



2026 World Rowing Championships Media Guide

August 24-30

Amsterdam, The Netherlands

Press Officers

Carolyn Glandorf

Marketing and Communications Coordinator
carolyn.glandorf@usrowing.org, (617) 680-3497 (c)

Gail Zaharek

USRowing Director of Marketing and Communications
Onsite Contact
gail.zaharek@usrowing.org

2026 World Rowing Championships Roster

Name (Boat Position) (Hometown/College/Affiliation)

(Lineups subject to change)

Men's Single Sculls

Sam Melvin (Huntington Beach, Calif./Columbia University)

Women's Single Sculls

Lauren O'Connor (Belleville, Wis./University of Wisconsin/ARION)

Lightweight Men's Single Sculls

Justin Schmidt (Westport, Conn./University of Delaware)

Lightweight Women's Single Sculls

Claire Friedlander (Narberth, Pa./University of Wisconsin)

Lightweight Men's Double Sculls

Jamie Copus (s) (Winnetka, Ill./Oxford Brookes University)

Sean Richardson (b) (Beverly, Mass./University of Massachusetts)

Men's Pair

Blake Vogel (s) (Mars, Pa./ University of Washington)

Samuel Halbert (b) (Redmond, Wash./University of Washington)

Women's Pair

Mia Levy (s) (Des Moines, Iowa/Yale University)

Regina Salmons (b) (Methuen, Mass./University of Pennsylvania)

Men's Double Sculls

James Fetter (s) (Palo Alto, Calif./Stanford University)

Willem Drescher (b) (Gainesville, Va./Virginia Commonwealth University)

Women's Double Sculls

Grace Joyce (s) (Northfield, Ill./University of Wisconsin)

Isa Darwin (b) (Madison, Wisconsin/University of Wisconsin)

Mixed Double Sculls

Sophia Vitas (s) (Franklin, Wis./University of Wisconsin)

Cedar Cunningham (b) (Renton, Wash./Washington State University)

PR2 Mixed Double Sculls

Chance Quarry (s) (Rancho Palos Verdes, Calif./University of California, Berkeley)

Natalie Vorel (b) (Oklahoma City, Ok.)

Men's Four

Pieter Quinton (s) (Portland, Ore./Harvard University)

Chris Carlson (3) (Bedford, N.H./University of Washington)

Peter Chatain (2) (Winnetka, Ill./Stanford University)

Gus Rodriguez (b) (Rye, N.Y./Brown University)

Women's Four

Kate Knifton (s) (Austin, Texas/University of Texas)

Teal Cohen (3) (Dallas, Texas/University of Washington)

Azja Czajkowski (2) (Imperial Beach, Calif./Stanford University)

Molly Bruggeman (b) (Dayton, Ohio/University of Notre Dame)

PR3 Mixed Four with Coxswain

Hannah Diaz (c) (Seattle, Wash./Princeton University)

Alex Flynn (s) (Wilmington, Mass./Tufts University)

Max Allemeier (3) (Marietta, Ga.)

Skylar Dahl (2) (Minneapolis, Minn./University of Virginia)

Gabriella Bigler (b) (San Diego, Calif./San Diego Rowing Club)

Men's Quadruple Sculls

Ben Davison (s) (Inverness, Fla./University of Washington)

Cedar Cunningham (3) (Renton, Wash./Washington State University)

Jacob Plihal (2) (Vashon Island, Wash./Northeastern University)

James Wright (b) (Philadelphia, Pa./Stanford University)

Women's Quadruple Sculls

Emily Kallfelz (s) (Jamestown, R.I./Princeton University)

Sophia Vitas (3) (Franklin, Wis./University of Wisconsin)

Evan Park (2) (Bend, Ore./Oregon State University)

Kristi Wagner (b) (Weston, Mass./Yale University)

Men's Eight

Rachel Rane (c) (Glencoe, Ill./University of Texas)
Josh Diggons (s) (Ocean City, N.J./Drexel University)
Nate Phelps (7) (Ridgefield, Conn./Princeton University)
Sam Sullivan (6) (Boston, Mass./University of Pennsylvania)
Madison Molitor (5) (Moses Lake, Wash./University of Washington)
Billy Bender (4) (Norwich, Vt./Dartmouth College)
Wilson Morton (3) (Summit, N.J./University of California, Berkeley)
Charles Fargo (2) (Winnetka, Ill./Brown University)
Mike Herman (b) (Washington, D.C./University of San Diego)

Women's Eight

Nina Castagna (c) (Cincinnati, Ohio/University of Washington)
Etta Carpender (s) (Denver, Colo./University of Texas)
Alexandria Vallancey-Martinson (7) (Corvallis, Ore./United States Naval Academy)
Camille VanderMeer (6) (Elmire, N.Y./Princeton University)
Claire Collins (5) (McLean, Va./Princeton University)
Jess Thoennes (4) (Highlands Ranch, Colo./University of Washington)
Charlotte Buck (3) (Nyack, N.Y./Columbia University)
Megan Lee (2) (Natick, Mass./Duke University)
Dahlia Levine (b) (Ardmore, Pa./Brown University)

Mixed Eight

Rachel Rane (c) (Glencoe, Ill./University of Texas)
Kate Knifton (s) (Austin, Texas/University of Texas)
Chris Carlson (7) (Bedford, N.H./University of Washington)
Peter Chatain (6) (Winnetka, Ill./Stanford University)
Pieter Quinton (5) (Portland, Ore./Harvard University)
Gus Rodriguez (4) (Rye, N.Y./Brown University)
Teal Cohen (3) (Dallas, Texas/University of Washington)
Azja Czajkowski (2) (Imperial Beach, Calif./Stanford University)
Molly Bruggeman (b) (Dayton, Ohio/University of Notre Dame)

Alternates

Leo Bessler (Tacoma, Wash./Harvard University)
Holly Drapp (Tampa, Fla./University of Washington)
Alina Hagstrom (Seattle, Wash./Oregon State University)
Margaret Hedeman (Concord, Mass./Yale University)

Andrew LeRoux (Venice, Fla./Princeton University)
Jesse Ryno (Alpine, N.J./Georgetown University)

Coaches

Fiona Bourke
Eric Catalano
Sergio Espinoza
Jesse Foglia
Casey Galvanek
Dave Lefebvre
Jasper Liu
Michael Martinov
Caitlin McClain
Ellen Minzner
Beth Noll
Tom Siddall
Josy Verdonkschot

Staff

Will Daly
Kaity Jackson
Geoff Keller
Deirdre McLoughlin
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Matthew Provencher, MD
Peter Wenger, MD
Wendy Wilbur

About the Venue

The Bosbaan was established in the 1930s and officially opened on June 12th, 1937, making it one of the oldest man-made rowing courses in the world. It is an eight lane course with a depth of 2.2 meters. and a lane width of 12.8 meters. The course spans a total of 2300 meters. The course includes an athletes' village (with a restaurant, rest area, gym, and a message area), a grandstand, an expo area, a boathouse, and a fan zone.

To improve the experience for the teams, the venue has been recently renovated for the 2026 World Rowing Championships. The Championships will enjoy a newly dredged course, updated facilities used for the athlete rest area, changing rooms and showers, and refurbished start and finish towers.

The venue has previously hosted many national, regional and international events and competitions, including two previous World Rowing Championships in 1977 and 2014.

About the Event

Rowing events at the 2026 World Rowing Championship will take place August 24-30. The seven-day regatta offers 23 events. The U.S. will be competing in 19 events.

Men (M): 1x, 2x, 2-, 4x, 4-, 8+

Women (W): 1x, 2x, 2-, 4x, 4-, 8+

Lightweight Men (LM): 1x, 2x

Lightweight Women (LW): 1x, 2x

Mix: Mix2x, Mix8+

Para-Rowing: PR1 M1x, PR1 W1x, PR2 Mix2x, PR3 Mix2x, PR3 Mix 4+

Important Links

World Rowing Website

<https://worldrowing.com/>

2026 World Rowing Championships Events Page:

<https://worldrowing.com/event/2026-world-rowing-championships>

USRowing Website: <https://usrowing.org/>

Event Press Releases

The most up-to-date event information is available at <https://usrowing.org>.

Press releases and a limited selection of event photos for editorial use are available by contacting the USRowing Communications Department. To be placed on USRowing's media distribution list, please email media@usrowing.org.

Rowers by State (48)

California (4)

Gabriella Bigler
Azja Czajkowski
Sam Melvin
Chance Quarry

Colorado (2)

Etta Carpender
Jess Thoennes

Connecticut (2)

Nate Phelps
Justin Schmidt

Florida (3)

Ben Davison
Holly Drapp
Andrew LeRoux

Georgia (1)

Max Allemeier

Illinois (5)

Peter Chatain
Jaime Copus
Charles Fargo
Grace Joyce
Rachel Rane

Iowa (1)

Mia Levy

Massachusetts (6)

Alex Flynn
Margaret Hedeman
Megan Lee
Sean Richardson
Sam Sullivan
Kristi Wagner

Minnesota (1)

Skylar Dahl

New Hampshire (1)

Chris Carlson

New Jersey (3)

Josh Diggons
Wilson Morton
Jesse Ryno

New York (3)

Charlotte Buck
Gus Rodriguez
Camille Vandermeer

Oklahoma (1)

Natalie Vorel

Ohio (2)

Molly Bruggeman
Cristina Castagna

Oregon (3)

Pieter Quinton
Evan Park
Alexandria
Vallancey-Martinson

Pennsylvania (4)

Claire Friedlander
Dahlia Levine
Blake Vogel
James Wright

Rhode Island (1)

Emily Kallfelz

Texas (2)

Teal Cohen
Kate Knifton

Vermont (1)

Billy Bender

Virginia (2)

Willem Drescher
Claire Collins

Washington (7)

Leo Bessler
Cedar Cunningham
Hannah Diaz
Alina Hagstrom
Samuel Halbert
Madison Molitor
Jacob Plihal

Washington D.C. (1)

Michael Herman

Wisconsin (3)

Isa Darwin
Lauren O'Connor
Sophia Vitas

Rowers by University (49)

Brown University (3)

Charles Fargo
Dahlia Levine
Gus Rodriguez

Columbia University (2)

Charlotte Buck
Sam Melvin

Dartmouth College (1)

Billy Bender

Duke University (1)

Megan Lee

Drexel University (1)

Josh Diggons

Georgetown University (1)

Jesse Ryno

Harvard University (2)

Leo Bessler
Pieter Quinton

Northeastern University (1)

Jacob Plihal

Oregon State University (2)

Alina Hagstrom
Evan Park

Oxford Brookes University (1)

Jamie Copus

Princeton University (6)

Claire Collins
Hannah Diaz
Emily Kallfelz
Andrew LeRoux
Nathan Phelps
Camille VanderMeer

Stanford University (3)

Peter Chatain
Azja Czajkowski
James Wright

Tufts University (1)

Alex Flynn

United States Naval Academy (1)

Alexandria
Vallancey-Martinson

University of California, Berkeley (2)

Wilson Morton
Chance Quarry

University of Delaware (1)

Justin Schmidt

University of Massachusetts (1)

Sean Richardson

University of Notre Dame (1)

Molly Bruggeman

University of Pennsylvania (2)

Regina Salmons
Sam Sullivan

University of San Diego (1)

Michael Herman

University of Texas (3)

Etta Carpender
Kate Knifton
Rachel Rane

University of Virginia (1)

Skylar Dahl

University of Washington (9)

Chris Carlson
Cristina Castagna
Teal Cohen
Ben Davison
Holly Drapp
Samuel Halbert
Madison Molitor
Jess Thoennes
Blake Vogel

**University of Wisconsin
(5)**

Isa Darwin
Claire Friedlander
Grace Joyce
Lauren O'Connor
Sophia Vitas

**Virginia Commonwealth
University (1)**

Willem Drescher

**Washington State
University (1)**

Cedar Cunningham

Yale University (3)

Margaret Hedeman
Mia Levy
Kristi Wagner

Senior National Team Athlete Bios

Max Allemeier

PR3 Mixed Four with Coxswain

Birthdate: 10/14/2005

Hometown: Marietta, Ga.

Height: 6'1"

Weight: 185

Pronouns: he/him

High School: Walton High School

Club/Affiliation: US Rowing Training Center - Boston

Current Coach: Ellen Minzner

Training Location: Boston, Mass.

National Teams: Three- Paralympic, 2024; Senior, 2025-2026

National Results: Won the inclusive double sculls and finished 24th in the varsity eight at the 2023 USRowing Youth National Championships. Won the inclusive double sculls at the 2022 USRowing Youth National Championships.

International Results: Finished fourth in the PR3 mixed four with coxswain at the 2025 World Championships. Won silver at the 2025 World Rowing Cup I in the PR3 mixed four with coxswain. Won gold at the 2024 Royal Canadian Henley Regatta in the PR3 mixed four with coxswain. Finished second in the PR3 mixed double sculls at the 2024 Royal Canadian Henley Regatta.

Personal: Max enjoys playing and listening to music, as well as watching sports. Rowing found him - it was a sport that welcomed him and allowed him to compete on a team on the same stage with everyone else. He listened to the Rolling Stone Magazine top 500 albums and re-ranked them. His favorite movie is The Fantastic Mr. Fox. His favorite book is Demon Copperhead, and his favorite artist is OutKast.

William "Billy" Bender

Men's Eight

Birthdate: 6/9/2001

Hometown: Norwich, Vt.

Height: 6'5"

Weight: 200

Pronouns: he/him

High School: Hanover High School

Undergraduate Education: Dartmouth College, Civil Engineering, 2025

Current Club Affiliations: California Rowing Club

Current Coaches: Wyatt Allen, Mike Teti, Skip Kiehl

Training Locations: Oakland, Calif.

