



Official Newsletter of Narragansett Boat Club



Photo Credit: Meaghan Delaney

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AN EPIC SPRING FOR NBC YOUTH ROWING

Narragansett juniors hit the road in June to celebrate a spring campaign that qualified a club-record 19 athletes to race for national honors in Florida.

The trip to Youth Nationals showcased the depth that Catherine Starr and her staff have built into the program during her first year as head coach. Two of the club's seven entries at Sarasota made it all the way to the most competitive final. Four finished among the ten best in the U.S.:

- **Maude Smith-Montross** placed fifth in an overall field of 27 singles
- **Elsa Panagos and Minty Gaitskell** won their "B" final, effectively placing ninth of 24 double sculls
- Ranking eighth of 27 girls fours with coxswain: **stroke Hannah Dayian, Zoe Ritter, Gianna Vigilotti, Alice Handy cox Tessa Adams;**
- Likewise racing in their "A" final – and finishing sixth in a national field of 27 – were the under-17 coxed four of **Bella Guerra, Luyaio Lei, Amelia Collins, Maylie Conway & Constance Schmults.**

Also at youth nationals, **Cassin Edgar-Smith** finished eighth in his "B" final; **Barbara Scott** won her "C" final; and the boys under-17 quad (**Reilly Hughes, Nigel Fortes, George Eid and Dany Eid**) placed third in their "C" final.

An Epic NBC Youth Spring cont.

Narragansett juniors have capped their regular season by qualifying a club-record 19 athletes to compete June 6 to June 9 at Youth Nationals in Florida. The club sent 38 young rowers to Northeast Youth Regionals in Lowell, where novices also turned in solid performances.



Lowell

Here are the highlights of NBC youth's qualifying finishes at regionals on the Merrimack May 19:

- **Cassin Edgar-Smith** placed third of 17 in the boys singles
- **Maude Smith-Montross** took the silver medal in the field of 12 girls singles
- Finishing third among 27 doubles were **Elsa Panagos and Minty Gaitskell**
- **Hannah Dayian, Zoe Ritter, Gianna Vigliotti, Alice Handy, and cox Tessa Adams** took silver in their field of 27 quads.
- **Bailey Scott** qualified for nationals by finishing fourth of 11 girls under-17 scullers.
- Third of 12 in the girls under-17 coxed fours: **Bella Guerra, Constance Schmults, Luyaio Lei, Amelia Collins, and cox Maylie Conway.**
- Fourth of 11 were the under-17 quad of **Reilly Hughes, Nigel Fortes, George Eid and Dany Eid.**



Photo Credit: Daniela Roop

Also at regionals, NBC posted these solid performances (including novices who are not eligible for nationals):

- **Oskar Idris, Aidan Lynch, George Idris and Matt Doepper** placed fifth of 13 quads.
- **Estelle Pavorunas, Emilia DiBenerdini, Nicola Ranone and Selina Kao** made their semi-finals, where they placed fourth.
- Finishing third in their heat of second-varsity coxed fours were **Grace Demers, Nicolette Kirwan, Selina Kao, Eleanor Miskelly, and Maylie Conway.**
- **Lydia Mueller, Halsey Hollenbeck, Jules and Zoe Ritter** placed sixth in the girls under-17 quads.

An Epic NBC Youth Spring cont.

Also at regionals, NBC posted these solid performances (including novices who are not eligible for nationals):

- Taking second in a field of 17 novice fours were **Bella Guerra, Constance Schmults, Luyaio Lei, Amelia Collins, and Lydia Mueller.**
- **Ada Annan and Zoe Ritter** placed fifth in their heat of girls novice doubles,
- In the field of 13 boys novice doubles Narragansett took second (**Reilly Hughes and Enzo Sansone**), fourth (**the Eid brothers**), and fifth (**Joe Parisault and Nate Monteiro**).



Photo Credit: Daniela Roop

Princeton

The juniors opened their spring campaign at the Mercer Lake Sprints in mid-April, turning in outsized performances against many schools and clubs that field much bigger crew teams.

