

Whats up Shaker rowers,

Long time no talk. For those of you that don't know me, I graduated from Shaker last year after having rowed there for three years. I'm just writing to update you guys cuz I haven't been able to come home for a while to see you. Those of you that I've had the pleasure of rowing with, know that I miss you guys a lot! I'm here at Dartmouth College, and am coxing for the lightweight men. Coxing is so different from rowing, but when you're 5'3" and weigh 114, there's not much chance of rowing for a school that has no lightweight women's squad. The transition from high school to college was rough, really rough, but really exciting too. It's a big world out there and as they say, Shaker is a bubble. Those of you thinking about rowing in college, go for it. It's one of the best experiences ever, but fair warning, you will be tested for limits you never knew you had. There's no sympathy for people who don't work hard. You're either in or out. Seniors, start training now, and train all summer to get those 2k and 5k scores down, my friend Kate Davison here (from the Junior National team and is an open weight) rowed a 6:58 2k for her last PR. The range of scores was from 6:58 to 8:23 here. If you're thinking about rowing in college, don't take it lightly. It's not hard if you are willing to go the distance. Division I schools all look for girls who drive themselves hard. If you're willing to work, you're all set. I've realized that the major difference between high school and college is the main goal of winning. College is all about winning, not fun. Each school has a reputation to uphold and unless you're MIT, all schools have a decent chance of winning continuously.

Coxswains, know your stuff. that's all there is to it. Don't mess up. Most coaches think of coxswains as part of the boat, something not to be bothered with unless it's broken. I got no training from my coach through the fall and most of the winter. I learned to cox from the internet, friends, and suggestions. My competition, Alex (the other lightweight coxswain), was recruited from Canada. He'd coxed for more than 4 years and was top of the line ... the only thing was, he didn't work hard. He got big, he weighs about 140 now (we're supposed to be 125) and skipped winter practices. I saw an opportunity there and worked my butt off all winter to get into the first boat. And my coach appreciated it. I coxed the first freshmen 8+ at our first regatta during spring training and won my first gold medal. Overall, Alex decided to put some effort in and won back the 8+(we seat race a lot), but I saw that I did at one point beat out a recruited coxswain, simply by sheer willpower. The point of this rant is that crew is majorly scary, just like all of college, but at the same time, it pays off by making you so much stronger- physically and mentally. And if you work for it, medals and betting shirts are a nice reward. Alright, I think this thing is long enough and I hope I didn't scare/offend anyone with this stuff that sounds a whole lot like I'm bragging. Hm. Hope it didn't come across like that, just wanted to warn you all of what's to come. From what I remember of Shaker, there's no reason why any of you WOULDN'T make a first boat in college if you put the time and work in to get into prime shape. Pump it up Shaker!

I hope that everyone is having a great time with the regattas and taking care of school first and foremost (some of my guys forget that here sometimes). We raced Harvard and MIT two weekends ago, coming in second in all events to Harvard, but blowing MIT out of the water. We raced Yale and Rutgers this past Saturday, overall coming in second to Yale, but my boat (the second freshman 4+) was the only one that won their event. We raced Columbia on Sunday and Dartmouth swept all events. Check out row2k.com for collegiate race results! Wish us luck as we race Cornell next weekend.

Man, I have never been so competitive in my life. No more Ms. Nice Guy.

Always,

Theresa

P.S. If you have any questions, email me at theresa.lee@dartmouth.edu (email, called blitz, is the only way people talk to each other here. it's like a cell phone)

Theresa Lee was a captain of the Shaker Crew in the 2002-2003 season.