



**2025 World Rowing Under-23 Championships Media
Guide
July 23-27
Poznań, Poland**

Contact: Carolyn Glandorf, carolyn.glandorf@usrowing.org, (617) 680-3497 (c)
USRowing Marketing and Communications Coordinator

About the 2025 World Rowing Under-23 Championships

The 2025 World Rowing Under-23 championships will take place in Poznań, Poland, from the 23 of July to the 27. The racing will happen over these five days at the Lake Malta rowing venue. Athletes may compete in an Under-23 event until the 31 of December of the year in which they reach the age of 22.

Website: <https://worldrowing.com/event/2025-world-rowing-under-23-championships>

About the Venue

Poznań is a city in the western part of Poland, and is about 300 kilometers west of Warsaw. It is known around the world for its beautiful Gothic architecture, specifically the Poznań Cathedral, and its culinary invention, the St. Martin's croissant.

Lake Malta is found right in the center of the city. It is a man-made lake that was created in 1952 by damming up the nearby Cybina River. A hub for outdoor activities in the Poznań area, the lake features the regatta course (where the competition will occur), which is 2190 meters long and up to 400 meters wide.

Lake Malta has been supporting upper-level international rowing competitions for the past twenty years by hosting World Rowing Cups in 2016, 2017, 2019, 2022, and 2024; the European Rowing Championships in 2007, 2015, and 2020; and the World Rowing Championships in 2009.

Address: Malta Regatta Venue ul. Wiankowa 3 61-131 Poznan, Poland

Event List

BM1x	Men's Single Sculls
BW1x	Women's Single Sculls
BLM1x	Lightweight Men's Single Sculls
BLW1x	Lightweight Women's Single Sculls
BPR3 M1x	PR3 Men's Single Sculls
BPR3 W1x	PR3 Women's Single Sculls
BM2x	Men's Double Sculls
BW2x	Women's Double Sculls
BLM2x	Men's Lightweight Double Sculls
BLW2x	Women's Lightweight Double Sculls
BM2-	Men's Pair
BW2-	Women's Pair
BM4x	Men's Quadruple Sculls
BW4x	Women's Quadruple Sculls
BM4-	Men's Four
BW4-	Women's Four
BM8+	Men's Eight
BW8+	Women's Eight

General Schedule of Events

Wednesday, July 23rd-Practice, spares race, heats

Thursday, July 24th-Heats

Friday, July 25th-Placement finals, quarterfinals, semifinals

Saturday, July 26th- Placement finals, semifinals

Sunday, July 27th-Placement finals

The most up-to-date schedule and heat sheets can be viewed at

<https://worldrowing.com/event/2025-world-rowing-under-23-championships>.

How to Follow the Event

1. All press releases, athlete bios, photos and videos, and news will be featured on the [US Rowing](#) website.
2. Live audio commentary, live race tracker, and live streaming will be available on www.worldrowing.com. Exact schedule to be announced.
3. Startlists, exact schedule, results, news, photos, and a live blog including quotes from athletes will also be on the World Rowing website.
4. News and results will be shared on the social media accounts of both US Rowing and World Rowing. The official account of US Rowing is @USRowing, and the official account of World Rowing is @worldrowingofficial.
5. Join the conversation ...
 - Use the hashtag #WRU23Champs

Event Preview

Rowers are currently flocking to Poznań, Poland, for the Under-23 World Rowing Championships and a chance to claim the title of World Champion.

Racing begins on Wednesday, July 23, with practice, the spares race, and heats which continue into Thursday. On Friday, July 25, there will be Finals for some larger events as well as quarterfinals for the men's single sculls and semifinals. Saturday will feature finals in the pair, double sculls, and four and Para and lightweight events. Finally, the regatta will finish off with the A finals on Sunday in the quadruple sculls, lightweight double sculls, single sculls, and eights.

The United States has a strong squad this year with 43 athletes representing 18 states and 21 colleges and universities. Out of those athletes, 18 are making their first national team appearance, and 14 are returning to the Under-23 World Championships after competing in St. Catharines, Canada, last year. The U.S. came home with five medals, one gold and four silvers, from Canada.

The squad will be competing in nine events, two women's and seven men's. Sam Sullivan, the 2024 U23 Male Athlete of the Year, will be racing in the Men's Four with Wilson Morton, with whom he won silver in the men's eight last year. Newcomers Ryan Martin and Lyle Donovan from the University of Washington will be joining them to make up a very strong boat.

The men's quad is also shaping up to be a very strong lineup, as all four athletes have made appearances on the US National Team, with three of the athletes returning from last year. Timothy Parsons finished seventh last year in the men's lightweight single sculls, James Fetter finished eighth in the men's single sculls, John Patton who finished 14th in the men's double, and Davis Kelly who is making his first U23 national team appearance after winning bronze in the men's eight at the 2022 World Rowing Under 19 Championships.

Finally, the women's eight looks to be extremely strong, with five out of the nine athletes returning to the US National team. Four of those five athletes rowed in the U23 women's eight that finished second at last year's World Championships.

All races can be tracked live, and video streaming will be available on Saturday, beginning with the semifinals. A detailed racing schedule can be found (all times are in Central European Summer Time).

2025 World Rowing Under-23 Championships Roster

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

(Lineups subject to change)

Men's Lightweight Single Sculls

Cosmo Hondrogen (Alameda, Calif./Dartmouth College)

Men's Double Sculls

Ryan Miller (s) (Indianapolis, Ind./Drexel University)

Matthew Kennedy (b) (Wyndmoor, Pa./Drexel University)

Men's Lightweight Double Sculls

Ian Holly (s) (Darien, Conn./University of Pennsylvania)

Will Konopka (b) (Philadelphia, Pa./Yale University)

Men's Pair

Adam Pushner (s)(Sarasota, Fla./Columbia University)

Colton Millar (b) (Fairfield, Conn./Columbia University)

Men's Quadruple Sculls

Davis Kelly (s) (Vashon Island, Wash./Brown University)

James Fetter (3) (Palo Alto, Calif./Stanford University)

John Patton (2) (Houston, Texas/Yale University)

Timothy Parsons (b) (Eugene, Ore./Yale University)

Men's Four

Ryan Martin (s) (Newport Beach, Calif./University of Washington)

Wilson Morton (3) (Summit, N.J./University of California, Berkeley)

Samuel Sullivan (2) (Boston, Mass./University of Pennsylvania)

Lyle Donovan (b) (Milton, Ga./University of Washington)

Women's Four

Phoebe Wise (s) (Greenwich, Conn./University of Texas)

Eleanor Smith (3) (Rye, N.Y./Princeton University)

Quincy Stone (2) (San Francisco, Calif./Stanford University)

Alexandria Alton (b) (Jacksonville, Fla./University of Texas)

Men's Eight

Elenna Seguin (cox) (Old Greenwich, Conn./Brown University)
Louis Gagnon (s) (Montclair, N.J./University of California, Berkeley)
Beck Honebein (7) (Steamboat Springs, Co./Syracuse University)
Kian Aminian (6) (Newport Beach, Calif./Princeton University)
Braden Porterfield (5) (Alexandria, Va./Northeastern University)
Andrew Wilkinson (4) (Chicago, Ill./Princeton University)
Matthew Lexa (3) (Wynnewood, Pa./United States Naval Academy)
Declan Fry (2) (Chicago, Ill./Syracuse University)
Finn Griskauskas (b) (Chesterfield, Mo./University of Washington)

