



# **2025 World Rowing Championships Media Guide**

## **September 21-28**

### **Shanghai, China**

#### **Press Officers**

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## **2025 World Rowing Championships Roster**

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

*(Lineups subject to change)*

#### **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/Conshohocken Rowing Center)

#### **Lightweight Women's Single Sculls**

Michelle Sechser (Folsom, Calif./University of Tulsa/USRowing Training Center-Princeton)

#### **Women's Pair**

Holly Drapp (s) (Tampa, Fla./University of Washington/Craftsbury Green Racing Project)

Jess Thoennes (b) (Highlands Ranch, Colo./University of Washington/USRowing Training Center-Princeton)

#### **Men's Double Sculls**

Andy LeRoux (s) (Venice, Fla./Princeton University/Boston Rowing Federation)

Sam Melvin (b) (Huntington Beach, Calif./Columbia University/New York Athletic Club)

#### **Women's Double Sculls**

Grace Joyce (s) (Northfield, Ill./University of Wisconsin/Craftsbury Green Racing Project)

Isa Darvin (b) (Madison, Wis./University of Wisconsin/California Rowing Club)

#### **Men's Four**

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

Gus Rodriguez (3) (Rye, N.Y./Brown University/California Rowing Club)

Alexander Hedge (2)(Morristown, N.J./Columbia University/USRowing Training Center-Sarasota)

Christian Tabash (b)(Alexandria, Va./Harvard University/USRowing Training Center - Sarasota)

#### **Women's Four**

Kate Knifton (s) (Austin, Texas/University of Texas/USRowing Training Center-Princeton)

Teal Cohen (3)(Dallas, Texas/University of Washington/USRowing Training Center-Princeton)

Azja Czajkowski (2) (Imperial Beach, Calif./Stanford University/USRowing Training Center-Princeton)

Camille VanderMeer (1) (Elmira, N.Y./Princeton University/USRowing Training Center-Princeton)

**PR3 Mixed Four with Coxswain**

Emelie Eldracher (c) (Andover, Mass./Massachusetts Institute of Technology)

Ben Washburne (s)(Madison, Conn./Williams College)

Max Allemeier (3) (Marietta, Ga./Oregon State University)

Annabelle Miller (2) (Kansas City, Mo./Wesleyan University)

Eli Margolin (b)(New Orleans, La./Stanford University/Vesper Boat Club)

**Men's Quadruple Sculls**

Chris Carlson (s) (Bedford, N.H./University of Washington/USRowing Training Center-Boston)

Cedar Cunningham (3) (Renton, Wash./Washington State University/USRowing Training Center-Sarasota)

Jacob Plihal (2) (Vashon Island, Wash./Northeastern University/Craftsbury Green Racing Project)

Nathan Phelps (b) (Ridgefield, Conn./Princeton University/California Rowing Club)

**Women's Quadruple Sculls**

Sera Busse (s) (Oakland, Calif./Tufts University/Craftsbury Green Racing Project)

Alina Hagstrom (3) (Seattle, Wash./Oregon State University/USRowing Training Center-Princeton)

Sophia Calabrese (2) (Shaker Heights, Ohio/University of Texas/Craftsbury Green Racing Project)

Katy Flynn (b) (Churchville, N.Y./Rensselaer Polytechnic Institute/ARION)

**Men's Eight**

Rachel Rane (c)(Glencoe, Il./University of Texas)

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

Gus Rodriguez (7) (Rye, N.Y./Brown University/ California Rowing Club)

Billy Bender (6) (Norwich, Vt./Dartmouth College/USRowing Training Center-Princeton)

Madison Molitor (5) (Moses Lake, Wash./University of Washington/USRowing Training Center-Sarasota)

Alexander Hedge (4) (Morristown, N.J./Columbia University/USRowing Training Center-Sarasota)

Michael Herman (3) (Washington, D.C./University of San Diego/USRowing Training Center-Sarasota)

Jacob Hudgins (2) (Andover, Mass./Dartmouth University/California Rowing Club)

Christian Tabash (b) (Alexandria, Va./Harvard University/USRowing Training Center - Sarasota)

**Women's Eight**

Nina Castagna (c) (Cincinnati, Ohio/University of Washington)  
Megan Lee (s) (Natick, Mass./University of Washington/Craftsbury Green Racing Project)  
Alexandria Vallancey-Martinson (7) (Corvallis, Ore./Naval Academy/USRowing Training Center-Princeton)  
Etta Carpender (6) (Denver, Colo./University of Texas/USRowing Training Center-Princeton)  
Anna Jensen (5) (Midland, Mich./University of Texas/Craftsbury Green Racing Project)  
Mia Levy (4) (Des Moines, Iowa/Yale University/USRowing Training Center-Princeton)  
Charlotte Buck (3) (Nyack, N.Y./Columbia University/USRowing Training Center-Princeton)  
Kaitlyn Kynast (2) (Ridgefield, Conn./Stanford University/USRowing Training Center-Princeton)  
Hannah Heideveld (b) (Amsterdam, The Netherlands/Rutgers University/USRowing Training Center-Princeton)

### **Mixed Double Sculls**

Jacob Plihal (s) (Vashon Island, Wash./Northeastern University/Craftsbury Green Racing Project)  
Isa Darwin (b) (Madison, Wis./University of Wisconsin/California Rowing Club)

### **Mixed Eight**

Nina Castagna (c) (Cincinnati, Ohio/University of Washington)  
Chris Carlson (s) (Bedford, N.H./University of Washington/USRowing Training Center-Boston)  
Nathan Phelps (7) (Ridgefield, Conn./Princeton University/California Rowing Club)  
Jacob Hudgins (6) (Andover, Mass./Dartmouth University/California Rowing Club)  
Billy Bender (5) (Norwich, Vt./Dartmouth College/USRowing Training Center-Princeton)  
Azja Czajkowski (4) (Imperial Beach, Calif./Stanford University/USRowing Training Center-Princeton)  
Teal Cohen (3) (Dallas, Texas/University of Washington/USRowing Training Center-Princeton)  
Camille VanderMeer (2) (Elmira, N.Y./Princeton University/USRowing Training Center-Princeton)  
Kate Knifton (b) (Austin, Texas/University of Texas/USRowing Training Center-Princeton)

### **Alternates**

Josh Diggons (Ocean City, N.J./Drexel University/California Rowing Club)  
Willem Drescher (Gainesville, Va./Virginia Commonwealth University/USRowing Training Center-Sarasota)  
Evan Falstrup (Rancho Palos Verdes, Calif./University of Southern California/California Rowing Club)

