

Starboard Pressure



Welcome!

Exciting things happening at the lake! As we look forward to celebrating our 70th anniversary, we want to share what we are up to and stay connected. This is our inaugural edition of "Starboard Pressure." We hope you find it a great way to stay connected with the Green Lake.



Lenny Kong

The program is strong. For the fifth straight year we have an operating budget of about \$600K and remain one of the most robust Councils in the City. Our junior programs are running near capacity and this year we initiated a summer middle school program. After a lull of several years the masters program is back with a vengeance. Thanks to donor support and the good work of Jason and our Equipment Committee, we continue to have one of the best fleets in the country. More importantly, through the generous support of the Green Lake family we continue to make sure no rower is left behind.

This was also a year of transition. With the retirements of longtime director and coach Kathy Whitman and coaches Ed and Karen Maxwell we have truly seen the passing of an era at Green Lake. Fortunately for us, they leave behind a strong foundation upon which to build.

If I've had one takeaway from my short tenure leading the RAC — it's that a lot of extra effort and hours "just happen" behind the scenes. If you ask any of our staff, coaches or volunteers you will hear "I do it for the kids," or "Working for the program is my reward." That said, please take the time to say thanks whenever you can. Our people are our greatest asset and building a culture of caring and winning starts with us. You can also pitch in, we have lots of ways to help pay it forward.

We end 2017 as strong as we have ever been, and continue changing lives through the power of rowing. We look forward to 2018, celebrating our amazing legacy and moving the program forward for the next 70 years. - Mike Stanley

Coaches Corner: Boys Fall Season

What a season! On behalf of the entire boys coaching staff, I can honestly say 2017 was one of the better falls we have had in a while. These boys bought-in every day to what we were preaching and it was incredible. They were all extremely receptive, worked hard and I believe the results reflect that.

Whether you have a bad row or a good row, you learn something about yourself and your crew every time you race. For the most part, every crew we boated this fall raced well. They came off the water feeling strong about what they had accomplished, and they had the results to back it up. We reminded ourselves what made it good so that the next time we went out, we could execute that again. Our team also had a few races where we lacked focus, or lacked execution, but we were able to pinpoint that and focus on how to make it better in the future.

The boys have worked very hard for their coaches, their teammates and for themselves. However, the work never stops and as I write this season-recap, I know they are all down at the lake pounding away, getting faster and getting ready for spring season ahead. Should be a good one. Onward! - Scott Selfridge



Lenny Kong

Inside this issue

- Boys Update 1
- Girls Update 2
- Tim Amen Lovsted Award 3
- Course to a New Boathouse..... 3
- FOGLC Update 4
- Masters Update 4
- Alumni Spotlight 5
- Ed and Karen Maxwell 5
- Matt O to OKC..... 6

The Green Lake Rowing Advisory Council

- Mike Stanley, President
- Bob Curley, Vice President
- Sean MacCorkle, Treasurer
- Jessie Compeau, Secretary
- Teri Thomson Randall, Asst Treasurer
- Monica Alcabin, Fundraising
- Tim Amen, Fundraising
- Wendy Caldwell, Fundraising
- Zoe Cogan, Communications
- Jonathan Hartung, Boathouse
- Griff Overturf, Boathouse
- Darcy Paschino, Nominations
- Dan Stettler, Boathouse
- Sandi Whitton, Communications

To find out more about joining the RAC, please contact Darcy Paschino at darcy.pashino@usbank.com

Tim Amen Receives 2017 Lovsted Award



Lenny Kong

Congrats, Tim!

Last year's recipient of the Carl Lovsted award was Tim Amen. The award is given annually to recognize those individuals who meet one or more of the following criteria:

Significant or lifelong commitment to youth rowing and/or service to the programs of the Green Lake Crew

Achievement on or off the water that demonstrates a commitment to the values of Green Lake Crew of hard work, personal commitment, teamwork, self-improvement and accomplishment

Demonstration of a commitment to making rowing accessible to the youth of Seattle through support of or service to Green Lake Crew.

Tim's award was presented by his daughter, Tess (GL '11) in a touching speech that highlighted the over 30 years of Tim's service to the program. Although Tim has held just about every position on the RAC (including more than ten as President), he most significantly impacted the program through tireless fundraising for the scholarship and annual funds, having raised an estimated \$1 million under his 25 years of leadership.