National Teams: Five – Under 23, 2021; Senior, 2023, 2025-2026; Olympic, 2024

International Results: Won bronze in the men's eight at the 2025 World Rowing Championships. Placed fourth in the mixed eight at the 2025 World Rowing Championships. Finished 10th in the pair at the 2024 Paris Olympics. Finished 10th in the pair at the 2024 World Rowing Cup II. Finished fifth in the pair at the 2023 World Rowing Championships. Earned silver in the eight at the 2021 World Rowing Under 23 Championships.

National Results: Won bronze in the eight at the 2025 IRA Championships. Finished third in the championship eight at the Head of the Charles. Won the pair at the 2024 U.S. Olympic & Paralympic Team Trials. Won the pair at the 2023 USRowing Senior National Team Trials. Finished second in the championship eight at the 2021 Head of the Charles Regatta. Finished third in the varsity eight at the 2021 IRA National Championships.

Personal: Billy enjoys hiking, downhill skiing, and crosswords. His next door neighbor was his novice coach and captain of Harvard's 1975 "Rude and Smooth" crew. He got Billy's older brother, who rowed for Colgate and went to under 23 worlds in the pair in 2013, hooked on the sport, and Billy followed. Billy lists the 2004 men's eight race in Athens as his favorite Olympic moment.

Leo Bessler

Men's Alternate

Birthdate: 10/21/2003

Hometown: Tacoma, Wash.

Pronouns: he/him

High School: Berllarmine Preparatory School

Undergraduate Education: Harvard University, Mechanical Engineering, 2026

Club/Affiliation: Commencement Bay Rowing Club

Current Coach:

Training Location: Cambridge, Mass.

National Teams: Two-U23, 2024; Senior, 2026

National Results: Finished seventh in the four with coxswain at the 2022 Youth National Championships. Won the four with coxswain at the 2022 Northwest Regional Championships. Won silver in the double sculls at the 2022 Northwest Youth Championships.

International Results: Won gold in the four with coxswain at the 2024 U23 World Championships.

Personal: Leo rowed all four years of high school with Commencement Bay Rowing Club. He served as the 2021 spring team captain.

Gabriella Bigler

PR3 Mixed Four with Coxswain

Hometown: San Diego, Calif.

Date of Birth: 10/16/2008

Height: 5'7"

Weight: 135

Pronouns: she/her

High School: Canyon Crest Academy

Current Club Affiliation: San Diego Rowing Club

Current Coach: Bobbie Smith and Patrick Kington

Training Location: San Diego, Calif.

National Teams: One- Senior, 2026

National Results: Finished eighth in the women's youth four at the 2026 Youth National Championships. Won gold in the youth PR3 inclusive double sculls at the 2025 and 2026 Youth National Championships. Earned silver in the mixed PR3 four with coxswain at the 2025 HEAd of the Charles.

Personal: Gabriella is also a competitive bodysurfer.

Molly Bruggeman

Women's Four and Mixed Eight

Hometown: Dayton, Ohio

Date of Birth: 6/19/1992

Height: 5'11

Weight: 170

Pronouns: she/her

High School: Chaminade-Julienne High School

Undergraduate Education: University of Notre Dame, Anthropology and Pre-Health (supplementary), 2014

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Twelve-Under 23, 2013-14; Pan American Games, 2015; Senior, 2016-19, 2022-2023, 2026; Olympic, 2020, 2024

International Results: Earned bronze in the women's eight and gold in the women's four at the 2026 World Rowing Cup III. Won gold in the women's eight and finished fourth in the women's pair at the 2026 World Rowing Cup II. Finished fifth in the eight at the 2024 Paris Olympics. Finished third in the eight at the 2024 World Rowing Cup II. Finished fourth in the four at the 2023 World Rowing Championships. Won gold in the four at the 2023 World Rowing Cup II. Finished fourth in the eight at the 2022 World Rowing Championships. Finished fifth in the quadruple sculls with coxswain at the 2022 World Rowing Coastal Championships. Served as an alternate at the Tokyo 2020 Olympic Games. Finished sixth in the four at the 2019 World Rowing Championships. Finished fourth in the four at the 2019 World Rowing Cup II. Finished fourth in the four at 2019 World Rowing Cup I. Won gold in the four at the 2018 World Rowing Championships. Finished fourth in the pair at the 2018 World Rowing Cup III. Finished fourth in

the four at the 2017 World Rowing Championships. Finished third in the eight and fourth in the four at the 2017 World Rowing Cup II. Placed second in the four at the 2016 World Rowing Championships. Won the pair at the 2015 Pan American Games. Won the four and eight at the 2014 World Rowing Under 23 Championships. Placed sixth in the quadruple sculls at the 2013 World Rowing Under 23 Championships. Placed sixth in the four at the 2012 World Rowing Under 23 Championships.

National Results: Finished second in the pair at the 2023 USRowing National Selection Regatta. Finished second in the pair at the 2023 USRowing Winter Speed Order. Finished third in the pair at the 2017 Spring Speed Order 1. Won the pair at the 2015 Pan American Games Trials.

Finished ninth in the eight at the 2014 NCAA Women's Rowing Championships. Finished sixth in the championship women's eight at the 2013 Head of the Charles. Finished 13th in the eight at the 2013 NCAA Women's Rowing Championships. Finished 16th in the varsity eight at the 2012 NCAA Women's Rowing Championships. Finished second in the senior eight at the 2011 USRowing Club National Championships. Finished fifth in the four with coxswain at the 2011 Head of the Charles. Finished sixth in the four with coxswain at the 2010 USRowing Youth National Championships. Finished fifth in the four with coxswain at the 2009 USRowing Youth National Championships. Finished fourth in the four with coxswain at the 2008 USRowing Youth National Championships.

Personal: Molly enjoys drinking coffee, playing Sudoku, dog sitting, hiking, and naps in her free time. Molly has four nieces and nephews whom she loves unconditionally. Her favorite color is blue. Molly has two brothers, a sister, and two sisters-in-law who lovingly tolerate her when she has to go erg in the basement over Christmas break. Her parents are her biggest fans, and she is theirs. Molly's mom and dad were the ones who encouraged her to come back to training and competing this year, and she is so happy that she did. They have supported Molly through it all. She majored in Anthropology and Pre-Health (supplementary).

Charlotte Buck

Women's Eight

Hometown: Nyack, N.Y.

Date of Birth: 2/15/1995

Height: 6'0"

Weight: 180

Pronouns: she/her

High School: Nyack High School

Undergraduate Education: Columbia University, Biology, 2018

Current Club Affiliation: New York Athletic Club, USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Six – Senior, 2022-23, 2025-2026; Olympic, 2020, 2024

International Results: Finished fifth in the women's eight at the 2025 World Rowing Championships. Finished fifth in the four at the 2025 World Rowing Cup II. Won silver in the eight and finished fifth in the four at the 2025 World Rowing Cup I. Finished fifth in the eight at the 2024 Paris Olympics. Finished third in the eight at the 2024 World Rowing Cup II. Finished second in the eight at the 2023 World Rowing Championships. Finished fourth in the pair at the 2023 World Rowing Cup II. Finished fourth in the eight at the 2022 World Rowing Championships. Reached the semifinals of The Remenham Challenge Cup in the eight at the 2022 Henley Royal Regatta. Finished fourth in the four at the 2022 World Rowing Cup II. Finished fourth in the eight at the Tokyo 2020 Olympic Games.

National Results: Won the pair at the 2023 USRowing Winter Speed Order. Won gold in the senior pair, four with coxswain and eight at the 2017 USRowing Club National Championships.

Personal: In both 2017 and 2018, Charlotte was team captain and recipient of the MVP award at Columbia University. She won Alumni of the Year for Columbia University in 2023. In high school, she was a tennis player who did not finish better than second place in the county championships and left the basketball team to be in theater and debate. She started rowing with the Rockland Rowing masters team in the summer of 2014. She walked on to the Columbia team during her freshman fall. Charlotte would like to give a big shout-out to all of the juniors at Rockland Rowing and athletes on the Columbia Rowing team that she had the pleasure of coaching. They inspired her with their fearless drive and ability to push each other to be better every day.

Chris Carlson

Men's Four and Mixed Eight

Hometown: Bedford, N.H.

Date of Birth: 3/14/1997

Height: 6'5"

Weight: 215

High School: Brewster Academy

Undergraduate Education: University of Washington, Political Science/Political Economy, 2019

Current Club Affiliation: USRowing Training Center - Princeton

Current Coaches: Casey Galvanek

Training Location: Princeton, N.J.

National Teams: Eight – Under 23, 2017-2019; Senior, 2022-2023, 2025-2026; Olympic, 2024

International Results: Placed fourth in the men's quadruple skulls at the 2025 World Championships. Placed fourth in the mixed eight at the 2025 World Championships. Won bronze in the men's quadruple skulls at the 2025 World Cup-Lucerne. Won bronze in the men's eight at the 2024 Olympic Games. Finished second in the eight at the 2024 World Rowing Cup III. Won the eight at the 2024 World Rowing Final Olympic & Paralympic Qualification Regatta. Finished sixth in the eight at the 2023 World Rowing Championships. Finished third in the four at the

2023 World Rowing Cup II. Finished fourth in the eight at the 2022 World Rowing Championships. Reached the semifinals in The Grand Challenge Cup in the eight at the 2022 Henley Royal Regatta. Finished third in the four at the 2022 World Rowing Cup II. Finished second in the eight at the 2019 World Rowing Under-23 Championships. Finished seventh in the eight at the 2019 World Rowing Cup III. Won gold in the eight at the 2018 World Rowing Under-23 Championships. Finished fourth in the eight at the 2018 World Rowing Cup III. Finished fourth in the eight at the 2017 World Rowing Under-23 Championships.

National Results: Finished fifth in the pair at the 2023 USRowing Winter Speed Order...Won silver in the varsity eight at the 2018 IRA National Championships...Won gold in the varsity eight at the 2018 PAC-12 Championships.

Personal: Chris was named the 2018 PAC-12 Conference Newcomer of the Year.

Etta Carpender

Women's Eight

Hometown: Denver, Colo.

Date of Birth: 7/5/2000

Height: 6'2"

Pronouns: she/her

High School: East High School

Undergraduate Education: University of Texas, Sustainability Studies, 2024

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

National Teams: Two-Senior, 2025-2026

International Results: Won gold in the four at the 2026 World Cup II. Placed fifth in the women's eight at the 2025 World Championships. Won gold in the four at the 2025 World Cup-Lucerne. Won silver in the eight at the 2025 World Cup-Varese.

National Results: Won the varsity eight at the 2022 NCAA Championships. Was a member of the 2022 NCAA Championships winning team.

International Results: Won gold in the four at the 2025 World Cup-Lucerne. Won silver in the eight at the 2025 World Cup-Varese.

Personal: Etta enjoys reading, cooking, hiking, and going to concerts.

Cristina "Nina" Castagna

Women's Eight

Hometown: Cincinnati, Ohio

Date of Birth: 6/21/2000

Height: 5'5"

Weight: 115

High School: Walnut Hills High School

Undergraduate Education: University of Washington, Psychology, 2023

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Four – Senior, 2023, 2025-2026; Olympic, 2024

International Results: Placed fifth in the women's eight at the 2025 World Championships. Placed fourth in the mixed eight at the 2025 World Championships. Won silver in the eight at the 2025 World Cup-Lucerne. Finished fifth in the eight at the 2025 World Cup- Varese. Finished fifth in the eight at the 2024 Paris Olympics. Finished third in the eight at the 2024 World Rowing Cup II. Finished second in the eight at the 2023 World Rowing Championships.

National Results: Finished second in the varsity eight at the 2023 NCAA Women's Rowing Championships. Finished fifth in the varsity eight at the 2022 NCAA Women's Rowing Championships. Finished third in the varsity eight at the 2021 NCAA Women's Rowing Championships. Won the varsity eight at the 2021 Pac-12 Championships.

Personal: Nina was a 2023 CRCA First Team All-American and a 2023 First Team All-Pac-12 selection. Nina began rowing when one of her friends from high school convinced her to try it out. She thought it'd be nice to put some muscle on as a high school freshman. She showed up on her first day as a 4'10", 78-pound kid and watched practice from the launch as they explained the role of a coxswain to her. She was intrigued but significantly more interested in the rowing portion, so she asked her novice coach when she would get to learn to row. She looked Nina up and down and said, "Let me check on that." and never followed up again. She lists her college coach, Yaz Farooq, as one of her personal heroes. Her knowledge of this sport, as well as what makes a good coxswain, is virtually unmatched, and Nina owes much of her growth as a coxswain to Yaz. Farooq taught Nina how to be a good leader, a good teammate, but most importantly, she shaped Nina's perspective on rowing. She showed Nina the value of empowering women through this sport and bringing up those around you in the process – even those on opposing teams. Nina has an immense amount of respect for her own success as a coxswain and as a coach and will always admire the way in which she's carried herself through both. Nina wants to continue the expansion of rowing as a spectator sport. There are a lot of regattas that do an incredible job of making an unforgettable experience out of watching rowing – Head of the Charles, Henley on Thames, Windermere Cup, to name a few, and she'd love to help create more of the same across the U.S. Having raced in those herself, Nina has seen firsthand the impact of the "theatrics," and she believes it's one of the best ways to spread awareness of and love for the sport. Nina said she is heavily biased towards her alma mater, but she truly believes the Montlake Cut during the Windermere Cup is one of the best courses to compete on. There are log booms lining the first 1,250 meters of the course, where sailboats tie up, which leads into the infamous four-lane Montlake Cut for the last 750 meters. This stadium-like environment creates a noise like no other where crews are being cheered on from the moment they lock into the start blocks to the moment they cross the line. It helps to have world-class talent invited each year to bring the stakes higher and the fans louder. A truly one of a kind experience. She lists the women's eight at the 2012 Olympics as her most memorable

Olympic moment. She remembers her high school coach showing her the race four years after it had happened, in an attempt to show her "the blueprint" for effective rowing. Nina has looked back at this race a lot since then and gets chills every time, watching their dominance and how determined they were during every stroke of this race.