### **Alternates (Not Traveling)**

Daisy Mazzio-Manson (Wellesley, Mass./Yale University/USRowing Training Center-Sarasota)  
Evan Park (Bend, Ore./University of Washington/USRowing Training Center-Princeton)

**Support Staff**

Fiona Bourke - High Performance Sculling Coach

Eric Catalano - Coach

Will Daly - Team Manager

Brian de Regt - Coach

Sergio Espinoza - Coach

Jesse Foglia - Head Women's Coach

Casey Galvanek - Head Men's Coach

Craig Hoffman - Coach

Kaity Jackson - Staff

Geoff Keller -Staff

Caitlin McClain - Coach

Deirdre McLoughlin - Staff

Ellen Minzner - Head Coach, Para

Katy Ruderman - Coach

Josy Verdonkschot - The McLane Family Chief High Performance Officer

Peter Wenger - Team Doctor

Wendy Wilbur - Team Manager

**About the Venue**

Shanghai Water Sports Centre was established in August 1983 with 2 artificial courses of 2,250m in length and 3 m to 4m depth. Linked with the natural water body, Dianshan Lake, the venue is a well-equipped artificial water sports centre which meets the international competition venue standards for both rowing and canoeing.

To improve the experience for the teams, the venue has been recently renovated for the 2025 World Rowing Championships. The Championships will enjoy a newly upgraded finish tower, a permanent wave breaking system and updated facilities used for the athlete rest area, changing rooms and showers.

The venue has previously hosted many national, regional and international events and competitions, including the 2018 FISU University Rowing Championships.

## About the Event

Rowing events at the 2025 World Rowing Championship will take place September 21-28. The eight-day regatta offers 23 events. The U.S. will be competing in 15 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/>

2025 World Rowing Championships Events Page:

<https://worldrowing.com/event/2025-world-rowing-championships/?tab=information>

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](mailto:media@usrowing.org).

## **Rowers by State (48)**

### **California (5)**

Sera Busse  
Azja Czajkowski  
Evan Falstrup  
Sam Melvin  
Michelle Sechser

### **Colorado (2)**

Jessica Thoennes  
Etta Carpender

### **Connecticut (3)**

Nathan Phelps  
Justin Schmidt  
Ben Washburne

### **Florida (2)**

Holly Drapp  
Andrew LeRoux

### **Georgia (1)**

Max Allemeier

### **Illinois (2)**

Grace Joyce  
Rachel Rane

### **Iowa (1)**

Mia Levy

### **Louisiana (1)**

Elizabeth Margolin

### **Massachusetts (4)**

Emelie Eldracher  
Jacob Hudgins  
Megan Lee  
Mary Mazzio-Manson

### **Michigan (1)**

Anna Jensen

### **Missouri (1)**

Annabelle Miller

### **New Hampshire (1)**

Chris Carlson

### **New Jersey (2)**

Josh Diggons  
Alexander Hedge

### **New York (5)**

Charlotte Buck  
Katheryn Flynn  
Kaitlyn Kynast  
Gus Rodriguez  
Camille VanderMeer

### **Ohio (1)**

Cristina Castagna

### **Oregon (3)**

Pieter Quinton  
Evan Park  
Alexandria  
Vallancey-Martinson

### **Texas (2)**

Teal Cohen  
Kate Knifton

### **Vermont (1)**

Billy Bender

### **Virginia (2)**

Willem Drescher  
Christian Tabash

### **Washington (4)**

Cedar Cunningham  
Alina Hagstrom  
Madison Molitor  
Jacob Plihal

### **Washington D.C. (1)**

Michael Herman

### **Wisconsin (2)**

Isa Darwin  
Lauren O'Connor

## **Rowers by University (49)**

### **Brown University (1)**

Gus Rodriguez

Max Allemeier

Evan Park

Kate Knifton

Rachel Rane

### **Columbia University (3)**

Charlotte Buck

Alexander Hedge

Sam Melvin

### **Princeton University (3)**

Andrew LeRoux

Nathan Phelps

Camille VanderMeer

### **University of Tulsa (1)**

Michelle Sechser

### **Dartmouth College (2)**

Billy Bender

Jacob Hudgins

### **Rensselaer Polytechnic Institute (1)**

Katheryn Flynn

### **University of Washington (7)**

Chris Carlson

Cristina Castagna

Teal Cohen

Holly Drapp

Madison Molitor

Jessica Thoennes

### **Duke University (1)**

Megan Lee

### **Rutgers University**

Hannah Heideveld

### **Drexel University (1)**

Josh Diggons

### **Stanford University (3)**

Azja Czajkowski

Kaitlyn Kynast

Elizabeth Margolin

### **University of Wisconsin (4)**

Isa Darwin

Grace Joyce

Lauren O'Connor

### **Harvard University (2)**

Pieter Quinton

Christian Tabash

### **Tufts University (1)**

Sera Busse

### **Massachusetts Institute of Technology (1)**

Emelie Eldracher

### **University of Delaware (1)**

### **Naval Academy (1)**

Alexandria

Vallancey-Martinson

### **University of San Diego (1)**

Michael Herman

### **Virginia Commonwealth University (1)**

Willem Drescher

### **Washington State**

#### **University (1)**

Cedar Cunningham

### **Northeastern University (1)**

Jacob Plihal

### **University of Southern California (1)**

Evan Falstrup

### **Wesleyan University (1)**

Annabelle Miller

### **Oregon State University (3)**

Alina Hagstrom

### **University of Texas (4)**

Etta Carpender

Anna Jensen

### **Williams College (1)**

Ben Washburne

### **Yale University (1)**

Mia Levy



## 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

**Undergraduate Education:** Oregon State University

**Club/Affiliation:** Atlanta Juniors Rowing Association

**Current Coach:** Zack Smarr, Will Justis, Gabe Winkler, Stefan Evano

**Training Location:** Boston, Mass.

**National Teams:** Two- Paralympic, 2024; Senior, 2025

**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:** 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:** Four – Under 23, 2021; Senior, 2023, 2025; Olympic, 2024

**International Results:** 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.

## **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:** Five – Senior, 2022-23, 2025; Olympic, 2020, 2024

**International Results:** 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.

**Sera Busse**

**Women's Quadruple Sculls**

**Birthdate:** 6/8/1996

**Hometown:** Oakland, Calif.

**Height:** 5'10"

**Weight:** 165

**Pronouns:** she/her

**High School:** Berkeley High School

**Undergraduate Education:** Tufts University, Biology, 2018

**Club/Affiliation:** Craftsbury Green Racing Project

**Current Coach:** Stephen Whelpey

**Training Location:** Craftsbury, Vt.

**National Teams:** One- Senior, 2025

**National Results:** Finished sixth in the single sculls and fourth in the double skills at the 2022 US Rowing Nationals. Finished third in the single sculls at the 2021 US Club Nationals.

