The Wake

Stony Brook University Alumni Association Recognizes Crew Affinity Group - Alumni Boat Wins Dowling Alumni Cup

Rowing has always been a strong tradition at Stony Brook University. Since the founding of the University Alumni Association members have commented on the positive impact crew has had during their time as undergraduates. Of note is the extensive history of crew provided by the Alumni Association Founder’s Group, an immense help in tracing the origins and development of Stony Brook’s oldest intercollegiate sport.

In keeping with its pioneering tradition Stony Brook University Crew is proud to officially announce the creation of the first alumni affinity group specifically dedicated to a club varsity sport in University history. Called the Stony Brook Crew Alumni/Boosters Association, the group’s goals are to advance the interests of the alumni, parents, and current members of Stony Brook Crew through gatherings at regattas and on campus, as well as through support and fundraising activities. This year’s events schedule will be marked by our first annual alumni gathering at the Dad Vail Regatta in Philadelphia, where for the first time a special area along the race course has been reserved just for Stony Brook Crew Alumni. We’ll also be fielding boats in Dowling College’s yearly Alumni Cup. Stony Brook is now the two time defending champion, winning the Alumni event in 2006 and 2008. For additional coverage of both boats entered please read our Fall 2008 Season in Review segment.

To join the Alumni/Boosters Association, click here. If you would like to get involved in planning alumni events, please e-mail usbcrew.alumni@gmail.com

Fall 2008 Season in Review

Amazing turnout…

On 7am on the first Tuesday of classes in September, returning members of Stony Brook Crew got an hour and a half more sleep than they would see in a night until the break for the Jewish Holidays, and new members got their first glimpse of what the world looks like while the rest of the world is still asleep. With the rising sun came over 40 dedicated members to the lobby of the sports arena. For coaches and returning members, this new interest usually comes with the dread that our newer members would grow less and less fond of the 5am alarm and our numbers would drop within the first couple of weeks. We were astonished, though, at the perseverance of the team throughout the season, as we finished the Fall term with over 42 members.

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Stony Brook Welcomes New Coaching Staff

Head Coach-Seth Goroff

A former State University at Albany rower, Seth J Goroff has studied and coached the art of rowing for over 9 years. After a rowing career as an athlete which spanned the duration of his time at SUNY Albany, Coach Goroff remained at his alma mater and began his first coaching position, leading the women's crew team at Albany through a successful semester.

After returning to Long Island to complete his masters in School Counseling at the CW Post campus of Long Island University, Coach Goroff commenced a four year career coaching novice women, junior varsity men, and varsity women at St. Anthony’s High School in Dix Hills, NY. Through these years of experience and consistency in impeccable squad performance, Coach Goroff was excited to assume the position of Head Coach at Stony Brook University beginning in the Fall of 2008. Coming out of his first semester of coaching at Stony Brook, his sights are set high entering the spring, ambitiously looking forward to many years of success and great racing.

Novice Coach-Christopher Berghorn

A former Stony Brook rower, Coach Chris Berghorn brought with him a wealth of knowledge of rowing, as well as an intimate understanding of the team’s function and challenges. He approached the task of molding untrained novice members into determined athletes head on, getting them on the water quickly and fielding multiple boats for each squad at all events. From this first semester of coaching at Stony Brook he has gained a greater understanding of the process of teaching new rowers and anticipates a successful spring.

Featured Alumni: Robert Litzke, Class of 2008

“I rowed at Stony Brook for four seasons, then coached for three, and they were the best time I spent at college – I learned a lot about myself and made great friends.

Rowing puts things in perspective for me. The average student rows for two to three seasons. Participating in the program for as long as I did, I saw a lot of rowers join the program. After rowing at Stony Brook, you accept setbacks with increasing equanimity: lost in the city again, with no map? No problem! Another broken engine/smashed hull/leaky boat/missing cox box? C’est la vie! Half the team sick with mono? So it goes. Rain and gale-force winds? Nothing unusual. These are the usual pitfalls that you encounter in a rowing club, as opposed to a university sport.