Peter Chatain

Men's Four and Mixed Eight

Birthdate: 11/8/1999

Hometown: Oakland, Calif.

Height: 6'6"

Weight: 205

Pronouns: she/her

High School: New Trier High School

Undergraduate Education: Stanford University, Mathematics, 2022

Current Club Affiliation: California Rowing Club

Current Coach: Mike Teti, Skip Kielt, and Tim McLaren

Training Location: Princeton, N.J.

National Teams: Six-U19, 2017; Under 23, 2019, 2021; Senior, 2023, 2026; Olympic, 2024

International Results: Finished fourth in the men's four at the 2026 World Rowing Cup III.

Earned silver in the men's eight and silver in the men's pair at the 2026 World Rowing Cup II.

Won bronze in the eight at the 2024 Paris Olympics. Finished second in the eight at the 2024

World Rowing Cup III. Won the eight at the 2024 World Rowing Final Olympic & Paralympic

Qualification Regatta. Finished sixth in the eight at the 2023 World Rowing Championships.

Won silver in the eight at the 2021 World Rowing Under 23 Championships. Finished sixth in

the four with coxswain at the 2019 World Rowing Under 23 Championships. Placed sixth in the

four with coxswain at the 2017 World Rowing Junior Championships. Won gold in the eight at

the 2016 CanAmMex Regatta.

National Results: Finished fifth in the varsity eight at the 2021 IRA National Championships.

Finished 10th in the varsity eight at the 2019 IRA National Championships.

Personal: Peter was the PAC-12 Men's Rower of the Year in 2021 and a first-team, All PAC-12 selection. He enjoys Vipassana meditation, reading, and artificial intelligence ethics. He majored in Mathematics.

Teal Cohen

Women's Four and Mixed Eight

Hometown: Dallas, Texas

Date of Birth: 5/7/1999

Height: 5'10"

Weight: 170

High School: The Hockaday School

Undergraduate Education: University of Washington, Political Science, 2022

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Seven – U19, 2017; Under 23, 2019, 2021; Senior, 2023, 2025-2026; Olympic, 2024

International Results: Won gold in the women's four at the 2025 World Championship. Placed fourth in the mixed eight at the 2025 World Championships. Won gold in the four at the 2025 World Cup-Varese. Won silver in the eight at the 2025 World Cup-Varese. Finished fifth in the pair at the 2025 World Cup-Lucerne. Won Silver in the eight at the 2025 World Cup-Lucerne. Finished ninth in the quadruple sculls at the 2024 Olympic Games. Won the quadruple sculls at the 2024 World Rowing Final Olympic & Paralympic Qualification Regatta. Finished 12th in the four at the 2022 World Rowing Championships. Won gold in the eight and silver in the four at the 2021 World Rowing Under-23 Championships. Finished third in the four at the 2019 World Rowing Under-23 Championships. Placed seventh in the eight at the 2017 World Rowing Junior Championships.

National Results: Won the quadruple sculls at the 2024 U.S. Olympic & Paralympic Team Trials - Rowing. Finished fifth in the varsity eight at the 2022 NCAA Women's Rowing Championships. Finished third in the varsity eight at the 2021 NCAA Women's Rowing Championships. Won the varsity eight at the 2019 NCAA Championships.

Personal: Teal was a 2022 CRCA First-Team All-American, a 2021 CRCA Second-Team All-American, and a 2020 CRCA All-American nominee (no selection due to COVID.) She enjoys reading, cooking, spending time outside, and traveling. She started rowing in 2013 at The Hockaday School under Tim McAllister. She lists her mom, Kim Elting, as one of her personal heroes for constantly supporting and inspiring Teal to be the best athlete she can be, and her grandfather, James Elting, for the legacy he left in the sport and for igniting a spark in Teal to try rowing years ago. Teal is the daughter of Kim Elting and Stewart Cohen, and she has one sister, Reid.

Claire Collins

Women's Eight

Hometown: McLean, Va.

Date of Birth: 11/29/1996

Height: 5'11"

Weight: 175

High School: Deerfield Academy

Undergraduate Education: Princeton University, Economics, 2019

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Nine-Junior, 2012-14; Under 23, 2017-18; Senior, 2022-2023, 2026; Olympic, 2020, 2024

International Results: Finished fifth in the eight at the 2024 Paris Olympics. Finished third in the eight at the 2024 World Rowing Cup II. Finished fourth in the four at the 2023 World Rowing Championships. Won gold in the four at the 2023 World Rowing Cup II. Finished third in the pair and fourth in the eight at the 2022 World Rowing Championships. Won silver in the pair at the 2022 World Rowing Cup II. Finished seventh in the four at the Tokyo 2020 Olympic Games. Won bronze in the eight at the 2018 World Rowing Under-23 Championships. Won silver in the eight at the 2017 World Rowing Under-23 Championships. Won silver in the four at the 2014 World Rowing Junior Championships. Finished fifth in the eight at the 2013 World Rowing Junior Championships. Won silver in the eight at the 2012 World Rowing Junior Championships.

National Results: Finished second in the pair at the 2023 USRowing National Selection Regatta. Finished third in the pair at the 2023 USRowing Winter Speed Order. Won the varsity eight from 2016-2019 at the Ivy League Championships. Finished fifth in the varsity eight at the 2018 NCAA Women's Rowing Championships. Won the four at the 2015 USRowing Youth National Championships. Won the four at the 2014 USRowing Youth National Championships.

Personal: Claire loves baking, cooking, and traveling. She competed in volleyball, swimming, and rowing all four years of high school. She was the 2019 winner of Princeton University's C. Otto von Keinbusch Award for Princeton's top senior female athlete and was nominated for NCAA Woman of the Year in 2019. She is a three-time All-American and four-time All-Ivy recipient. She majored in Economics.

Jamie Copus

Lightweight Men's Double Sculls

Hometown: Winnetka, Ill.

Date of Birth: 1/30/1993

Height: 6'0"

Weight: 175

High School: Abingdon School

Undergraduate Education: Oxford Brookes University, Environmental Science, 2021

Training Location: Philadelphia, Pa.

National Teams: Fourteen-Junior, 2011 (Great Britain); Under 23, 2013-2015 (Great Britain); Senior, 2015-2022 (Great Britain), 2023, 2026 (United States)

International Results: Finished fifth in the lightweight single sculls at the 2026 World Cup I. Finished third in the lightweight men's quadruple sculls at the 2023 World Rowing Championships. Finished ninth in the lightweight single sculls at the 2023 World Rowing Cup III. Finished seventh in the lightweight double sculls at the 2022 European Rowing Championships. Raced the lightweight double sculls at the 2021 World Rowing Final Olympic Qualification Regatta. Finished 12th in the lightweight double sculls at the 2021 European

Rowing Championships. Finished 18th in the lightweight double sculls at the 2019 World Rowing Championships. Finished 10th in the lightweight double sculls at the 2019 World Rowing Cup III. Finished 10th in the lightweight double sculls at the 2019 World Rowing Cup II. Finished fifth in the lightweight single sculls at the 2019 European Rowing Championships. Finished ninth in the lightweight double sculls at the 2018 World Rowing Championships. Finished eighth in the lightweight double sculls at the 2018 European Rowing Championships. Finished 10th in the lightweight double sculls at the 2018 World Rowing Cup III. Finished 10th in the lightweight double sculls at the 2018 World Rowing Cup II. Finished 11th in the lightweight single sculls at the 2018 World Rowing Cup I. Finished 10th in the lightweight double sculls at the 2017 World Rowing Championships. Finished seventh in the lightweight double sculls at the 2017 World Rowing Cup III. Finished eighth in the quadruple sculls at the 2017 World Rowing Cup II. Finished sixth in the lightweight quadruple sculls at the 2016 World Rowing Championships. Finished fourth in the lightweight quadruple sculls at the 2015 World Rowing Championships. Finished second in the lightweight quadruple sculls at the 2015 World Rowing Under-23 Championships. Finished second in the lightweight four at the 2014 World Rowing Under 23 Championships. Finished 10th in the lightweight double sculls at the 2013 Under-23 World Rowing Championships. Won a gold medal in the lightweight double sculls at the 2013 Youth Olympic Games. Finished second in the eight at the 2011 World Rowing Junior Championships. Won the Henley Royal Regatta three times (2011 - Princess Elizabeth, 2014 - Temple, 2023 Ladies Plate).

National Results: Won the lightweight single sculls at the 2022 Head of the Charles.

Personal: Jamie enjoys music, festivals, gigs, and spending time with family. He found rowing through his dad and brother. Both were good coxswains. Jamie was a bit too big to cox, so he sat in a rowing seat. He said it turns out his stubbornness was quite well suited to it. He lists his personal heroes as Michael Jordan for his undying will to win and to never give up. Jamie grew up watching him play. And, his mom and dad. Jamie said he can only hope to give support to his kids like they've given him. When he's done rowing he wants to chill out with friends and watch the sun set with some tunes. His favorite place to compete is the Henley Royal Regatta and his favorite place to travel is Lucerne, Switzerland. He lists his favorite Olympic moment as when Derrick Redmond pulled his hamstring and his dad ran onto the track to help him to the finish line. He is a big fan of EDM, Drum & Bass, Rock, and Indy: Fred Again, Bou, Rolling Stones, The Vaccines are one from each of them. Jamie is now the head coach for Fordham Men's Crew.

Cedar Cunningham

Men's Quadruple Sculls and Mixed Double Sculls

Birthdate: 7/11/2001

Hometown: Renton, Wash.

Height: 6'8"

High School: Liberty High School

Undergraduate Education: Washington State University, Finance, 2022

Current Coach: Casey Galvanek

Training Location: USRowing Training Center-Sarasota

National Teams: Two - Senior, 2025-2026

National Results: Finished third in the 2025 Winter Speed Order in the men's single sculls.

International Results: Won bronze in the men's double sculls at the 2026 World Cup III. Won gold in the mixed double sculls and finished fifth in the men's double sculls at the 2026 World Cup II. Finished fourth in men's quadruple sculls at the 2025 World Championships. Won bronze in the men's quadruple sculls at the 2025 World Cup-Lucerne. Finished second in the men's double sculls at the 2024 Henley Regatta.

Personal: Cedar was named an ACRA All-American in 2022. He enjoys shooting pool, going to the beach, NFL Blitz, and working. Cedar found rowing during COVID. His neighbors are Bob and Anna Cummins. Anna was a gold and silver medalist in 2008 and 2004, respectively, and Bob was on the national team. After rowing, he wants to give back to the sport.

Azja Czajkowski

Women's Four and Mixed Eight

Birthdate: 6/16/2000

Hometown: Imperial Beach, Calif.

Height: 6'0"

Weight: 175

Pronouns: she/her

High School: Bonita Vista High School

Undergraduate Education: Stanford University, Product Design Engineering, 2023

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Seven – Junior, 2017-18; Under 23, 2022; Senior, 2023, 2025-2026; Olympic, 2024

International Results: Won gold in women's four at the 2025 World Championship. Placed fourth in the mixed eight at the 2025 World Championships. Finished fourth in the pair at the 2024 Olympic Games. Finished sixth in the pair at the 2024 World Rowing Cup II. Served as an alternate at the 2023 World Rowing Championships. Won the eight at the 2022 World Rowing Under-23 Championships. Won silver in the eight at the 2018 World Rowing Junior Championships. Finished seventh in the eight at the 2017 World Rowing Junior Championships.

National Results: Won the pair at the 2024 U.S. Olympic & Paralympic Team Trials - Rowing. Won the first varsity eight and team title at the 2023 NCAA Women's Rowing Championships. Finished second in the first varsity eight and the team standings at the 2021 and 2022 NCAA Women's Rowing Championships. Won the varsity eight at the 2022 PAC-12 Women's Rowing Championships. Won the championship eight at the 2021 Head of the Charles Regatta.

Personal: Azja was named USRowings co-Under 23 Female Athlete of the Year in 2022. She was named PAC-12 Rower of the Year in 2022 and CRCA Scholar Athlete in 2020, 2021, and 2022. She enjoys running, hiking, camping, and crocheting. After breaking her collarbone in 2019, she retired from skateboarding and turned her energy to the erg. Now she has a few unofficial berg records and set off metal detectors. She also participated in the Ulman Foundations 2021 4k for Cancer running relay across America. Azjas' dad rowed at the United States Naval Academy and her mom rowed at Georgetown University. They both encouraged her to start rowing after she started to burn out of high school swimming. She names her parents as her personal heroes because they are both public high school district employees and work really hard to give her sister and her every opportunity possible. Azja said it is cool that rowing brought them together, and she wants to go as far as possible with what they have given her.

Skylar Dahl

PR3 Mixed Four with Coxswain

Hometown: Minneapolis, Minn.

Date of Birth: 6/1/2003

Height: 5'10"

High School: Centennial High School

Undergraduate Education: University of Virginia, 2025

Current Club Affiliation: US Rowing Training Center - Boston

Current Coaches: Ellen Minzner

Training Location: Boston, Mass.