**Personal:** Sera was named to the CRCA First Team in 2017 and 2018 and was named to the All-American First Team in 2018. She works as an on-screen athlete at Hydrow, so outside of rowing, she is also filming rowing workouts. She also enjoys spending time with her dog, Pepper, riding her bike, and discovering new and exciting coffee shops and bakeries. Up until Sera went to college, she was a competitive rock climber. She retired from climbing my freshman year of college, and for that brief time without sport in her life, she realized that being an athlete was quite central to her identity, and that she would be much happier on a sports team. One of her best friends in high school was a rower and had been suggesting that she give it a try for years. She finally listened and walked onto the team at Tufts her sophomore year. Sera's favorite band is Spruce.

Thank you to the many people over the years who have supported my path to this team. It was not long, but I was never alone.

**Sophia Calabrese**

**Women's Quadruple Sculls**

**Birthdate:** 8/16/2001

**Hometown:** Shaker Heights, Ohio

**Height:** 5'10"

**Weight:** 171

**Pronouns:** she/her

**High School:** Shaker Heights School

**Undergraduate Education:** University of Texas, Kinesiology and Exercise Science, 2023

**Club/Affiliation:** Craftsbury Green Racing Project

**Current Coach:** Stephen Whelpey

**Training Location:** Craftsbury Commons, Vt.

**National Teams:** Two - Under 23, 2022; Senior, 2025

**International Results:** Won silver in the championship double at the 2024 Head of the Charles. Finished sixth in the 2022 World Rowing Under 23 Championships. Won the Under 19 women's quadruple sculls at the 2018 CanAmMex.

**National Results:** Won the first varsity eight and the team title at the 2022 NCAA Women's Rowing Championships. Won the first varsity eight at the 2022 Big 12 Championships. Won the Jessop-Whittier Cup in the first varsity eight at the 2022 San Diego Crew Classic.

**Personal:** Sophia was named a 2022 CRCA National Scholar Athlete and was on the Big 12 Commissioner Honor Roll from 2019 to 2022 and the Academic All-American Big 12 First Team from 2021 to 2022. She enjoys reading, baking, spending time outdoors, and playing cards. Sophia wants to be a physical therapist. She also has a pitbull named George, and her favorite food is carbs. She began rowing after watching the 2012 Olympics and seeing rowing featured. She thought it looked interesting and different, so she tried it and fell in love.

"I absolutely wouldn't be here without the support of my family" said Sophia. "My parents have been behind me since day 1 of learning to row. None of the past 13 years of triumphs, set backs, or fulfillment would have been possible without them. I love my family and am incredibly appreciative of the support and sacrifices they've made on my behalf to help my ambitions in this sport become possible."

**Chris Carlson**

**Men's Quadruple Sculls**

**Hometown:** Bedford, N.H.

**Date of Birth:** 7/24/1989

**Height:** 6'5"

**Weight:** 215

**High School:** Brewster Academy

**Undergraduate Education:** University of Washington

**Current Club Affiliation:** California Rowing Club

**Current Coaches:** Mike Teti, Skip Kielt

**Training Location:** Princeton, N.J.

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

**International Results:** Won bronze in the men's quadruple sculls 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 Carpenter**

### **Women's Eight**

**Hometown:** Denver, Colo.

**Height:** 6'2"

**Pronouns:** she/her

**Undergraduate Education:** University of Texas

**National Teams:** One-Senior, 2025

**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.

## **Cristina "Nina" Castagna**

### **Women's Eight, Mixed 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:** Three – Senior, 203; Olympic, 2024

**International Results:** 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.

**Teal Cohen****Women's Four****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:** Six – U19, 2017; Under 23, 2019, 2021; Senior, 2023, 2025; Olympic, 2024**International Results:** 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.

**Cedar Cunningham****Men's Quadruple Sculls****Birthdate:** 7/11/2001**Hometown:** Renton, Wash.**Height:** 6'8"**High School:** Liberty High School

**Undergraduate Education:** Washington State University

**Current Coach:** Casey Galvanek

**Training Location:** USRowing Training Center-Sarasota

**National Teams:** One - Senior, 2025

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

**International Results:** 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**

**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, 2023

**Current Club Affiliation:** USRowing Training Center - Princeton

**Current Coach:** Jesse Foglia

**Training Location:** Princeton, N.J.

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

**International Results:** 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.

**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

**Club/Affiliation:** California Rowing Club

**Current Coach:** Mike Teti, Skip Kielt

**Training Location:** Oakland, Calif.

**National Teams:** Two – Pan American Games, 2023, Senior, 2025

**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.

**Josh Diggons**

**Men’s Alternate**

**Birthdate:** 3/29/2002

**Hometown:** Ocean City, N.J.

**Height:** 6’6”

**Weight:** 205

**High School:** St. Augustine Preparatory

**Undergraduate Education:** Drexel University

**Club/Affiliation:** California Rowing Club

**Current Coach:** Mike Teti, Nathanael Kielt

**Training Location:** Oakland, Calif.

**National Teams:** Two- U23, 2024; Senior, 2025

**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 Pair**

**Birthdate:** 6/12/1999

**Hometown:** Tampa, Fla.

**Height:** 6'2"

**High School:** Strawberry Crest High School

**Undergraduate Education:** University of Washington

**Club/Affiliation:** Green Racing Project

**Current Coach:** Steven Hap Whelpley

**Training Location:** Craftsbury, Vt.

**National Teams:** Two-Under 23, 2021; Senior, 2025

**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:** 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 Alternate**

**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

**Club/Affiliation:** USRowing Training Center-Sarasota

**Current Coach:** Casey Galvanek

**Training Location:** Sarasota, Fla.

**National Teams:** One-Senior, 2025

**National Results:** Won CRASH Bs in 2023.

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

**Emilie Eldracher**

**PR3 Mixed Four with Coxswain**

**Hometown:** Andover, Mass.

**Date of Birth:** 9/16/1999

**Height:** 5'4"

**Weight:** 100

**High School:** Phillips Academy

**Undergraduate Education:** Massachusetts Institute of Technology, 2022

**Graduate Education:** Massachusetts Institute of Technology, Engineering, 2024

**Training Location:** Boston, Mass.

**National Teams:** Four Senior, 2022-2023, 2025; 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. Finished fifth in the PR3 mixed four with coxswain at the 2022 World Championships. Won the PR3 mixed four with coxswain at the 2022 Canadian Henley. Finished second in the under-23 eight at the 2019 Canadian Henley. Reached the semifinals in the junior eight at the 2018 Henley Women's Regatta.