Since graduating I've begun a career in the financial field, of all places, and I picked the exact right time to do that – the middle of a catastrophic economic meltdown. I work as a programmer at Goldman Sachs, designing automated trading systems – international arbitrage, volatility trading, and other complicated economic tools I don't understand and can't pronounce.

Besides work, I travel, program on my own, do jiu-jitsu and play frisbee. I've also continued rowing after graduation, but it’s difficult to find time to row when you're working and commuting 12 hours a day. During spring break in Georgia last year, I was lucky enough to find an affordable racing single, and I've joined a boathouse since then. I row some weekends on the scenic Passaic river in beautiful north Jersey; it's very polluted, but it's also nice to row in a river instead of a shallow harbor with extreme tides. I usually just appreciate the feeling of taking a shell out on the water - there's no comparison to feeling the swing in a good stroke and hearing the water rushing underneath the boat. I enjoy the self-sufficiency and solitude of a single, but when I also miss the companionship I had with other athletes at Stony Brook. A satisfying power ten is good on your own, but when there's four or eight of you pulling together, it's a different feeling entirely.

What's next? I'd love to row at the Charles again at some point, be it in 1 year or 10 years from now. Right now I'm content, but I don't know how I want to spend my life. Man creates his own meaning.‖

Keep Us Updated! Let us know what you’ve been up to since graduating Stony Brook. E-mail usbcrew.alumni@gmail.com with your story. One alumni will be featured in each newsletter, and all profiles will be posted in the alumni section of the team website.
Fall 2008 Season in Review (Continued from Page 1)

Stormy skies and low tides cause worries for the “no worries”…

Although the team had dodged an anticipated dilemma with its usual indoor practice space - the construction on the arena due to begin summer 2008 has been postponed indefinitely - we were still anxious to get on the water. We were, unfortunately, faced with atypical low tides and high winds day after day. This left us with very limited available water and a current which picked up very quickly mid-channel. Halfway through an attempted turn to avoid one buoy, the varsity women’s 8 was faced with another, or it may be more accurate to say, defaced by another. The buoy dragged under the newly repaired “No Worries”, ripping a 12 inch gash through the body of the shell between coxswain and stroke, both seats taking on water rapidly. The boat was rowed to shore, drained as much as possible, and carried back barefoot for a 45 minute trek. The damage set the team back about $1,800. Fortunately, the boat was conveniently dropped off two days later at the Vесполи Repair Center following the Head of the Riverfront and was picked up the following week at the Head of the Housatonic, returning to action immediately.

Who are you calling Novice?

Novice year… a time for lugging heavy motors and setting launches, flipping boats, learning port from starboard, tripping and dropping your coxswain in the Housatonic River, and learning to close your eyes and sleep at every chance you get. This past season’s novice squad stepped up and made themselves known as a force to be reckoned with. They organized early on in the semester and began nightly erg workouts. Novice members were supportive of each other and united in participating in team events and fundraisers throughout the season. With strong regatta showings - each squad fielding both an eight and a four at each event - exemplified by the men’s novice four’s silver medal at the Head of the Riverfront regatta, it is clear that this season’s novice rowers are a truly gifted and determined group. We are excited to see how much they are sure to accomplish in the spring.

Like riding a bike…really fast…

Some things you just can not forget, like Stony Brook’s legacy of domination in the alumni sprint event at Dowling’s Alumni Cup Regatta. A group of dedicated parents and former team members came out to support our team at its close to home event. Two alumni fours were fielded in the 500 meter sprint, one men and one women. The women’s boat which placed third in the event consisted of Courtney Whitebay ’07, Alicia Diaz ’05, Stephanie Doughty ’06, and Jackie Lee ’07, and was coxed by Michael Hartnagel ’05. The men’s boat, which won yet another alumni race for Stony Brook, consisted of Christopher Berghorn (last rowed ’06), Bret Harrison ’07, Robert Litzke ’08, and Rob Youllar ’04, and was coxed by first year team member and varsity coxswain, Katie Witherowski. Members of Stony Brook Crew are proud and grateful to all alumni and families who were able to attend and thank everyone for their support.

