



USRowing[®]

E-magazine

February 2011

Women's Rowing Issue

>> Cross Training 101

>> World-Class Sarasota

4

**WOMEN'S ROWING
HARDER, BETTER, FASTER, STRONGER...AND YOUNGER**

The impact of Title IX and the elevation of women's rowing to NCAA varsity status in 1996 has created a system that could very well allow the U.S. to reach a new standard in women's sweep rowing. **Story by Ed Moran. Photos by Allison Frederick.**

10

GOLDEN OPPORTUNITY

A new record is set every year at USRowing junior women's national team identification camps. USRowing Junior National Team Development Director Steve Hargis expects nothing less than a quantum leap this year. **Story by Ed Moran. Photos by Allison Frederick.**

14

AMERICAN GIRL

Five-time world champion and Olympic gold medalist Anna Goodale believes she would not have had the opportunities she's had without Title IX. **Story by Ed Moran. Photos by Allison Frederick.**

18

CROSS TRAINING 101

It's a great time of year to try different sport activities and types of workouts so that you have different workout options, especially if winter means that you're off the water for a few months. **Story by Esther Lofgren. Photos by Esther Lofgren, Margaux Jackson, Allison Frederick and Robert Rhinesmith.**

28

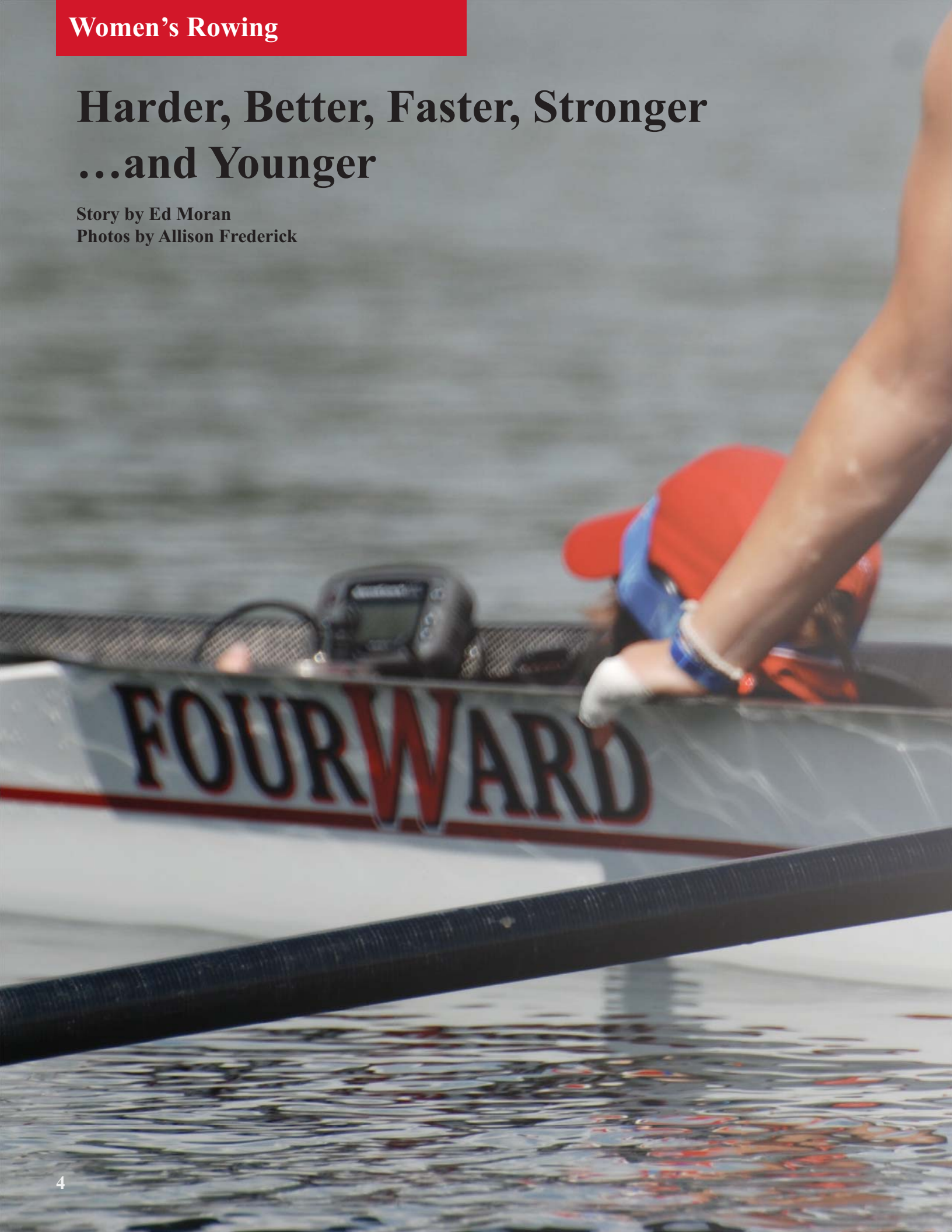
**FROM VISION TO REALITY:
WORLD-CLASS ROWING IN FLORIDA**

The Sarasota County Commission recently approved a \$19.5 million agreement to turn what was once a shell quarry into a world-class rowing facility. **Story by Ed Moran. Photos provided by Sarasota Convention and Visitors Bureau.**

Harder, Better, Faster, Stronger ...and Younger

Story by Ed Moran

Photos by Allison Frederick



As the U.S. women's eight came down the course on Lake Karapiro this past November, it was clear that it was going to win a fifth consecutive world title.

No other country challenged the crew and as it crossed the finish line, the U.S. was nearly four seconds ahead of Canada. It was one of three medals for the U.S. women's sweep team at the 2010 World Rowing Championships. The women's pair and women's four crews each brought home bronze medals.

The victory tied the record for consecutive wins in the eight by a single country, matching the Romanian women's run from 1996 to 2000. It was a convincing win, and what made it even more remarkable was that two members of the crew were senior national team rookies.

Two of the sweep team's top athletes, Susan Francia and Erin Cafaro, double gold medalists in the eight and pair in 2009, focused on the pair for this championship, allowing U.S. women's head coach Tom Terhaar to get his younger athletes experience in the eight.

