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Quick Facts

Location	J.D. Morgan Center, 325 Westwood Plaza
	Los Angeles, CA 90095
Athletics Phone	(310) 825-8699
Chancellor	Gene Block
Director of Athletics	Dan Guerrero
Associate Athletics Director	Bob Field
Senior Woman's Administrator	Petrina Long
Faculty Athletic Representative	Donald Morrison
Home Facility	Marina del Rey/Ballona Creek
Enrollment	37,500
Founded	1919
Colors	Blue and Gold
Nickname	Bruins
Conference	Pacific-10
Conference Phone	(925) 932-4411
Conference Fax	(925) 932-4601

National Affiliation	NCAA Division I
Head Coach	Amy Fuller Kearney
Head Coach's Alma Mater	UC Santa Barbara '90
Rowing Office Phone	(310) 206-6828
Assistant Coaches	Bill Zack, Mark Hunter
2008 Pac-10 Team Finish	7th
2008 Pac-10 Varsity Eight Finish	7th
2008 NCAA Postseason	None
Letterwinners Returning	21
Women's Rowing SID	Alex Timiraos
SID E-mail	atimiraos@athletics.ucla.edu
SID Phone	(310) 206-4008
SID Fax	(310) 825-8664
Sports Information Director	Marc Dellins
Athletics Web Site	www.uclabruins.com
UCLA FanFone	(310) 825-8575

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2009 ROSTER

Name	Year	Position	Height	Hometown (High School)
Piper Akol	Fr.	Port/Starboard	5-11	Orinda, Calif. (Miramonte)
Anastasia Alexander	Fr.	Starboard	5-7	Long Beach, Calif. (Wilson)
Jennifer Barnard	Fr.	Port	5-9	Riverside, Calif. (Riverside Poly)
Nadia Basilio	Fr.	Port	5-6	Santa Clara, Calif. (Cupertino)
Lauren Bonnaud	Jr.	Coxswain	5-5	Orange, Calif. (Villa Park)
Leslie Chou	Fr.	Coxswain	5-2	Orinda, Calif. (Miramonte)
Lauren Counter	Jr.	Port/Starboard	5-11	Long Beach, Calif. (Long Beach Poly)
Caroline Curson	So.	Starboard	5-10	Del Mar, Calif. (Torrey Pines)
Megan Danley	Fr.	Starboard	5-8	Pacific Grove, Calif. (Robert Louis Stevenson)
Katrina Darracq	So.	Port	5-8	Alameda, Calif. (Alameda)
Kaitlin Doering	Jr.	Port	6-0	Alameda, Calif. (Alameda)
Lisa Erlanger	Fr.	Coxswain	5-1	Hillsborough, Calif. (San Mateo)
Candace Ferguson	Jr.	Port/Starboard	5-10	Yorba Linda, Calif. (Lutheran)
Kristin Fitzmorris	Jr.	Port/Starboard	5-7	Dana Point, Calif. (Dana Point)
Tessa Gallagher	Fr.	Port/Starboard	6-1	Menlo Park, Calif. (Notre Dame HS)
Erin Grajewski	Fr.	Port/Starboard	5-10	Winston-Salem, N.C. (Choate Rosemary Hall)
Lynn Hancock	Jr.	Port/Starboard	6-2	Vancouver, B.C. (Crofton House)
Ariel Handler	Fr.	Coxswain	5-1	Newport Beach, Calif. (Corona del Mar)
Carissa Heath	Fr.	Port	5-11	Gilroy, Calif. (Gilroy)
Alexandra Howard	Sr.	Port	5-11	Fairfield, Conn. (Fairfield Warde)
Laurel Hyatt-Miller	Fr.	Port	5-10	Placerville, Calif. (Union Mine)
Lauren King	Fr.	Port/Starboard	5-11	Costa Mesa, Calif. (Edison)
Alaizah Koorji	So.	Coxswain	4-11	Orinda, Calif. (Miramonte)
Rachel LaBella	So.	Starboard	5-9	Princeton Junction, N.J. (Plainsboro HS South)
Tamlyn Lee	Jr.	Coxswain	5-4	Aliso Viejo, Calif. (Dana Hills)
Megan Lightfoot	Sr.	Starboard	5-8	Santa Rosa, Calif. (Maria Carrillo)
Stephanie Lopez	So.	Starboard	5-5	Downey, Calif. (Downey)
Cheyenne Manske	Fr.	Port/Starboard	5-6	San Diego, Calif. (High Tech)
Brittanee Marksbury	So.	Port	5-9	Escondido, Calif. (St. Paul's School [N.H.])
Shawn McGuire	Jr.	Port/Starboard	5-11	San Francisco, Calif. (Sacred Heart)
Ariana Moeser	So.	Starboard	5-11	Santa Ana, Calif. (Foothill)
Anna Musky-Goldwyn	Fr.	Port/Starboard	5-10	New Canaan, Conn. (New Canaan)
Ali Niswonger	Fr.	Port/Starboard	5-8	Los Gatos, Calif. (Los Gatos)
Hannah O'Brien	Fr.	Port/Starboard	5-11	Lafayette, Calif. (Acalanes)
Andrea Panayides	Fr.	Starboard	5-8	Palo Alto, Calif. (Palo Alto)
Kathryn Pickett	Fr.	Starboard	5-10	Manhattan Beach, Calif. (Mira Costa)
Lindsay Pollock	Fr.	Port/Starboard	5-8	Los Angeles, Calif. (Windward)
Shizue Reid	So.	Port/Starboard	6-0	San Diego, Calif. (Naples American [Italy])
Samantha Robbins	Fr.	Starboard	5-11	Silverdale, Wash. (Central Kitsap)
Hayley Robinson	Sr.	Port	6-1	Cranford, N.J. (Cranford)
Sheerin Salimi	Sr.	Port	5-9	Los Altos Hills, Calif. (Los Altos)
Gevrina Seferaj	Jr.	Coxswain	5-2	Tustin, Calif. (Mater Dei)
Emma Skelton	Fr.	Port/Starboard	5-9	San Francisco, Calif. (St. Ignatius)
Destinie Slavich	Jr.	Starboard	6-0	San Francisco, Calif. (Lowell)
Christina Sprouse	Jr.	Starboard	5-9	Northridge, Calif. (L.A. Baptist)
Vanessa Teff	Sr.	Starboard	5-10	Middleton, Wis. (Edgewood)
Taylor Vella	Fr.	Port	5-10	Long Beach, Calif. (Los Alamitos)
Elise Wilson	So.	Port	6-3	San Francisco, Calif. (St. Ignatius)

