

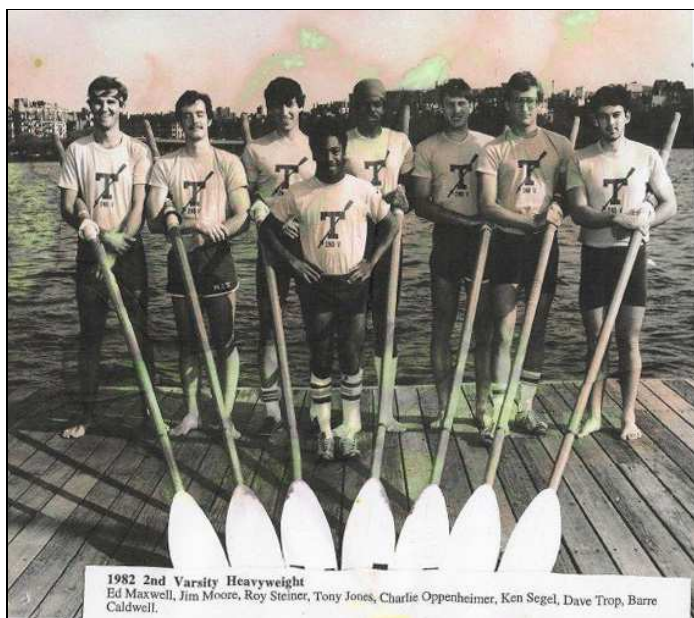


Green Lake Crew News

THE SILVER HAMMER: AN INTERVIEW WITH COACH ED MAXWELL

By: Dan Rogge ('92)

As sure as the sun rises, Coach Ed Maxwell has been there to lead the Green Lake Boys Crew for the past 26 years and counting. His intelligent, even-keeled coaching has placed GLC among the elite junior rowing programs in the country, and his lessons endure long after our final strokes. I caught up with the Godfather in the following tell-all exclusive in which he explains, among other things, what makes himself tick, and what makes his program click:



1982 2nd Varsity Heavyweight
Ed Maxwell, Jim Moore, Roy Steiner, Tony Jones, Charlie Oppenheimer, Ken Seigel, Dave Trop, Barre Caldwell.

Where are you from originally? How did you get to the Northwest?

My father was in the army, so we lived all over, even in Stuttgart, Germany. He retired to Bellingham, where I finished high school. My mother's family is from Lynden, about 20 miles north of Bellingham.

How did you get started in rowing?

I was accepted at Annapolis, and got a letter from the rowing coach that began with "Crew is a tall man's sport". That sparked my interest. When I went to MIT, one of the varsity rowers was recruiting my roommate and basically ignoring me. I guess that made me stubborn enough to want to try.

Picture: 1982 2nd Varsity Heavyweight, MIT
Ed Maxwell is the first rower on the left.

When did you begin coaching? Have you coached any teams other than Green Lake?

I started as a volunteer coach for the girls' team at the Pomfret School in Connecticut. I was laid off, so I moved back to Bellingham to live with my parents while I looked for a job. To help pass the time, I volunteered to coach first the novice women then the varsity women at Western. The next summer, I was the manager for a team of lightweight women from the Northwest who were coached by Reg Campbell, the Green Lake girls' coach. That's how I found out about Green Lake. The next fall, I started coaching masters at Green Lake, and started coaching the novice boys in February of 1985.

What do you enjoy most about rowing? What keeps you coming back for more?

Interacting with the kids. They are great fun. It is great to see them progress while at Green Lake, and then also as they move through life. I like to see them excel as athletes in high school, and then see them become accomplished adults.

Is there any part of the sport for which you really don't care?

The politics. Also, I guess I'm not a huge fan of the sport in general. I've no idea who won the last World Championships, and don't really care. As I've said many times, I wouldn't cross the street to watch a crew race that I didn't have kids in.

Do you have a coaching philosophy?

I try to treat the athletes fairly, and make sure that they understand the expectations that I have. I think that my expectations for the team will serve them well in other parts of their lives.

What do you consider the critical elements to a rower's success in your program?

Working hard and showing up. I think they also have to be willing to be uncomfortable. That means they have to endure pain, but most importantly, they need to try new things. If they only stay in their comfort zone, they will never improve.