What the win made clear was that the women's team was deep. What it suggested was that the U.S. had become the standard for excellence in the event and was developing a team of women who were aiming to dominate women's sweep rowing in the future. Terhaar, who is both humble and cautious about what he says about his team's accomplishments since he took over in 2001, is not convinced that this is the case.

"I don't know, that's a tricky one," Terhaar said weeks after the world championships had ended. "Everything seems to go in waves, and this could be just a very fortunate period in our cycle right now.

"And it can swing the other way. Someone like China could come along and knock us way down. You don't know.

"Despite our success, it isn't in all categories," he said. "In the case of the eight this year, it was a pretty solid, convincing win, but it hasn't always been that way."

One needs only to point to the former East German Republic and Soviet women's teams who dominated from 1974, when women's events were added to the world championships, to final years of the 1980s when those governments collapsed. East Germany won four straight titles in the eight and six total in the event in 16 years, while the Soviets won seven.

Currently, the sport of rowing in the U.S. is see-

ing the impact of Title IX. The elevation of women's rowing to NCAA varsity status in 1996 has created a feeder and athlete identification system that will be hard for other countries to match.

The size of the athlete pool alone and the quality of the athletes who are now rowing in U.S. colleges argues the point. In 1996, when the NCAA named women's rowing an emerging sport, there were 51 Division I teams and 2,494 athletes competing at that level. By 2006, when expansion leveled off, there were 86 DI teams and 5,441 D1 athletes.

University of Virginia head women's rowing coach, Kevin Sauer, was already coaching women's rowing as a club sport when the change was made. Before the NCAA added women, money was fundraised and tight and all of the athletes Sauer had were walk-ons from the campus population. With athletic departments working to become compliant under Title IX and provide equal opportunity for male and female athletes, scholarships became available, coaches were put on salary and money for equipment and training became available.

"We couldn't actually recruit athletes, we couldn't help with admissions and there were no scholarships," Sauer recalled. "It was all about the walk-on population. That was always important and it still is.