Women's Eight

Honor Warburg (cox) (Mercer Island, Wash./Stanford University)
Joely Cherniss (s) (San Francisco, Calif./Princeton University)
Aine Ley (7) (Wayland, Mass./Dartmouth College)
Ella Wheeler (6) (South Orange, N.J./University of California, Berkeley)
Natalie Hoefer (5) (Midland, Mich./University of Notre Dame)
Kathryn Serra (4) (Miami, Fla./Harvard/Radcliffe University)
Annica Ford (3) (Petaluma, Calif./University of California, San Diego)
Taryn Kooyers (2) (Spring, Texas/University of Texas)
Maeve Heneghan (b) (Chicago, Ill./Yale University)

Alternates

Pietro Brocca (Boston, Mass./Northeastern University)
Derek Cushman (Arlington, Va./LaSalle University)
Andrew Soman (Cleveland, Ohio/University of Wisconsin)
Amelia Boes (Republic, Ohio/Ohio State University)
Lilly Murphy (Westport, Conn./Indiana University)
Caroline Schmitz (Greenwich, Conn./Brown University)

Coaches

Sergio Espinoza, Men's Head Coach
Sarah Trowbridge, Women's Head Coach
Reilly Dampeer, Women's Assistant Coach
Gia Doonan, Women's Assistant Coach
Trevor Michelson, Men's Assistant Coach
Bryan Volpenhein, Men's Assistant Coach
Andrew Hess, M2- Coach
Matt Weaver, M2X Coach

Ransom Weaver, LM2X Coach

Support Staff

Kirsten Eaton, Physical Therapist

Kris Karlson, Team Physician

Brett Gorman, Team Leader

Carolyn Glandorf, Press Officer

Wendy Wilbur, Team Leader

Rowers by State



California (7)

Kian Aminian
Joely Cherniss
James Fetter
Annica Ford
Cosmo Hondrogen
Ryan Martin
Quincy Stone

Colorado (1)

Beck Honebein

Connecticut (6)

Ian Holly
Lily Murphy
Adam Pushner
Caroline Schmitz
Elenna Seguin
Phoebe Wise

Florida (3)

Alexandria Alton
Colton Millar
Kathryn Serra

Georgia (1)

Lyle Donovan

Illinois (3)

Declan Fry
Maeve Heneghan
Andrew Wilkinson

Indiana (1)

Ryan Miller

Massachusetts (4)

Pietro Brocca
Aine Ley
John Patton
Sam Sullivan

Michigan (1)

Natalie Hoefler

Missouri (1)

Finn Griskauskas

New Jersey (2)

Wilson Morton

Ella Wheeler

New York (1)

Eleanor Smith

Ohio (2)

Amelia Boes

Andrew Soman

Oregon (1)

Timothy Parsons

Pennsylvania (4)

Matthew Kennedy

Will Konopka

Matthew Lexa

Grace Murphy

Texas (1)

Taryn Kooyers

Virginia (2)

Derek Cushman

Braden Porterfield

Washington (2)

Davis Kelly

Honor Warburg

Davis Kelly
Caroline Schmitz
Elenna Seguin

Wilson Morton
Ella Wheeler
Louis Gagnon

Annica Ford

Colton Millar
Adam Pushner

Cosmo Hondrogren
Aine Ley

Matthew Kennedy
Ryan Miller

Kathryn Serra

Lily Murphy

Derek Cushman

United States Naval Academy (1)

Matthew Lexa

Northeastern University (2)

Pietro Brocca

Braden Porterfield

University of Notre Dame (1)

Natalie Hoefler

Ohio State University (1)

Amelia Boes

University of Pennsylvania (2)

Ian Holly

Sam Sullivan

Princeton University (4)

Kian Aminian

Joely Cherniss

Eleanor Smith

Andrew Wilkinson

Stanford University (5)

James Fetter

Quincy Stone

Honor Warburg

Syracuse University (2)

Declan Fry

Beck Honebein

University of Texas (3)

Alexandria Alton

Taryn Kooyers

Phoebe Wise

University of Washington (3)

Lyle Donovan

Finn Griskauskas

Ryan Martin

University of Wisconsin (1)

Andrew Soman

Yale University (6)

Maeve Heneghan

Will Konopka

Grace Murphy

Timothy Parsons

John Patton

Under-23 National Team Athlete Bios

Alexandria Alton

Women's Four

Birthdate: 12/27/2003

Hometown: Jacksonville, Fla.

Height: 6'0"

Pronouns: she/her

High School: Episcopal School of Jacksonville

University: University of Texas

Current Coach: Dave O'Neil

Training Location: Austin, Texas

National Teams: One-U23, 2025

National Results: Finished fourth in the second varsity eight at the 2025 NCAA championships. Earned silver in the second varsity eight at the 2024 NCAA championships. Came sixth in the second varsity eight at the 2023 NCAA championships. Placed sixth in the Women's single sculls at the 2022 USRowing Youth National Championships.

Personal: Allie loves reading, playing beach volleyball, and playing with her dogs in her free time. She began rowing when she was 12 years old. Both of her parents rowed in college, and her father was her coach in high school. She has one sister.

Kian Aminian

Men's Eight

Birthdate: 6/4/2004

Hometown: Newport Beach, Calif.

Height: 6'3"

Weight: 185

Pronouns: he/him

High School: Fairmont Prep Academy

University: Princeton University

Current Club Affiliation: Newport Aquatic Center

Current Coach: Greg Hughes

Training Location: Princeton, N.J.

National Teams: Three-U23, 2024-2025; U19, 202.

International Results: Won silver in the eight at the 2024 World Rowing U23 Championships. Won bronze in the eight at the 2022 World Rowing U19 Championships.

National Results: Finished fourth in the first varsity eight at the 2025 IRA championships. Earned silver in the second varsity eight at the 2024 IRA championships. Placed second in the

eight at the 2022 USRowing Youth National Championships. Won the pair, four with coxswain, and eight at the 2022 USRowing Southwest Youth Championships.

Personal: Kian was named Newport Aquatic Center MVP. His hobbies include rowing, motor sports, flying, and cooking. Kian has his pilot's license. He was a member of the debate and International Business program in high school. He raced cars once and got second-to-last. Kian's neighbor rowed, which led his mom to make Kian row as well. He lists his personal heroes as his dad and Nick D'Antoni because they both inspire him.

Amelia Boes

Women's Spare

Birthdate: 2/19/2004

Hometown: Republic, Ohio

Height: 6'2"

Pronouns: she/her

High School: Seneca East High School

University: Ohio State University

Current Coach: Emily Gackowski

Training Location: Columbus, Ohio.

National Teams: One-U23, 2025

Personal: Walked on to Ohio State's rowing team.

Pietro Brocca

Men's Spare

Birthdate: 3/9/2003

Hometown: Boston, Mass.

Height: 6'4"

Weight: 200

Pronouns: he/him

High School: Boston College High School

University: Northeastern University

Current Club Affiliations: Boston College High School Rowing

Current Coach: Alex Perkins

Training Location: Boston, Mass.

National Teams: One-U23, 2025

National Results: Finished eighth in the first varsity eight at the 2025 IRA championships.