Seeing double, two gold finishes to close the fall season…

The Philadelphia Frostbite Regatta and the Bill Braxton Regatta, two back-to-back races in Philadelphia, Pennsylvania marked the end of a season of learning, expansion and improvement. From a shaky start to the season, dealing with everything from bad weather to broken boats to stolen equipment, Seawolves Crew had an excellent showing at both regattas. Even in the rains of the Frostbite, rowers jumped out from under their makeshift trailer tents twenty minutes before launch for a team run and stretch. Stony Brook proved a force to be feared in its improvement in all events as well as the two gold medals secured between Frostbite on Saturday, and Braxton on Sunday. In Saturday’s event, the women’s varsity eight earned its first gold of the season against St. Joseph’s (PA), Binghamton University, and the University of Scranton. Again on Sunday, Stony Brook left its competition in the dust as the second women’s varsity 4+ won another gold racing against U Penn Wharton, Haverford College, Philadelphia University, and the Hiawatha Boat Club. After a break for exams and holidays, our rowers are charged and eagerly awaiting another great season this spring.
The Wake

Meet the Team—Administration 2008/2009 School Year

Executive Board:
President—Melissa Roe, Sophomore
Vice President—Natalia Guchko, Junior
Treasurer—Joanna Chrostowski, Senior
Secretary—Laura Longo, Junior
Equipment Manager—Kyle Urbanczyk, Sophomore

Coaching Staff:
Head Coach—Seth Goroff
Assistant Coach—Christopher Berghorn

Team Advisor:
Susan DiMonda: Assistant Dean for Campus Life

Roster—Fall 2008

Coxswains
Kei Horikawa, Freshman
-Cruger’s, NY
Supriya Mishra, Sophomore
-Westchester, NY
Andrea Ong, Sophomore
-Bethpage, NY
Katie Withowski, Sophomore
-Bay Shore, NY

Varsity Men
Kyle Buescher, Freshman
-Rochester, NY
Sergio Espinosa, Junior
-Bethpage, NY
Artiom Fine, Senior
-East Setauket, NY
Michael Posada, Senior
-Lake Ronkonkoma, NY
Andrei Todor, Graduate Student
-Cluj-Napoca, Romania
Kyle Urbanczyk, Sophomore
-Lloyd Harbor, NY

Varsity Woman
Christiane Bardarson, Sophomore
-Yaphank, NY
Joanna Chrostowski, Senior
-Queens, NY
Allison Godat, Senior
-Jackson Heights, NY
Natalia Guchko, Junior
-Long Beach, NY
Laura Longo, Junior
-Litchfield, CT
Kirsten Preskenis, Freshman
-West Simsbury, CT
Melissa Roe, Sophomore
-Manlius, NY
Magdalena Rzeszotko, Junior
-New York, NY
The Stony Brook University Crew Alumni/Boosters Association and the Stony Brook University Crew Team would like to thank all the parents and alumni who have come to regattas and supported the team throughout this and previous seasons. We look forward to seeing more of you at our upcoming events as we continue to promote and develop the sport of rowing at Stony Brook University.
Donate to Stony Brook University Crew

**Mission:** Stony Brook University Crew strives to be amongst the best in Men’s and Women’s Collegiate Rowing. Stony Brook University Crew works to boost the local, national, and international image of Stony Brook University through a high degree of professionalism, sportsmanship, and team pride. Stony Brook University Crew promises to promote the name and reputation of Stony Brook University in all its athletic and non-athletic endeavors, and to place the academic responsibilities of its members above all else.

Stony Brook University Crew cannot operate without the support of our alumni, parents, and fans. Please help us continue to provide a great experience to all our members in the years to come.

To Donate to Stony Brook Crew, follow this link to our Donation Instructions

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**Rent - A - Rower**

Help Stony Brook University Crew Fundraise!

By Hiring a Boat of Rowers to Work for you!

Yard Work
Cleaning
Housework
General Labor
Lifting
Painting

Tell us what you need done!

Please email the job description and date you would like to rent rowers to

usbcrow@gmail.com