**National Results:** Finished third in the varsity eight at the 2023 Patriot League Championship. Finished third in the flyweight category at the 2023 C.R.A.S.H.-B. Indoor Rowing Championships. Won the PR3 mixed four with coxswain and finished ninth in the championships eight (with the Ukrainian National Team) at the 2022 Head of the Charles. Won the PR3 four with coxswain at the 2022 USRowing Summer National Championships. Reached the final in the second varsity eight at the 2019 Patriot League Championship.

**Personal:** Emilie earned Patriot League Academic Honor Roll recognition in 2019, 2020, and 2021. In 2020, she was a CRCA Scholar-Athlete. Emilie was a three-time letter winner in crew and springboard diving at Phillips Academy. She was MVP of the crew team in 2018. Emilie is a Tang Soo Do fourth-degree black belt (master level). She is a TEDxMIT Speaker. Emilie enjoys fashion design and golf. For the past two years, she's sewn all of her own formal and semi-formal events dresses. She designed wearable AI software for the world's first intelligent heated jacket.

She is a teachers assistant for Engineering Leadership and Machine-Motivated Human Vision. Emelie acted as a pirate for a children's treasure-hunting cruise. She was introduced to rowing through a Introductory fall season freshman year of high school. She lists her mother, who leads her family and businesses alike, as her personal hero. Once shes done rowing, she would like to do data analytics for sports. Her faovrite place to compete is the Charles River and her favorite travel destination is Amsterdam. She lists Bradley Snyders gold at the 2012 Paralympics as her most memorable Olympic moment. Her favorite book is A Most Beautiful Thing by Arshay Cooper, and she enjoys listening to Taylor Swift.

### **Evan Falstrup**

#### **Men's Alternate**

**Birthdate:** 8/23/1997

**Hometown:** Rancho Palos Verdes, Calif.

**Height:** 6'6"

**Weight:** 210

**High School:** Palos Verdes Peninsula High School

**Undergraduate Education:** University of Southern California

**Club/Affiliation:** California Rowing Club

**Current Coach:** Mike Teti and Nathanael Kielt

**Training Location:** Oakland, Calif.

**National Teams:** One-Senior, 2025

**National Results:** Won the open eight at the 2025 San Diego Crew Classic. Won the Copley Cup for the eight at the 2024 and 2025 San Diego Crew Classic. Won the single sculls at the 2023 Head of the American.

**International Results:** Won the Prince Albert Challenge Cup at the 2023 Henley Royal Regatta.

**Personal:** Evan graduated from Oxford Brookes University with an MSc in Applied Sport and Exercise Nutrition in 2023. He enjoys reading/following health science, lifting weights, listening to music, and exploring nature. Evan has been coaching for the past four years. In 2023-2024, he had the privilege of coaching at his alma mater, USC, where his novice eight placed sixth at ACRA's, the best result in the team's history. He was recruited on campus during his sophomore year at the University of Southern California, where he discovered his passion for rowing. His grandfather rowed at Cambridge University. He rowed in the bow seat of the 1943 Boat Race crew. His brother William rowed with him at USC.

### **Katheryn "Katy" Flynn**

#### **Women's Quadruple Sculls**

**Birthdate:** 7/18/1997

**Hometown:** Churchville, N.Y.

**Height:** 5'10"

**Weight:** 160

**Pronouns:** she/her

**High School:** Churchville-Chili Senior Highschool

**Undergraduate Education:** Rensselaer Polytechnic Institute, B.S. Mechanical & Electrical Engineering, 2019;

**Graduate Education:** University of Virginia, M.S. Electrical Engineering

**Club/Affiliation:** ARION

**Current Coach:** Fiona Bourke, Eric Catalano

**Training Location:** Saratoga Springs, N.Y.

**National Teams:** Two-U23, 2019; Senior, 2025

**Personal:** Katy won the University of Virginia Coaches Award for Athletic Excellence. She was named to the 2nd Team All-American and the First Team All-ACC.

**Alina Hagstrom**

**Women's Quadruple Sculls**

**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:** Five— Under 23, 2018; Senior, 2022-2023, 2025; 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.

**Alexander Hedge**

**Men's Four and Eight**

**Hometown:** Morristown, N.J.

**Date of Birth:** 5/11/1997

**Height:** 6'6"

**Weight:** 215

**High School:** Morristown High School

**Undergraduate Education:** Columbia University, Sustainable Development, 2019

**Current Club Affiliation:** USRowing Training Center-Sarasota

**Current Coach:** Casey Galvanek

**Training Location:** New Jersey

**National Teams:** Four – Senior, 2023, 2025; Pan American Games, 2023; Olympic, 2024

**International Results:** Finished fifth in the four at the 2025 World Rowing Cup I. Finished 11th in the pair at the 2024 World Rowing Cup II...Won gold in the pair and mixed eight and finished fourth in the men's eight at the 2023 Pan American Games...Finished sixth in the eight at the 2023 World Rowing Championships...Won gold in the pair and finished fourth in the four at the 2023 Pan American Games Qualification Regatta...Won the eight at the 2022 SH Netz Cup...Reached the quarterfinals in the double sculls at the 2021 Henley Royal Regatta.

**National Results:** Finished second in the pair at 2024 Olympic Trials. Finished sixth in the pair at the 2023 USRowing Winter Speed Order. Won the pair at the 2022 Pan American Games Trials. Won gold in the championship eight at the 2022 Head of the Charles Regatta, setting a course record. Finished second in the pair at the 2022 National Selection Regatta. Won the open double sculls at the 2021 USRowing Summer National Championships.

**Personal:** Alexander is an avid outdoorsman and amateur chef. He enjoys fly fishing, archery, and orienteering. He has won multiple speed eating competitions. He found the sport of rowing through his grandparents. He lists John Graves as one of his personal heroes. Alexander started following his rowing journey when he was a young high school rower with aspirations to compete internationally. John has since become a great mentor and even better friend. A true role model. When he's done rowing he wants to work in the sustainable construction space and continue to volunteer as a first responder. His favorite place to compete is Banyoles, Spain. His favorite place to travel is Vermont's Northeast Kingdom. He lists Derek Redmond being helped by his father in the 1992 Olympics as his favorite Olympic moment. His favorite TV show is the *Last Dance*. His favorite book is *The Name of the Wind*.