Joely Cherniss

Women's Eight

Hometown: San Francisco, Calif.

Birthdate: 2/20/2005

Height: 5'10"

Weight: 180

Pronouns: she/her

High School: St. Ignatius College Prep.

University: Princeton University

Club Affiliation: Pacific Rowing Club/Marin Rowing Association

Current Coach: Lori Dauphiny

Training Location: Princeton, N.J.

National Teams: Three- U23, 2024-2025 and U19, 2023

International Results: Won silver in the eight at the 2024 World Rowing U23 Championships.

Placed fourth in the women's eight at the 2023 World Rowing U19 Championships. Won the four with coxswain and eight at the 2022 CanAmMex Regatta.

National Results: Came seventh in the varsity eight at the 2025 NCAA championships. Won the 2024 Ivy League Championships. Placed fourth in the varsity eight at the 2024 NCAA Championships. Won the women's youth eight at the 2023 USRowing Youth National Championships.

Derek Cushman

Men's Spare

Birthdate: 1/15/2005

Hometown: Arlington, Va.

Height: 6'3"

Weight: 203

Pronouns: he/him

High School: Wakefield High School

University: La Salle University

Current Coach: Ivo Krakic

Training Location: Philadelphia, Pa.

National Teams: One-U23, 2025

National Results: Finished 15th in the varsity eight at the 2025 IRA championships.

Lyle Donovan

Men's Four

Birthdate: 11/4/2003

Hometown: Milton, Ga.

Height: 6'5"

Pronouns: he/him

University: University of Washington

High School: Cambridge High School

Current Coach: Michael Callahan

Training Location: Seattle, Wash.

National Teams: One-U23, 2025

National Results: Won gold in the second varsity eight at the 2025 IRA championships, helping the team to win the Ten Eyck Points Trophy. Won gold in the second varsity eight at the 2024 IRA championships.

Personal: Walked on to the UW rowing team in 2023. His father rowed at Wisconsin.

James Fetter

Men's Quadruple Sculls

Birthdate: 5/5/2003

Hometown: Palo Alto, Calif.

Pronouns: he/him

University: Stanford University

High School: Palo Alto High School

Current Coach: Craig Amerkhanian

Training Location: Redwood City, Calif.

National Teams: Two- U23, 2024-2025

International Results: Finished eight in the men's single sculls at the 2024 World Rowing U23 Championships.

National Results: Finished ninth in the Varsity eight at the 2025 IRA championships.

Personal: James is a member of Stanford's Chamber Music. He plays the piano. He is an IRCA Scholar-Athlete and was named to the Pac-12 Spring Academic Honor Roll. James was captain of his high school swim team and part of his high school-record 200 free relay squad. He did not row in high school. Both of his parents were collegiate rowers.

Annica Ford

Women's Eight

Birthdate: 4/10/2003

Hometown: Petaluma, Calif.

Height: 5'11"

Pronouns: she/her

High School: Petaluma High School

University: University of California, San Diego

Current Club Affiliations: North Bay Rowing Club

Current Coach: Colin Truex

Training Location: San Diego, Calif.

National Teams: One- U23, 2025

National Results: Came 5th in the varsity eight at the Coastal Athletic Association Championships.

Personal: Annica enjoys reading, surfing, hanging out with friends, hiking, and camping. Her favorite musicians are KALEO and The Lumineers. She is majoring in cognitive behavioral neuroscience and hopes to pursue a career in neurooccupational therapy. Her favorite food is

veggie burritos. Aunt was a rower at Cal, and stepmother was a discus thrower at San Diego State.

Declan Fry

Men's Eight

Birthdate: 4/3/2003

Hometown: Chicago, Ill.

Height: 6'3"

Weight: 175

Pronouns: he/him

High School: Lane Technical High School

University: Syracuse University

Current Club Affiliations: Chicago Rowing Foundation

Current Coach: Dave Reischman

Training Location: Syracuse, N.Y.

National Teams: Two- U19, 2021; U23, 2025

International Results: Finished ninth in the four at the 2021 World Rowing Junior Championships. Made the final of the Temple Challenge Cup at the 2023 Henley Royal Regatta

National Results: Finished sixth in the varsity eight at the 2025 IRA Championships. Finished sixth in the championship eights at the 2025 Head of the Charles. Finished ninth overall in the second varsity eight in stroke seat at the 2023 IRA Championships. Took 7th place in the Youth Eight at the 2021 USRowing Youth National Championships.

Personal: Declan was Chicago Rowing Foundation's varsity boys' MVP in 2021. He enjoys reading, cooking, biking, and playing basketball. His uncle rowed in college and talked about how much he loved it all the time.

Louis (Xavier) Gagnon

Birthdate: 11/19/2005

Hometown: Montclair, N.J.

Height: 6'5"

Weight: 205

Pronouns: he/him

High School: Montclair High School

School: University of California, Berkeley

Current Club Affiliations: Montclair

Current Coach: Scott Frandsen

Training Location: Orinda, Calif.

National Teams: One-U23, 2025

National Results: Earned bronze in the second varsity eight at the 2025 IRA championships. Won the freshman eight at the 2025 Mountain Pacific Sports Federation Championships. Won the men's pair at the 2024 USRowing Youth National Championships.

Finn Griskauskas**Men's Eight****Birthdate:** 4/3/2003**Hometown:** Chesterfield, Mo.**Height:** 6'6"**Weight:** 185**Pronouns:** he/him**High School:** Marquette High School**University:** University of Washington**Current Club Affiliations:** Saint Louis Rowing Club**Current Coach:** Michael Callahan**Training Location:** Seattle, Wash.**National Teams:** One- U23, 2025**National Results:** Won gold in the second varsity eight at the 2025 IRA championship. Won gold in the varsity four with coxswain at the 2024 Pac-12 championships.**Personal:** Majoring in international security.**Maeve Heneghan****Women's Eight****Birthdate:** 11/28/2003**Hometown:** Chicago, Ill.**Height:** 5'8"**Weight:** 140**Pronouns:** she/her**High School:** Lane Technical High School**University:** Yale University**Current Club Affiliations:** Chicago Rowing Foundation**Current Coach:** Will Porter**Training Location:** Derby, Conn.**National Teams:** Two-U19, 2021; U23, 2025**International Results:** Finished fourth in the four at the 2021 World Rowing Junior Championships.**National Results:** Finished fifth in the second varsity eight at the 2024 and 2025 NCAA championships. Won gold in the Women's eight at the 2022 USRowing Youth National Championships.**Personal:** Maeve enjoys running, cooking, and beach volleyball. She loves oatmeal. She has a Bernese Mountain Dog named Bella, and her favorite show is Criminal Minds. She began rowing at a middle school summer camp. She lists Serena Williams as her personal hero because of the headway she has made for female athletes.**Natalie Hoefler**

Women's Eight**Birthdate:** 6/15/2003**Hometown:** Midland, Mich.**Current Residence:****Height:** 6'1"**Weight:** 180**Pronouns:** she/her**High School:** Midland High School**University:** University of Notre Dame**Current Club Affiliations:** Craftsbury Green Racing Project**Current Coach:** Martin Stone, Steve Whelpley**Training Location:** South Bend, Ind.**National Teams:** Three- U23, 2023-2025

International Results: Won silver in the women's eight at the 2024 World Rowing U23 Championships. Won bronze in the four with coxswain at the 2023 World Rowing U23 Championships.