Let's talk numbers for a second. What's the men's 2500 or 2000 ergo All-Time Green Lake World Record? Around the Lake Run? (I'm sure our old warhorses out there want to know!)

The 2K erg record is 6:05 by Chris Heim on 5/5/03. The Lake Run record is 15:44 by Kevin Simpson-Verger on 2/5/09. I know – there's somebody out there that did better than those. I have a record board, so if you can come forward with proof, I'll put you up there.

What do you believe it is about your program that consistently makes it one of the most successful in the country?

The kids and the support at Green Lake. The other coaches, the office staff, the RAC, the parents. They all work together to make it an excellent place to be.

Have you ever coached the U.S. Jr. National Team? How was that?

In 1990, I was an assistant for the team. It was a great experience. Of course, I spent a lot of the time at Worlds checking the calendar. We got home from the trip on Tuesday, my son Drew was born on Thursday. I got back just in the nick of time.

My understanding is you went to school at MIT? What was your major in college? Any good college stories you care to share? Belong to any special groups? Recognitions?

I was Course X. You gotta do your homework to figure out what that means. Too many stories to relate here, but suffice it to say that rowing was a turning point for my life. No other special groups. I was kinda busy between crew and school.

(The Department of Chemical Engineering offers two undergraduate programs: Course X and Course X-C. Course X leads to a SB in chemical engineering. Source: The Tech, MIT's school newspaper, http://tech.mit.edu/V119/N17/a_Course_10.17f.html)

My understanding is you work at Boeing? Presumably designing the next generation shells?

Nothing so fun. Right now I'm a Systems Engineer doing research on technology innovations that may be useful on the aircraft we make for the Air Force's fleet of VIP aircraft.

Who do you admire the most? Why?

My wife Karen, and a close second is my son Andrew. Mostly because they have supported me all these years when I wasn't home and was spending time with other people's kids.

How many donuts do you think you've made on the lake over the years? Do you ever get tired of it?

Towards the end of every season, I get a little jaded. I like doing circles on the lake, but I start to get a little cynical about whether or not I'm actually going to get someone to make the change that I've been trying all year to make. Let's talk laps – Say four laps a day, five days a week, 26 weeks a year, 26 years....13,520 or so.

Have you ever considered taking your game to the college level? Have you ever been contacted by schools about open positions?

I've never been contacted by a school. College ADs don't look to high school for coaches. I've thought about it, and even applied a few times. Mostly, I am only interested in places where I feel a connection. I don't want to coach in college just to be a college coach. Besides, the varsity eight at Green Lake is often as fast as most of the college varsity crews out there.

What is the state of the team? How are we looking this year, Coach?

It is going to be a tough year. We've had a couple of large senior classes in a row, and some pretty small novice teams. To add a further degree of difficulty, it looks like four or five other crews are on a peak right now.

What are your plans? How many more years are we going to get out of Coach Ed?

At this point, who knows? It doesn't seem like there is much reason to quit. I think that as I get closer to retirement from Boeing, I don't see myself retiring and not coaching. I could be there for a while.

Anything else you care to say?

Just that I'm glad that the alumni are organizing. Green Lake is in for some big changes in the next few years, and we are going to need all the help we can get from them.

So there you have it: A journey into the mind of the man who keeps the wheel turning at GLC. Coach Ed is a rarity and we are blessed to have him. Thirteen thousand plus donuts later, he is still going strong, building oarsmen of skill and character. His commitment to GLC is exceptional; inspiration for alumni to get involved in galvanizing the program. As he states, we are going to need all the help we can get. Here's to many more, Coach Ed!

SPRING RACING SCHEDULE

March 19 • Spring Regatta @ Green Lake (all rowers)

March 26 & 27 • Pac 10 Challenge @ Redwood Shores (girls' varsity 8+ and JV 8+)

April 3 • Husky Open @ Montlake Cut (experienced rowers only)

April 17 • Dual vs. Rose City Rowing Club @ Vancouver Lake (experienced rowers & 1st novice boat)

April 29 & May 1 • Brentwood Regatta @ Brentwood College (all rowers)

May 7 • Windermere Cup / Opening Day @ Montlake Cut (qualifying crews)

May 19-22 • NW Jr. Regionals @ Vancouver Lake (all rowers)

June 10-12 • Jr. Nationals @ Oak Ridge, TN (qualifying crews)