Here's a run-down of their racing at the two-day regatta at Mercer, which brought 55 teams and hundreds of athletes to Princeton:

- Narragansett girls placed third in their flight of novice quads on Saturday, with stroke **Lydia Mueller, Ada Annan, Ella Nickerson, and Zoe Jin.**
- Novice boys took second in the quads, with stroke **Enzo Sansone, Joe Parisault, Nate Monteiro, and Dany Eid.**
- In their division of the varsity eights, **Emilia DiBenerdini** stroked to fifth place with **Zoe Ritter, Constance Schmults, Natalia Sullivan, Selina Kao, Maylie Conway, Eleanor Miskelly, Halsey Hollenbeck, and cox Grace Demers.**
- **Eleanor Miskelly** stroked her second-varsity quad to seventh place with **Ada Annan, Ella Nickerson, and Zoe Jin.**



Photo Credit: Daniela Roop

Princeton

- Winning their heat and placing fourth in the final of 20 varsity fours were stroke **Hannah Dayian, Maude Smith-Montross, Gianna Vigliotti, Alice Handy, and cox Tessa Adams.**
- **Reilly Hughes** stroked his under-17 quad to third place with **Dany Eid, Nate Monteiro & George Eid.**
- Taking third in their second-varsity coxed four: stroke **DiBenerdini, Ritter, Nicolette Kirwan, Sullivan, and cox Demers.**
- Second in their varsity quads heat – and fourth overall in a field of 15 – were stroke **Elsa Panagos, Minty Gaitskell, Nicola Ranone, and Estelle Pivorunas.**
- Fourth-place finishers in their field of 14 varsity quads were stroke **George Udris, Oskar Udris, Aidan Lynch & Matthew Doepper.**
- Fourth in their division of girls under-17 fours-with: stroke **Schmults, Hollenbeck, Mueller, Conway, and cox Joe Pariseault.**
- On Sunday, Narragansett's **Cassin Edgar-Smith** placed sixth in his field of 31 varsity singles.
- **Panagos and Gaitskell** took fourth among 24 varsity doubles. Tenth in that field were **Pivorunas & Ranone.**
- **The Udris brothers** took 12th place in a field of 26 varsity doubles, with **Lynch & Doepper** less than a second behind them.
- In their respective divisions of the women's varsity pairs, **Dayian and Smith-Montross** placed third; **Vigliotti and Handy** sixth.
- Finishing sixth in their race of varsity straight fours were **DiBenerdini, Ritter, Kirwan, and Kao.**
- Narragansett juniors wrapped up a productive weekend with fifth-place performances in two separate races of men's second-varsity doubles. By time, **Hughes and Sansone** finished less than three seconds ahead of the **Eid brothers.**

An Epic NBC Youth Spring cont.

Saratoga

On April 27-28, the juniors posted more good results at the Saratoga Invitational. Here's the roundup:

- Third place in the girls freshman novice quads (**Collins, Nickerson, Annan, Jin**).
- **Edgar-Smith** took second place in the first flight of the boys varsity singles. In the second flight, **Nigel Fortes** came in sixth.
- The **Udris brothers** finished seventh on the first flight of the boys varsity doubles. In the second flight, **Lynch and Doepper** finished fourth.
- Narragansett took second place in their flight of the girls varsity fours with cox (**White, Demers, Dayian, Smith-Montross, Vigliotti, Handy**).
- The boys freshman novice quad (**Hughes, Pariseault, D. Eid, G. Eid**) finished third.
- The girls junior under-17 coxed four (**Guerra, Schmults, Hollenbeck, Conway, Lei**) finished sixth in their flight.



Photo Credit: Daniela Roop

An Epic NBC Youth Spring cont.

- The girls second varsity coxed four (**Adams, DiBernerdini, Ritter, Kirwan, Kao**) finished fourth in their race.
- Narragansett's boys varsity quad (**G. Udris, O. Udris, Lynch, Doepper**) was sixth.
- Narragansett won their flight of the girls novice eight (**Guerra, Schmults, Lei, Maylie, Sullivan, Jagatic, Mueller, Collins, Jin**).
- The club took first place (**Gaitskell, Panagos**) and seventh place (**Pivorunas, Ranone**), respectively, in the two girls varsity doubles it raced.
- The girls varsity quad (**Panagos, Gaitskell, Pivorunas, Ranone**) placed fifth.
- The girls under-17 quad (**Mueller, Annan, Nickerson, Jin**) finished seventh.