National Results: Won bronze in the varsity eight at the 2024 ACC Championships, first medal for Notre Dame at ACCs in seven years. Won the trial for the U23 World Championships in the women's pair. Won the eight at the 2022 USRowing Summer National Championships. Placed fourth in the quadruple sculls at the 2022 USRowing Summer National Championships.

Personal: Natalie currently holds the 2k and 6k records at the University of Notre Dame. She was named to the 2024 Second Team All-American, 2023 and 2024 1st Team All-ACC, 2022-2024 All-ACC Academic Team, and 2024 CRCA Scholar Athlete. She was named to the 2024 ACC Preseason Watch List and the 2024 CRCA Athlete to Watch List. She loves to read fantasy and historical fiction. She enjoys hiking, biking, eating pickles, and yapping with her friends. She can do the worm from a handstand and was a drum major in high school. She was a swimmer for nine years. She suffered shin splints and knee pain as a track athlete in her sophomore year of high school, which was extremely frustrating. Her friend, Anna Jensen, suggested she try rowing because she is tall and the right build for it. She fell in love with it, and now can't imagine it not being in her life. Her mom is her personal hero because she is the most caring and selfless person that she knows. She has always inspired Natalie to do what she loves, and she has supported her every step of the way. Natalie's goal is to go to medical school and become a pediatrician. Her favorite book series is Throne of Glass, and her favorite movie is Ever After. Her favorite artists are Bleachers and Noah Kahan.

Cosmo Hondrogren**Men's Lightweight Single Sculls****Birthdate:** 4/6/2006**Hometown:** Alameda, Calif.**Height:** 5'10"

Weight: 155

Pronouns: he/him

School: Dartmouth College, Lightweight

Current Club Affiliations: Oakland Strokes

Current Coach: Trevor Michelson

Training Location: Hanover, N.H.

National Teams: Two- U19, 2023; U23, 2025

International Results: Finished eighth in the men's four at the 2023 World Rowing U19 Championships.

National Results: Won silver in the lightweight varsity eight at the 2025 IRA championships.

Personal: Cosmo started rowing in eighth grade after a friend invited him to his practice. Cosmo said that as soon as he felt the water rushing past him, he never turned back. Cosmo named the O'Donovan brothers as his personal heroes. He said he admires their lighthearted, humorous approach to training, and they have taught him that you don't have to be the tallest or biggest to win. Outside of rowing, Cosmo likes to hike, camp, and swim in the ocean. He won the 2023 Adrian Gorzowski Most Inspirational Award. Broke the Dartmouth program record and the 17-18 year old 6k world record

Beck Honebein

Men's Eight

Birthdate: 6/23/2005

Hometown: Steamboat Springs, Colo.

Height: 6'2"

Pronouns: he/him

High School: The McCallie School, Chattanooga, Tenn.

University: Syracuse University

Current Coach: Dave Reischman

Training Location: Syracuse, N.Y.

National Teams: One-U23, 2025

International Results:.

National Results: Finished sixth in the varsity eight at the 2025 IRA Championships. Finished sixth in the championship eights at the 2025 Head of the Charles.

Ian Holly

Men's Lightweight Double Sculls

Birthdate: 8/2/2003

Hometown: Darien, Conn.

Height: 6'0"

Pronouns: he/him

High School: Darien High School

University: University of Pennsylvania, Lightweight

Current Club Affiliations: Maritime Rowing Club

Current Coach: Colin Farrell

Training Location: Philadelphia, Pa.

National Teams: One- U23, 2025

National Results: Came fourth in the lightweight varsity eight at the 2025 IRA championships. Won bronze in the lightweight varsity eight at the 2024 and 2023 IRA championships. Placed second in lightweight double sculls at the 2022 U23 Summer Nationals. Won gold in U19 quadruple sculls at the 2021 Head of the Charles. Took third in quadruple sculls at the 2021 USRowing Youth National Championships.

Davis Kelly

Men's Quadruple Sculls

Birthdate: 4/12/2004

Hometown: Vashon Island, Wash.

Height: 6'4"

Weight: 200

Pronouns: he/him

High School: Vashon Island High School

University: Brown University

Current Club Affiliations: Burton Beach Rowing Club

Current Coach: Paul Cooke

Training Location: Providence, R.I.

National Teams: Three- U19, 2021-22; U23, 2025

International Results: Finished third in the eight at the 2022 World Rowing U19 Championships. Placed ninth in the four at the 2021 World Rowing Junior Championships. Won the junior double sculls at the 2019 Zhengzhou Longzi Lake University Regatta.

National Results: Helped the varsity eight earn a fifth-place finish and fourth-place overall at the 2025 IRA Championships. Finished third in the youth double at the 2021 Head of the Charles. Finished third in the under-19 category at the 2021 USRowing Indoor National Championships/C.R.A.S.H.-B. Sprints.

Personal: Davis was named to the 2021 USRowing Scholastic Honor Roll. He enjoys fishing, hiking, and sailing. He found the sport through his sister, Kate, who is also a multi-national team member. Davis lists his parents as his personal heroes, as they have always pushed him to do his best.

Matthew Kennedy

Men's Double Sculls

Birthdate: 3/21/2005

Hometown: Wyndmoor, Pa.

Height: 6'1"

Weight: 190

Pronouns: he/him

High School: La Salle College High School

University: Drexel University

Current Club Affiliations: Crescent Boat Club

Current Coach: Matt Weaver

Training Location: Philadelphia, Pa.

National Teams: One- U23, 2025

National Results: Came 12th in the varsity four with coxswain at the 2025 IRA championships.

Bruce (Will) Konopka

Men's Lightweight Double Sculls

Birthdate: 12/19/2003

Hometown: Philadelphia, Pa.

Pronouns: he/him

High School: Episcopal Academy

University: Yale University (Lightweight)

Current Coach: Andy Card

Training Location: Derby, Conn.

National Teams: One-U23, 2025

International Results: Placed first in U23 4x at the 2022 Canadian Henley Regatta.

National Results: Came sixth in the second varsity eight at the 2025 IRA Championships.

Rowed in second varsity eight that placed seventh at the 2024 IRA Championships. Rowed in the first varsity eight that placed fifth at the 2023 Head of the Charles Regatta. Rowed in second varsity eight that placed fourth at Eastern Sprints and earned bronze at the 2023 IRA Championships. Placed second in Youth 4+ at the 2021 USRowing Summer National Championships.

Taryn Kooyers

Women's Eight

Birthdate: 4/11/2003

Hometown: Spring, Texas

Height: 6'0"

Pronouns: she/her

High School: Klein Oak High School

University: University of Texas

Current Club Affiliations: Parati Competitive Rowing

Current Coach: Dave O'Neil

Training Location: Austin, Texas

National Teams: One-U23, 2025

National Results: Came fourth in the second varsity eight at the 2025 NCAA championships. Won silver in the second varsity eight at the 2024 NCAA championships. Finished sixth in the second varsity eight at the 2023 NCAA championships.

Personal: Taryn enjoys photography and spending time with friends. She began rowing at the age of 17. Her sister was also a rower at Texas.

Matthew Lexa

Men's Eight

Birthdate: 6/25/2003

Hometown: Wynnewood, Pa.