Coaches

Amy Fuller Kearney	Head Coach	8th season
Bill Zack	Assistant Coach	7th season
Mark Hunter	Assistant Coach	1st season



Class Breakdown

Seniors (5)

Alexandra Howard
Megan Lightfoot
Hayley Robinson
Sheerin Salimi
Vanessa Teff

Juniors (11)

Lauren Bonnaud
Lauren Counter
Kaitlin Doering
Candace Ferguson
Kristin Fitzmorris
Lynn Hancock
Tamlyn Lee
Shawn McGuire
Gevrina Seferaj
Destinie Slavich
Christina Sprouse

Sophomores (9)

Caroline Curson
Katrina Darracq
Alaizah Koorji
Rachel LaBella
Stephanie Lopez
Brittane Marksby
Ariana Moeser
Shizue Reid
Elise Wilson

Freshmen (23)

Piper Akol
Anastasia Alexander
Jennifer Barnard
Nadia Basilio
Leslie Chou
Megan Danley
Lisa Erlanger
Tessa Gallagher
Erin Grajewski
Ariel Handler
Carissa Heath

Laurel Hyatt-Miller
Lauren King
Cheyenne Manske
Anna Musky-Goldwyn
Ali Niswonger
Hannah O'Brien
Andrea Panayides
Kathryn Pickett
Lindsay Pollock
Samantha Robbins
Emma Skelton
Taylor Vella

Geographic Breakdown

California (40)

