



USRowing® E-magazine

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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.**

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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.**

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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.**

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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.**

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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.**



The U.S. women's eight at the start of the 2010 World Rowing Championships. The crew of coxswain Mary Whipple, Kady Glessner, Meghan Musnicki, Eleanor Logan, Esther Lofgren, Taylor Ritzel, Jamie Redman, Amanda Polk and Anna Goodale went on to win a fifth-consecutive world title.

American Girl

Story by Ed Moran

Photos by Allison Frederick

When Anna Goodale was still a high school junior, her father read her parts of a magazine article he had found on women's rowing in college and the opportunities that existed.

Goodale was on a 10-day, 21-college tour of schools when Nat Goodale told his daughter about the article. It explained the growing opportunities for women who wanted to row in college, about Title IX, scholarship availability and how women's college rowing was growing. Goodale listened and was interested, but she was more focused on finding the right school to attend to study art.

"My father saw an article in some magazine that said women's rowing was becoming very compet-

itive and very strong," said Goodale. "He said they are looking for tall, athletic women. He looked at me and said, 'I think you'd be good at that. You should look into this rowing thing.' I thought, yeah, well, I'm just going to go to school and figure out my art thing first." Goodale landed at Syracuse University in 2001 and became a perfect example of what was happening in women's rowing and what has been going on since the NCAA added women's rowing as a varsity sport in 1996.

Just by being tall and athletic, she was recruited on campus, and before the end of her freshman year, she was going to school for free and rowing in a Division I program. Goodale didn't know at the time

that she was on a path that would lead her to an Olympic gold medal and five consecutive world championships with the U.S. women's rowing team, the most recent at the 2010 World Rowing Championships at Lake Karapiro, New Zealand.

"Title IX is the reason why I'm able to say that I'm an Olympian and an Olympic gold medalist," said Goodale. "I don't think I would have had the chances that I have had without that. Without Title IX, women's rowing wouldn't be where it is today."

Every year since she made her first national team in 2005, Goodale watched the development of women's rowing continue to grow and saw younger and younger women ready to step out of

college and onto the international stage.

She won her last world championship this fall in New Zealand in a boat with four women who had never rowed in the eight at a world championships and two who were on their first senior national team.

"This year we had a very young boat compared to some of the boats in the past and it was really amazing to see the level of experience. Even though these

girls were four, five or six years younger than me, they had so much experience.

"You knew they weren't going to crack up and freak out about going up against different countries. Everybody had a maturity that I think only comes with experience. To have that experience that first year of the senior team really puts us miles ahead of where we

"Title IX is the reason why I'm able to say that I'm an Olympian and an Olympic gold medalist. I don't think I would have had the chances that I have had without that. Without Title IX, women's rowing wouldn't be where it is today."

were six years ago."

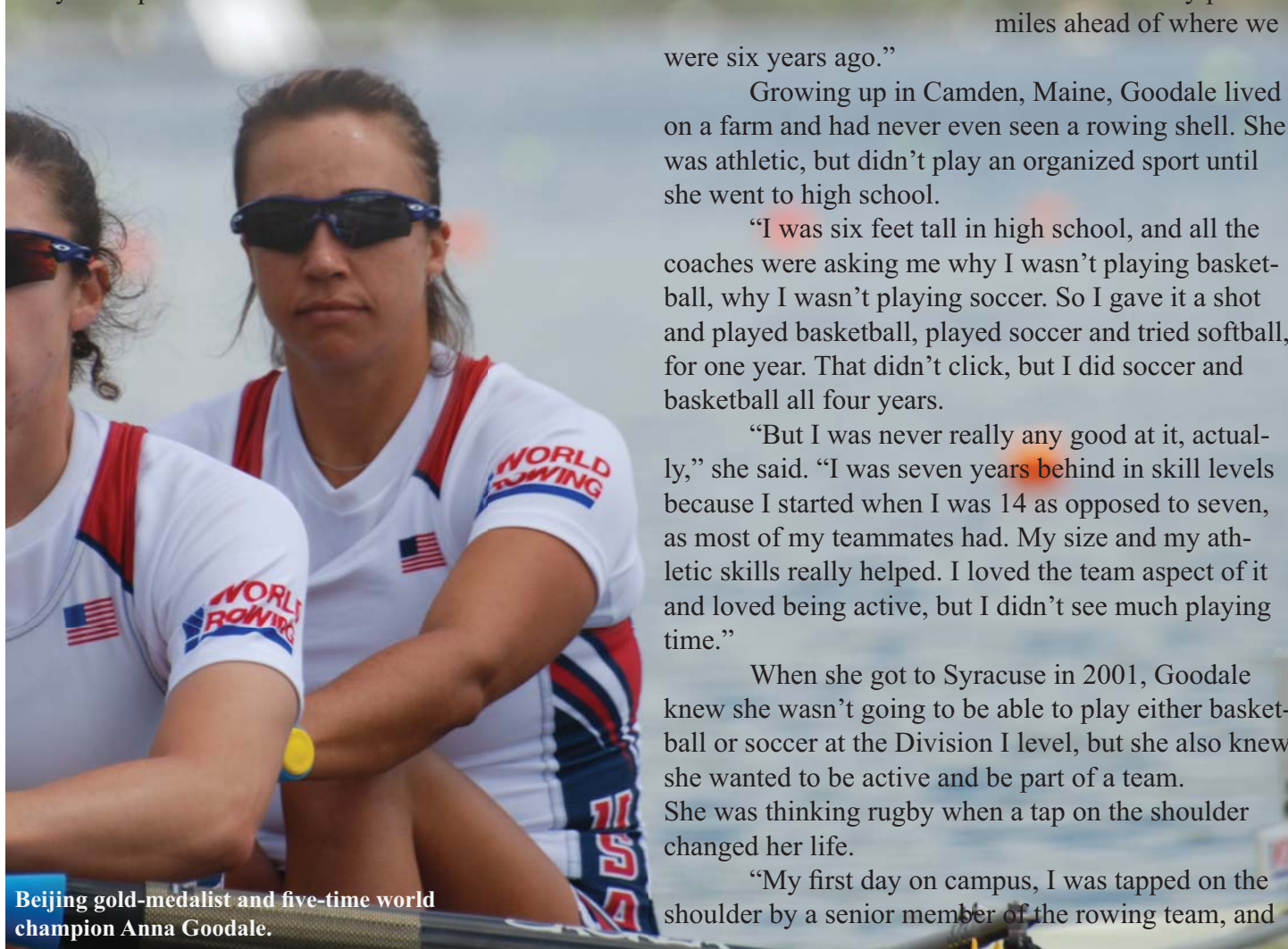
Growing up in Camden, Maine, Goodale lived on a farm and had never even seen a rowing shell. She was athletic, but didn't play an organized sport until she went to high school.