Height: 6'5"

Weight: 195

Pronouns: he/him

High School: Lower Merion High School

University: United States Naval Academy

Current Coach: Matt Fluhr

Training Location: Annapolis, Md.

National Teams: Two- U23, 2024-2025

National Results: Finished 12th in the varsity eight at the 2025 IRA championships. Finished 15th in the varsity eight at the 2024 IRA championships. Finished 16th in the varsity eight at the 2023 IRA championships.

Personal: Matt enjoys spending time outdoors, spending time with his family and friends, and working out. He has a pet pot-bellied pig named Pyper. His grandfather rowed for the University of Washington, and his older brother started rowing in middle school. He gave it a try, and he really liked the competitive atmosphere of the sport. His heroes are his mother and father. They have always pushed him to be the best possible person he could be in every aspect of his life and are always there for him whenever he needs their support or advice. Matt will have to serve his military commitment after graduation, but then he would like to coach rowing at the collegiate level, or own a fishing charter. His favorite artists are Tate McRae and Fred Again. He loves any Star Wars movie.

Aine Ley

Women's Eight

Birthdate: 8/7/2004

Hometown: Wayland, Mass.

Height: 6'1"

Weight: 185

Pronouns: she/her

High School: Groton School

University: Dartmouth College

Current Coach: John Graves

Training Location: Hanover, N.H.

National Teams: Two- U23 2024, 2025

International Results: Won silver in the women's eight at the 2024 World Rowing U23 Championships.

National Results: Finished 16th in the varsity eight at the 2025 NCAA championships.

Personal: Áine was named to the 2024 second-team All-Ivy and the 2024 CRCA Scholar-Athlete. She enjoys being outside and reading (often at the same time), knitting, and chit-chatting. Her dad encouraged her to try rowing, as he rowed in college. She is incredibly grateful for her parents, for raising her to be the person she is today, as well as for her two sisters, who are her best friends.

Ryan Martin

Men's Four

Birthdate: 3/9/2004

Hometown: Newport Beach, Calif.

Height: 6'3"

Weight:

Pronouns: he/him

High School: Pacifica Christian High School

University: University of Washington

Current Coach: Michael Callahan

Training Location: Seattle, Wash.

National Teams: One- U23, 2025

International Results:

National Results: Won gold in the varsity eight at the 2025 IRA championships. Won Gold in the third varsity eight at the 2024 IRA championships. Won gold in the quadruple sculls at the 2022 USRowing Youth National Championships.

Personal: Ryan has two older sisters and was an IRCA second-team All-American in 2025.

Ryan Miller

Men's Double Sculls

Birthdate: 12/29/2005

Hometown: Indianapolis, Ind.

Height: 6'6"

Weight: 215

Pronouns: he/him

High School: Fishers High School

University: Drexel University

Current Club Affiliations: Crescent Boat Club

Current Coach: Matt Weaver

Training Location: Philadelphia, Pa.

National Teams: One-U23, 2025

National Results: Won gold in the U23 single sculls at 2024 USRowing RowFest.

Colton Millar

Men's Pair

Birthdate: 8/4/2005

Hometown: Nokomis, Fla.

Height: 6'3"

Weight: 200

Pronouns: he/him

High School: Pine View School

University: Columbia University

Current Club Affiliations: Sarasota Crew

Current Coach: Tom Terhaar

Training Location: New York City, N.Y.

National Teams: Three U19 2023; U23 2024, 2025

International Results: Finished fifth in the men's pair at the 2024 World Rowing U23 Championships. Set the American record for the U23 men's pair.

National Results: Finished third in the eight at the 2022 USRowing Youth National Championships.

Personal: Colton enjoys playing video games, boat days, watching Netflix, and cooking. Colton started rowing after his mom forced him to try freshman year of high school, and one of his heroes is Thor from the Avengers. Colton would like to work in investment banking after collegiate racing.

Wilson Morton

Men's Four

Birthdate: 8/20/2003

Hometown: Summit, N.J.

Height: 6'6"

Weight: 205

Pronouns: he/him

High School: Delbarton High School

University: University of California, Berkeley

Current Club Affiliations:

Current Coach: Scott Frandsen

Training Location: Orinda, Calif.

National Teams: Four- U19, 2019; U23, 2023-2025

International Results: Won silver in the eight at the 2024 World Rowing U23 Championships. Won silver in the eight at the 2023 World Rowing U23 Championships. Finished eighth in the pair at the 2021 World Rowing Junior Championships.

National Results: Won bronze in the second varsity eight at the 2025 IRA Championships. Won bronze in the varsity eight at the 2024 IRA Championships. Won the second varsity eight at the 2023 IRA Championships. Finished second in the eight at the 2022 IRA Championships. Won the second varsity at the 2022 Pac-12 Championships.

Personal: Wilson is studying electrical engineering and computer science. He was named All-Pac 12 Athlete in 2024 and was selected to the 2nd Team All-American 2024. He has the longest wingspan on his team. His brother started rowing in his junior year of high school, and he had success with it, so Wilson joined his club in his sophomore year of high school. Wilson enjoys fishing, water skiing, cooking, mangoes, and skiing. He also enjoys the series Planet Earth and The Boys and the Despicable Me movies.

Lily Murphy

Women's Alternate

Birthdate: 2/4/2005

Hometown: Westport, Conn.

Height: 6'1"

Pronouns: she/her

School: Indiana University

Current Coach: Steve Peterson

Training Location: Bloomington, Ind.

National Teams: One-U23, 2025

National Results: Finished ninth in the varsity eight at the 2025 NCAA championships. Finished 16th in the second varsity eight at the 2024 NCAA championships.

Timothy (Timmy) Parsons

Men's Quadruple Sculls

Birthdate: 5/6/2004

Hometown: Eugene, Ore.

Height: 5'11"

Weight: 157

Pronouns: he/him

High School: South Eugene High School

University: Yale University (Lightweight)

Current Coach: Andrew Hess

Training Location: Derby, Conn.

National Teams: Five- U19, 2021-2022; U23, 2023-2025

International Results: Finished seventh in the lightweight men's single sculls at the 2024 World Rowing U23 Championships. Finished 14th in the men's lightweight double at the World Rowing U23 Championships. Finished 10th in the quadruple sculls at the 2022 World Rowing U19 Championships. Placed 15th in the quadruple sculls at the 2021 World Rowing Junior Championships.

National Results: Finished eighth in the lightweight varsity eight at the 2025 IRA championships. Finished sixth in the lightweight varsity eight at the 2023 IRA Championships. Finished sixth in the lightweight varsity eight at the 2023 Eastern Sprints. Won the double sculls at the 2022 USRowing Youth National Championships. Finished third in the double sculls at the 2021 Youth National championships.

Personal: Timmy began rowing because of his father. He said his parents inspire him each day and support him through everything he does. Outside of rowing, Timmy likes cycling and skiing, and said his favorite place to travel to is Nicaragua. Timothy served as South Eugene Rowing Club's team captain in 2020-21 and will again in 2021-22. He was the 2020 Adam Hughes Award Winner, given to the athlete who is most unselfish and shows great commitment to their teammates. He enjoys skiing, skateboarding, and mountain biking. He was ranked No. 1 in the Pacific Northwest Region during the 2019-2020 season in the Super-G event (alpine skiing). He began rowing the summer before eighth grade at a learn to row camp. He lists Brad Alan Lewis, 1984 Olympic gold medalist in the double sculls, as his sporting hero because of his mental toughness.