**Hannah Heideveld**

**Women's Eight**

**Birthdate:** 5/21/2001

**Hometown:** Amsterdam, The Netherlands

**Height:** 5'11"

**High School:** AICS, Amsterdam, The Netherlands

**Undergraduate Education:** Rutgers University, Public Health, 2024

**Club/Affiliation:** ARION

**National Teams:** Five-U19, 2019 (Dutch); U23, 2020 (Dutch), 2022-2023 (United States); Senior, 2025 (United States)

**National Results:** Finished second in the pair at the 2024 Olympic Trials. Placed fifth in the eight at the 2021 NCAA Women's Rowing Championships. Won the quadruple sculls at the 2019 Dutch National Championships.

**International Results:** Won the eight at the 2023 World Rowing Under 23 Championships. Won the eight at the 2022 World Rowing Under 23 Championships. Finished sixth in the eight at the 2020 European Rowing Under 23 Championships. Finished ninth in the quadruple sculls at the 2019 World Rowing Junior Championships. Won the quadruple sculls at the 2018 CanAmMex.

**Personal:** Hannah is a three-time All-American in 2022, 2023, and 2025. She won the Competitive Excellence Award from the Rutgers Chancellor's Provost in 2023. Hannah was named the 2022 Big 10 First-Team All-Conference and the 2021 Big 10 Freshman of the Year for rowing. She was also named the 2021 Freshman Female Athlete of the Year at Rutgers University. She enjoys traveling by train in Europe. Hannah was introduced to rowing through her sister.

## **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

**International Results:** 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.

## **Jacob Hudgins**

### **Men’s Eight**

**Birthdate:** 3/23/2001

**Hometown:** Andover, Mass.

**Height:** 6’3”

**Weight:** 200

**High School:** Andover

**Undergraduate Education:** Dartmouth University, 2024

**Club/Affiliation:** California Rowing Club

**Current Coach:** Casey Galvenek/Skip Kielt

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

**National Results:** Won the 2025 Speed Orders in the men's pair. Won the Copley Cup at the 2025 San Diego Crew Classic. Won the 2019 Princeton Chase. Finished second in the U19 eight at the 2018 USRowing Club National Championships.

**International Results:** Finished second in the eight at the 2023 World Rowing U23 Championships. Finished second in the eight at the 2022 World Rowing U23 Championships. Finished second in the eight at the 2021 World Rowing U23 Championships. Finished second in the eight at the 2019 World Rowing U19 Championships.

**Personal:** Jacob was named to the All-American team. He enjoys going to the beach, hiking, and hanging out with his family and friends. He started rowing after a friend pushed him into it his freshman year of high school and served as co-captain in 2019. He enjoys playing guitar and can solve a Rubiks cube. Jacob lists Alex Honnold, the free solo rock climber, as his personal hero as he embodies a mindset that Jacob strives to replicate. His brother, Miles, is a U19 and U23 World Champion, and he won bronze at the 2025 IRA Championships. His favorite musicians are Rufus du Sol, Dominic Fike, and the Beatles.

## **Anna Jensen**

### **Women's Eight**

**Birthdate:** 7/30/2002

**Hometown:** Midland, Mich.

**Height:** 5'11"

**Weight:** 165

**High School:** Dow High School

**Undergraduate Education:** University of Texas, Sport Management and Business, 2024

**Club/Affiliation:** Greenracing Project

**Training Location:** Craftsbury, VT

**National Teams:** Four-Under 23, 2021, 2022, 2024; Senior, 2025

**National Results:** Won the varsity eight and team title at both the 2021, 2022 and 2024 NCAA Women's Rowing Championships.

**International Results:** Finished seventh in the four at the 2024 World Rowing Under 23 Championships. Won gold in the four at the 2022 World Rowing Under 23 Championships. Won gold in the eight at the 2021 World Rowing Under 23 Championships.

**Personal:** Anna was selected as the 2024 CRCA Athlete of the Year and the 2024 Big 12 Rower of the Year. She was named to the First Team All-American in 2022, 2023, and 2024. She was named the 2021 Big 12 Newcomer of the Year. She started rowing after a running injury in her sophomore year of high school. She lists her parents as her personal heroes for supporting her and pushing her to become the best person she can be. She was named to the 2022 All-Big 12 Team and was a 2022 Academic All-Big 12 First Team. Anna earned all-state recognition in swimming, cross country, and track & field in high school.

## **Grace Joyce**



**Women's Double Sculls**

**Hometown:** Northfield, Ill.

**Date of Birth:** 3/5/1998

**Height:** 5'9"

**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:** Seven-Under 23, 2018-2019; Senior, 2022-23, 2025; Pan American Games, 2023; Olympic, 2024

**International Results:** 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.

**Kaitlin "Kate" Knifton****Women's Four**

**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:** Six – Junior, 2017-18; Youth Olympic, 2018; Under 23, 2022; Olympic, 2024; Senior, 2025

**International Results:** 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.

**Kaitlyn Kynast**

**Women's Eight**

**Hometown:** Sarasota Springs, N.Y.

**Height:** 6'3"

**Weight:** 182

**High School:** Ridgefield High School

**Undergraduate Education:** Stanford University

**Training Location:** Saratoga Springs, N.Y.

**National Teams:** Seven-U19, 2015-2017; U23, 2018-2019; Senior, 2023, 2025

**National Results:** Finished second in the varsity eight at the 2022 NCAA Women's Rowing Championships. Finished second in the second varsity eight at the 2021 NCAA Women's Rowing Championships. Finished fourth in the varsity eight at the 2019 NCAA Women's Rowing Championships. Finished fourth in the varsity eight at the 2018 NCAA Women's Rowing Championships. Won gold in the pair at the 2017 USRowing Youth National Championships. Won gold in the pair and bronze in the eight at the 2016 USRowing Youth National Championships. Finished fourth in the four with coxswain at the 2015 USRowing Youth National Championships.

**International Results:** Won silver in the women's eight at the 2025 World Rowing Cup II. Finished fifth in the women's four at the 2025 World Rowing Cup II. Served as an alternate at the 2023 World Rowing Championships. Finished third in the four at the 2019 World Rowing Under-23 Championships. Earned bronze in the eight at the 2018 World Rowing Under-23 Championships. Won bronze in the four at the 2017 World Rowing Junior Championships. Won bronze in the pair at the 2016 World Rowing Junior Championships. Won gold in the four at the 2015 World Rowing Junior Championships.