"The difference is, now we can recruit kids out of high school. In 1996, there wasn't a huge change in the number of people. We only had one recruited class and only had a half of a scholarship that we could give and a few admission slots. So we only had two kids that came in that first year as freshmen. Sauer laughs when he remembers the first impact he can recall.

"The biggest difference we saw was we had more injuries," he said. "We did exactly the same workouts the year before, but when we added a trainer, all of a sudden we had more injuries. I asked the kids and they would say 'Yeah, there's someone we can go to now. Before there weren't many injuries because there wasn't anything we could do about it.'"

But Sauer believes that NCAA rowing and the availability drew more and better athletes to rowing, and attracted some who were athletes in different high schools sports but switched to rowing because of the opportunity it provided.

"From my perspective, and I've coached the under 23 program a few years and obviously all of those

athletes come from colleges, [women's NCAA rowing] serves as a feeder system to the national team and its success. There are instances where a kid rowed in high school and continued to row in college. And there are plenty of examples of kids who learned to row in college. If you took all those opportunities away, if there were no opportunities to row in college, like if we didn't have a varsity sport status here at Virginia, I don't know if [Virginia alum] Lindsay Shoop would have rowed and won an Olympic gold medal.

"Those kinds of kids, if they don't have an opportunity to row [in college], they are not going to go on and row for the national team," he said. "So the impact seems to be pretty strong to me."

While the growth of rowing and the available pool of athletes grew quickly, the impact on the U.S. women's team was not as immediate, according to Terhaar.

"There was good talent, but there just weren't a lot of kids that were pulling good scores. There were some good kids, at least at the level of the athletes we have now, but there just weren't very many of them," he said. "I would say it was almost 2009 or 2008 before the numbers of elite-level athletes started to increase. Leading up to that, there were more athletes, just not at the levels we see now. An elite athlete is a little bit born that way," said Terhaar.

"It isn't just a matter of working hard. They have to have the horsepower naturally. It took a good amount of time before really solid athletes coming from high school realized that if they switched from swimming, or switched from softball or track and field, they could get a full scholarship.

"That took a long time to get out to the public, I think – longer than people anticipated. So it seems like it's just starting to have an impact, as far as my numbers go, in the past two or three years," he said.

Terhaar is not one to accept credit for his team's

successes without first noting that the support he has from NCAA coaches has much more to do with his team's success than people are aware.

"I've just been lucky as hell because the college coaches have been super supportive," Terhaar said. "A really good kid who was maybe on the fence about the national team, the college coaches now encourage them to think about it.

"They trust me. Hopefully when a kid comes and rows for us, they don't get any worse, they don't get any bad ideas and they don't get discouraged. I hope it's a good relationship for both. I think we can be the best rowing nation in the world, but it will only happen if we have a cooperative relationship.

"It doesn't even matter if the college coaches train the way that we train or row the way that we row. Just by identifying athletes, Title IX essentially gave me a huge identification staff," he said. "There is a lot of money out there for coaches who are doing every-

thing they possibly can to find the next athlete for their program. It's very easy to convince a kid, 'Hey if you like this, what do you think about going to the Olympics?' That's easy."

"It took a good amount of time before really solid athletes coming from high school realized that if they switched from swimming, or switched from softball or track and field, they could get a full scholarship. So it seems like it's just starting to have an impact, as far as my numbers go, in the past two or three years."



U.S. National Team Women's Coach Tom Terhaar



A Quick History of Title IX

In 2002, Title IX was renamed the Patsy T. Mink Equal Opportunity in Education Act. When the late Patsy T. Mink, a Japanese-American congresswoman from Hawaii, authored Title IX of the Education Amendments of 1972, her legislation did not mention the word sports.

It read that “No person in the United States, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program of activity receiving federal financial assistance.”

The law has had a long history of legal challenges that eventually impacted women’s collegiate sports. Some schools fought the legislation, while others wrestled with how to comply. One landmark lawsuit in 1987 initially heard in Whitman County Superior Court, (Blair v Washington State University) helped lead to the regulations set by the Department of Education that now determine what amounts to compliance.

These guidelines require that a school’s percentage of female athletes must be roughly proportional to the general female enrollment; or a school can show that it has a history of improving gender equity; or it can comply by accommodating all the athletic interests and needs of its students.