Piper Akol
Anastasia Alexander
Jennifer Barnard
Nadia Basilio
Lauren Bonnaud
Leslie Chou
Lauren Counter
Caroline Curson
Megan Danley
Katrina Darracq
Kaitlin Doering
Lisa Erlanger
Candace Ferguson

Kristin Fitzmorris
Tessa Gallagher
Ariel Handler
Carissa Heath
Laurel Hyatt-Miller
Lauren King
Alaizah Koorji
Tamlyn Lee
Megan Lightfoot
Stephanie Lopez
Cheyenne Manske
Brittane Marksby
Shawn McGuire
Ariana Moeser

Ali Niswonger
Hannah O'Brien
Andrea Panayides
Kathryn Pickett
Lindsay Pollock
Shizue Reid
Sheerin Salimi
Gevrina Seferaj
Emma Skelton
Destinie Slavich
Christina Sprouse
Taylor Vella
Elise Wilson

New Jersey (2)

Rachel LaBella
Hayley Robinson

Connecticut (2)

Alexandra Howard
Anna Musky-Goldwyn

North Carolina (1)

Erin Grajewski

Washington (1)

Samantha Robbins

Wisconsin (1)

Vanessa Teff

Canada (1)

Lynn Hancock

Motivated UCLA Rowing Program Seeks Team Bid to NCAA Championships

Absent from postseason one year ago, Bruins look for steady improvement and high finish at Pac-10 Championships

Led by a nucleus of seven returning seniors, the UCLA women's rowing team looks to win the Pac-10 Championship and earn a team berth in the 2009 NCAA Championships this spring. After having earned three consecutive varsity eight at-large NCAA Championship berths (2005-07), the Bruins did not advance to postseason competition in 2008.

However, eighth-year head coach Amy Fuller Kearney is encouraged that a motivated group of veterans and a talented collection of eager newcomers will right the ship for UCLA in 2009. UCLA's current senior class played a role in leading the Bruins to the 2006 and 2007 NCAA Championships. Four of the team's rowers from the 2007 NCAA Championship at-large entry return this year — seniors Alexandra Howard, Hayley Robinson and Vanessa Teff and junior Lynn Hancock.

"For this senior class, to have gone to the NCAA Championships in their first two seasons and then to hit that stumbling block last season, I know that they are very determined in their final year to be at their best individually and as teammates," Fuller Kearney said.

Teff has been a critical component of UCLA's recent success. A three-time Pocock All-America selection, Teff stroked the Bruins' varsity eight as a sophomore and junior. As one of two team captains this spring, the product of Middleton, Wis., looks to finish her UCLA rowing career on a high note.

"I believe that Vanessa is ready to make this year her best," Fuller Kearney said. "She is more fit than she has ever been, and she has really pushed herself both on and off the water. As a three-time All-American, she is one of the best all-around athletes that we've seen in our program."

Joining Teff as one of the team's two captains in 2009 is fellow senior Megan Lightfoot. A three-year letterwinner hailing from Santa Rosa, Calif., Lightfoot earned her selection as team captain through hard work and dedication. She rowed in each race last spring, moving between the second varsity eight and varsity four crews.

"Megan is vying for a spot in either of our two varsity eight boats," Fuller Kearney said. "She's a fierce competitor who our team really looks up to. It's no surprise to me that her teammates almost unanimously selected her as one of our two captains. We're looking for Megan to finish her career on a very high note."

Robinson returns to the water in 2009 after having redshirted the 2008 season with a wrist injury. A two-year standout at Barry University in 2005 and 2006, Robinson transferred to UCLA in the summer of 2007 and rowed five seat in each varsity eight race in 2007.

"Hayley has worked very hard on her efficiency, improving her technique on the water and working to get in the best shape possible," Fuller Kearney said. "She's nursed several injuries and has really worked to get back in the boat. She loves to row and has made her passion and desire to excel in this sport very clear."

Alexandra Howard enters her senior year having rowed in UCLA's varsity eight in each of her three seasons in Westwood. A freshman in 2006 and sophomore in 2007, Howard helped lead the Bruins' varsity eight to an at-large NCAA Championship berth both seasons. The native of Fairfield, Conn., has rowed three seat in the varsity eight throughout her career at UCLA.