Photo Credit: Daniela Roop

- Third place went to the girls varsity eight (**cox Adams, Dayian, Smith-Montross, Guerra, Handy, DiBernerdini, Ritter, Kirwan, Hollenbeck**).
- The boys second varsity quad (**Fortes, Hughes, Sansone, D. Eid**) finished fifth.
- Narragansett's girls varsity eight (**Adams et al.**) took third to begin Sunday's racing.
- The boys varsity quad (**Udris et al.**) took fourth place.
- **Panagos et al.** won the gold medal in the girls varsity quads.
- The girls varsity coxed four (**Demers, Dayian, Smith-Montross, Vigliotti, Handy**) took fifth place.
- The boys varsity double (**Lynch, Doepper**) took sixth.
- The girls varsity double (**Panagos, Gaitskell**) took third.
- Narragansett took a third (**Edgar-Smith**) and a seventh place (**Fortes**) in the boys singles
- **Smith-Montross** placed sixth in the girls varsity singles.

An Epic NBC Youth Spring cont.

- The boys novice quad (**Hughes et al.**) took third.
- The girls novice eight (**Guerra et al.**) finished fifth.
- The girls double of **DiBernerdini and Ritter** took seventh.
- Narragansett doubles finished third (**Eid brothers**) and fourth (**Hughes, Sansone**), respectively, in the second varsity boys races.
- Girls second varsity doubles took third (**Ranone, Pivorunas**) and sixth (**Mueller, Miskelly**), respectively.
- In second varsity girls coxed fours, Narragansett took a fourth (**Adams et al.**) and a sixth (**Guerra et al.**)

Wrapping up fine weekend of racing were the boys second varsity quad (**Hughes, et al., fifth place**) and the girls second varsity quad (**Collins, et al. sixth**)

STEM TO STERN IS THIRIVING

A great highlight of the spring season has been that the youth program is beginning to draw middle-schoolers from STEM to Stern – a joint initiative of NBC, Brown University, San Miguel School and the East Providence Girls and Boys Club that combines rowing instruction with classes in science, engineering, technology and math (“STEM”).

Among the Narragansett juniors who will compete at nationals in June are **Bella Guerra and Nigel Fortes**, members of the club’s youth team who learned to row as middle school students in the STEM to Stern program.

This spring, STEM to Stern continued its effort to bring rowing –in tandem with advanced academics – to underserved communities. Twenty-four middle-schoolers rowed in the program twice a week and attended classes with **Payton de la Cruz** and her team of instructors from the Brown crew team, as well as the school’s graduate schools and undergraduate ranks.



Photo Credit: Payton De la Cruz

ROWING AMSTERDAM



The club's masters rowers set a high bar early in the 2024 season, racing in force at Amsterdam's Heineken Roevierkamp in mid-March. Our women's eight took second place in their division of the demanding medley of sprints and head racing. (MEAGHAN: IDENTIFICATIONS?).

Bringing home more medals were Narragansett rowers in composite eights with other clubs. **Tracy Glover's** Lucky Charms took a gold medal, as did **Dan Gorriaran and Eric Watne**, stroking NBC-Cambridge eights in their respective age divisions. **Bob Hannon** raced to second place in another Cambridge composite. Another mostly-Narragansett eight finished respectably – despite a nasty crab that might have flung **Bjorn Sanstede** into the Amstel River, if not for an alert catch by his pair partner, **Pete Evans**.



Photo Credit: Kim Worrell

FROM THE BOARD OF GOVERNORS

Members are reminded that word-of-mouth and social connections are among the best ways to bring new people to NBC.

Do you know rowers who have recently moved to Rhode Island?

Rowing veterans who may wish to get back on the water?

Friends who might be interested in learning how to row?

Bring them on down to the boathouse!

RACING ON THE SEEKONK, 2024

With a solid crew of volunteers behind them, regatta chieftains **Wes Kerns and Scott Whitney** began preparations for the club's summer regattas with a day of informal racing on **Cinco de Mayo**.

Visiting masters crews from Boston and New Haven joined in a format that featured three 1K sprints in each division. Youth rowers followed with 1,500-meter races. The event proved its value in training, regatta management, and a test-run of the HereNow registration and timing system.

Mark your summer calendars for two home regattas:

Sweeps & Sculls on July 27

Mayor's Cup on August 17

Providence **Mayor Brett Smiley** will join us to launch this new and improved version of the Mayor's Cup – an Amsterdam-style regatta that will feature the last of this summer's sprints and the first head racing, with an eye to a busy fall season.

REPAIRS & RENOVATIONS

Be sure to toast **Bruce Ackman** and his team when you hydrate at the new water station, beside the front door of the boathouse.