John Patton

Men's Quadruple Sculls

Birthdate: 2/17/2005

Hometown: Houston, Texas

Height: 6'6"

Weight: 205

Pronouns: he/him

High School: Deerfield Academy

University: Yale University

Current Coach: Mike Gennaro

Training Location: Derby, Conn.

National Teams: Four- U19, 2021-2022; U23, 2024-2025

International Results: Finished 14th in the men's double at the 2024 World Rowing U23 Championships. Finished third in the eight at the 2022 World Rowing U19 Championships. Won gold in the eight at the 2021 World Rowing Junior Championships.

National Results: Won the four with coxswain at the 2022 Youth National Championships.

Personal: John enjoys surfing and picked up the sport of rowing through his family. He lists his godmother and godfather as his personal heroes because they go out of their way to support him any chance they get.

Braden Porterfield

Men's Eight

Birthdate: 3/20/2003

Hometown: Alexandria, Va.

Height: 6'6"

Weight: 220

Pronouns: he/him

High School: T.C. Williams High School

University: Northeastern University

Current Coach: Alex Perkins

Training Location: Boston, Mass.

National Teams: Three- U23, 2023-2025

International Results: Won gold in the men's four with coxswain at the 2024 World Rowing U23 Championships. Won bronze in the men's four with coxswain at the 2023 World Rowing U23 Championships.

National Results: Finished eighth in the varsity eight at the 2025 IRA championships. Won the second varsity eight at the 2023 Head of the Charles. Finished sixth in the varsity eight at the 2023 IRA Championships. Finished eighth in the varsity eight at the 2022 IRA Championships. Finished third in the under-19 eight and under-19 pair at the 2021 USRowing Summer National Championships.

Personal: Braden is majoring in combined Business Management and Psychology. He enjoys roller coasters and doom-scrolling. He can juggle a soccer ball 100 times and has a great Borat and Donkey from Shrek impression. He makes the best peanut butter and jelly. Braden was a three-year letterwinner in rowing and basketball in high school. His father, Mike, was a five-time national team rower and a 1991 World Rowing Championships silver medalist. His mother, Emily, won three NCAA championships in soccer at the University of North Carolina. He was always around rowing in some way growing up, but started rowing in 8th grade. Larry David is his hero because he can turn the smallest inconveniences into pure comedic brilliance. His unapologetic humor and sharp wit taught him to laugh at the absurdities of everyday life. Larry's fearless authenticity inspires him to embrace his quirks and find humor in the mundane. His favorite Olympic moment was the U.S. men's eight win in 2004 Athens or the Miracle on Ice in 1980. His favorite TV shows are Curb Your Enthusiasm and True Detective (only season 1).

Adam Pushner

Men's Pair

Birthdate: 12/30/2003

Hometown: Fairfield, Conn.

Height: 6'1"

Pronouns: he/him

High School: Fairfield Ludlowe High School

University: Columbia University

Current Coach: Tom Terhaar

Training Location: New York, N.Y.

National Teams: Three- U19, 2021; U23, 2024-2025

International Results: Finished fifth in the men's pair at the 2024 World Rowing U23 Championships. Set the American record for the U23 men's pair. Finished fourth in the four with coxswain at the 2021 World Rowing Junior Championships.

Personal: Adam was Saugatuck Rowing Club's 2019 Novice of the Year. He enjoys playing the trumpet and skiing.

Caroline Schmitz

Women's Spare

Birthdate: 2/6/2003

Hometown: Greenwich, Conn.

Pronouns: she/her

High School: Greenwich Academy

University: Brown University

Current Coach: Tessa Gobbo-Zimmerman

Training Location: Providence, R.I.

National Teams: One-U23, 2025

National Results: Finished sixth in the varsity eight at the 2025 NCAA championships. Finished fifth in the varsity eight at the 2024 NCAA Championships. Took sixth in the varsity eight at the 2022 NCAA Championship. Stroked the first varsity eight to gold medals at the 2021 USRowing Youth National Championships, 2021 Northeast Regional Championships, and 2021 Mid-Atlantic Regional Championships. Came in second in the youth eight at the Head of the Charles in 2019

Elenna Seguin

Men's Eight

Birthdate: 5/25/2005

Hometown: Old Greenwich, Conn.

Height: 5'7"

Weight:

Pronouns: she/her

High School: Greenwich High School

University: Brown University (Men)

Current Coach: Paul Cook

Training Location: Providence, R.I.

National Teams: Two- U19, 2022; U23, 2025

International Results: Finished 7th in the men's four with coxswain at the 2022 World Rowing U19 Championships.

National Results: Finished fifth in the varsity eight at the 2025 IRA championships. Came fourth in the third varsity eight at the 2024 IRA championships. Won the men's youth eight at the

2022 USRowing Youth National Championships. Won the men's youth eight at the 2021 Head of the Charles.

Personal: Elenna enjoys cooking, hiking, and listening to music. She got introduced to the sport of rowing through a friend in 2017 and started at her club shortly after. She became a coxswain in 2019 and officially started on the Greenwich men's team in 2019.

Kathryn Serra

Women's Eight

Birthdate: 11/1/2004

Hometown: Miami, Fla.

Height: 5'9"

Weight: 179

Pronouns: she/her

High School: Ransom Everglades High School

University: Harvard-Radcliffe University

Current Coach: Claire Ochal

Training Location: Cambridge, Mass.

National Teams: Two- U23, 2024-2025

International Results: Won silver in the women's eight at the 2024 World Rowing U23 Championships.

National Results: Finished 14th in the varsity eight at the 2025 NCAA Championships. Finished fifth in the double at the 2023 USRowing Youth National Championships. Won the 2020 USRowing Youth National Championships.

Personal: Kathryn majors in government. Won the U17 event at the 2019 Spartan World Championship. She enjoys watching debates, cross-training, baking, and going to church. She played tackle football up until 8th grade. She could eat sweet potatoes at every meal. She ran her first half-marathon at the age of 12. She loves her Cuban heritage. After having tried out almost every sport, she was looking for a full-body sport that would challenge her physically and mentally. A friend of hers in middle school encouraged me to try out for the rowing team. She found it to be exactly what she was looking for! Her father is her hero. He has taught her so many life lessons and has led by example. Her father came here on a boat from Cuba, escaping the communist regime and its persecution of his beliefs. He came here with nothing, and he got right to work. He has always put her brother and her first, has spent endless hours training us, motivating us, and exemplifying perseverance and commitment. She hopes to compete in a variety of physical endurance competitions such as CrossFit, Ironman, triathlons, etc. Having lived all her life without them, she would love to go wherever there are mountains. There is nothing better than going on a long hike and arriving at a spectacular view at the summit! Her favorite music is Morgan Wallen. Her favorite books are *The Little Prince* by Antoine de Saint-Exupéry and *Of Mice and Men* by John Steinbeck.