Also on hand for the award were his daughter Meegan ('88), his wife, Stephanie, and members of the Lovsted family, sons Carl, Jr. and Jim and Carl's wife, Cari.

Past recipients of the award include Carl Lovsted, Kathy Whitman and Frank Coyle. We welcome Tim to their esteemed company!

Coaches Corner: Junior Girls

The nine-week fall season was a blur of training, racing, new faces and new challenges. Seattle Public Schools pushed their release time to 3:45 p.m., requiring us to start crew much later than usual and this was a hard adjustment for the kids and the team. But, as always, we improvised, adapted, and overcame. Fall also was a time of transition as longtime novice girls coach and Green Lake legend Karen Maxwell turned over the reins to alumna Lily Britain Auset. Lily had her hands full with 40 novice girls and was lucky to have some help from fellow alumna Naomi Medley to develop that group of novices into some successful racers. We also added Tom Kicinski to the staff as the experienced girls assistant coach.

The weather this fall was extraordinarily sunny and dry. We made full use of this with lots of training and seat racing. We started our racing circuit at the end of week 5 with a trip to the Tail of the Lake, then Head of the Snohomish the week after that, with competitive showings at both races.

After that our Varsity 8+ and Varsity 4+ headed to Boston. This was our worst trip, and our best trip, all at the same time. On the first morning we arrived a stomach bug hit one of the rowers in the 4+ and quickly spread to other rowers. The rest of the weekend seemed to be a scramble to care for the ill and also keep the healthy athletes in top shape. We had some success, but in the end not everyone was feeling 100 percent and our alternate had to switch sides and jump into the 4+ on race day. What made it the best trip, however, is that this group of racers never made an excuse, never panicked, and fully embraced the "any boat, any seat, any time" ethic of Green Lake. In fact, not a single one of the unfortunate kids who fell sick even uttered a complaint, even when losing their cookies. In the end they raced well and posted solid results (12th in the 8+, 31st in the 4+), and guaranteed entries for next year. No one could have done better or asked for more.



Girls 8+ in Boston

Alex Grummer

The final head race of the season was at the Portland Fall Classic; it was a long day, but one with great results and racing. We finished the season with a week of fun preparation for 1k sprints at Green Lake for the Frostbite Regatta, which was successful and a lot of fun. After a season of 5k's and many, many laps around the lake, the short sprints were a fun way to finish the year.

- Coby Stites

Upcoming Events

Boat Dedication: Saturday, March 10, 12 p.m., Green Lake Small Craft Center

Spring Auction: Saturday, April 7, 6-9 p.m., Nile Country Club

Spring Awards Banquet: Wednesday, May 23, 6-9 p.m., Nile Country Club

Save the Date!

70th Anniversary Homecoming

Mark your calendar and tell your friends to join us on November 17, 2018, at Museum of History & Industry for the 70th Anniversary Celebration of Green Lake Crew!



The Proposed Green Lake Community Boathouse

The Course to a New Boathouse

Plans for our new boathouse took several major steps forward in 2017! We started the year strongly, leveraging money raised from a City matching grant to complete a number of planning studies and to hire a partner, the Ostara Group, to help us lay a solid foundation for our capital campaign.

In late spring 2017 we also hired Schacht Aslani Architects to do a deep dive into the condition of our current facilities and develop a realistic and achievable plan for our future program needs. With input from the boathouse committee, staff and coaches, the architects developed a series of options ranging from a modest remodel of our existing buildings to full replacement.

Our preferred scheme retains yet repurposes the existing shell house and replaces the curved boathouse entirely with a new, 11,000-square-foot, two-story boathouse. The first floor will house the fleet (with room to grow) while the second floor will house new locker and restroom facilities, a large multipurpose room (for training, teaching, meetings and small events) and facilities for the coaches, staff and volunteers.

A new lobby will be positioned to face the park path and the entire facility will better integrate with the park with views from the park into the boat bays. The project will also replace at least one of the major docks and we are hoping to include improved launch docks to eliminate the need for manually launching the safety launches every day.