NEW BOATS WILL BE DEDICATED ON SATURDAY, MARCH 12 AT NOON

Come join coaches, rowers, alumni and other Green Lake Crew supporters on Saturday, March 12th to christen the following new shells: the Dave Baugh II (8+), the Bob Christie (4+), the Tomi Jo McCarrier (4+), and the Time Amen III (8+)

THE 18TH ANNUAL RAISIN' OF THE GREEN

The 18th Annual Raisin' of the Green is on Saturday, April 9th at the Nile Golf & Country Club (6601 244th St. SW, Mountlake Terrace). Festivities will begin at 6.00 pm. This is a dinner party and auction with a HOSTED wine and beer bar. Please RSVP before April 5th by mailing a check to the boat house (5900 W Green Lake Way N, Seattle, WA 98103) or calling the office (206-684-4074) with a credit card number between the hours of 3:00-6:00 . Dinner choices are salmon, beef or vegetarian. The cost is \$55 per person. Checks can be payable to the City of Seattle.

VOLUNTEERS NEEDED FOR THE GREEN LAKE SPRING REGATTA

The annual Green Lake Spring Regatta is Saturday, March 19 from 7:00 am to 5:00 pm. Over 70 volunteers are needed to fill shifts for set-up, finish line duties, trail patrol, tee shirt tent, ribbons/results tent, launch driving and tear down. If you are interested in volunteering, contact the Green Lake office at 206-684-4074. While parents make up the bulk of the volunteers, this is a great opportunity for alumni and other Green Lake supporters to get involved!

TIME TO RALLY THE ALUMNI

Rowing at Green Lake provided me with a foundation of skills that have helped me successfully navigate life. I learned the true value of team work, dedication, and character. Rowing requires it's athletes to demonstrate these attributes on a daily basis, and Green Lake has an outstanding track record for helping instill these attributes in their athletes while at the same time producing some of the fastest crews in the country. I would not be the person I am today without the time I spent at Green Lake.

Due to the tough economy, Green Lake, like all publicly funded programs, has been hit with large budget cuts. With shrinking budgets, it has become even more important for alumni to step up and help support the program so that today's youth can have the same quality experience we did. A strong alumni presence at GLC is critical so that today's youth can connect themselves to the larger GLC family, events are staffed appropriately and youth from low-income families are able to participate despite limited finances.

There are many ways that we, as alumni, can give back and have an impact on the program. Here are just a few ideas to get started:

- Attending races and events: There will be an "Alumni Tent" at the Green Lake Spring Regatta. This is simply a common place for alumni to gather and cheer for the Green Lake Crews. Please stop by and show your support for Green Lake! Who knows, maybe you will run into a former coach or teammate and can trade stories from the "good old days".
- Volunteering: Sign up to cover a shift or two as part of the Spring Regatta crew. Maybe you'll get to drive a launch (who hasn't wanted the opportunity to drive a launch)?!
- Get connected: If you haven't done so already, join the Green Lake Crew Alums group on Facebook.
- Monetary donations: Information on how to donate can be found at the end of this newsletter.

Only with our support can GLC maintain and build upon the excellent reputation it already has.

Go Green Lake Crew!
Kari (Green) Tyler ('94)

GREEN LAKE GIRLS INVITED TO RACE AT THE PAC 10 CHALLENGE

The Green Lake Girls' Varsity and JV boats have been invited to race at the PAC 10 Challenge at Redwood Shores in California. The PAC 10 Challenge is an invite only regatta with a dual racing format. Only six junior women's teams are invited to compete in this event. The invites are extended to three crews from California and three crew from around the country. This regatta provides a rare opportunity to race crews from around the country mid season. With the exclusive invite list and the dual format racing, there is sure to be some exciting, high caliber racing. We wish the girls the best of luck at the PAC 10 Challenge and look forward to hearing the results!

ON THE DOCK WITH THE CAPTAINS

It takes a special kind of athlete to pick up an oar each day and put in countless hours of fitness training and time on the water. While rowing is mostly an anonymous sport, there is always a leader or two among each crew. Someone who is passionate about the crew, leads by example and is able to inspire and motivate their peers on and off the water. With that, I would like to take the opportunity to introduce some of Green Lake's best and brightest of 2011... the team captains, Teague Hatfield and co-captains Emily Shugerman and Emily Redfield.