"I was six feet tall in high school, and all the coaches were asking me why I wasn't playing basketball, why I wasn't playing soccer. So I gave it a shot and played basketball, played soccer and tried softball, for one year. That didn't click, but I did soccer and basketball all four years.

"But I was never really any good at it, actually," she said. "I was seven years behind in skill levels because I started when I was 14 as opposed to seven, as most of my teammates had. My size and my athletic skills really helped. I loved the team aspect of it and loved being active, but I didn't see much playing time."

When she got to Syracuse in 2001, Goodale knew she wasn't going to be able to play either basketball or soccer at the Division I level, but she also knew she wanted to be active and be part of a team. She was thinking rugby when a tap on the shoulder changed her life.

"My first day on campus, I was tapped on the shoulder by a senior member of the rowing team, and



Beijing gold-medalist and five-time world champion Anna Goodale.

Women's Rowing

she said, 'You should definitely be a rower and come and give this a shot.' I knew I didn't have a shot at playing basketball or soccer, but I also knew that I wanted to be active. So I definitely thought I'd try it. I remember sitting in on the meeting and the rest is history."

Goodale was a walk-on novice, but she was also a gifted athlete capable of big performances on a rowing machine. Toward the middle of her freshman year, Goodale was thinking about transferring to Brown University.

"Out of moral obligation, I went in to my coach. It took me weeks to go in and tell her I was thinking about leaving. The next week she called me back into her office and said, 'You know, Anna, we really want you to stay, and we'd like to make your time here as comfortable as possible, so we'll pick up the check.' That was quite a surprise, actually. But it was a

fantastic surprise," said Goodale.

Goodale's coaches kept encouraging her and convinced her to attend a pre-elite camp that first summer of college. She said she never made a boat, but the camp put her on the radar and sealed her love of the sport.

"I had fallen in love with rowing at that point," she said. "I was still trying to get my hands around it, but the biggest thing that I remember coming away from that camp was thinking, these are my people."

She skipped a summer and was three days away from going to Amsterdam to row in the summer of her junior year when she got a call from U.S. coaches asking her if she was planning on attending the camp.

Her first thought was "what camp?" She had not been contacted and could find no information. It was Memorial Day weekend and the USRowing of-



office was closed. Finally, after a series of frantic phone calls, Goodale learned she had been invited to try out for the non-Olympic world championship four.

She went to the camp, finished second at trials and did not make the boat. But she did earn a seat in an eight that was put together to train against the U.S. women's eight that was heading to the 2004 Olympic Games in Athens, Greece.

"Those were some of my greatest moments from that year," she said. "We had nothing to lose, and we were playing against and racing against this amazing group of athletes. I held each one of them on such a pedestal, and it was so neat to be a part of that.

"Then I had to go back to school and (U.S. women's head coach Tom Terhaar) said, 'Just keep doing what you're doing and keep getting in shape and don't think about it much. Think about being in college and rowing in college because you will never have an opportunity like that again.'"

The next summer, after finishing her collegiate rowing career at the NCAA Championships, Goodale made her first U.S. National Team in 2005. She has been on the team every year since, competing in five consecutive world championship eights, including the one that won gold at the 2008 Olympic Games.

Goodale retired after last year's world championships but during her years on the team, Goodale witnessed what NCAA rowing has done for women's rowing in the United States. Every year, the camps are filled with more young women who have rowed at the highest level, including internationally on under 23 national teams, particularly in the years following the 2008 Olympics.

"When I came back in 2009, it was like, 'Wow, there was this whole slew of young girls,'" said Goodale. "In 2008, the U.S. under 23 eight had done well at worlds and all but one of them came to Princeton wanting to row on the senior national team.

"There was an influx of young faces that had been working out at the elite level for just about as long as I had through rowing for their college programs and then going international in the summers. It's really incredible and exciting to see the potential that brings."



Opposite page: Members of the women's eight on the podium at the 2009 World Rowing Championships in Poznan, Poland. Above: Anna Goodale addresses the public at a 2009 Olympic Day celebration in Princeton, N.J.



Since the passage of Title IX, increases in athletic participation for both males and females have occurred at the high school and collegiate levels.

In 1970, only one out of every 27 high school girls played varsity sports. Today, that figure is one in 2.5.

Female high school participation increased from 294,015 in 1971 to 2,472,043 in 1997.

College participation has more than tripled, from 31,000 to 128,208.

(Source: Women's Sports Foundation, www.womenssportsfoundation.org, published May 26, 2005.)