National Teams: Three-Senior, 2023, 2026; Paralympic, 2024

International Results: Won silver in the PR3 mixed four with coxswain at the 2024 Paris Paralympics. Won silver in the PR3 mixed four with coxswain at the 2023 World Championships. Won gold in the PR3 mixed four with coxswain at the 2023 Para Rowing Regatta to Paris.

National Results: Finished 10th in the second varsity eight at the 2023 NCAA Women's Rowing Championships. Won the second varsity eight at the 2023 ACC Championships. Placed 10th in the youth four with coxswain at the 2019 Head of the Charles.

Personal: Skylar was named to the All-ACC Academic Team and ACC Honor Roll in 2023. She majored in Psychology. She rowed at the Twin Cities Youth Rowing Center for three years. Her father, Andy, played college basketball at the University of Southern Utah and Augustana.

Isabela "Isa" Darwin

Women's Double Sculls

Birthdate: 8/21/1999

Hometown: Madison, Wisc.

Height: 6'0"

Weight: 165

High School: Madison West High School

Undergraduate Education: University of Wisconsin, 2021

Club/Affiliation: California Rowing Club

Current Coach: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Three – Pan American Games, 2023, Senior, 2025-2026

National Results: Finished third in the women's single sculls at the 2025 National Team Speed Order

International Results: Won gold in the pair and mixed eight and finished second in the four and eight at the 2023 Pan American Games. Won silver in the pair and four at the 2023 Pan American Games Qualification Regatta.

Personal: Isa began rowing as a walk-on at the University of Wisconsin.

Ben Davison

Men's Quadruple Sculls

Hometown: Inverness, Fla.

Date of Birth: 7/24/1996

Height: 6'4"

Weight: 190

High School: Citrus High School

Undergraduate Education: University of Washington, Economics, 2019

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt, and Tim McLaren

Training Location: Oakland, Calif.

National Teams: Sixteen-Under 19, 2013-14; Under 23, 2014-18; Senior, 2017-19, 2022-2023, 2026; Olympic, 2020, 2024

International Results: Finished fourth in the double sculls at the 2024 Paris Olympics. Won the double sculls at the 2024 World Rowing Final Olympic & Paralympic Qualification Regatta. Finished 13th in the double sculls at the 2023 World Rowing Championships. Finished second in the double sculls at the 2023 World Rowing Cup II. Finished eighth in the single sculls at the 2022 World Rowing Championships. Raced in The Diamond Sculls Challenge Cup at the 2022 Henley Royal Regatta. Finished third in the single sculls at the 2022 World Rowing Cup II. Finished fourth in the eight at the Tokyo 2020 Olympic Games. Finished fifth in the eight at the 2019 World Rowing Championships. Finished 14th in the double sculls at the 2018 World Rowing Championships. Finished fourth in the single sculls at the 2018 World Rowing Under-23 Championships. Finished seventh in the double sculls at the 2018 World Rowing Cup III. Finished ninth in the double sculls at the 2017 World Rowing Championships. Won bronze in the four with coxswain at the 2017 World Rowing Under-23 Championships. Finished seventh in the single sculls at the 2016 World Rowing Under-23 Championships. Raced in the quadruple sculls at the 2016 World Rowing Cup II. Finished third in the quadruple sculls at the 2016 European

and Final Olympic Qualification Regatta. Finished seventh in the single sculls at the 2015 World Rowing Under-23 Championships. Finished sixth in the single sculls at the 2014 World Rowing Junior Championships. Finished 21st in the single sculls at the 2014 World Rowing Under-23 Championships. Finished sixth in the quadruple sculls at the 2013 World Rowing Junior Championships.

National Results: Won the double sculls at the 2024 U.S. Olympic & Paralympic Team Trials - Rowing. Won the single sculls at the 2022 National Selection Regatta I. Finished second in the varsity eight at the 2019 IRA Championships. Won gold in the varsity eight at the 2019 Pac-12 Championships. Won the championship single sculls at the 2018 Head of the Charles. Won the senior double sculls and under-23 single sculls at the 2018 USRowing U19, U23, and Senior World Championship Trials I. Won the senior double sculls at the 2017 U.S. Senior and Para World Championship Trials. Won the four with coxswain at the 2017 Under-23 Team Trials. Won the single sculls at the 2016 Junior, Under 23, and Senior Team Trials. Won the single sculls at the 2015 Under-23 World Championship Trials. Won the single sculls at the 2014 Under-23 and Junior World Championship Trials. Won the quadruple sculls at the 2013 Junior World Championship Trials.

Personal: Ben was named USRowings Male Athlete of the Year in 2022. Ben was named the PAC-12 Conference Men's Rowing Athlete of the Year in 2019. He majored in Economics. He lists his family as the most important people in his life. Ben's hobbies include rowing, eating and playing Temple Run.

Hannah Diaz

PR3 Mixed Four with Coxswain

Hometown: Seattle, Wash.

Date of Birth: 4/22/2001

High School: Holy Names Academy

Undergraduate Education: Princeton University, 2023

Current Club Affiliation: US Training Center - Boston

Current Coaches: Ellen Minzner

Training Location: Boston, Mass.

National Teams: Two- Under-19, 2019; Senior, 2026

International Results: Won gold in the PR3 Mixed Four with Coxswain at the 2026 World Rowing Cup III. Finished fourth in the women's eight at the 2019 World Rowing Junior Championships.

National Results: Won bronze in the varsity eight at the NCAA Championships in both 2022 and 2023.

Josh Diggons

Men's Eight

Birthdate: 3/29/2002

Hometown: Ocean City, N.J.

Height: 6'6"

Weight: 205

High School: St. Augustine Preparatory

Undergraduate Education: Drexel University, Real Estate, 2025

Club/Affiliation: US Training Center - Sarasota

Current Coach: Casey Galvanek

Training Location: Sarasota, Fla.

National Teams: Three- U23, 2024; Senior, 2025-2026

National Results: Won gold in the eight at the 2022, 2023, 2024 Dad Vail. Won gold in the eight at the 2023 Canadian Henley. Won gold in the eight at the 2022 Head of the Charles. Won gold in the eight at nearly all the 2022 and 2023 Philly collegiate races.

International Results: Won gold in the four with coxswain at the 2024 U23 World Championships.

Personal: Josh is a 2024 graduate of the LeBow Business School at Drexel University and a 2020 graduate of St Augustine Preparatory High School. After years of travel baseball, Josh's cousin introduced him to rowing in high school, and he never looked back. He has rowed in the Varsity Eight since his sophomore year in high school and all four years at Drexel. His personal heroes are Ray D'Amico, Paul Savell, and Matt Weaver, all of whom helped him excel at rowing and compete at a higher level. In 2024 he was named IRCA Second Team All-American. He loves to travel, the beach and his dogs Bailey and Maggie.

Holly Drapp

Women's Alternate

Birthdate: 6/12/1999

Hometown: Tampa, Fla.

Height: 6'2"

High School: Strawberry Crest High School

Undergraduate Education: University of Washington, Linguistics, Medical Anthropology and Global Health, 2022

Club/Affiliation: Green Racing Project

Current Coach: Steven Hap Whelpley

Training Location: Craftsbury, Vt.

National Teams: Three-Under 23, 2021; Senior, 2025-2026

National Results: Finished second in the pair at the 2025 Senior Trials. Finished third in the varsity eight and team standings at the 2021 NCAA Women's Rowing Championships. Won the four with coxswain and team title at the 2019 NCAA Women's Rowing Championships. PAC-12 Champion in 2018, 2019, 2021.

International Results: Won bronze at the 2025 World Championships in the women's pair. Henley Royal Regatta Remenham Finalist 2024 in the women's eight. Finished fifth in the four with coxswain at the 2021 World Rowing Under 23 Championships.

Personal: Holly was captain of the University of Washington rowing team in 2021. She likes traveling, hiking, and reading. She wants to work in the field of Public Health after rowing.

Willem Drescher

Men's Double Sculls

Birthdate: 4/24/2000

Hometown: Gainesville, Va.

Height: 6'9"

Weight: 220

Pronouns: He/Him

High School: Battlefield High School

Undergraduate Education: Virginia Commonwealth University, Computer Science, Software Engineering Concentration, 2022

Club/Affiliation: USRowing Training Center - Sarasota

Current Coach: Casey Galvanek

Training Location: Sarasota, Fla.

National Teams: Two-Senior, 2025-2026

National Results: Finished fourth in the 2026 Summer Speed Order. Won CRASH Bs in 2023.

Personal: Willem was recruited out of his freshman dorm to row for VCU Crew Club. He is newly addicted to golf. His Grandpa rowed for Laga club in Delft, Netherlands.

Charles Fargo

Men's Eight

Hometown: Winnetka, Ill.

Date of Birth: 11/20/2000

Height: 6'6"

Weight: 205

High School: New Trier High School

Undergraduate Education: Brown University, Mechanical Engineering, 2024

Training Location: Cambridge, Mass.

National Teams: Three-Under 19, 2018; Under 23, 2022; Senior, 2026

International Results: Finished second in the eight at the 2022 World Rowing Under 23 Championships. Placed second in the eight at the 2018 World Rowing Junior Championships.

National Results: Placed third in the varsity eight at the 2022 IRA National Championships.

Personal: Charles has been named IRCA Scholar Athlete and IRCA Second Team All-American. He enjoys slack-lining, making burgers, cornhole, Frisbee, goofing around with the boys, skiing, and watching A24 films. Charles is a proud Midwesterner and says he may look

scary, but he is actually a nice guy. He comes from a rowing family. His dad rowed and Harvard and brother rowed at New Trier. Charles said his dad is definitely the biggest role model in his life. He has imparted his wisdom on Charles throughout his life and shared his strong moral compass. His dad also has set a high standard of personal achievement in rowing and his career.

James Fetter

Men's Double Sculls

Hometown: Palo Alto, Calif.

Date of Birth:

Height: 6'3"

High School: Palo Alto High School

Undergraduate Education: Stanford University, Electrical Engineering, 2025

Current Club Affiliation: University of Oxford

Current Coaches: Mark Fangen-Hall

Training Location: Oxford, UK

National Teams: Three-Under 23, 2024-2025; Senior, 2026

International Results: Member of the dark blue boat at the 2026 Boat Race. Finished tenth in the quadruple sculls at the 2025 Under-23 World Rowing Championships. Finished eighth in the men's single sculls at the 2024 Under-23 World Rowing Championships.

Personal: James was named a 2025 All-American 1st team, 2025 Conference 1st team, and a four-time Conference Academic Honor Roll. He currently attends Oxford University. He was a member of Stanford's Chamber Music. He plays the piano. He was an IRCA Scholar-Athlete and was named to the Pac-12 Spring Academic Honor Roll. James was captain of his high school swim team and part of his high school-record 200 free relay squad. He walked on at Stanford. Both his parents were collegiate rowers. He enjoys playing board games, frisbee, and cycling.

Alex Flynn

PR3 Mixed Four With Coxswain

Hometown: Wilmington, Mass.

Date of Birth: 11/10/2003

Height: 5'9"

Weight: 165

High School: St. John's Preparatory School

Undergraduate Education: Tufts University, 2026

Current Club Affiliation: USRowing Training Center- Boston

Current Coaches: Ellen Minzner

Training Location: Boston, Mass.

National Teams: Four-Senior, 2022-2023, 2026; Paralympic, 2024

International Results: Won gold in the PR3 mixed four with coxswain at the 2026 World Rowing Cup III. Won silver in the PR3 mixed four with coxswain at the 2024 Paris Paralympics.

Won silver in the PR3 mixed four with coxswain at the 2023 World Championships. Won gold in the PR3 mixed four with coxswain at the 2023 Para Rowing Regatta to Paris. Finished fifth in the PR3 mixed four with coxswain at the 2022 World Championships.

Personal: Alex enjoys skiing and wakeboarding. He found rowing because he needed something to do after school.

Claire Friedlander

Lightweight Women's Single Sculls

Hometown: Narberth, Pa.

Date of Birth: 3/14/2000

Height: 5'3"

High School: Sacred Heart Academy

Undergraduate Education: University of Wisconsin, Psychology, 2024

Current Club Affiliation: Penn AC Rowing Association

Current Coaches: Jasper Liu

Training Location: Philadelphia, Pa.

National Teams: Two-Under 23, 2022, Senior, 2026

International Results: Finished fourth in the lightweight quadruple sculls at the 2022 World Rowing Under 23 Championships. Won gold in the women's quadruple sculls and lightweight quadruple sculls at the 2024 Holland Beker Regatta.

National Results: Won gold in the U23 lightweight eight at the 2019 Canadian Henley.

Personal: Claire was named Academic All-Big Ten Honoree and received a Varsity letter her freshman year of college. Claire was team MVP in high school. She enjoys road biking, hiking, surfing, and running across frozen lakes. She is a twin and a volunteer fire fighter. Claire's best friend in high school rowed and introduced her to the sport. She lists Rachel Illgen as a personal hero because of her high spirits and positive outlook on life. She just wants to go fast and have fun, and Claire admires her charisma and love for others. Her Wisco teammates call her "Philly," and she aspires to be her teammates' number one fan on and off the water. She majored in Psychology. She was coached by Craig Hoffman.

Alina Hagstrom

Women's Alternate

Hometown: Seattle, Wash.

Date of Birth: 9/27/1996

Height: 5'11"

Weight: 185

High School: Bishop Blanchet High School

Undergraduate Education: Oregon State University, Public Health, 2019

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Six– Under 23, 2018; Senior, 2022-2023, 2025-2026; Olympic, 2024

International Results: Finished 11th in the single sculls at the 2024 World Rowing Cup II.