"Lexi Howard is looking to finish her career at UCLA having rowed four years in the varsity eight," Fuller Kearney said. "She has really challenged herself this year and made some technical changes, which is great to see in a veteran rower. She is also determined to PR on the erg this spring."

Sheerin Salimi rowed four seat in the second varsity eight as a junior last spring and looks to secure a seat in the Bruins' varsity four this season. Salimi successfully returned to the water in 2008 after having overcome a shoulder injury as a sophomore in 2007. Salimi's leadership and energy will be counted on this spring.

"Sheerin has always been one of the team's most charismatic leaders," Fuller Kearney said. "She's a senior who these girls really look up to. She brings a great attitude to practice every day and that has helped her make improvements this season. Sheerin has been coming on strong for us in 2009."

UCLA will be without senior and team captain Candace Ferguson in 2009, as the three-year varsity letterwinner looks to rebound from an injury. Ferguson spent the entire 2007-08 season rowing either three or six seat in UCLA's first eight. As a sophomore in 2006-07, Ferguson rowed three seat in the second eight.

The Bruins return seven juniors from last season's team, including varsity eight contributors Lynn Hancock and Destinie Slavich. Hancock has rowed in the varsity eight since her freshman season and rowed four seat and five seat as a sophomore. Entering her junior year, Hancock will be expected to contribute in either of the team's varsity eight boats.

"Lynn has been nursing some back injuries, but she's really shown her commitment to the program and stayed strong," Fuller Kearney said. "She could step in and work with either of our varsity boats. Having her in our second varsity would be a great sign for our program, because that will add a lot to our team's speed."

Slavich rowed five seat in the second varsity as a freshman in 2007 and followed that season rowing in both varsity boats as a sophomore in 2008. Her strong work ethic and drive to succeed have made her a tremendous asset to the program.

"Destinie came back from last summer in great shape," Fuller Kearney said. "She wants to fill the seats of our graduated seniors, and as a coach, I really appreciate seeing that kind of work ethic. Teammates want to row with Destinie because she has the right attitude and determination."

Other juniors expected to push for key spots include Lauren Counter, Kaitlin Doering, Kristin Fitzmorris and Christina Sprouse. Counter enters the spring season as a favorite to stroke the varsity eight. As a sophomore in 2008, she was a consistent contributor in the Bruins' second eight.

"Lauren has matured since last summer, in terms of her personal goals and her commitment to our program," Fuller Kearney said. "She has an amazing boat feel and is one of the team's most natural rowers."

Doering stroked the Bruins' varsity four and open eight crews in 2008 and is fighting for a spot in the team's second varsity eight boat this spring. As a freshman in 2007, she rowed in the novice eight in all but one regatta.

"Kaitlin had a great freshman year and worked hard in our second varsity as a sophomore," Fuller Kearney said. "She should be a solid contributor in our second eight this spring, and she has been getting stronger every day in the offseason."

Fitzmorris joined the team as a walk-on sophomore in the fall of 2006. Fitzmorris progressed in UCLA's program, competing in both of the team's eights last spring.

"Kristin's discipline to make changes is among the best that I've seen on the water," Fuller Kearney said. "She didn't make the novice eight in her first season with the program, but last spring she was rowing in the second varsity. She's been determined to make adjustments and improve her technique."

Sprouse returns as one of the team's most reliable contributors in the varsity four. Having split time rowing in the open eight and varsity four last spring, Sprouse looks to secure a spot in the Bruins' second varsity in 2009.

"Christina has a lot of power per pound and really helps drive the boat," Fuller Kearney said. "She's proven herself as a very hard worker, and we look forward to her technical progress this season."

UCLA boasts a talented and deep sophomore class, led by key contributors Rachel LaBella and Elise Wilson. Both LaBella and Wilson rowed in the varsity eight as freshmen and should push for similar roles this spring.