Eleanor (Ellie) Smith

Women's Four**Birthdate:** 8/31/2005**Hometown:** Rye, N.Y.**Height:** 6'0"**Weight:** 160**Pronouns:** she/her**High School:** Rye High School**University:** Princeton University**Current Coach:** Lori Dauphiny**Training Location:** Princeton, N.J.**National Teams:** Three- U19, 2022-2023; U23, 2025**International Results:** Finished fourth in the women's eight at the 2023 World Rowing U19 Championships.**National Results:** Came seventh in the first varsity eight at the 2025 NCAA championships. Won the 2025 Ivy League Championships in the varsity eight. Earned a bronze medal in the second varsity eight at the 2024 Ivy League Championships. Finished third in the eight at the 2022 USRowing Youth National Championships. Finished third in the youth eight at the 2021 Head of the Charles Regatta. Won the under-19 eight and under-19 four with coxswain at the 2021 USRowing Summer National Championships. Finished second in the eight at the 2021 USRowing Youth National Championships.**Personal:** Ellie loves to ski, cook, travel, and read. She said her parents are her personal heroes because they have always been there for her and pushed her to be her best while constantly supporting her.**Andrew Soman****Men's Spare****Birthdate:** 8/5/2003**Hometown:** Cleveland, Ohio**Height:** 6'7"**Pronouns:** he/him**High School:** Jones College Prep**University:** University of Wisconsin**Current Coach:** Beau Hoopman**Training Location:** Madison, Wis.**National Teams:** Two- U23, 2024-2025**International Results:** Finished 13th in the men's four at the 2024 World Rowing U23 Championships.**National Results:** Placed 14th in the varsity eight at the 2025 IRA Championships. Placed 19th in the varsity eight at the 2024 IRA Championships. Placed 15th in the second varsity eight at the 2023 IRA Championships.**Personal:** Andrew majors in kinesiology.

Quincy Stone**Women's Four****Birthdate:** 9/19/2004**Hometown:** San Francisco, Calif.**Height:** 5'9"**Weight:** 155**Pronouns:** she/her**High School:** St. Ignatius College Prep**University:** Stanford University**Current Coach:** Derek Byrnes**Training Location:** Greenbrae, Calif.**National Teams:** Four- U19, 2021-2022; U23 2023, 2025**International Results:** Won Bronze in the four with coxswain at the 2023 World Rowing U23 Championships. Won gold in the eight at the 2022 World Rowing U19 Championships. Won gold in the four with coxswain at the 2021 World Rowing Junior Championships.**National Results:** Won gold in the varsity four at the 2025 NCAA championships. Won gold in the second varsity eight at the 2024 NCAA championships. Won the eight at the 2023 USRowing Youth National Championships. Won the eight, four with coxswain, and pair at the 2023 USRowing Southwest Youth Championships. Won the eight at the 2023 San Diego Crew Classic. Finished sixth in the eight at the 2022 USRowing Youth National Championships. Won the eight and four at the 2022 USRowing Southwest Youth Championships. Won the eight at the 2022 San Diego Crew Classic. Finished second in the youth eight at the 2021 Head of the Charles.**Samuel (Sam) Sullivan****Men's Four****Birthdate:** 3/18/2003**Hometown:** Boston, Mass.**Height:** 6'5"**Weight:** 225**Pronouns:** he/him**High School:** Boston Latin School**University:** University of Pennsylvania**Current Coach:** Al Monte**Training Location:** Philadelphia, Pa.**National Teams:** Two- U23, 2024-2025**International Results:** Won silver in the eight at the 2024 World Rowing U23 Championships.**National Results:** Placed tenth in the varsity eight at the 2025 IRA Championships. Placed fifth in the varsity eight at the 2024 Eastern Sprints. Placed eighth at the 2024 IRA Championships.

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

Honor Warburg

Women's Eight

Birthdate: 9/25/2004

Hometown: Mercer Island, Wash.

Pronouns: she/her

High School: Mercer Island High School

University: Stanford University

Current Coach: Derek Byrnes

Training Location: Redwood City, Calif.

National Teams: One- U23, 2025

National Results: Earned silver in the varsity eight at the 2025 NCAA Championships. Coxed the second varsity eight to a national title at the 2024 NCAA Championships, leading Stanford to its fourth consecutive top-two team finish.

Ella Wheeler

Women's Eight

Birthdate: 5/10/2005

Hometown: South Orange, N.J.

Height: 6'3"

Weight: 175

Pronouns: she/her

High School: Northfield Mount Hermon School

University: University of California, Berkeley

Current Coach: Vanessa Tavalero

Training Location: Orinda, Calif.

National Teams: Three- U19, 2022-2023; U23, 2025

International Results: Won the four with coxswain at the 2023 World Rowing U19 Championships. Won the four with coxswain at the 2022 World Rowing U19 Championships.

National Results: Finished tenth in the varsity eight at the 2025 NCAA Championships. Finished seventh at the 2024 NCAA Championships.

Personal: Ella enjoys crafting and sewing.

Andrew Wilkinson

Men's Eight

Birthdate: 7/19/2004

Hometown: Chicago, Ill.

Height: 6'8"

Weight: 225

Pronouns: he/him

High School: Wolcott College Prep, Chicago Ill.

University: Princeton University

Current Coach: Greg Hughes

Training Location: Princeton, N.J.

National Teams: Three- U19, 2022; U23, 2024-2025

International Results: Finished second in the Temple Cup at the 2024 Henley Royal Regatta.

Finished 7th in the men's four with coxswain at the 2022 World Rowing U19 Championships.

National Results: Finished seventh in the second varsity eight at the 2025 IRA Championships.

Won silver in the second varsity eight at the 2024 IRA Championships. Finished seventh in the

third varsity eight at the 2023 IRA Championships. Finished seventh at the 2021 USRowing

Youth National Championships

Personal: Andrew is in the School of Public and International Affairs at Princeton. In high school, he was named the team's Best Oarsman in 2022 and played basketball. He likes to play video games with friends and listen to music. He found the sport of rowing because of his older brother. His favorite place to complete is on Lake Carnegie. He loves to travel to Great Britain. His favorite Olympic moment is the Vince Carter dunk over the French 7-foot center.

Phoebe Wise

Women's Four

Birthdate: 10/8/2004

Hometown: Greenwich, Conn.

Height: 5'11"

Weight: 155

Pronouns: she/her

High School: Greenwich Academy

University: University of Texas

Current Club Affiliations:

Current Coach: Dave O'Neil

Training Location: Austin, Texas

National Teams: Two- U19, 2022; U23, 2025

International Results: Won gold in the eight at the 2022 World Rowing U19 Championships.

National Results: Won bronze in the varsity eight at the 2025 NCAA Championships. Earned silver in the second varsity eight at the 2024 NCAA Championships.

About USRowing

USRowing is the national governing body for rowing in the United States, dedicated to promoting and developing rowing at all levels, from juniors to elite competition. With a membership base of 1,400 member organizations and 77,000+ individuals, USRowing provides theoretical and practical education programs that strengthen and grow rowing while helping members achieve their goals. The national governing body works closely with international rowing bodies to represent the United States at the highest levels of competition, including the World Rowing Championships, Olympic and Paralympic Games.

Glossary of Rowing Terms

Bow: The forward section of the boat. The first part of the boat to cross the finish line. Also, the person in the seat closest to the bow, who crosses the finish line first.

Button: A wide collar on the oar that keeps it from slipping through the oarlock.

Coxswain: The person who steers the shell and is the on the water coach for the crew.

Deck: The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

Ergometer: Rowers call it an “erg.” It’s a rowing machine that closely approximates the actual rowing motion. The rowers’ choice is the Concept2, which utilizes a flywheel and a digital readout so that the rower can measure his “strokes per minute” and the distance covered.