Finished second in the eight at the 2023 World Rowing Championships. Finished fourth in the eight at the 2022 World Rowing Championships. Won the pair at the 2018 World Rowing Under 23 Championships.

National Results: Finished fourth in the pair at the 2023 USRowing National Selection Regatta. Finished fifth in the pair at the 2023 USRowing Winter Speed Order. Finished sixth in the varsity eight at the 2018 PAC-12 Championships. Finished sixth in the varsity eight at the 2017 PAC-12 Championships.

Personal: Alina likes to hike, ski, and swim. She was named to the 2018 PAC-12 All-Conference Team and the 2018 Collegiate Rowing Coaches Association All-Conference Team. Alina earned PAC-12 All Academic first team in 2017 and second team in 2018.

Samuel Halbert

Men's Pair

Hometown: Redmond, Wash.

Date of Birth: 6/18/1997

Height: 6'5"

High School: Woodinville High School

Undergraduate Education: University of Washington, 2020

Training Location: Seattle, Wash.

National Teams: Three- U23, 2018-2019 Senior, 2026

International Results: Won silver in the men's eight at the 2019 World Rowing Under 23 Championships. Won gold in the men's eight at the 2018 World Rowing Under 23 Championships.

National Results: Won gold in the varsity eight at the 2021 IRA Championships.

Personal: Sam is a firefighter in Bellevue, Washington.

Margaret Hedeman

Women's Alternate

Hometown: Concord, Mass.

Date of Birth: 9/1/2000

Height: 6'0"

Weight: 170

High School: Concord-Carlisle High School

Undergraduate Education: Yale University, History, 2023

Training Location: Princeton, N.J.

National Teams: Six-Under 19, 2018; Under 23, 2021-22; Senior, 2023, 2026; Olympic, 2024

International Results: Finished fifth in the eight at the 2024 Paris Olympics. Finished third in the eight at the 2024 World Rowing Cup II. Finished second in the eight at the 2023 World Rowing Championships. Won gold in the eight at the 2022 World Rowing Under-23 Championships. Reached the final of the Island Challenge Cup at the 2022 Henley Royal Regatta. Finished ninth in the quadruple sculls at the 2021 World Rowing Under-23 Championships. Won gold in the four at the 2018 World Rowing Junior Championships.

National Results: Helped Yale to a fifth-place team finish at the 2022 and 2023 NCAA Women's Rowing Championships. Finished sixth in the varsity eight at the 2023 NCAA Women's Rowing Championships. Finished eighth in the varsity eight at the 2022 NCAA Women's Rowing Championships. Finished eighth in the varsity eight at the 2019 NCAA Women's Rowing Championships. Finished second in the under-19 single sculls at the 2017 USRowing Club National Championships. Won gold in the under-17 single sculls at the 2016 USRowing Club National Championships. Raced in Community Rowing's eight at the 2016-2018 USRowing Youth National Championships.

Personal: Margaret as the recipient of Yale University's 2019 Chris Ernst Award and 2023 Anne Warner Award. She was a 2020, 2022, and 2023 CRCA Scholar Athlete and a 2023 First-Team All-Ivy selection. Margaret was the recipient of Yale's 2023 Robert D. Gries prize for senior thesis in history and was a CRCA Scholar Athlete in 2020, 2022, and 2023. She began rowing in 2014 at Community Rowing, Inc. (CRI) on the Charles River in Boston. The Brachiosaurus is her favorite animal, followed by cows. Margaret is grateful for her two sisters, Catlin and Lizzie, as well as her parents, Rena and Rick. Her host family in Princeton (Jane, Martin, Leif, and Erik) is the best.

Michael "Mike" Herman

Men's Eight

Hometown: Washington, D.C.

Height: 6'3"

Weight: 215

Undergraduate Education: University of San Diego

Club/Affiliation: USTC Sarasota, Penn AC

Current Coach: Casey Galvenek

National Teams: Two-Senior, 2025-2026

International Results: Won bronze in men's eight at the 2025 World Championships. Finished 15th in the men's double sculls at the 2025 World Cup II-Varese. Won the mixed eight at the 2025 World Cup II-Varese. Finished 17th in the men's double sculls at the 2025 World Cup III-Lucerne.

Grace Joyce

Women's Double Sculls

Hometown: Northfield, Ill.

Date of Birth: 3/5/1998

Height: 5'9"

Weight: 140

Pronouns: she/her

High School: New Trier High School

Undergraduate Education: University of Wisconsin, Neurobiology and Computer Science, 2020

Current Club Affiliation: Craftsbury Green Racing Project

Current Coach: Stephen Whelpley

Training Location: Craftsbury, Vt.

National Teams: Eight-Under 23, 2018-2019; Senior, 2022-23, 2025-2026; Pan American Games, 2023; Olympic, 2024

International Results: Finished ninth in the quadruple sculls at the 2024 Olympic Games. Won the quadruple sculls at the 2024 World Rowing Final Olympic & Paralympic Qualification Regatta. Won gold in the quadruple sculls, finished second in the eight, and finished fourth in the single sculls at the 2023 Pan American Games. Finished 11th in the quadruple sculls at the 2023 World Rowing Championships. Won gold in the single sculls and silver in the quadruple sculls at the 2023 Pan American Games Qualification Regatta. Finished ninth in the quadruple sculls at the 2022 World Rowing Championships. Finished sixth in the lightweight double at the 2019 World Rowing Under 23 Championships. Finished sixth in the lightweight double sculls at the 2018 World Rowing Under 23 Championships. Won the under 23 lightweight double sculls and under 23 lightweight pair at the 2017 Canadian Henley.

National Results: Won the quadruple sculls at the 2024 U.S. Olympic & Paralympic Team Trials - Rowing. Finished sixth in the single sculls at the 2023 USRowing Winter Speed Order. Finished fifth in the double sculls at the 2022 National Selection Regatta II. Finished sixth in the single sculls at the 2022 National Selection Regatta I. Placed fourth in the lightweight eight at the 2017 Intercollegiate Rowing Association Championships.

Personal: Grace used to play soccer but her older sister tried out for the rowing team her freshman year of high school and encouraged her to try out as well. She admires Coach Stephen Whelpley because he has helped her become the rower and person she is today. Grace won the 2017 Freshman MVP Award at Wisconsin.

Emily Kallfelz

Women's Quadruple Sculls

Hometown: Jamestown, R.I.

Date of Birth:

Height: 5'11"

Weight: 158

Pronouns: she/her

High School: St. Georges School

Undergraduate Education: Princeton University, Operations Research and Financial Engineering, 2019

Training Location: Boston, Mass.

National Teams: Eleven- Under 19, 2014-2015; Under 23, 2016-2019; Senior, 2022-2024, 2026; Olympic, 2024

International Results: Finished fifth in the four at the 2024 Paris Olympics. Finished third in the four at the 2024 World Rowing Cup II. Finished 11th in the quadruple sculls at the 2023 World Rowing Championships. Finished fifth in the double sculls and seventh in the quadruple sculls at the 2023 World Rowing Cup II. Finished ninth in the quadruple sculls at the 2022 World Rowing Championships. Finished second in the single sculls at the 2019 World Rowing Under-23 Championships. Finished second in the single sculls at the 2018 World Rowing Under-23 Championships. Finished third in the single sculls at the 2017 World Rowing Under-23 Championships. Finished fourth in the single sculls at the 2016 World Rowing Under-23 Championships. Finished third in the quadruple sculls at the 2015 World Rowing Junior Championships. Finished seventh in the quadruple sculls at the 2014 World Rowing Junior Championships.

National Results: Finished second in the double sculls at the 2023 National Selection Regatta. Finished fourth in the single sculls at the 2023 USRowing Winter Speed Order. Won the single sculls at the 2017, 2018, and 2019 Under-23 World Championships Trials. Won the double sculls at the 2016 Under-23 World Championships Trials. Won the single sculls and double sculls at the 2015 USRowing Youth National Championships.

Personal: Emily enjoys sailing, swimming, and hiking. She lists her parents as her personal heroes. Both of her parents rowed in college, and she is following in their footsteps. Emily was a four-time Ivy League champion from 2016-2019. She majored in Operations Research and Financial Engineering. She was named USRowing's Under 23 Female Athlete of the Year in 2018 and 2019.

Kaitlin “Kate” Knifton

Women’s Four and Mixed Eight

Hometown: Austin, Texas

Date of Birth: 7/5/2000

Height: 6’0”

Weight: 160

Pronouns: she/her

High School: McCallum High School

Undergraduate Education: University of Texas, Marketing, 2022

Graduate Education: University of Texas, Sports Communication Certificate, 2023

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Seven – Junior, 2017-18; Youth Olympic, 2018; Under 23, 2022; Olympic, 2024; Senior, 2025-2026

International Results: Won gold at the 2025 World Championships in the women's four. Placed fourth in the mixed eight at the 2025 World Championships. Finished fifth in the four at the 2024 Paris Olympics. Finished third in the four at the 2024 World Rowing Cup II. Won in the four at the 2022 World Rowing Under 23 Championships. Won bronze in the four with coxswain at the 2018 World Rowing Junior Championships. Finished 10th in the pair at the 2018 Youth Olympic Games. Finished ninth in the pair at the 2017 World Rowing Junior Championships.

National Results: Won the varsity eight and team title at the 2022 and 2021 NCAA Women's Rowing Championships. Won the varsity eight at the 2019, 2021, and 2022 Big 12 Conference Championships. Finished second in the varsity eight and second in the team standings at the 2019 NCAA Women's Rowing Championships. Finished second in the pair at the 2018 USRowing Youth National Championships.

Personal: Kaitlin was named the Big 12 Athlete of the Year in 2023 and was the Big 12 Scholar-Athlete of the Year in 2023. She was named USRowing's 2022 Under 23 Female Athlete of the Year and was a 2022 NCAA Woman of the Year nominee. Kaitlin enjoys workout classes, drawing, makeup, and digital marketing. Before joining rowing, she danced for 13 years; and in high school, she performed in the Macy's Day Parade. Kaitlin's dad was a rower on the club team at UT and also rowed on the national team after college. He currently owns a rowing club in Austin called the Texas Rowing Center, where she rowed in high school. In her sophomore year of high school, her dad finally convinced Kaitlin to give rowing a try, and she has been in love with it ever since. One of her personal heroes is her dad. In addition to owning Texas Rowing Center, he created the TRC High Performance Center. Kaitlin said she is so inspired watching him do what he loves everyday and changing the lives of the rowers that train there. Her favorite place to compete is Sarasota, Fla., and her favorite place to travel to is London, England. Her most memorable Olympic moment is when Kerri Strug secured the gold for Team USA at the 1996 Olympics, overcoming an ankle injury.

Megan Lee

Women's Eight

Birthdate: 5/14/2001

Hometown: Natick, Mass.

Height: 5'11"

Weight: 170

High School: Newton Country Day School of the Sacred Heart

Undergraduate Education: Duke University

Training Location: Oklahoma City, Okla.

National Teams: Five-U19, 2019; U23, 2022-2023; Senior, 2025-2026

National Results: Won the varsity eight at the 2025 Big 10 Conference Championships. Won the pair at the 2022 USRowing U23 National Team Trials. Finished second in the double sculls at

the 2021 USRowing Summer National Championships. Finished second in the varsity eight at the 2021 ACC Championships.

International Results: Placed fifth in the women's eight at the 2025 World Championships. Won The Boat Race in 2024. Finished eighth in the pair at the 2022 World Rowing Under-23 Championships. Finished fourth in the eight at the 2019 World Rowing Junior Championships. Placed first in the eight and second in the four at the 2018 CanAmMex Regatta. Finished third in the eight and second in the four with coxswain at the 2018 Canadian Henley.

Personal: Megan attended the University of Cambridge and graduated with a master's degree in management in 2024. She won The Boat Race with Cambridge in 2024 and raced with the University of Washington for a fifth year. She was named Duke Women's Rowing Most Valuable Rower. Megan has earned both first- and second-team All-America honors during her collegiate career. She enjoys water skiing and playing board games (especially Settlers of Catan). She was a competitive swimmer from the ages of six to 16. In the spring of her sophomore year, she decided she wanted to try something new and her high school had a rowing team, so she decided to join it. She said her personal hero is her coach, Megan Cooke Carcagno, because she is a role model for rowing as well as leadership.

Andrew “Andy” LeRoux

Men’s Alternate

Birthdate: 9/10/1998

Hometown: Venice, Fla.

Height: 6'6"

Weight: 215

High School: Pine View School

Undergraduate Education: Princeton University, Economics, 2020

Club/Affiliation: Boston Rowing Federation

National Teams: Seven- U19, 2014-16; Senior, 2017, 2022, 2025-2026

National Results: Finished fifth in the men's single sculls in the 2024 Winter Speed Order. Finished second in the men's single sculls at the 2023 Senior Trials. Finished fourth in the men's single sculls at the 2023 Winter Speed Order. Finished fourth in the varsity eight at the 2017 IRA National Championships. Finished fifth in the varsity eight at the 2018 IRA National Championships. Finished 12th in the quadruple sculls at the 2015 USRowing Youth National Championships.

International Results: Won bronze in the men's quadruple sculls at the 2025 World Cup-Lucerne. Served as an alternate at the 2022 World Rowing Championships. Finished third in the quadruple sculls at the 2016 World Rowing Junior Championships. Finished 15th in the quadruple sculls at the 2015 World Rowing Junior Championships. Finished 10th in the quadruple sculls at the 2014 World Rowing Junior Championships.