The total project estimate (including design, permits and construction) is \$6 – 6.5 million. We have looked at the available sources of funding and are targeting about \$1M in county, state and federal grants, about \$2M through our capital campaign with the balance to be matched from the City's Major Projects Challenge Fund.

The key to the project will be our ability to make progress in 2018 on the capital campaign. To that end we are pleased to announce our campaign co-chairs, Bob and Lisa Ratliffe and Bob and Erin Christie.

It's going to take a total Green Lake team effort to make this a reality but we are excited by the opportunity to reconnect with our seven decades of alumni and supporters and give them the opportunity to help see the program prosper for the next 70 years!

- Mike Stanley

The Boathouse Project— How you can help

To make this project a reality we will all need to chip in. You can help by:

- Spread the word! Encourage your teammates, friends and family to sign up for our mailing list
- Volunteer! We need help with marketing, fundraising and grant writing!
- Contribute! You can already donate right through our website

Volunteer Opportunities

Volunteers play a significant part in the success of our programs. One of the great things about our community is it gives us the opportunity to “pay it forward” and give back to a program that has done so much for us, our families and our community.

With a very busy 2018 ahead, both the RAC and FOGLC are looking to add key volunteers. If you have an interest in any of the following please let us know:

- Serve on the RAC
- Event Volunteers Committee
- Communications
- Development/Fundraising
- Alumni Outreach
- Club History

Friends of Green Lake Crew

The Friends of Green Lake Crew is an independent 501(C)3 formed in 2009 to provide long term financial support to Green Lake Crew. The board oversees our major endowments, helps keep in touch with our alumni and supports the biannual trips to the Henley by the girls and boys programs.

Barry Ziker, President

Steve Todd, '95, Treasurer

Arllys Osborne

Bob Ratliffe

Eryn Boyles-Ilk, '95

Matt Marshall, '84

Mike Stanley

Nat Hopper, '98

Staff and Coaches

Jason Frisk, Program Director

Alyssa Smith, Assistant Director

Tami Oki, Program Assistant

Coby Stites, Girls Coach

Scott Selfridge, Boys Coach

Tom Kicinski, Assistant Girls Coach

Alika Ziker, Assistant Boys Coach

Lily Britain Ausetz, Novice Girls Coach

Hayden Overturf, Novice Boys Coach

Malorie Stites, Assistant Coach

Naomi Medley, Asst Novice Girls

Jack Gerhard, Asst Novice Boys

Avery Brown, Masters Coach

Lexi Jaeger, Asst Masters Coach

Leah Shamlian, Asst Masters Coach

Shelly Bull Bennett, Masters Coach

Friends of Green Lake Crew

The Friends of Green Lake Crew (also known as "FOGLC") is an independent 501(c)3 charitable organization formed in 2009 to support Green Lake rowers, coaches, and alumni. Originally formed to help with funding for the annual Henley trip taken by the boys and girls of Green Lake Crew, we have expanded our mission to include stewardship of the program's endowments; fundraising for the planned boathouse and to help rowers pay for travel and regattas; hosting alumni events and connecting alumni; and increasing community awareness of rowing.

In 2017 we hosted alumni events at Opening Day and the Summer Extravaganza. We also sponsored our own 8+ (and won) the Corporate Cup at the Summer Splash event, helping the Pocock Foundation raise much needed funds to support disadvantaged youth rowers throughout Seattle.

Also last year we were pleased that income from the Carl Lovsted endowment helped offset a portion of travel costs for our juniors attending Northwest Regionals. We were also pleased to report a major, \$60,000 donation from the Lafromboise Foundation to the Jean K. Lafromboise Endowment. That gift, made possible by the foundation's Executive Director and longtime Green Lake supporter and former coach Frank Coyle, will continue to help keep our kids rowing in some of the best equipment in the nation.

As we embark on 2018, we are planning to sponsor a series of alumni events to celebrate the 70th anniversary of the program. The highlight will be a 70th birthday bash on November 17, 2018 at the Museum of History & Industry. Please save the date!

- Barry Ziker

Masters Report

The fall season brought big changes for Matt Oclander, our good friend and coach, as he accepted a coaching position in Oklahoma City. With Matt on his way to OKC, the masters were fortunate to have Alika, Avery, Lexi and Naomi in the launches to bring their passion and energy to the coaching roles and to prepare us for the races ahead!