**Personal:** Kaitlyn started rowing as a way to train for lacrosse season after two concussions ended her basketball career. Her sister was already rowing at Connecticut Boat Club, and after doing her first erg piece, she was invited to join the World Development Team in Spain. She lists her mom as the most influential person in her life and sporting career. Kaitlyn was a three-time CRCA First Team All-American. She was a CRCA National Scholar Athlete in 2021.

## **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:** Four-U19, 2019; U23, 2022-2023; Senior, 2025

**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:** 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 Double Sculls**

**Birthdate:** 9/10/1998

**Hometown:** Venice, Fla.

**Height:** 6'6"

**Weight:** 215

**High School:** Pine View School

**Undergraduate Education:** Princeton University

**Club/Affiliation:** Boston Rowing Federation

**National Teams:** Six- U19, 2014-16; Senior, 2017, 2022, 2025

**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 hanging with friends, reading, listening to music, rock climbing, skiing, and snowboarding. He chose rowing because he enjoys the feel of the boat and the scenery while rowing. He wants to start his own software company after rowing. His favorite books are the *Stormlight Archive* series by Brandon Sanderson. His favorite TV show is Brooklyn Nine-Nine, and his favorite movie is *Pulp Fiction*.

### **Mia Levy**

**Women's Eight****Birthdate:** 6/5/2023**Hometown:** Des Moines, Iowa**Height:** 6'3"**Weight:** 170**Pronouns:** she/they**High School:** Phillips Academy**Undergraduate Education:** Yale University**Training Location:** Boston, Mass.**National Teams:** Four-U19, 2019, 2021; Under 23, 2023; Senior, 2025

**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 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 Kerty and Frank and sister Kiki.

**Elizabeth "Eli" Margolin****PR3 Mixed Four with Coxswain****Birthdate:** 11/12/1995**Hometown:** New Orleans, La.**Height:** 5'7"

**Weight:** 135

**Pronouns:** she/they

**Undergraduate Education:** Stanford University

**Graduate Education:** University of Pennsylvania

**Club/Affiliation:** Vesper Boat Club

**Current Coach:** Ivo Krakic, Marqus Brown

**Training Location:** Philadelphia, Pa.

**National Teams:** One- Senior, 2025

**Personal:** Eli graduated from Duke with an MS in Economics and Computer Science in 2018. She is working on her PhD in Computer Science at the University of Pennsylvania.

### **Mary “Daisy” Mazzio-Manson**

**Alternate**

**Hometown:** Wellesley, Mass.

**Birthdate:** 2/1/1998

**Height:** 5’11”

**Weight:** 180

**High School:** Newton Country Day School

**Undergraduate Education:** Yale University, Global Affairs, 2020

**Graduate Education:** University of Texas, Marketing, 2021

**Current Club Affiliation:** Craftsbury Green Racing Project

**Current Coaches:** Stephen Whelpley, Jesse Foglia

**Training Location:** Craftsbury, Vt.

**National Teams:** Four-Under 23, 2019; Senior, 2023, 2025; 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 second in the eight at the 2023 World Rowing Championships. Finished third in the eight at the 2019 World Rowing Under 23 Championships. Reached the semifinals of the Remenham Challenge Cup at the 2018 Henley Royal Regatta.

**National Results:** Finished third in the pair at the 2023 USRowing National Selection Regatta. Finished second in the pair at the 2022 USRowing Fall Speed Order. Finished eighth in the varsity eight at the 2019 NCAA Championships. Finished ninth in the varsity eight at the 2018 NCAA Championships.

**Personal:** Daisy won the University of Texas' first ever NCAA Team Championship and won the varsity eight in 2021. Daisy was named first-team All-Ivy for the 2018 and 2019 seasons. She earned CRCA First-Team All-America honors in 2019 and was a CRCA Academic All-American in 2020. Daisy was Academic All-Ivy in 2019 and 2020, and she was on the Athletic Director's Honor Roll in 2020. Daisy received the Chris Ernst Award for excellence as a first-year at Yale. Daisy enjoys book clubs, pond hockey, dog walking, and cultivating Spotify

playlists. She inherited a love of rowing from both of her parents and is forever grateful to them for exposing her to this amazing sport and supporting her as she pursues it.

### **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:** Five- Under 23, 2018-2019; Senior, 2023-2025

**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:** 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.

### **Annabelle Miller**

#### **Mixed PR3 Four with Coxswain**

**Birthdate:** 11/9/2002

**Hometown:** Kansas City, Mo.

**Height:** 5'9"

**Weight:** 205

**Pronouns:** she/her

**High School:** Sion High School

**Undergraduate Education:** Wesleyan University

**Training Location:** Boston, Mass.

**National Teams:** One-Senior, 2025

**National Results:** Won bronze in the eight at the 2025 DIII NCAA National Championships.

Won silver in the eight at the 2025 NIRC. Won silver in the eight at the 2025 NESCAC.

**International Results:** Won silver in the PR3 mixed four with coxswain at the 2025 World Cup-Varese.

**Personal:** Annabelle won the 2025 Team MVP Jones Award at Wesleyan. She was named to the 2025 All-Nescac 2nd Team and was a 2025 All-Academic/National Scholar Athlete. She enjoys photography, listening to music, watching movies, backpacking, roadtrips, and DIY home renovations. Rowing found her in college. Annabelle originally went to Wesleyan for women's soccer. One thing led to another and, her sophomore year she wound up sending an email with a future teammate one night, in a meeting with the head coach the next day, getting into a launch the day after that, and in boat for the first after the weekend. She had never even heard of the sport before coming to college. She wants to do Paleoclimate research and modern climate science work with an emphasis on geological, cryospheric, and atmospheric feedbacks on the global system.

## **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

**Current Coach:** Casey Galvanek

**Training Location:** Seattle, Wash.

**National Teams:** Three-Senior, 2025; U23, 2018-2019

**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 cyclist. He was a High School State Swimming Champion in the 50-yard Freestyle in 2015. Madinson enjoys cycling, sailing, and spending time with family. His dad walked on at Washington Rowing in the late 1980s.

**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:** Three– Senior, 2023, 2025; 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. 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 Alternate**

**Hometown:** Bend, Ore.

**Height:** 5'10"

**Weight:** 165

**High School:** Bend Senior High School

**Undergraduate Education:** Oregon State University, Chemistry, 2024

**Training Location:** Oklahoma City, Okla.

**National Teams:** Two-U23, 2023; Senior, 2025

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

**International Results:** 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 is studying chemistry and is interested in climate change and sustainability. She has lived abroad in Rome, Italy, for two years and picked up rowing in college, following in her parents' footsteps. 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.