Personal: Andrew enjoys road biking, reading, board games, and skiing. He chose rowing for its competitive edge and the challenge of pushing his physical and mental limits. He currently

works at RegattaCentral as a software engineer. His favorite books are *The Stormlight Archive* series by Brandon Sanderson. His favorite TV show is *Brooklyn Nine-Nine*, and his favorite movie is *The Empire Strikes Back*.

Dahlia Levine

Women's Eight

Hometown: Ardmore, Pa.

Date of Birth: 1/29/2002

Height: 5'9"

Weight: 158

High School: Lower Merion High School

Undergraduate Education: Brown University, Neuroscience, 2024

Training Location: Providence, R.I.

National Teams: Three-Under 23, 2023-2024; Senior, 2026

International Results: Won silver in the eight at the 2024 World Rowing Under-23 Championships. Won gold in the eight at the 2023 World Rowing Under-23 Championships. Won the eight at the 2022 Henley Women's Regatta. Won the Island Challenge Cup at the 2022 Henley Royal Regatta.

National Results: Finished fifth in the varsity eight at the 2024 NCAA Championships.

Personal: Dahlia is a Collegiate Rowing Coaches Association National Scholar Athlete, a First-Team All-Ivy athlete, and a Pocock Racing Shell All-American. She likes to read, hike, bake, and volunteer with STEM to Stern, a program where she assists under-resourced middle schoolers in the Providence area develop STEM skills and learn how to row. Dahlia was a competitive swimmer for most of her life and tried rowing during her off-season. Her father inspired her to try the sport after he rowed in college. She hopes to have a career in sports physiology, psychology, or medicine after rowing. She majored in Neuroscience. She said *Inception* is her favorite movie.

Mia Levy

Women's Pair

Birthdate: 6/5/2003

Hometown: Des Moines, Iowa

Height: 6'3"

Weight: 170

Pronouns: she/they

High School: Phillips Academy

Undergraduate Education: Yale University, English Language and Literature, 2025

Training Location: Princeton, N.J.

National Teams: Five-U19, 2019, 2021; Under 23, 2023; Senior, 2025-2026

National Results: Won the varsity eight at the 2025 NCAA Championships. 2025 NCAA team points runner up for Yale. Won the Championship eight at the 2024 and 2025 Head of the Charles. Finished sixth in the eight at the 2023 NCAA Women's Rowing Championships. Finished third in the eight at the 2023 Ivy League Championships. Won the second varsity eight at the 2022 NCAA Women's Rowing Championships. Won the eight at the 2022 Ivy League Championships. Won the junior category at the 2020 USRowing Indoor National Championships/C.R.A.S.H.-B. Sprints. Won the intermediate eight and senior/elite eight and finished third in the intermediate four with coxswain at the 2019 USRowing Summer National Championships. Won the junior category at the 2019 C.R.A.S.H.-B. Championships.

International Results: Won gold in the pair and bronze in the eight at the 2026 World Cup III. Won gold in the four and eight at the 2026 World Cup II. Placed fifth in the women's eight at the 2025 World Championships. Won gold in the eight at the 2023 World Rowing Under-23 Championships. Won gold in the eight at the 2021 World Rowing U19 Championships. Finished fourth in the eight at the 2019 World Rowing U19 Championships.

Personal: Mia was a 2025 NCAA Woman of the Year Nominee and she won the 2025 CRCA Rower of the Year. She won the 2025 Nellie Pratt Elliot Awardee and was named the 2023 USRowing U23 Female Athlete of the Year. She was named two-times to the All-American team and three-times to the All-Ivy team. She was twice named to the CSC Academic All-District Honors list and graduated cum laude. and enjoys reading and writing. She also helps run a club called SSAY, a community for queer student athletes at Yale. She likes backpacking and helps with orientation for new freshmen by taking them on backpacking trips before the school year begins. Mia loves sustainable fashion and hasn't bought first-hand clothes in three years. One of Mia's personal heroes is her teammate, Olivia Schnur, because she brightens every practice and reminds Mia to always see the joy and fun in life. Mia hopes to be a teacher one day and loves listening to all music, especially boygenius. Her family includes parents Kerry and Frank and sister Kiki.

Sam Melvin

Men's Double Sculls

Birthdate: 4/8/1997

Hometown: Huntington Beach, Calif.

Height: 6'0"

Weight: 180

Pronouns: he/him

High School: Huntington Beach High School

Undergraduate Education: Columbia University

Club/Affiliation: New York Athletic Club

Current Coach: Casey Galvanek, Michael Martinov

Training Location: New York, N.Y.

National Teams: Six- Under 23, 2018-2019; Senior, 2023-2026

National Results: Finished second in the men's single sculls at the 2025 Senior Trials. Won the lightweight double sculls at the 2024 U.S. Olympic & Paralympic Team Trials - Rowing. Won the lightweight single sculls at the 2023 and 2024 Senior National Team Trials. Won the lightweight single sculls at the 2019 Under-23 World Championships Trials. Finished second in the under-23 lightweight single sculls at the 2017 Under-23 World Championships Trials. Won the lightweight division at the 2017 C.R.A.S.H.-B. World Indoor Rowing Championships.

International Results: Won bronze in the men's single sculls at the 2026 World Cup III. Won gold in the men's single sculls at the 2026 World Cup II. Finished fourth in the lightweight single sculls at the 2024 World Rowing Championships. Finished seventh in the lightweight double sculls at the 2024 World Rowing Final Olympic & Paralympic Qualification Regatta. Finished seventh in the lightweight single sculls at the 2023 World Rowing Championships. Won gold in the lightweight single sculls at the 2019 World Rowing Under 23 Championships. Finished third in the lightweight quadruple sculls at the 2018 World Rowing Under 23 Championships.

Personal: Sam was named USRowing's Under 23 Male Athlete of the Year in 2019. He enjoys reading, watching movies, and hanging out with friends and family. He lived in Auckland, New Zealand, for two years, where he joined his high school's rowing team. Sam lists his father as his personal hero. His dad was an Olympic sailor, and he has always followed his passions and is among the best at what he does. Sam enjoys reading Stephen King novels.

Madison Molitor

Men's Eight

Birthdate: 3/20/1997

Hometown: Moses Lake, Wash.

Height: 6'7"

Weight: 215

Pronouns: he/him

High School: Moses Lake High School

Undergraduate Education: University of Washington, Business Administration, 2019

Current Coach: Casey Galvanek

Training Location: Seattle, Wash.

National Teams: Four-U23, 2018-2019; Senior, 2025-2026

National Results: Won silver in the varsity eight at the 2019 IRA Championships. Won silver in the varsity eight at the 2018 IRA Championships. Won gold in the second varsity eight at the 2017 IRA Championships.

International Results: Finished seventh in the eight at the 2019 World Cup III. Won silver in the eight at the 2019 U23 World Championships. Finished fourth in the eight at the 2018 World Cup III. Won gold in the eight at the 2018 U23 World Championships.

Personal: Madison was named to the All-Pac-12 and IRA All-Academic Teams. He was the 2022 Washington State Cycling Champion, P1/2. He was selected to race the 37th America's Cup in Barcelona as a cyclor. He was a High School State Swimming Champion in the 50-yard

Freestyle in 2015. Madison enjoys cycling, sailing, and spending time with family. His dad walked on at Washington Rowing in the late 1980s.

Wilson Morton

Men's Eight

Hometown: Summit, N.J.

Date of Birth: 8/20/2003

Height: 6'6"

Weight: 205

High School: Delbarton School

Undergraduate Education: University of California, Berkeley, Electrical Engineering and Computer Science, 2025

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt, and Tim McLaren

Training Location: Oakland, Calif.

National Teams: Five- Under 19, 2019; Under 23, 2023-2025; Senior, 2026

International Results: Won the U.S.'s first gold in the men's four at the 2025 World Rowing Under 23 Championships. Won silver in the eight at the 2024 Under-23 World Rowing Championships. Finished eighth in the pair at the 2021 World Rowing Junior Championships.

National Results: Won the eight at the 2023 IRA National Championships. Finished second in the eight at the 2022 IRA National Championships.

Personal: Wilson enjoys fishing, water-skiing, cooking, mangoes, and skiing. He also enjoys the series Planet Earth and the Despicable Me movies. He majored in Electrical Engineering and Computer Science.

Lauren O'Connor

Women's Single Sculls

Hometown: Madison, Wis.

Date of Birth: 8/10/1998

Height: 5'9"

Weight: 155

Pronouns: she/her

High School: Belleville High School

Undergraduate Education: University of Wisconsin, Biology and Environmental Science, 2020

Current Club Affiliation: ARION

Current Coach: Eric Catalano

Training Location: Saratoga Springs, N.Y.

National Teams: Four- Senior, 2023, 2025-2026; Olympic, 2024

International Results: Won silver in the women's double sculls at the 2026 World Cup II. Finished ninth in the quadruple sculls at the 2024 Olympic Games. Won the quadruple sculls at

the 2024 World Rowing Final Olympic & Paralympic Qualification Regatta. Finished 11th in the quadruple sculls at the 2023 World Rowing Championships. Finished fifth in the double sculls and seventh in the quadruple sculls at the 2023 World Rowing Cup II.

National Results: Won the quadruple sculls at the 2024 U.S. Olympic & Paralympic Team Trials - Rowing. Won the double sculls at the 2023 USRowing National Selection Regatta. Finished second in the single sculls at the 2023 USRowing Winter Speed Order. Finished second in the single sculls at the 2022 USRowing Pan American Games Qualifier Trials. Won the single sculls at the 2022 U.S. Lotman Challenge. Finished second in the single sculls at the 2022 USRowing Senior National Team Trials 3.

Personal: Lauren was an Academic All Big-Ten rower in college. She enjoys hiking, camping, crochet, cycling, cooking, and trying new restaurants. She grew up showing pigs, rabbits, and horses as a part of her local 4H club. Lauren has a black belt in martial arts. She took vocal lessons and was in musicals for 12 years as a child. Lauren walked onto the team at Wisconsin after hearing about it from a high school friend who thought she'd enjoy it. She works in environmental conservation and protection. After rowing, she'd ideally like to spend most of her time in the woods.

Evan Park

Women's Quadruple Sculls

Hometown: Bend, Ore.

Height: 5'10"

Weight: 165

High School: Bend Senior High School

Undergraduate Education: Oregon State University, Chemistry, 2024

Training Location: Princeton, N.J.

National Teams: Three-U23, 2023; Senior, 2025-2026

National Results: Finished fifth in the varsity eight at the 2023 Pac-12 Championships.

International Results: Won bronze in the double sculls at the 2026 World Cup III. Won gold in the quadruple sculls at the 2026 World Cup II. Won gold in the eight at the 2023 U23 World Rowing Championships.

Personal: Evan was named the fastest athlete at C.R.A.S.H. Beavs, an indoor 2k race. She was also named Oregon State University Women's Rowing's MVP and most improved. Evan studied chemistry and is interested in climate change and sustainability. She received her master's at the University of Washington in Applied Chemical Sciences and Technology in 2025. She walked onto the OSU team, inspired by her parents, who rowed in college. She has lived abroad in Rome, Italy, for two years. Evan's hero is her mother because she is a dedicated educator and parent who is also adventurous and brave. After rowing, Evan would like to do research for a more carbon-neutral future. She enjoys playing bass guitar, learning electric and acoustic guitar, hiking, watching movies, and listening to music. She asked her national team teammates to form a band

Nathan (Nate) Phelps**Men's Eight****Birthdate:** 9/29/2000**Hometown:** Ridgefield, Conn.**Height:** 6'3"**Weight:** 215**Pronouns:** he/him**High School:** St. Lukes School**Undergraduate Education:** Princeton University**Club/Affiliation:** California Rowing Club**Current Coach:** Mike Teti, Skip Kielt**National Teams:** Six-U19, 2018; Under 23, 2019, 2021-2022; Senior, 2025-2026

National Results: Won bronze in the varsity eight at the 2023 IRA Championships. Won silver in the varsity eight at the 2023 Eastern Sprints. Finished second in the fourth varsity eight at the 2019 Eastern Sprints. Won the quadruple sculls at the 2018 USRowing Youth National Championships. Won the junior quadruple sculls at the 2018 San Diego Crew Classic. Won the quadruple sculls at the 2017 Head of the Charles. Won the under-19 quadruple sculls at the 2017 USRowing Club National Championships.

International Results: Placed fourth in the men's quadruple sculls at the 2025 World Championships. Placed fourth in the mixed eight at the 2025 World Championships. Won silver in the four with coxswain at the 2022 World Rowing Under 23 Championships. Finished 13th in the quadruple sculls at the 2021 World Rowing Under-23 Championships. Finished 13th in the quadruple sculls at the 2019 World Rowing Under-23 Championships. Finished 10th in the quadruple sculls at the 2018 World Rowing Junior Championships. Finished second in the under-19 quadruple sculls and fourth in the under-19 double sculls at the 2017 Canadian Henley.

Personal: Nathan was named an IRA All-Academic and the 2022 Princeton and PNC Bank Student Athlete Achiever. He won the W. Lyman Biddle Medal at Princeton, the Jack R. Robinson Inspiration Award at Princeton, and the Luke Walton Award at Cal. Nathan enjoys photography, reading, collecting vinyl, and collecting rocks. He discovered rowing through reading "The Boys in the Boat." He enjoys hiking, going to concerts, and thrifting.

Jacob Plihal**Men's Quadruple Sculls****Hometown:** Vashon Island, Wash.**Date of Birth:** 6/19/1996**Height:** 6'10"**Weight:** 230**High School:** Vashon Island High School**Undergraduate Education:** Northeastern University, Architectural Studies, 2018**Current Club Affiliation:** Craftsbury Green Racing Project

Current Coaches: Steve Hap Whelpley

Training Location: Craftsbury, Vt.