First up: Row for the Cure on Lake Union. The masters fielded four boats with a M8+, W8+, Mx8+ and M1x. All crews competed well and more importantly showed their support for breast cancer research by making a meaningful financial contribution and sporting some of the most outrageously pink outfits on the water that day.

Next up was the Head of the Charles in Boston where the masters were represented by three boats (M4+, W4+ and M1x) for what turned out to be one of the warmest Head of the Charles regattas on record and blue skies from start to finish. The crews all performed very well, with the W4+ boat (Coxswain Alex Kaiser, Cate, Alicia, Patty, Christine) finishing in 10th place and earning Green Lake a guaranteed invitation to return next year in the W4+ event.

The masters 2017 racing season came to a close with the traditional Frostbite / Head of the Lake weekend. We had a great showing at Frostbite this year entering 13 boats in eight events and bringing home 10 medals.

The following day the masters launched two Mx8+ boats to compete at the Head of the Lake. The crews had worked hard all fall to prepare for Seattle's iconic headrace but Mother Nature had different ideas, causing frigid wind and waves to commence an assault on the boats and crews. With a few boats swamped the races were called as we approached the start. Our crews made it back to the dock a little discouraged but after drying off and warming up began looking to next year.



Alex Grummer

Women's 4+ in Boston—Back next year!

The fall season ended with exciting news that Nick Fradkin would be taking on a new role with the masters program as "Masters Rowing Coordinator." Nick's passion for building a strong and successful Green Lake Masters program and his incredible organizing skills will be a great asset to everyone who participates in the program. The future looks bright for 2018 and beyond. Go Green Lake!

- Scott Gannon and Sara Savage

Alumni Spotlight—Joe Ratliffe

I graduated from Seattle Preparatory High School in 2016, rowing at Green Lake Crew between 2010–2016. Green Lake had a huge impact on my development as a student athlete, teaching me to work hard both in school and in rowing, which eventually led to my recruitment to be a lightweight rower at Princeton.

At Princeton, I am studying Economics with minors in Computer Science and Entrepreneurship, and I have been able to compete at the highest level of collegiate rowing at the 2017 IRA National Championships in the Men's Lightweight 4+. After finishing at IRAs, I was lucky enough to come home and coach novices at GLC over the summer.

The Green Lake family has taught me more lessons than any classroom I have ever been in, and those lessons are ones that I have been able to carry into all aspects of my life.



Joe Ratliffe (3 Seat) at the 2017 IRA's

“Pull hard, go fast, have fun!”

The Lasting Gifts of Ed and Karen Maxwell

2017 marks the end of an era at Green Lake. With Ed and Karen Maxwell stepping away as GLC coaches this past fall season, that claim is not an exaggeration. After all, Karen began as a GLC masters coach in 1985, and Ed became our varsity boys coach in 1986. A great many GLC now middle-aged junior rowers recall dancing at Karen and Ed's wedding in 1986! For well over thirty years, and for boatloads of rowers and coaches throughout the Northwest, “Maxwell” has meant GLC, and GLC has meant “Maxwells.”

Karen's Green Lake tenure began in 1985 (though she did take a break from GLC for several years in the '90s to serve as Varsity Women's Coach at Pacific Lutheran). Early on, Karen coached both GLC masters and juniors, but as the years passed her special area of expertise became the novice, lightweight and 3V/4V junior girls. Think about that: We're not talking here about “the first boat” — the kids who go to Boston or Nationals. Karen year-in and year-out coached and mentored the kids who might not thrive without the encouragement — and sometimes the butt-kicking — needed to keep coming back every day, to get better — to begin tapping the potential that all “our kids” have.

Ed transitioned quickly into coaching after rowing and graduating from MIT in 1982. Following brief coaching stints with WWU and a regional women's lightweight crew (that qualified for FISA's world championship), Ed soon began to put his imprint on GLC's junior programs. The racing results over three decades are too voluminous to detail. Highlights? GLC's top boys eight reached the podium 29 out of 33 tries at the NW Junior Regional

Championships; 66 gold medals at Regionals in events beyond “the eight;” three first-place finishes at the San Diego Crew Classic; 11 first-place finishes at the junior national championships in a variety of events; six “top ten” finishes at Head of the Charles. And speaking of the Head of the Charles, it was Ed's idea — and effort — that got GLC's juniors to HOOCR in the first place. Same is true of course for the juniors' now-annual trip to Henley.

