack of experience made us all nervous beach side.

The girls were in 3rd off the line and with great courage held the bronze position to the finish line, earning a spot at the US Rowing Youth National Championships in June in Ohio.

The weekend brought forth a great finale to another exciting and dynamic season. Coach Jessica and I were very proud of all the girls and their accomplishments. We look forward to the summer and fall.