National Teams: Seven– Under 23, 2017-18; Senior, 2022, 2025-2026; Pan American Games, 2023; Olympic, 2024

International Results: Finished fourth in the men's quadruple sculls at the 2025 World Rowing Championships. Finished seventh in the mixed double sculls at the 2025 World Rowing Championships. Won silver in the men's single sculls at the 2025 World Cup I. Won bronze in the men's quadruple sculls at the 2025 World Cup II. Finished 13th overall in the men's single sculls at the 2024 Olympics, the best for an American in the event since 2008. Finished second in the single sculls at the 2024 World Rowing Final Olympic & Paralympic Qualification Regatta. Won gold in the single sculls and finished sixth in the quadruple sculls at the 2023 Pan American Games Qualification Regatta. Reached the finals of The Queen Mother Challenge Cup in the quadruple sculls at the 2022 Henley Royal Regatta. Finished ninth in the double sculls at the 2022 World Rowing Cup II. Finished 18th in the quadruple sculls at the 2018 World Rowing Under 23 Championships. Finished 14th in the quadruple sculls at the 2017 World Rowing Under 23 Championships

National Results: Won the men's single sculls at the 2025 Senior Trials. Won the men's single sculls at the 2025 Winter Trials. Won the single sculls at the 2024 U.S. Olympic & Paralympic Team Trials - Rowing. Finished third in the single sculls at the 2023 Winter Speed Order. Finished second in the single sculls at the 2022 National Selection Regatta I. Finished second in the double sculls at the 2022 National Selection Regatta II. Finished fourth in the double sculls at the 2020 U.S. Olympic Team Trials Rowing. Finished first in the quadruple sculls at the 2017 Under-23 World Championship Trials. Finished second in the varsity eight at the 2015 Eastern Sprints.

Personal: Jacob won the 2025 George Pocock Award of Excellence. He was named Rower of the Month by World Rowing in June 2025. He was Northeastern's team captain in 2016. He was nominated three times to the IRA All-American team. He enjoys photography, fishing, design, reading, cycling, and hiking. Jacob wants to pursue a career in architecture and coaching. He considers his parents as his personal heroes due to their unwavering support in his pursuit of rowing, and for exemplifying hard work, discipline, and persistence. He enjoys listening to Yellow Days, King Krule, Steven Wilson and Saint.

Chance Quarry

PR2 Mixed Double Sculls

Hometown: Rancho Palo Verdes, Calif.

Date of Birth: 2/12/2004

High School: Rolling Hills Prep High School

Undergraduate Education: University of California, Berkeley, Psychology, 2027

Current Club Affiliation: US Rowing Training Center - Boston

Current Coaches: Ellen Minzner

Training Location: Oakland, Calif.

National Teams: One- Senior, 2026

International Results: Won gold in the PR2 Mixed Double Sculls at the 2026 Royal Canadian Henley Regatta.

Pieter Quinton

Men's Four and Mixed Eight

Hometown: Portland, Ore.

Date of Birth: 2/11/1998

Height: 6'5"

Weight: 195

High School: Grant High School

Undergraduate Education: Harvard University, Government, 2020

Graduate Education: University of Washington, 2021

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Seven- U19, 2015-16; Senior, 2022-2023, 2025-2026; Olympic, 2024

International Results: Won bronze in the eight at the 2025 World Rowing Championships. Won bronze in the eight at the 2024 Paris Olympics. Finished second in the eight at the 2024 World Rowing Cup III. Won the eight at the 2024 World Rowing Final Olympic & Paralympic Qualification Regatta. Finished sixth in the eight at the 2023 World Rowing Championships. Finished fourth in the pair at the 2023 World Rowing Cup II. Finished fourth in the eight at the 2022 World Rowing Championships. Finished third in the four at the 2022 World Rowing Cup II. Finished third in the four with coxswain at the 2016 World Rowing Junior Championships. Finished fourth in the four with coxswain at the 2015 World Rowing Junior Championships.

National Results: Finished second in the pair at the 2024 USRowing Winter Speed Order. Won the varsity eight at the 2021 IRA National Championships. Finished sixth in the eight at the 2016 USRowing Youth National Championships.

Personal: Pieter enjoys cycling, skiing, hiking, and reading.

Rachel Rane

Men's Eight and Mixed Eight

Birthdate: 7/1/2001

Hometown: Glencoe, Ill.

Height: 5'5"

Pronouns: she/her

High School: New Trier High School

Undergraduate Education: University of Texas, Radio, Television, and Film, 2023

National Teams: Three-U23, 2022; Senior, 2025-2026

National Results: Won the varsity eight and team titles at the 2021 and 2022 NCAA Rowing Championships. Won the second eight at the 2019 Scholastic Rowing Association of America (SRAA) National Championship.

International Results: Won bronze in the men's eight at the 2025 World Rowing Championships. Won gold in the eight at the 2022 World Rowing Under 23 Championships.

Personal: Rachel was named 2021 and 2022 CRCA First-Team All-American. She loves watching movies, playing Rock Band with friends and family, and filmmaking. Her family is 80 percent coxswains, and they named one of her dogs after a boat, Hudson. Rachel and her older sister played softball for 10 years, but their parents wanted them to do a fall sport when they got to high school. Her sister started coxing in the fall and decided to do it in the spring. Rachel and her twin brother went to their sister's national championship race and immediately knew that they wanted to cox and compete. Two years later, they started coxing in the fall of their freshman year and never looked back. Rachel names her personal heroes as her family. She said her parents have sacrificed so much for her to be in a position to compete at one of the highest levels. The long car rides to practices and races, volunteering at food tents, funding for equipment and gear, to the lessons learned and everything in between. She also said she could not be here without her siblings. They always pushed each other, even at the D1 level at different schools and programs. She said there is always the fun competitiveness, but also the unconditional support and encouragement to be the best version of themselves.

Sean Richardson

Lightweight Men's Double Sculls

Hometown: Beverly, Mass.

Date of Birth: 2/14/1999

Height: 6'2"

Weight: 160

High School: Beverly High School

Undergraduate Education: University of Massachusetts, Sport Management, 2021

Training Location: Cambridge, Mass.

National Teams: Three-Senior, 2022, 2026; Pan American Games, 2023

International Results: Finished sixth in the lightweight men's single sculls at the 2026 World Cup III. Finished seventh in the lightweight double sculls at the 2023 Pan American Games Qualification Regatta. Finished fifth in the lightweight quadruple sculls at the 2022 World Rowing Championships. Won the quadruple scull at the 2022 Canadian Henley. Finished second in the senior quadruple sculls at the 2022 Holland Beker Regatta.

National Results: Finished eighth in the lightweight single sculls at the 2023 Winter Speed Order. Finished second in the lightweight single sculls at the 2021 USRowing Fall Speed Order. Finished third in the under-23 lightweight single sculls at the 2021 USRowing Summer National Championships. Won the intermediate lightweight eight and four with coxswain at the 2019 USRowing Summer National Championships.

Personal: Sean enjoys running, hiking, coffee, coaching, baking, and Sudoku puzzles. He started rowing after being unable to walk-on to the track team at the University of Massachusetts. He majored in Sport Management. He lists his parents as his personal heroes for their endless support and insight. Sean would like to thank Amel Younis and Alex Twist for their mentorship over the past year.

Gus Rodriguez

Men's Four and Mixed Eight

Hometown: Rye, N.Y.

Date of Birth: 6/1/1999

Height: 6'5"

Weight: 210

High School: Rye High School

Undergraduate Education: Brown University, Mechanical Engineering, 2022

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Six- U19, 2017; Under 23, 2021; Senior, 2022, 2025-2026; Olympic, 2024

International Results: Won bronze in the men's eight and finished 11th in the men's four at the 2025 World Championships. Finished sixth in the four at the 2025 World Cup- Lucerne. Finished fifth in the eight at the 2025 World Cup-Lucerne. Finished 14th in the pair at the 2025 World Cup-Varese. Finished 11th in the pair at the 2024 World Rowing Cup II. Finished 10th in the four at the 2022 World Rowing Championships. Won silver in the eight at the 2021 World Rowing Under 23 Championships. Finished seventh in the quadruple sculls at the 2017 World Rowing Junior Championships.

National Results: Won the varsity eight with Cal at the 2023 IRA National Championships. Finished third in the varsity eight at the 2022 IRA National Championships. Finished sixth and third among college crews in the championship eight at the 2019 Head of the Charles. Finished fifth in the second varsity eight at the 2019 IRA National Championship. Finished seventh in the second varsity eight at the 2018 IRA National Championship. Won the pair at the 2017 USRowing Youth National Championships. Won the four at the 2016 USRowing Youth National Championships.

Personal: Gus is the youngest of three. His brother was a swimmer at Princeton, and his sister was a rower at Tulane. Previously a swimmer, Gus started rowing when he injured his knee getting out of a pool. His father, Raoul, played football at Tulane and was a 1988 Olympic rower. Gus was named USRowing's Under 23 Male Athlete of the Year in 2021.

Jesse Ryno

Men's Alternate

Hometown: Alpine, N.J.

Date of Birth: 2/26/2002

Height: 6'0"

High School: Tenaflly High School

Undergraduate Education: Georgetown University, Russian, 2024

Current Club Affiliation: Craftsbury Green Racing Project

Current Coaches: Steve Hap Whelpey

Training Location: Craftsbury, Vt.

National Teams: One-Senior, 2026

International Results: Finished seventh in the four at the 2025 FISU World University Games.

Personal: Jesse was the captain of Georgetown's Heavyweight team.

Regina Salmons

Women's Pair

Hometown: Methuen, Mass.

Date of Birth: 4/21/1997

Height: 6'1"

Weight: 180

High School: The Derryfield School

Undergraduate Education: University of Pennsylvania, English Language and Literature, 2018

Current Club Affiliation: US Rowing Training Center - Princeton

Current Coaches: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Eight-Under 23, 2016, 2018; Senior 2019, 2022-2023, 2026; Olympic, 2020, 2024

International Results: Won gold in the women's pair and bronze in the eight at the 2026 World Cup III. Won gold in the eight and finished fourth in the pair at the 2026 World Cup II. Finished fifth in the eight at the 2024 Paris Olympics. Finished third in the eight at the 2024 World Rowing Cup II. Finished second in the eight at the 2023 World Rowing Championships. Finished fourth in the eight at the 2022 World Rowing Championships. Reached the semifinals of The Remenham Challenge Cup in the eight at the 2022 Henley Royal Regatta. Finished fourth in the pair at the 2022 World Rowing Cup II. Finished fourth in the eight at the Tokyo 2020 Olympic Games. Served as an alternate at the 2019 World Rowing Championships. Finished fifth in the four at the 2019 World Rowing Cup II. Won gold in the pair at the 2018 World Rowing Under-23 Championships. Won gold in the four and eight at the 2016 World Rowing Under-23 Championships.

National Results: Finished fourth in the pair at the 2023 USRowing National Selection Regatta. Finished fifth in the pair at the 2023 USRowing Winter Speed Order. Placed third in the varsity eight at the 2018 Ivy League Championships (Penn's first medal since 1980). Won gold in the intermediate four with coxswain at the 2015 USRowing Club National Championships.

Personal: Regina loves to write poetry, and in college, she was the editor in chief of the feminist literary and arts magazine "The F-word" and chaired the poetry workshop group "The Body Electric" named after Walt Whitman's poem. She majored in English Language and Literature. Regina is a 2017 and 2018 Scholar Athlete Award (CRCA) winner, for maintaining above a 3.5 GPA and participating in more than 75% of varsity races those years. She also was a 2018 All-Ivy First-Team selection. She admires her parents for their sheer love and determination and wants to grow up to be as kind and strong and persistent as they are. Regina is thankful for her high school coach, Brian Brunelle, and her home rowing club, Amoskeag, for instilling her love of the sport and their support.

Justin Schmidt

Lightweight Men's Single Sculls

Birthdate: 8/8/2001

Hometown: Westport, Conn.

Height: 5'10"

Weight: 160

High School: Staples High School

Undergraduate Education: University of Delaware, Finance, 2023

Club/Affiliation: Conshohocken Rowing Center

Current Coach: Craig Hoffman, Aislinn O'Brien

National Teams: Three- Under 23, 2022; Senior, 2025-2026

National Results: Won the men's lightweight single sculls at the 2024 Head of the Charles. Won the lightweight quadruple sculls at the 2022 Under-23 National Team Trials. Won the U23 lightweight single sculls at the 2021 USRowing Summer National Championships.

International Results: Won bronze in the lightweight men's single sculls at the 2026 World Cup III. Finished fourth in the lightweight single sculls at the 2025 World Rowing Championships. Finished fourth in the lightweight quadruple sculls at the 2022 World Rowing Under 23 Championships.

Personal: Justin is a Top 1% listener of John Mayer on Spotify. He enjoys sleeping and eating PB&Js. He describes himself as the average bubble tea enjoyer. Fellow University of Delaware athlete and under 23 national team member, Collin Hay, has been a huge influence throughout his college career. He admires the tenacity and dedication Collin shows, whether he is building Lego sets or competing in the pair. His favorite TV show is Psych.

Sam Sullivan

Men's Eight

Hometown: Boston, Mass.

Date of Birth: 3/18/2003

Height: 6'5"

Weight: 225

High School: Boston Latin School

Undergraduate Education: University of Pennsylvania, Mechanical Engineering, 2025

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt, and Tim McLaren

Training Location: Oakland, Calif.

National Teams: Three-U23, 2024-2025; Senior, 2026

International Results: Won the U.S.'s first gold in the men's four at the 2025 World Rowing Under 23 Championships. Won silver in the eight at the 2024 World Rowing Under 23 Championships.