Ed retired from his day job at Boeing last fall, and he and Karen will be moving to Walla Walla in this spring when construction of their new house is complete. Their son, Drew, works and lives there now and was recently engaged. So begins the next chapter for Ed and Karen. Ed has taken on the job of West Coast rep for Vespoli USA, so he'll be easy enough to find if you're attending a regatta in the spring. Karen's new hip is mending nicely, but certainly when spring crew begins for the junior girls, her absence will be felt immediately.

Reminiscing recently about their decades at Green Lake, Ed and Karen told us, “You know, you're going to miss us.” They are, of course, right. How could it be otherwise after a combined 60+ years? Find 'em on Facebook, share some of your memories with them — and thank them (as we do here) for all they've done for so many of us — coaching colleagues, parents, rowers.

Maxwells, as you did for so many years at Green Lake, continue to “Pull hard, go fast, have fun!” We hope to see you occasionally “down at the lake.”

- Tim Amen

Ed Maxwell A Winning Legacy

Junior Nationals 8+

27 Appearances
6 Gold, 4 Silver, 7 Bronze

Junior Nationals 1x

1 Gold

NW Junior Regionals - All Classes

157 Entries
86 Gold, 26 Silver, 20 Bronze

Head of the Charles

18 Appearances
4 top-4 finishes
5 top-10 finishes
5 top-15 finishes
2 top-20 finishes

Henley Royal Regatta

2005, 2007, 2009, 2011, 2013, 2015,
2017

San Diego Crew Classic

10 Appearances
3 Gold, 3 Silver, 2 Bronze

Matt Oclander Heads to OKC



Alex Grummer

It's well known that Green Lake Crew (GLC) opens doors for people, many discovering the beauty and power of rowing for the first time on our waters. However, the select few who enable this discovery — our talented coaches — often experience growth of their own here.

For the better part of the last three years, Matt coached Green Lake Adult Crew (GLAC) and helped fill various roles with Green Lake Junior Crew (GLJC), while picking up as many other coaching gigs around Seattle as he could — from learn-to-row classes at Lake Washington Rowing Club (LWRC) to collegiate-level crew at Seattle University (SU).

Absolutely passionate about rowing, Matt, who graduated from Seattle Pacific University (SPU) last year, took the road less traveled and continued to follow his passion, opening doors to rowing for dozens of Seattleites. In doing so, however, he ultimately saw a door open for himself. This past September, Matt transitioned from coaching GLAC to a role that any 23-year-old with full-time coaching aspirations would envy: Head Coach and Manager, Junior Boys Crew, and Equipment Manager/Boatman, at OKC RIVERSPORT in Oklahoma City. The USRowing National High Performance Center on the Oklahoma River is designated as one of only a few U.S. Olympic and Paralympic Training Sites by the U.S. Olympic Committee.

Just weeks after his departure, several GLC rowers had the opportunity to see Matt in action, coaching his new team at the Head of the Charles Regatta. Although we already miss Matt, his contributions made GLAC a better team, and we wish him the very best in his promising coaching career.

- Nick Fradkin



Lenny Kong

Spring Schedule

March 17	Spring Regatta—Green Lake
March 31	Husky Open—Montlake Cut
April 7-8	Sammamish Dual
April 15	Rose City Invitational—Vancouver, WA
April 21-22	Sammamish Open
April 27-29	Brentwood Regatta, Vancouver Island, BC
May 5	Opening Day—Montlake Cut
May 17-20	NW Junior Regionals, Vancouver, WA
June 8-10	Junior Nationals, Sacramento, CA

The Green Lake Rowing Advisory Council, in partnership with Seattle Parks, oversees the programs of the Green Lake Small Craft Center. The Council is organized to provide means and promote opportunities for the education of the public, with emphasis on youth, in the Greater Seattle Area, with respect to the sport and skills of rowing.

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Lenny Kong