Gate: The bar across the oarlock that keeps the oar in place.

Lightweight: Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.

Oar: Used to drive the boat forward; rowers do not use paddles.

Port: The left side of the boat, while facing forward, in the direction of the movement.

Power 10: A call for rowers to do 10 of their best, most powerful strokes. It’s a strategy used to pull ahead of a competitor.

Repechage: The second-chance race, which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.

Rigger: The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

Run: The run is the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

Sculls: One of the two disciplines of rowing, where scullers use two oars or sculls.

Shell: Can be used interchangeably with boat.

Slide: The set of runners for the wheels of each seat in the boat.

Starboard: The right side of the boat, while facing forward, in the direction of movement.

Stern: The rear of the boat; the direction the rowers are facing.

Straight: Refers to a shell without a coxswain, i.e. a straight four or straight pair.

Stretcher or Foot stretcher: Where the rower's feet go. The stretcher consists of two inclined footrests, which hold the rower's shoes. The rower's shoes are bolted into the footrests.

Stroke: The rower who sits closest to the stern. The stroke sets the rhythm for the boat; others behind him must follow his cadence.

Sweep: One of the two disciplines of rowing, where rowers use only one oar. Pairs (for two people), fours (for four people) and the eight are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.

Swing: The hard to define feeling when near perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

Viewer's Guide & Frequently Asked Questions

The Race

All events at the World Rowing Championships are 2,000 meters, or approximately 1.25 miles. The racecourse is divided into six lanes and each 500- meter section is marked with buoys.

The race begins with all boats aligned at the start in the lanes they've been assigned. Individuals in each lane hold the stern of each boat steady while an official, known as the aligner, ensures that each boat is even with the others and squarely facing the course.

Each crew is allowed one false start; two means disqualification. If within the first 100 meters there is legitimate equipment breakage (e.g., an oar snaps in two), the race will be stopped and restarted with repaired equipment.

The *stroke rate* (the number of rowing strokes per minute that a crew is taking) is high at the start – maybe 45 to even 50 for an eight, 38 to 42 for a single scull. Then, the crew will “settle” into the body of the race and drop the rating back – 38 to 40 for an eight, 32 to 36 for a single. The coach and the way the race is going determine when the crew will sprint, but finishing stroke rates of 46+ in the last 200 meters aren't unheard of. However, higher stroke rates are not always indicative of speed. A strong, technically talented crew may be able to cover more water faster than a less capable crew rowing a high stroke rate.

Unlike canoe/kayak competitions, rowers are allowed to leave their lanes without penalty, so long as they do not interfere with anyone else's opportunity to win. An official follows the crews to ensure safety and fairness.

Despite the exhaustion that follows each race, the crew will row for five to 10 minutes afterwards in order to cool down. In rowing, the medal ceremonies include the shells. The three

medal winning crews row to the awards dock, climb out of their shells and receive their medals before rowing away.

The Stroke

The whole body is involved in moving a shell through the water. Although rowing tends to look like an upper body sport, the strength of the rowing stroke comes from the legs.

The stroke is made up of four parts: *catch, drive, finish and recovery*. As the stroke begins, the rower is coiled forward on the sliding seat, with knees bent and arms outstretched. At the *catch*, the athlete drops the oar blade vertically into the water. At the beginning of the drive, the body position doesn't change – all the work is done by the legs. As the upper body begins to uncoil, the arms begin their work, drawing the oar blades through the water. Continuing the drive, the rowers move their hands quickly into the body, which by this time is in a slight “layback” position, requiring strong abdominal muscles.

During the finish, the oar handle is moved down, drawing the oar blade out of the water. Then, the rower “feathers” the oar – turning the oar handle – so that the oar blade changes from a vertical position to a horizontal one. The oar remains out of the water as the rower begins *recovery*, moving the hands away from the body and past the knees. The body follows the hands and the sliding seat moves forward until, knees bent, the rower is ready for the next catch.

The Equipment

Oars

Oars move the boat through the water and act as balancers. Sweep oars are longer than sculling oars and may have wooden handles instead of rubber grips. The shaft of the oar is made of extremely lightweight carbon fiber instead of the heavier wood used years ago. The popular “hatchet” blade – named because of its cleaverlike shape – is about 20 percent larger than previous blades. Its larger surface area has made it the almost universal choice among elite level Rowers.

The Boats – Sculls and Shells

All rowing boats can be called shells. Rowing boats with scullers in them (each person having two oars) are called sculls, *e.g. single scull, double scull, quadruple scull*. So, all sculls are shells but not vice versa. Originally made of wood, today's boats – especially those used in competition – are made of honeycombed carbon fiber. They are light and appear fragile but are crafted to be strong and stiff in the water.

The smallest boat – the single scull – is approximately 27 feet long and as narrow as 10 inches across. At 58 feet, the eight is the longest boat on the water. The oars are attached to the boat with riggers, which provide a fulcrum for the levering action of rowing. Generally, sweep rowers sit in configurations that have the oars alternating from side to side along the boat. But sometimes, the coach will rig the boat so that two consecutive rowers have their oars on the same side in order to equalize individual athlete power.

Rowing Quick Facts

Rowing is one of the original sports in the modern Olympic Games. Baron Pierre de Coubertin, founder of the modern Olympics, was a rower.

Eight oared shells are about 60 feet long, about 20 yards on a football field.

Rowing was the first intercollegiate sport contested in the United States. Yale College founded the first collegiate boat club in the U.S. in 1843.

Physiologically, rowers are superb examples of physical conditioning. Cross-country skiers and long-distance speed skaters are comparable in terms of the physical demands the sport places on the athletes.

An eight, which carries more than three quarters of a ton (1,750 pounds), may weigh as little as 200 pounds. The boats are made of fiberglass composite material.

Singles may be as narrow as 10 inches across, weigh only 30.86 pounds, and stretch nearly 27 feet long.

World Rowing, the international governing body of the sport, requires all eights used in international competition to be sectional, so that crews who must disassemble and ship their boats overseas in standard shipping containers will not be at a disadvantage.

The first amateur sport organization was a rowing club, Philadelphia's Schuylkill Navy, founded in 1858.

From 1920 through 1956, the United States won the gold medal in the men's eight at every Olympic Games.

The first national governing body for a sport in the United States was for rowing. Founded as the National Association for Amateur Oarsmen in 1872, it was changed in 1982 to the United States Rowing Association.

World Rowing, the first international sports federation, was founded in 1892.

Dr. Benjamin Spock, the famous doctor, was an Olympic rower in 1924 and won a gold medal in the eight. Legendary Hollywood actor Gregory Peck rowed at the University of California in 1937.

Physiologists claim that rowing a 2,000-meter race – equivalent to 1.25 miles – is equal to playing back to back basketball games. All Olympic events are contested over a 2,000-meter course with six lanes.

Two Olympic rowers are in the USOPC Hall of Fame, Jack Kelly Sr., the father of Grace Kelly and the first rower to win three Olympic gold medals, and Anita DeFrantz, Olympic bronze medalist, activist and the first female vice-president of the IOC.

The U.S. women's eight went on an 11-year winning streak from 2006 to 2016, winning 3 Olympic gold medals and 8 World Championships.

The U.S. men's four win in 2024 was the first Olympic gold in the event since 1960.