



MEN GRAB SECOND AT FIRA

A dominant win by the First Varsity 8 paced JU Men's Rowing to a second-place overall finish at the Florida Intercollegiate Rowing Association Championships held March 29-30 in Sarasota.



Men's Coach Preston Weinard said, "We had everyone on the team racing today and I'm proud of them repping JU well. Major kudos to the Varsity 8 and 4 boats for winning their races. Last week we barely lost to Florida Tech, and today we won by open water over those same boats, so those are really good race results. We've made improvements from last week and gotten better, and we'll look to do the same this week."

The men got their spring season started March 16 in DeLand with wins against Wesleyan and Rollins. A week later they picked up a couple of wins against FIT in the Florida Tech Invite.

Afterward, Weinard said, "The team has come a long way in their technique this spring with all that water time, from the varsity guys setting the tone to the novice guys shaping up to be true oarsmen."

WOMEN CLIMB HIGHER IN SARASOTA



JU Women's Rowing went to the Sunshine State Invitational looking to beat some boats and build some confidence. They left having knocked off half the field.

The women finished 8th in the 16-team event held March 29-30 in Sarasota -- ahead of Kansas, Louisville, Kansas State, Drexel,

UMass, West Virginia, Old Dominion and Stetson.

Both the First Varsity 8 and Second Varsity 8 took second in the B Final. The First Varsity 4 made the A Final, where they beat Michigan State.

"This was a historic weekend for our program," said Head Coach Mike Lane. "We normally just hope to beat one or two teams at this very competitive race. However, this year we did what we knew was possible, and had the best overall team finish ever!"

Spring racing got under way in DeLand on March 16-17, when the women handled the likes of Wesleyan, Drake, Embry-Riddle and Rollins. That followed on the heels of a split with USF and UConn.

See Page 5 for updates on this summer's trip to Holland and Henley.

MEET THE ATHLETES



James Stephen Kimrey '24
Aviation Management
From: Philadelphia, PA

What is your proudest JU Rowing moment? My sophomore year, winning the Second Varsity 8 at the SIRA Championships. I remember that season being particularly challenging, with many ups and downs, and ultimately, we walked away from that season with something to show for it. Being a member of the 2V that year allowed me to make my mark on JU Rowing as it was the first year that we had won

in that event at SIRA since 1971.

What's the next big thing for you? Beginning my career as a Naval Officer, and moving to Pensacola to begin flight training to become a Naval Flight Officer.

What has been your greatest challenge? Last fall, I was diagnosed with keratoconus, a condition that causes the cornea of the eye to bulge, distorting vision. Over the winter break, I underwent a procedure to try to halt the progression of the condition, and spent the winter recovering from the procedure. Once I returned to practice in January, I had to work day by day to regain fitness and return to the level I was at in the fall.

What do you like most about JU Rowing? JU Rowing provided me an environment in which I was able to further develop and practice life skills such as leadership and mental toughness. It also provided me an opportunity to work side-by-side with some of the hardest working people I've ever met and allowed me to develop lifelong friendships with my teammates.

Hailey Grover '24
Marine Biology with a minor in Political Science
From: Saginaw, MI



What is your proudest JU Rowing moment? Making history at the NCAAs my sophomore year in the Varsity 4+. My sophomore year was my first year winning MAAC and having the opportunity to compete at the highest-level representing JU. The Varsity 4+ beat our first crew in our semi-finals race. I will never forget the row back around the dock at Sarasota because the boat was filled with so much energy and Coach Kayla was right there along shore cheering us on.

What's the next big thing for you? After graduation my goal is still to be heavily involved with the JU Rowing program and to help develop our coxswain group. I plan to stay in Jacksonville as I have been fortunate enough to secure a job as a new Student Engagement and Leadership Coordinator at JU. While working full-time, I also plan to obtain my master's degree in public policy from JU.

What has been your greatest challenge? Learning. Rowing is a very complex sport and as much as I think I may know, there is always even more to learn.

What do you like most about JU Rowing? The team culture is always thriving, my teammates are continuously striving to get faster, and every day I can show up to practice and be a part of a community that has the same values and goals. I would call myself extremely lucky to be surrounded by my teammates and coaches every day.

SHORT STROKES

Dolphin Dash brings a bonus Every spring, Jacksonville University hosts a week of giving for all departments and programs on campus. This year, both Men's and Women's Rowing used this as a great opportunity to get a leg-up on the international trip funds. Throughout the week, all our student athletes participated in challenges on campus as well as shared on their social media accounts the importance of giving to and giving back to programs all across JU. At the end of the week, the women's program had raised over \$20,000 from their grass-roots approach to the week. They were so excited about their accomplishment, because their improvement from 2023's Dolphin Dash, earned them an extra \$6,000.

Senior Day gets programs together Both the men's and women's programs had a soft spring opener this year with our Senior Day. It wouldn't be a typical JU Senior Day without some rain, which happened throughout the morning. Our men's boats broke down into fours to compete against our women's eights. To cap off the racing, we created mixed lineups with both men and women. There were three eights with six women each and two men. After the racing, we all celebrated the seniors with fond memories, laughs, gifts, and a toast. After all the celebration, we hosted a learn-to-row for all interested parents and -- needless to say -- we think they have a newfound appreciation for the sport their children do.