That's just one item on the impressive list of improvements to the building – north and south deck replacement, shingle repairs and more – that they have undertaken lately.

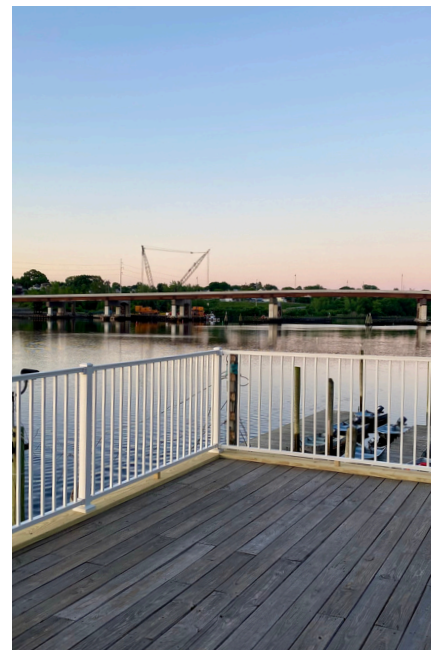


Photo Credit: Meaghan Delaney

SAFETY FIRST: MIND THE HEAT!

Please take heed of these essential thoughts from the **Safety Committee, Jonathan Haisman, chair:**

It seems like only yesterday that we were worried about the cold and now it's too hot!

Don't forget to stay hydrated while rowing, especially in these warmer conditions. Thirst is not a reliable indicator of water needs, and even mild dehydration can significantly decrease performance and increase the risk of injury. Aim to drink before, during, and after rowing. If you normally row with one water bottle consider taking two.

Be on the lookout for signs of heat stress. Dizziness, elevated heart rate (more than usual), and a decrease in performance are all indicators. Keep an eye out for signs of heat stress in the people you row with. If someone shows these signs, provide them with cold fluids, and have them sit or lie down as soon as possible. You can also help reduce their body temperature by wetting their clothing or providing them with a cooling vest from the fridge upstairs in the North lounge.

We do not currently have a policy for when to suspend rowing or competition due to heat. For info, please take note of Princeton National Rowing Association's sensible guidelines of suspending rowing if the temperature is over 93°F or the heat index exceeds 95°F. It is unlikely we would need to advise against rowing due to the heat as the water temperature is still only around 68°F and that moderates the local temperature significantly. I have included a heat index chart for your information.

The weather is warm, the water is warm (75°F at the dock), and by Seekonk standards the water looks relatively clean, although I do not have any bacteriological sample data to verify. It's as good a time as any to experiment with your sculling, try some drills, get more comfortable at the front end and, if you fall in, practice your self-rescue skills. As usual these things are better done in a group and close to the dock or another recovery point.

Please make the most of the warm calm conditions to do the stuff that's risky or unappealing in early April. You will improve technically and be better able to deal with issues that invariably arise with "wobbly watersports."



Photo Credit: Meaghan Delaney

OLYMPIC ALUMNA

Narragansett Alumna **Emily Kallfelz** has been selected for the U.S. Olympic team that will compete this summer in Paris. The Princeton grad, a four-time Ivy champ, has more than ten years of international sculling experience, dating to her years on the juniors national team – and NBC youth rowing.

OFF THE WATER

This report from **Eva Goodman** on NBC's extended family in the wider world of sport: her daughter, cyclist **Betty Hasse**, recently took first place as an under-23 competitor at a national time trial event in Charleston, WVA.

More triumphs for NBC's extended family in the wider world of sport: **Sophia Gorriaran**, neice of **Dan & Cindy**, has made it to the semifinals of the U.S. Olympic Trials, in Oregon, for American the track and field team that will compete later this summer in Paris. She also won U20 nationals and is the lead runner on the U.S. U20 national team competing in Lima, Peru next month. Sophia, a Harvard sophomore in the fall, runs the 800-meter race.



Credit: Jeremy Bernfeld / The Public's Radio



Credit: Team USA Profiles/teamusa.com

CELEBRATIONS

Cloe-Estelle and Bradley Werntz are happy to welcome newborn **Reuven Broderick Werntz** to their family and to the Narragansett rowing community. **Ruvi** was born on February 10, weighed in at 5 pounds 6 ounces, and already has the makings of a sculler with tremendous wingspan.