

CYR ROCKS DOGWOOD REGATTA

Nancy Teaff

What a weekend!! So much racing, such good results--all of this shows how much everyone has grown as athletes, teammates and competitors this season. First, many thanks to all the parents who supported the team all weekend with food, cheering, transportation, and all the little things that make the regatta go well. A special shout out goes to our U16 and U15 parents who provided all this support even though their rowers didn't race until Sunday afternoon. The trip to the arcade was a brilliant idea--fun and great for team-building even when they weren't racing. Again, thank you all so much!

Thank you to Henry LePage and Lauren Cockrill, our captains, for their leadership throughout the weekend, both on and off the water. They supervised the activities at the trailer and the launch/recovery docks, keeping things moving and the team engaged in helping each other. The staff at the hotel commented that our team was the best group of young athletes they had ever hosted; our rowers were polite, respectful, and left the dining area better than any other team. That is the CYR way! Now on to the results (TT=time trial, SF=semi-final):

MY4x "A" (William, PJ, Aidan O, Nathan): TT 7th of 18; SF 5th of 7; B Final 3rd of 7

MY4x "B" (Rowan, Sam, Aidan L, Nikolas): TT 16th of 18; SF 6th of 6

WU17 2x "A" (Mallie, Nora): TT 7th of 16, SF 2nd of 5 (5th fastest time after the SF), A Final 2nd place--beating out NCRC by 0.1 sec after a blistering sprint. It is very tough and unusual to move from 5th place over the course of a regatta up to 2nd place--SILVER MEDAL

WU17 2x "B" (Margaret, Sara): TT 10th of 16, SF 5th of 6, B Final 5th of 6

MU17 2x (Thomas, Evan): TT 1st of 15, SF 1st of 7, Final 1st place, beating Belmont's entry by 5 seconds--GOLD MEDAL

MY 1x (Henry LePage): TT 2nd of 16, SF 1st of 5, A Final 1st place--GOLD MEDAL

M 4+ (Rowan, PJ, Sam, Aidan, cox'n Nikolas): TT 17th of 17 entries (this crew had just raced in the 4x, short turnaround time)

MU17 4+ (Patrick, Henry B, Brandon, Danny, cox'n Lily): TT 6th of 19, SF 3rd of 7, A Final 6th of 7

WU17 4x (Nora, Samantha, Margaret, Sara): Heat 5th of 7 entries (top 3 progress to final)

MY 2- (Charlie, Will S): 4th of 5 in heat; Final 6th of 7

WY 2- "A" (Grace F, Lilly): Heats 5th of 5 (equipment issues)

WY 2- "B" (Phoebe, Megan): Heats 3rd of 4, Final 5th of 7

MU17 4x "A" (Thomas, Danny, Henry, Evan): Heat 2nd of 6, Final 3rd place--BRONZE MEDAL

MU17 4x "B" (Brandon, Jack, Cameron, Patrick): Heat 4th of 6 (but were 7th fastest boat in the 2 heats, so made final), Final 7th of 7

WU17 1x (Mallie): Heat 1st of 5, Final 4th of 6

WY 4- (Megan, Phoebe, Grace F, Lilly H): Heat 3rd of 4, Final 3rd place, coming back from 5th place at 1200 meters with a fierce final 500! BRONZE MEDAL

WY 4x "A" (Lauren, Grace A, Katie, Teagan): SF 1st of 6, A Final 5th of 7

WY 4x "B" (Bayley, Hazel, Isabel, Penny): SF 5th of 6 (only top 2 progress to final)

WU16 8+ (Samantha, Maris, Maghna, Sadie, Soraya, Lauren, Sarah, Grier, Cox'n Luna): Final 5th of 6 entries

MU16 4x+ (JT, Sam Smith, Ben W, Benjamin, cox'n Luna): DNS, equipment delay and didn't make it to the start on time

WU16 4x+ (Samantha, Sadie, Meghna, Lauren, cox'n Nik); DNS, did not make it to the start on time per referee

MU15 4x+ (Halo, Zachary, Sam, Ethan, cox'n BenW): combined with WU15 8+, CYR boat was over one minute faster, 1st place--GOLD MEDAL

WU15 4X+ (Maris, Grier, Soraya, Sarah, cox'n Luna): Final 5th of 5 entries

MY4- (Charlie, Will S, Aidan O, William T): Final 3rd place, after a ferocious last 500 meters to come from 5th place at the 1200 m mark--BRONZE MEDAL

In summary, this was a VERY competitive regatta and we medalled in half of the finals that we made. The majority of our boats progressed beyond the initial race (TT or heats) in which they competed. There were many teams from outside our SE region, with whom we won't compete against for qualification for US Rowing Youth Nationals; we did well against our SE competition. For many rowers, this was their first race on a "laned" course; for the MS Mighty rowers this was their first 2K race--AWESOME WORK! Our goal is to get better with every regatta and that was certainly true here. This is what Coach K means when she speaks of a growth mindset--always reaching to get better, stronger, faster, while supporting each other. The coaches are so proud of the team and our results this weekend!!

Be Kind, Row Hard! Go CYR!

~Coach Teaff