Rings for the MAAC champs What better way to ring in the spring season than with a championship ring? On February 10, the 2023 MAAC Conference Championship team was awarded their rings after a long-awaited fall and winter. After always designing a silver ring, we decided this win needed a little more bling. The 2023 ring was a gold-based ring, with a dolphin in the center of the face of the ring. Surrounded by jewels and "2023 MAAC Champions," the band is completed with the athlete's last name as well as our slogan from last year "Right Now," taken from the classic Van Halen song. They can be spotted in some of our photos on social media, so be sure to follow and take a look at @jax_wrow.

Henley brings out the news crews Our women's program is setting eyes on their international trip this summer, and they got the ear of some important members of the Jax community. In February, we had the pleasure of being interviewed by The Florida Times-Union, News4Jax, as well as First Coast News. During the sunny, breezy afternoon practice, athletes Anne Geurts, Chaise Reagan, Gabby Huxtable, Hannah Williams, Katy Kost, Hannah Gagnon and Bella Miletich were interviewed by writers and anchors about the 30-year international travel drought they were about to break. We were also to take them out for a splashy practice to get some footage to air on their platforms.

Get Involved

Interested in becoming a mentor? Or wanting to attend more JU Rowing events? Or learn how you can support the JU Rowing teams?

Scan this QR Code to dive in to our website!

FriendsofJURowing.org



DONOR PROFILE

Travis Pulliam '17

Profession: Mechanical engineer

Hometown now: New York

My proudest college rowing moment: Winning the Dad Vail Regatta my freshman year. You can see my name on the wall of the boathouse.

The biggest lesson I learned from rowing at JU: Resilience, dedication, and duty pay off in the long run. I saw many close teammates come and go during my four years, but in retrospect I am grateful for those who held me up and kept me going. When things get hard in life, we need to dig in and keep pushing.

My advice for today's Dolphins: Don't lose sight of the big picture. Rowing isn't just about winning, it's about the bond that comes through the glorious moments alongside the grueling moments. I don't remember many of my races, but I remember what we did leading up to those races. This is applicable in almost all phases of your life. What I carry with me now is knowing the power of a unified and resolute mindset and what it can do for the culture of a group.

I support JU Rowing now because: I want to ensure the longevity of the program that helped shape me into who I am today. The lessons I learned from the water and in the halls of the boathouse resound in my life today. Any rower who can dedicate their mind, body, and soul to their academics and the almost annealing-esque aspect of rowing, will find that they can handle life's challenges with even keel and "run."



JOIN US FOR THE DAD VAIL REGATTA



Saturday, May 11th, 2024

Cooper River Park,
Pennsauken, New Jersey
Find the JU Tent on the Island
right by the course!

This year, the Jefferson Dad Vail Regatta will be held on the Cooper River in Pennsauken, NJ. The regatta has evolved to a fun and exciting festival of rowing. There will be live music, beer garden, and of course, excellent racing all weekend long. The JU team will have men's and women's boats competing this year.

You are invited to join us for the final day of racing, Saturday, May 11. Come out to support your JU Dolphins at the most historic collegiate regatta in the country!

Check out the full Dad Vail Regatta website: <https://www.dadvail.org>

Fear the Fin!

We are in need of updated records! If you remember the captains or award winners from your time on JU Rowing, please email men's head coach, Preston Weinard, at pweinard@ju.edu

The men's team after racing at the FIRA Championships March 30.



Both teams pictured after the Spring Break Talent Show, March 14.

FROM MIKE LANE, DIRECTOR OF ROWING

I hope by now you've heard about the amazing trip we're planning to make this summer to Great Britain and The Netherlands that will culminate with our participation in the Women's Henley Regatta.

The goals are to bring attention to JU Rowing, reward an incredible group of seniors, and build the kind of momentum needed to make this kind of trip a goal for future Dolphins in both the men's and women's programs.

Not surprisingly, this kind of trip brings significant expenses. We estimate that with airfare, lodging, boat rentals and all the usual costs of travel, we'll need to raise about \$100,000 to take 16 athletes to Europe.

We've already collected more than \$25,000, but now is when the hard work starts. We're in the active phase of our fundraising. That's where you come in.

Please consider contributing to the success of what will be a transformative experience for these 16 young women. We're hoping to take an eight, a four and a double scull. Each athlete will have raised funds individually. But each is depending on us to make this happen.

Please feel free to call me if you're considering a donation and want more information.

You can also contribute online:

<https://www.givecampus.com/schools/JacksonvilleUniversity/rowing-international-trip>

We can do this. We should do this. So, let's just do it.

Thank you, as always, for everything you do to help make JU Rowing stronger and faster.

Mike Lane

For more on all things Friends of JU Rowing, and how you can support our teams, visit www.FriendsofJURowing.org