



THE BACKSLASH



W&M Club Rowing Newsletter



Inside this Installment of The Backslash:

MEET THE COACHES!

We added some new faces to the coaching staff this semester - check out Page 2 to meet the coaches of our squads - Erich, Sam, Chad, and Jay!

REGATTA RECAP

A review of the semester from our rowers themselves! Perspectives from each of our squads on Page 3 and 4!

OUR SEMESTER IN PHOTOS!

In between races, we were able to snag some great team photos along the way at our regattas - enjoy our semester in photos on Pages 5-7!

OUR FALL 2021 SEMESTER

Hello parents, friends, and alumni!

Before August, the last time our squads were able to row was during our spring break trip to Florida in March of 2020. Nearly a year and a half later, we were finally able to get back on the Chickahominy River and compete at regattas again. This fall, we welcomed a great new group of novice rowers, as well as some new coaches! The break from being on the water truly did not break the determination or passion our rowers have for this sport. Overall, we had a great semester being back in boats again and are pushing hard through winter training to have just as great of a spring sprint season. Thank you as always for your support and enjoy reading about what we've been up to this semester!



And as always, keep up with us on our website and our Instagram @wm_rowing!



Coaches Sam Mosquera, Jay Ford, and Chad Antosik at Richmond Chase!

INTRODUCING OUR COACHES!

This past semester, we added some new coaches to the coaching staff to coach the novice men! We wanted to introduce and reintroduce our new and returning coaches to all of our supporters away from campus. Thank you to Erich, Sam, Chad, and Jay for all their dedication and passion for our squads this semester!

Chad Antosik - coach of the novice men's squad. Chad is from Elizabeth, Pennsylvania and recently graduated from William & Mary in December as a member of the class of 2022, majoring in Accounting and Economics!

Jay Ford - coach of the novice men's squad. Jay is from Woodbridge, Virginia and is a member of the class of 2022, graduating in May with a major in Computer Science!

Sam Mosquera - coach of the novice men's squad. Sam is from Fairfax, Virginia and is currently attending the William & Mary School of Education to get his Masters in Secondary Social Studies Education!



Our novice men after their races at Head of the Hooch - coached by Sam, Chad, and Jay!

COACH ERICH SHULER

For the 2021-2022 school year, Erich is working as coach of the varsity men, varsity women, and novice women!

As many of our supporters at home may know, Erich came to William & Mary in Fall 2018 from Drexel University where he was a men's assistant coach for the 2018 spring season, in charge of coaching the men's 4's and 3rd Varsity 8 for the Dad Vail Championships.

Before Drexel, Erich spent a total of thirteen years at the University of Virginia, where he began as a novice women's assistant, then was a varsity women's assistant, the novice women's coach, and finally the novice men's coach.

Erich was the Head Coach of Men's Rowing at the George Washington University from 1999-2000 and the Head Coach of Men's Rowing at the University of North Carolina from 2000-2001.

Erich holds an MEd. in Exercise Physiology from the University of Virginia, and is a Certified Strength & Conditioning Specialist. He also holds a certification in Applied Functional Science, and is a Titleist Performance Institute Level 1 Trainer for Golf.





REGATTA RECAP!

We were so excited to finally be back on the water this semester after over a year of not being able to row! This fall, our squads were able to attend 3 regattas - Occoquan Challenge, Richmond Chase, and Head of the Hooch. Check out these thoughts from our rowers about their first semester back to rowing since the pandemic began...

FROM THE PERSPECTIVE OF A NOVWOM!

via Mary Waterman '24

This season was very exciting for me, as I spent all of last season erging indoors and I got to be in an actual boat! While there were many aspects of rowing I love, the regattas are really special. Something about the whole experience- the van rides, snacks, parents watching- really makes it feel like the Saturday morning soccer games I used to play when I was a kid. This environment kept the races fun even with the performance anxiety and pressure we place on ourselves. My teammates make every 6am erg workout and 9 hour car drive something I look forward to, and I can't say that about many groups I have been a part of.



Our Return to Rowing at Occoquan!