"Elise is competing for that six seat in our varsity boat," Fuller Kearney said. "She's definitely buying into the team concept. She came into our program as one of the nation's most elite high school rowers, and she's learned that she needs to continue working hard to maintain that high level. Rachel LaBella looks to row in either the bow or seven seat," Fuller Kearney continued. "It has been a lot of fun watching her improve. She's gaining strength and has made it clear that she wants to help this program succeed."

Other sophomores expected to contribute in the varsity crews include Caroline Curson, Katrina Darracq, Brittanee Marksbury and Shizue Reid. Curson overcame a hip injury as a freshman last spring and has made great strides in her return. Darracq and Marksbury will be counted on to lead the team's varsity four. Reid emerged in 2008 as a talented walk-on freshman and will be counted on to assume a more prominent role this season.

Backed by the leadership of veteran coxswain, UCLA will look to sophomore Alaizah Koorji and junior Gevrina Seferaj to steady this crucial position. Koorji entered UCLA in the fall of 2007 as one of the nation's most accomplished high school coxswains. As a freshman in 2008, she gained valuable experience coxing the Bruins' varsity eight.

"Every boat that we take out this season has great leadership in the coxswain seat," Fuller Kearney said. "Alaizah has established herself as a great leader. She is somebody I rely upon to help transfer the message. Since last season, she's learned much more about empowerment and about holding that varsity boat at a very high level."

Seferaj coxed the second varsity one year ago and looks to make a greater impact in 2009. A talented motivator and hard worker, Seferaj should become a key component to the Bruins' success this season.

"One of Gevrina's greatest strengths is her ability to motivate," Fuller Kearney continued. "She really impresses her coaches and her teammates in that she's always able to get the most from her crews."

Several freshmen will be relied upon to fill key roles in both eights. Anastasia Alexander, Anna Musky-Goldwyn, Emma Skelton, Andrea Panayides, Lindsay Pollock and Taylor Vella impressed in the fall and should push for time on the water this spring. Alexander won gold in the junior eight at the 2008 FISA Senior and Junior World Championships and will be expected to contribute in the varsity crew at either the bow or seven seat. Musky-Goldwyn has made a positive impression and is pushing for time at the two seat.

"Anna Musky-Goldwyn and Anastasia Alexander are stepping right in with our varsity eight," Fuller Kearney said. "Taylor Vella was a two-time national champion for Long Beach last year. Emma has terrific boat feel and is building her strength and fitness weekly."

A combination of recruited rowers and walk-ons should contribute from the start in 2009. Other key newcomers include Megan Danley, Ariel Handler, Carissa Heath, Laurel Hyatt-Miller, Lauren King, Stephanie Lopez and Lindsay Pollock.

"Our program has attracted a terrific group of rowers," Fuller Kearney said. "We've gained some young women who have shown commitment to the program, despite a lack of experience, and they have done a fantastic job. I'm optimistic about many of our program's freshmen."

Marina del Rey

The UCLA Boathouse, surrounded by Marina del Rey and Ballona Creek, is located just 11 miles south of UCLA. On the north side of the boathouse, the marina serves as both a practice site and a racing venue for fall regattas. On the south side, Ballona Creek serves as UCLA's own 2000m race course.

The UCLA women's rowing team also trains on campus at both Drake Stadium and at the Acosta Strength and Conditioning Facility. For ergometer workouts, the Bruins have 40 ergometers overlooking Drake Stadium and UCLA's beautiful North campus.



Ballona Creek



UCLA Boathouse



Directions to UCLA's Boathouse

From UCLA:

Take the 405 South (San Diego Freeway).
Take the 90 West (Marina del Rey Freeway).
Follow the 90 all the way to its end (turns into a surface street).
Make a LEFT on "Mindanao."
Make a LEFT on "Lincoln Blvd."
Make a RIGHT on "Fiji Way."
Address: 14001 Fiji Way, Marina del Rey, CA

The Aquatic Center is located at the end of Fiji Way, behind the Villa Venetia Apartment Complex.

Parking at the boathouse is available on non-race days only. Arrangements must be made with the UCLA Marina del Rey Aquatic Center - (310) 823-0048.

Parking is also available off Fiji Way at the Fisherman's Village (five min. walk from boathouse) and at Dock 52 (15 min. walk).