## **Nathan Phelps**

### **Men's Quadruple Sculls**

**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:** Five-U19, 2018; Under 23, 2019, 2021-2022; Senior, 2025

**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:** 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 and Mixed Double 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:** Six- Under 23, 2017-18; Senior, 2022, 2025; Pan American Games, 2023; Olympic, 2024

**International Results:** 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 Yellows Days, King Krule, Steven Wilson and Saint.

**Pieter Quinton**

**Men's Four and Eight**

**Hometown:** Portland, Ore.

**Date of Birth:** 2/11/1998

**Height:** 6'5"

**Weight:** 195

**High School:** Grant High School

**Undergraduate Education:** Harvard University, 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:** Six- U19, 2015-16; Senior, 2022-2023, 2025; Olympic, 2024

**International Results:** 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**

**Birthdate:** 7/1/2001

**Hometown:** Glencoe, Ill.

**Height:** 5'5"

**Pronouns:** she/her

**High School:** New Trier High School

**Undergraduate Education:** University of Texas

**National Teams:** Two-U23, 2022; Senior, 2025

**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 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.

## **Gus Rodriguez**

### **Men's Four and 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:** Five- U19, 2017; Under 23, 2021; Senior, 2022, 2025; Olympic, 2024

**International Results:** 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:** 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.

### **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:** Two Under 23, 2022; Senior, 2025

**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:** 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.

### **Michelle Sechser**

#### **Lightweight Women's Single Sculls**

**Hometown:** Folsom, Calif.

**Date of Birth:** 11/1/1986

**Height:** 5'5"

**Weight:** 127

**Began Rowing:** Capital Crew, 2000

**High School:** Folsom High School

**Undergraduate Education:** University of Tulsa, Marketing and International Studies

**Graduate Education:** University of Tulsa, 2010

**Current Club Affiliation:** Cambridge Boat Club

**Current Coach:** Jesse Foglia, Fiona Bourke

**Training Location:** Princeton, N.J.

**National Teams:** Thirteen – Pan Am, 2011; Senior, 2012-15, 2017-19, 2022-2023, 2025; Olympic, 2020, 2024

**International Results:** Finished sixth in the lightweight double sculls at the 2024 Paris Olympics. Finished third in the lightweight women's double sculls at the 2024 World Rowing Cup II. Finished second in the lightweight double sculls at the 2023 World Rowing Championships. Finished second in the lightweight double sculls at the 2023 World Rowing Cup II. Finished second in the lightweight double sculls at the 2022 World Rowing Championships. Won The Stonor Challenge Trophy for double sculls at the 2022 Henley Royal Regatta. Won the lightweight double sculls at the 2022 World Rowing Cup II. Finished fifth in the lightweight double sculls at the Tokyo 2020 Olympic Games. Won the lightweight double sculls at the 2021 World Rowing Final Olympic Qualification Regatta. Finished 10th in the lightweight double at the 2019 World Rowing Championships. Finished sixth in the lightweight double sculls at the 2019 World Rowing Cup II. Finished fourth in the lightweight single sculls at the 2018 World Rowing Championships. Won bronze in the lightweight double sculls at the 2017 World Rowing Championships. Placed 11th in the lightweight double sculls at the 2015 World Rowing Championships. Won bronze in the lightweight double sculls at the 2015 World Rowing Cup III. Placed 10th in the lightweight double sculls at the 2014 World Rowing Championships. Placed eighth in the lightweight double sculls at the 2014 World Rowing Cup II. Placed seventh in the lightweight single sculls at the 2013 World Rowing Championships. Placed fourth in the lightweight quadruple sculls at the 2012 World Rowing Senior and Junior Championships. Took bronze in the lightweight double and quadruple sculls at the 2011 Pan American Games.

**National Results:** Won the women's champ single sculls at the 2024 Head of the Charles. Won the single sculls at the 2023 USRowing Fall Speed Order. Won the championship single sculls at the 2023 Head of the Charles Regatta. Finished second in the open single sculls at the 2023 USRowing National Selection Regatta. Won the lightweight single sculls at the 2023 USRowing Winter Speed Order. Won the lightweight double sculls at the 2022 USRowing National Selection Regatta 2. Finished second in the open weight double sculls at the 2020 U.S. Olympic Team Trials - Rowing #2. Won the lightweight double sculls at the 2020 U.S. Olympic Team Trials - Rowing #1, qualifying to race at the Final Olympic Qualification Regatta. Won the lightweight double sculls at the 2019 Senior World Championships Trials. Won the lightweight single sculls at the 2018 Senior World Championships Trials. Won the lightweight double sculls at the 2017 Senior World Championships Trials. Won the lightweight double sculls at the 2014 Senior II World Championships Trials. Won the lightweight single sculls at the 2014 National Selection Regatta I. Won the lightweight single sculls at the 2013 Senior World Championships Trials. Won the lightweight quadruple sculls at the 2012 World Rowing Non-Olympic Senior Championship Trials. Won lightweight double sculls at the 2012 USRowing National Regatta.

Finished second in the lightweight quadruple sculls at the 2012 USRowing National Regatta. Finished third in lightweight double sculls at the 2012 National Selection Regatta. Won the lightweight double sculls at the 2011 Pan American Games Trials. Finished fourth in the women's quadruple sculls at the 2011 USRowing National Championships. Finished fifth in the lightweight double sculls at the 2011 National Selection Regatta II. Won gold in the senior lightweight single sculls, intermediate lightweight single sculls and senior lightweight quadruple sculls at the 2009 USRowing Club National Championships. Won bronze in the lightweight division at the 2009 C.R.A.S.H.-B. Indoor Rowing Championships. Took silver in the lightweight division at the 2008 C.R.A.S.H.-B. Indoor Rowing Championships.

