



January Newsletter

Putting on the miles



Winter Training Camp

The seemingly endless erg training season is in full swing. Going to the RTC day after day, sitting on the same erg for hours on end is not the way that most people want to train. But it is a necessary evil that we have to face. Early this month we got a small break from the ergs! The team headed across the state to Wyandotte Boat Club to train

We took full advantage of the facility, and practiced five hours a day for four days. We worked on our form and technique, taking videos in the tank, and reviewing them both individually and with our peers. Getting in the tanks was a great change of pace from the relentless erging we had been doing for weeks on end. We were able to work on

there, and to take advantage of their great training facility, which included an erg room, a weight lifting room, and tanks.



our blade work, starting to get ahead for the upcoming spring season. You can check out the athlete's blogs [here](#).

We welcome a new coach to the GVSU team for the remainder of the year. Coach Lauren Holben is rejoining the Laker Navy, this time as the Varsity Assistant Coach. I had the pleasure to get to know her better in a question and answer session, so lets meet the newest member of the team!

Q: How long have you been rowing?

A: I learned to row at GV, so it will be 12 years in the fall, but most of those were spent in a launch so they don't really count.

Q: When did you graduate from Grand Valley?

A: I graduated in the Fall of 2010 with a BA in History, focusing on Medieval European cultural history (not the brightest idea I've ever had)!

Q: What races have you medaled in:

A: The ones I would consider most memorable would be 4th place of 44 at Head of the Charles in the V8+ sophomore year, silver at Dad Vails in the women's DII/DIII 8+ junior year, and gold in the varsity women's 4+ at ACRA my senior year. There are others but these are the ones that stick out to me the most for a multitude of reasons.

Q: How long have you been coaching?

A: I coached at Grand Rapids Rowing Association from 2010 to 2016 in many different capacities but mostly the masters' competitive team, learn to row, and learn to scull classes. I was also head coach of Northview high school for 3 years, assistant coach at Rockford for 2 years, and coached the inaugural season at Spring Lake.

Q: Why did you come coach at GV?

A: John reached out to me to offer me the position unexpectedly between Christmas and New Year's. I'd been out of coaching for a year and honestly missed it quite a bit more than I expected to. Being offered the opportunity to help contribute to the GV rowing tradition wasn't something I could pass up. It's definitely been a unique experience to return to Grand Valley as a

coach and see the athlete development from the other side, so to speak.

Q: What goals do you have for the team?

A: As far as short-term goals, there are definitely opportunities to be more aggressive and take more risks at practice, especially while we are still training indoors. It's not necessarily a defined goal but I think we could really surprise ourselves with what we're capable of. As a group we've made some really impressive improvements in the short time I've been here, and being able to carry that aggression onto the water is crucial. In terms of long-term goals I would say increased recruitment of walk-on athletes and sustained alumni involvement are definitely two of my key ones.

We welcome Coach Lauren, and look forward to what she can bring to help better the team!!



Mark your calendars! Coming up on April 14th there will be another chance to get together with your fellow Laker Navy Alumni! Come see your old teammates at the Kirby House for the Lubber Cup Reception! You can cheer on the GVSU team as we take on the competition on Spring Lake and then enjoy the company of old friends as well as great food!

This summer we are looking forward to sending a men and women's crew to Europe. This trip will consist of a ten day training period in Kastoria, Greece. This training period is thanks to Coach B's relationship with his former athlete, Evangelos Tsourtsoulas. Evangelos' father sits on the board of the local rowing club, which allows us this very unique opportunity to go to Greece to row. We will be using this training period to ready both crews for the Henley Royal Regatta. We are putting in the work now so that it pays off for this exciting opportunity. If you are willing and able to support us in this once-in-a-lifetime trip we would appreciate donations to

help to lessen the cost of this trip.

Your donations will never go unnoticed, and if you decide to give \$500 or more you will be gifted a previously used GVSU oar! For everyone who has donated the Laker Navy gives you a heartfelt thank you, we couldn't have gotten this far without your help. We would like to challenge you to "pay forward" the generosity you received when you were on the team to help us now to achieve higher standards on the team.

You can donate by clicking below, this will take you to a GVSU page where there are a number of options, to Donate to GVSU rowing team:

1. Enter the amount in "Gift Amount"
2. Click "Other Fund"
3. Type in "Rowing" under the "Gift to" (note: if you give to "Laker Effect Fund" the money will not go to GVSU rowing)
4. Choose where you would like your donation to go towards
5. Continue to fill out the rest of the form
6. You will receive a receipt email of your donation after submitting. Thank You!

[Donate Here](#)

For those of you who are joining for the first time I welcome you to the Laker Navy monthly newsletter. This is a way to stay connected and informed about the GVSU crew team! You are receiving this newsletter because you are a part of our extensive alumni base and we want to keep you informed about what is happening on the team that you helped build a legacy on!

Sincerely,

Audrey Boersen

2017-2018 Alumni Coordinator

B.S Behavioral Neuroscience

Grand Valley State University Rowing Club

"Grand Valley State University Rowing Club challenges its student-athletes to reach the highest level to which they aspire both academically and athletically, while continuing to build and sustain a nationally competitive intercollegiate rowing program"

"PULL FOR THE LAKER NAVY"