Teague Hatfield, Senior @ Roosevelt High School

Notable race finishes and accomplishments:

My second spring season, I was in the lead for the first time since I had begun rowing. Unfortunately, we lost in the last few strokes to Everett.

Favorite GL memory or most memorable race:

My favorite memory was the entire HOCR. Though the atmosphere was energizing and exciting.

Favorite thing about rowing for GL or rowing in general:

I love the people involved in the program. Everyone is so supportive.

Post-high school plans:

I want to go to college, join the ROTC, and study either architecture or engineering. I would also like to continue rowing in college.



Emily Shugerman, Senior @ Roosevelt High School

In what other sports or activities do you participate?

I practiced circus arts (mainly trapeze), but not seriously.

Notable race finishes and accomplishments:

Last season our JV 8 was undefeated in the region. We also raced the 8 once on our trip to England and won. We like to say we are internationally undefeated!

Favorite GL memory or most memorable race:

This is so hard! But I would have to say one of my favorite memories is of my freshman year, when our JV 8 won at Brentwood. There were a lot of seniors in the boat. We were all at the podium in tears. I'm happy every time I see pictures of that moment.

Favorite thing about rowing for GL or rowing in general:

My favorite thing about rowing for Green Lake is the community. Rowing has a way of bringing people together. I have made some of my best friends at Green Lake. If I have a bad day at school, I can come to crew and instantly be cheered up. Practice is definitely the high point of my day.

Post high school plans:

I plan to go to college once I graduate. I don't know which school I will be attending. Currently, I'd liked to major in Psychology, but that could easily change!



Emily Redfield, Senior @ Roosevelt High School

In what other sports or activities do you participate?

I did soccer and swimming from late elementary school through middle school. My freshmen and sophomore year, I somehow managed to participate in both crew and my high school swim team simultaneously. I am also involved in my church's youth group. I enjoy playing piano and clarinet.

Notable race finishes and accomplishments:

2010: 2nd Place at NW Jr. Regional Championships, 7th Place US Rowing Youth National Championships, participating in the Women's Henley Regatta (UK) and Reading Town Regatta (UK), 6th Place at Head of the Charles, 2009: 1st Place at NW Jr. Regional Championships, 9th Place at US Rowing Youth National Championships

Favorite GL memory or most memorable race:

Wow, it's hard to say because there have been so many. The most memorable race would have to be the petite-finals of Youth National Championships last year. It was a close race (the most evenly matched race in which I've participated), but we won!

Favorite thing about rowing for GL or rowing in general:

The fact that the program has had such a strong tradition is amazing. The atmosphere cultivates dedication. The best part is working together to attain goals. We grow closer because of it!

Post-high school plans:

I have recently committed to rowing for the University of Pennsylvania. I'm very excited! I plan to enroll in the School of Nursing and study abroad in Asia.

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Photos provided by Ed Maxwell and Lenny Kong

Help Support Green Lake Crew

You can help Green Lake continue to provide financial aid to individuals who otherwise could not afford to participate in GLC's programs. Please donate today!

Donating is simple.

To donate via credit card go to:
friendsofgreenlakecrew.com/donor_programs.html

To donate via check, complete and mail the form below.



Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Enclosed is my donation to the General Program Fund \$_____. Make checks payable to Friends of Green Lake Crew

Mail to: FoGLC, 5717 SW Hanford Street, Seattle, WA 98116

About Friends of Green Lake Crew (FoGLC)

Friends of Green Lake Crew is a duly organized 501(c)3 non-profit organization located in Seattle, Washington. FoGLC was originally organized in 2009 to raise money to send a group of junior men's rowers from Green Lake Crew to compete in the 2009 Henley Royal Regatta in Oxfordshire, England. Because the trip was not endorsed by the public agencies governing GLC's activities, the trip was fully self-funded through fundraisers, private donations, and parent contributions. With a staggering downturn in the economy in 2009, the City of Seattle slashed budgets and cut back on funding for programs citywide, including GLC. The cutback left a gaping hole in GLC's operating and capital budgets that threatened to undermine the organization's financial stability. It was a bellwether for what could likely occur again as the city struggles to balance its budget in ever-changing economic and political climates. In response, FOGLC expanded its role to help temper the effects of such uncontrollable outside influences so GLC can continue to run its programs smoothly and efficiently.

For more information about FoGLC go to www.friendsofgreenlakecrew.com.