**Personal:** Michelle was named USRowing's Female Athlete of the Year in 2022...She is the American record holder on the ergometer in the lightweight women's 6k distance...Michelle began rowing at age 14 for Capital Crew in Folsom, Calif., after seeing how much her older sister was enjoying crew after her first season. After attending grad school at the University of Tulsa for her MBA, she began pursuing her U.S. National Team dream. Through her years on the national team, Michelle has represented OKC High-Performance Center, Vesper Boat Club, and Cambridge Boat Club. In the offseason, Michelle enjoys cycling and races bikes for QCW p/b Cadence Cycling. Her biggest role models are the USA lightweight women who trail-blazed before her, including Jen Goldsack, Christine Collins, Lindsay Burns Barbier, Ellen St Clair, and Joanne Iverson. Michelle won USRowing's Ernestine Bayer Award (Woman of the Year) with partner Molly Reckford in 2021. She enjoys her career at Broadridge Financial Solutions and looks forward to building on her work with the company. She would love to take a long bike vacation to Europe after rowing. There are so many places the team drives through during the international rowing campaigns and she always finds herself saying, "Ah, that would be a great mountain to ride up!" Michelle lists her favorite place to compete as Lucerne, Switzerland, - the lake of the Gods. It is such a small, almost intimate, venue. It doesn't have the huge grandstands and chaos of the larger venues. "It feels almost like our own private little fight club that the outside world doesn't even know is happening. That, and the sights and lake around Lucerne are stunning to see after racing wraps up." Her favorite place to travel is Italy, specifically Lago di Pusiano. The lake looks like heaven above the clouds. The drama of the sawtooth mountain behind the start line is incredible, and the church bells chime every hour. The food and the coffee are also the best she's ever had in her life. Michelle lists her favorite Olympic moment as sitting on the start line of the Olympic final with Molly Reckford in the lightweight women's double. She said, "Our times from the semifinal indicated that we had a solid shot at the Olympic podium if we executed a great race. I remember feeling so strong, confident, and determined to chase that dream. It's an incredible feeling to be sitting there waiting for the light to turn green knowing that you're about to go race for an Olympic medal. Michelle loves music and it plays a huge role in her training and navigating the cycles of the rowing season. She enjoys so many different genres but the playlists she gravitates towards always seem to match the energy and intensity of each part of the training block or the types of workouts. Anything with a good beat.



**Christian Tabash**

**Men's Four and Eight**

**Hometown:** Alexandria, Va.

**Date of Birth:** 5/14/1999

**Height:** 6'1"

**Weight:** 195

**High School:** Gonzaga College High School

**Undergraduate Education:** Harvard University, Government, 2022

**Graduate Education:** University of California, Berkeley, Certificates in Business Administration and Entrepreneurship, 2023

**Current Club Affiliation:** USRowing Training Center - Sarasota

**Current Coaches:** Casey Galvanek

**Training Location:** Sarasota, Fla.

**National Teams:** Five- Junior, 2016-17; Under 23, 2021; Olympic, 2024; Senior, 2025

**International Results:** Finished fifth in men's four at the 2025 World Cup II. Finished sixth in the men's four at the 2025 World Cup III. 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. Won bronze in the four with coxswain at the 2021 World Rowing Under-23 Championships. Won silver in the eight at the 2017 World Rowing Junior Championships. Reached the quarterfinals of the Princess Elizabeth Challenge Cup at the 2017 Henley Royal Regatta. Finished fourth in the pair at the 2016 World Rowing Junior Championships. Won the junior division at the 2016 C.R.A.S.H.-B. Sprints World Indoor Championships. Reached the semifinals of the Princess Elizabeth Challenge Cup at the 2015 Henley Royal Regatta.

**National Results:** Finished third in the third varsity eight at the 2019 IRA National Championships. Finished third in the third varsity eight at the 2019 Eastern Sprints. Finished fifth in eight at the 2016 USRowing Youth National Championships. Won gold in the eight at the 2015 and 2016 Stotesbury Cup. Finished eighth in the eight at the 2015 USRowing Youth National Championships. Won gold in the eight at the 2015 SRAA Championships.

**Personal:** Christian was named 2016 All-Met first team by the Washington Post...He received the Harvard Foundation Certificate of Recognition in 2019, which recognizes students for their outstanding contributions to improving intercultural and race relations at the college. In 2022, he won the Harvard Lowell House Judge Charles Wyzanski Award, which recognizes a student interested in the law who shares Judge Wyzanski's love of vigorous conversation and his concern for the theoretical and practical issues of justice. Christian loves playing and watching soccer, reading about history and politics, playing the piano, and relaxing and talking with his friends and family. He is super proud to be Palestinian American. He speaks fluent French and Haitian Créole and is conversational in Spanish and Arabic. His dad suggested Christian try out for rowing if he got cut from his high school's freshman basketball team, which he did. He saw rowing in the 2008 Olympics and thought he could excel at it due to his physicality and how hard

he worked. Christian lists his parents as his personal heroes for everything they have sacrificed for him and for guiding him to be the person he is today. His favorite place to travel is Palestine to visit family and connect with his roots. He has an older sister, Stephanie, and a younger brother, Sebastien.

**Jessica “Jess” Thoennes**

**Women’s Pair**

**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:** Seven – Under 23, 2017; Senior, 2018, 2022-2023, 2025; Olympic, 2020, 2024

**International Results:** 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:** Two-Under 23, 2021; Senior, 2025

**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 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 Four**

**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:** Four-U19 2018; Under 23, 2019, 2022; Senior, 2025

**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:** 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.

**Ben Washburne**

**PR3 Mixed Four with Coxswain**

**Birthdate:**

**Hometown:** Madison, Conn.

**Height:** 5'11"

**Weight:** 185

**High School:** Hopkins School

**Undergraduate Education:** Williams College, Physics and Economics, 2023

**Training Location:** Boston, Mass.

**National Teams:** Three- Senior, 2023, 2025; Paralympic, 2024

**National Results:** Won the Division III second varsity eight at the 2023 IRA National Championships. Won the Division III team title at the 2023 IRA National Championships. Won the second varsity eight at the 2022 National Invitational Championships. Won the second varsity eight at the 2022 New England Rowing Championships. Finished seventh in the boys four with coxswain at the 2019 NEIRA Championships.

**International Results:** Won silver in the PR3 mixed four with coxswain at the 2025 World Rowing Cup I. 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.

**Personal:** Ben received the 2023 John A. Shaw Award for Commitment, Perseverance, and Commitment at Williams College. He was selected for the 2023 All-NESCAC Second Team. He won the 2018 Crew Coaches Award for Leadership and Dedication at Hopkins School. Ben enjoys fishing, traveling, eating good food, and learning, and he is a diehard Denver Broncos fan. Ben lists his grandfather, Walter Koski, as his personal hero because he also faced and overcame a disability. Ben works in the green energy industry, which he finds as both exciting and critically important work. Ben's favorite band is Lynyrd Skynyrd, and his favorite song is Simple Man. He also played water polo in high school.

## **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**

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