The first regatta of the year is always a little extra nerve-wracking, especially for the novices. As a senior coming back after quarantine, it was interesting to see how the dynamics have changed and what has remained the same. Occoquan seemed to appear suddenly, rather than gradually as it has in the past. I think that everyone this year was caught a bit off-guard, but I know that we all (especially the juniors and seniors) could not have been happier. Coming back to the water, to regatta season, has been like taking in that first gulp of air after holding your breath for a long time. - **Anisha Vanka '22**



Coaching & Rowing at Richmond Chase:

There's something unique about being both a coach and a rower. Whatever level of excitement and stress that would normally be present during a regatta is multiplied two-fold, and in addition to that, you have about sixteen guys depending on you and your fellow coaches for instruction, wisdom, and a general sense of calm and confidence that'll help them settle their own nerves. For many guys, it was their first time racing in an eight against another collegiate crew, so for me, the process was to hop in the single, casually race 5000 meters, hop out of the single, and immediately check to see that our rowers were sane and ready to race. It certainly was a lot of running around followed by nervously pacing while the boats were out of sight on the water, but at the end of the day, everyone made it home. It wasn't a perfect race for anybody, but that's not what a scrimmage is for. Both of our eights got some first-time jitters out of their systems and got a taste for what this level of competition can bring. Seeing how far the guys have come since then certainly makes Sam, Chad, and I very proud coaches, and I'm excited to see what the spring season will bring! - **Jay Ford '22**



Medaling at Hooch - TWICE!

So obviously the best regatta for me was Hooch. The trip to Chattanooga is always fun and the conditions were pretty good. Finding out we had won in the 8 walking back to the trailer was pretty crazy, we thought our race was ok but not anything special so we were kind of taken aback. Then came the 4. Even though we were all tired and didn't know how we were going to finish that second race, that was easily one of the best rows of my life. Coming into the finish I knew we had to have medaled, and getting a second gold made the pain of the race more than worth it. - Cory Brower '22



Cows, Fog Delays, and Finally Rowing at Hooch:

It's often said that good things come to those who wait, something I'd say I experienced after a 9-hour van ride to Chattanooga, TN, to participate in the Head of the Hooch regatta. Later, we waited for another couple of hours, there being a fog delay while the mist slowly rose over the course like some kind of lethargic theater curtain; yet in the end still revealing a great showing by William & Mary in (relatively) warm and sunny weather. What really surprised me was the sheer size and scale of the event. At the last regatta I had been into, in Richmond, the two VCU men's eights couldn't even be bothered to turn up until more than a half hour after the race was supposed to start, but this time around the water was always brimming with boats, even more so because the boat I was in -- the Walker, I think -- began our race right before the next one (the organizers on the water were none too pleased about that). In the end, I'm certainly very happy I was able to go. I also saw a lot of cows on the way there. Apparently, only 10% of people have seen a cow in real life. Really makes you think. - Nikhil Rao '25

REGATTA RESULTS!

Occoquan Challenge:

Men's Champ Double - 1st
Women's Champ Double - 1st
Men's Freshman/Novice 8 - 1st
Men's Champ and Club 4 - 3rd
Women's Freshman/Novice 8 - 2nd
Mixed 4 - 3rd
Mixed Double - 11th

Head of the Hooch: our team placed 7th overall!

Novice Men's 8 - 1st
Novice Women's 4 - 8th and 18th
Novice Men's 4 - 1st and 12th
Novice Women's 8 - 4th
Varsity Women's 2x - 6th and 7th
Varsity Men's 1x - 17th and 20th

Richmond Chase: this regatta served as a scrimmage with the VCU Crew Team this semester!

Notable race highlights were the 1st place finishes by one of our novice men's 8's and one of our novice women's 8's, and 2nd place finishes by one of our novice women's 4's and our varsity men's 1x!



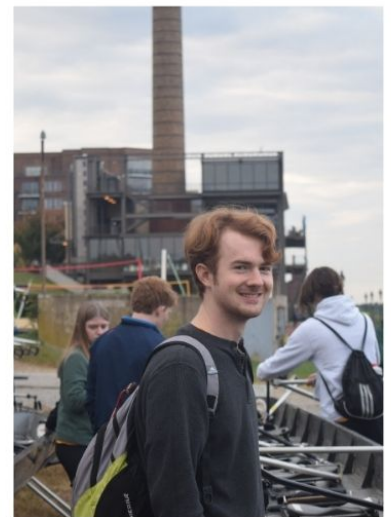
A LOOKBACK ON OUR SEMESTER

Occoquan Challenge - October 10, 2021 in Occoquan, VA



A LOOKBACK ON OUR SEMESTER

Richmond Chase - October 23, 2021 in Richmond, VA



A LOOKBACK ON OUR SEMESTER

Head of the Hooch - November 6-7, 2021 in Chattanooga, TN