National Results: Placed fifth in the varsity eight at the 2024 Eastern Sprints. Placed eighth in the varsity eight at the 2024 IRA Championships.

Personal: Sam won the 2024 USRowing U23 Male Athlete of the Year. Sam is majoring in mechanical engineering. He was named to the 2023 and 2024 IRCA First Team All-American Team and the 2024 Academic All-Ivy Team. He enjoys biking and is known for his blonde afro.

Jessica “Jess” Thoennes

Women’s Eight

Hometown: Highlands Ranch, Colo.

Date of Birth: 9/20/1995

Height: 6’1”

Weight: 169

High School: Mountain Vista High School

Undergraduate Education: University of Washington

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Eight – Under 23, 2017; Senior, 2018, 2022-2023, 2025-2026; Olympic, 2020, 2024

International Results: Won bronze at the 2025 World Championships in the women’s pair. Finished fourth in the pair at the 2024 Olympic Games. Finished sixth in the pair at the 2024 World Rowing Cup II. Finished second in the eight at the 2023 World Rowing Championships. Finished fourth in the pair at the 2023 World Rowing Cup II. Finished fourth in the eight at the 2022 World Rowing Championships. Reached the semifinals of The Remenham Challenge Cup in the eight at the 2022 Henley Royal Regatta. Finished fourth in the four at the 2022 World Rowing Cup II. Finished fourth in the eight at the Tokyo 2020 Olympic Games. Served as an alternate at the 2018 World Rowing Championships. Raced in the Remenham Challenge Cup at the 2018 Henley Royal Regatta. Placed second in the eight at the 2017 World Rowing Under-23 Championships.

National Results: Won the pair at the 2024 U.S. Olympic & Paralympic Team Trials - Rowing. Won the pair at the 2023 USRowing Winter Speed Order. Won gold in the second varsity eight at

the 2018 NCAA Women's Rowing Championships. Won gold in the varsity eight at the 2017 NCAA Women's Rowing Championships.

Personal: Jess walked on to the University of Washington women's rowing team. She considers having the first sweep in NCAA history as one of her favorite sporting accomplishments. In her off time, Jess loves learning, reading, gardening, hiking in the mountains, and drinking coffee.

Alexandria Vallancey-Martinson

Women's Eight

Birthdate: 4/14/1999

Hometown: Corvallis, Ore.

Height: 6'0"

Weight: 175

Pronouns: she/her

High School: Corvallis High School

Undergraduate Education: United States Naval Academy, Oceanography, 2021

Club/Affiliation: Hampton Roads Rowing Club, San Diego Rowing Club

National Teams: Three-Under 23, 2021; Senior, 2025-2026

National Results: Won the AA single sculls and the AA pair at the 2024, Masters Southwest Regionals. Won the Champ four with coxswain at the 2021 Head of the Charles; Won the eight at the 2018, 2019, and 2021 Patriot League Championships.

International Results: Won gold in the four at the 2026 World Cup II. Won gold in the four at the 2025 World Cup III. Placed fifth in the women's eight at the 2025 World Championships. Won gold in the eight and silver in the four at the 2021 World Rowing Under 23 Championships. Won the King's Cup representing the U.S. Armed Forces at the 2019 Henley Royal Regatta.

Personal: Alexandria won the 2021 USRowing U23 Athlete of the Year. She was a Second-Team CRCA All-American in 2018 and 2019. Alexandria enjoys backpacking and fishing. She played basketball through high school and walked onto the crew team her freshman year at Navy.

Camille VanderMeer

Women's Eight

Hometown: Elmira, N.Y.

Height: 5'10"

Weight: 165

High School: Notre Dame High School

Undergraduate Education: Princeton University, Economics and Environmental Studies, 2023

Training Location: Princeton, N.J.

National Teams: Five-U19 2018; Under 23, 2019, 2022; Senior, 2025-2026

National Results: Finished third in the first varsity eight at the 2022 NCAA Women's Rowing Championships. Won the first varsity eight at the 2022 Ivy League Championships. Finished

second in the quadruple sculls at the 2017 USRowing Youth National Championships. Finished sixth at the 2017 C.R.A.S.H.-B. World Indoor Championships.

International Results: Raced with the 2026 Light Blue boat in the Boat Race. Won gold in women's four at the 2025 World Championship. Placed fourth in the mixed eight at the 2025 World Championships. Won the eight at the 2022 World Rowing Under-23 Championships. Finished 11th in the quadruple sculls at the 2019 World Rowing Under-23 Championships. Finished seventh in the double sculls at the 2018 World Rowing Junior Championships.

Personal: Camille received the CRCA Scholar Athlete Award in 2020 and 2022 and was an all-Ivy selection. She enjoys ceramics, piano, painting, graphic design, and cooking; she also knows every John Mayer song. Camille names her personal hero as her grandfather because he always exhibited kindness, empathy, and grace in every situation.

Sophia Vitas

Women's Quadruple Sculls and Mixed Double Sculls

Hometown: Franklin, Wis.

Date of Birth: 12/22/1992

Height: 6'2"

Weight: 175

High School: Franklin High School

Undergraduate Education: University of Wisconsin, Chemistry, 2016

Training Location: Sarasota, Fla.

National Teams: Six-Senior, 2017, 2019, 2022-23, 2026; Olympic, 2024

International Results: Won gold in the women's quadruple sculls and mixed double sculls at the 2026 World Cup II. Won silver in the women's double sculls at the 2026 World Cup III. Finished ninth in the double sculls at the 2024 Paris Olympics. Won the double sculls at the 2024 World Rowing Cup II. Finished third in the double sculls at the 2023 World Rowing Championships. Finished second in the double sculls and seventh in the quadruple sculls at the 2023 World Rowing Cup II. Finished fifth in the double sculls at the 2022 World Rowing Championships. Reached the semifinals of The Princess Grace Challenge Cup for quadruple sculls at the 2022 Henley Royal Regatta. Finished third in the double sculls at the 2022 World Rowing Cup II. Finished seventh in the quad at the 2019 World Rowing Championships. Finished fourth in the four at the 2018 World Rowing Cup III. Finished fourth in the eight at the 2017 World Rowing Championships. Finished seventh in the pair at the 2017 World Rowing Cup II.

National Results: Finished second in the single sculls at the 2024 USRowing Spring Speed Order. Won the double sculls at the 2023 Senior National Team Trials. Won the single sculls at the 2023 USRowing Spring Speed Order. Won the double sculls at the 2022 Senior National Team Trials. Finished second in the single sculls at the 2022 USRowing Spring Speed Order.

Personal: Sophia enjoys biking, baking breads, and surveilling gators from her porch. She began rowing as a walk-on at the University of Wisconsin. She majored in Chemistry. Sophia lists Lucerne, Switzerland, as her favorite place to compete.

Blake Vogel**Men's Pair**

Hometown: Mars, Pa.

Date of Birth: 11/22/2002

Height: 6'2"

High School: Central Catholic High School

Undergraduate Education: University of Washington, Real Estate, 2025

Training Location: Seattle, Wash.

National Teams: Three-Under 23, 2023-2024; Senior, 2026

International Results: Won silver in the eight at the 2024 Under-23 World Rowing Championships. Won bronze in the four with coxswain at the 2023 Under-23 World Rowing Championships. Advanced to the semifinals in the four with coxswain at the 2022 Henley Royal Regatta.

National Results: Won the second varsity eight at the 2024 and 2025 IRA Championships. Finished second in the second varsity eight at the 2023 IRA National Championships. Finished second in the four with coxswain at the 2022 IRA National Championships.

Personal: Blake likes to lift weights, play golf, and work on cars. He would like to work on them with his dad and brother at home after rowing. He majored in Real Estate/Business. His personal hero is his head coach, Michael Callahan. Blake said he enjoys watching him interact with the team at practice because he makes it fun and enjoyable, which makes the hard days easier. Blake also admires how he cares about family.

Natalie (Nat) Vorel**PR2 Mixed Double Sculls**

Hometown: Oklahoma City, Ok.

Date of Birth: 5/27/1998

High School: Edmond Memorial High School

Current Club Affiliation: OKC Riversport

Training Location: Oklahoma City, Ok.

National Teams: One - Senior, 2026

International Results: Won gold in the PR2 Mixed Double Sculls at the 2026 Royal Canadian Henley Regatta.

Personal: Nat is also a member of the USA paraclimbing and paraswimming teams.

Kristi Wagner**Women's Quadruple Sculls**

Hometown: Weston, Mass.

Date of Birth: 1/25/1993

Height: 6'1"

Weight: 164

High School: Weston High School

Undergraduate Education: Yale University, American Studies, 2015

Current Club Affiliation: Saratoga Rowing Association

Training Location: Saratoga Springs, N.Y.

National Teams: Six-Under 23, 2013; Senior, 2022-2023, 2026; Olympic, 2020, 2024

International Results: Finished ninth in the double sculls at the 2024 Paris Olympics. Won the double sculls at the 2024 World Rowing Cup II. Finished third in the double sculls at the 2023 World Rowing Championships. Finished second in the double sculls and seventh in the quadruple sculls at the 2023 World Rowing Cup II Regatta. Finished fifth in the double sculls at the 2022 World Rowing Championships. Reached the semifinals of The Remenham Challenge Cup in the eight at the 2022 Henley Royal Regatta. Finished fourth in the four at the 2022 World Rowing Cup II. Finished fifth in the double sculls at the Tokyo 2020 Olympic Games. Finished third in the double sculls at the 2021 World Rowing Cup II. Finished sixth in the quadruple sculls at the 2019 World Rowing Cup III. Reached the semifinals in the quadruple sculls at the 2019 Henley Royal Regatta. Finished 10th in the pair at the 2013 World Rowing Under-23 Championships.

National Results: Finished third in the double sculls at the 2022 National Selection Regatta II. Finished third in the single sculls at the 2022 National Selection Regatta I. Won the double sculls at the 2020 U.S. Olympic Team Trials - Rowing. Finished third in the single sculls at the 2020 U.S. Olympic Team Trials - Rowing. Finished fourth in the double sculls at the 2020 USRowing Speed Order. Finished third in the double sculls at the 2019 Senior National Team Trials. Won the double sculls at the 2018 Canadian Henley. Finished second in the double sculls at the 2017 National Selection Regatta. Finished fourth in the single sculls at the 2017 National Selection Regatta. Finished second in the single sculls at the 2015 Under-23 National Team Trials. Finished second in the four with coxswain at the 2015 NCAA Championships. Won the pair at the 2013 Under-23 National Team Trials.

Personal: Kristi enjoys coaching, hiking in the Adirondacks, cycling (especially if the destination includes ice cream or donuts), cooking, and reading. She learned to row in middle school and then rowed for her public high school team, Wayland Weston, for four years. She majored in American Studies. Kristi looks up to Michael Jordan: He started as a great individual player but had to learn how to help make his team great to win all of those championships. He also has a lot of amazing quotes that can serve as quick inspiration on race day! Kristi has a podcast called The Other 3 Years that shares her journey, training, and racing!

James Wright

Men's Quadruple Sculls

Hometown: Philadelphia, Pa.

Date of Birth: 1/31/2000

Height: 6'6"

Weight: 210

High School: Germantown Friends School

Undergraduate Education: Stanford University, Mechanical Engineering, 2023

National Teams: Five-Under 19, 2017-2018; Under 23, 2019, 2022; Senior, 2026

International Results: Finished second in the eight at the 2022 World Rowing Under-23 Championships. Finished 17th in the single sculls at the 2019 World Rowing Under-23 Championships. Finished 10th in the quadruple sculls at the 2018 World Rowing Junior Championships. Finished seventh in the quadruple sculls at the 2017 World Rowing Junior Championships.

National Results: Won the under-19 event at the 2018 World Indoor Rowing Championships. Won the single sculls at the 2018 USRowing Youth National Championships. Won the single sculls at the 2017 and 2018 Scholastic Rowing Association of America (SRAA) National Championship.

Personal: James enjoys photography, soccer, chess, and peanut butter and jelly sandwiches. He majored in Mechanical Engineering.

About USRowing

USRowing is a nonprofit membership organization recognized by the United States Olympic & Paralympic Committee as the national governing body for the sport of rowing in the United States. We select, train and manage the teams that represent the U.S. in international competition including the world championships, Pan American Games, Olympic Games, and Paralympic Games. More than 75,000 individuals and 1,300 organizations strong, USRowing serves and promotes the sport on all levels of competition. USRowing membership reflects the spectrum of American rowers – juniors, collegians, masters, and those who row for recreation, competition, or fitness.

In the sporting sense, rowing is not unique, but in many ways this sport of boats, oars, water, wind, pain, and passion is vividly distinctive. No other sport asks its athletes to find perfect unison on water while demanding patience, balance, and grit. We believe it is the perfect teacher of life's most important lessons – be persistent, work together, and be coachable.

At USRowing, we've applied those same lessons to this organization: persistence, teamwork, and coachability. In 2022, we launched three planning processes – one for high performance, one for diversity and inclusion, and one holistic strategic planning process for the organization. For 2023-26, we are focused on the most impactful opportunities across the following three pillars:

Experience

Ensure that we bring strong benefits to our members.

Inclusion

Help our sport grow and be welcoming, fair, and accessible to all.

Performance

Support our high-performance athletes to be the best in the world.

USRowing is a member of the United States Olympic & Paralympic Committee and Federation Internationale des Societes D'Aviron (FISA), the international rowing federation.

Media Services Directory

United States Rowing Association (USRowing)

1 S. Post Road

West Windsor, NJ 08550

Phone: (609) 751-0700

Email: media@usrowing.org