

## 2018 Women's Staff

### Coach Patrick Knipe

Coach Knipe rowed for Riverview High School and the WBC. He has coached for 11 years and is currently the head coach at Riverview.

### Coach Sarah Pappas

Coach Pappas coxed for Roosevelt High School, Northern Michigan University, and the WBC. She currently coaches at Roosevelt.

### Coach Ashley Granica

Coach Granica rowed for Southgate High School and the WBC. She has won several American medals. Coach Ashley currently coaches at Southgate & Crestwood.

## 2018 Men's Staff

### Coach Chris Puhl

Coach Puhl rowed for Crestwood High School and the WBC. He currently coaches at Crestwood.

### Coach Cameron Colwell

Coach Colwell rowed at Grosse Ile High School and the University of Toledo. He currently coaches at Grosse Ile.

### Coach Trevor Lamb

Coach Lamb rowed for Grosse Ile High School the WBC, DWRA, and the DBC. He currently coaches at Grosse Ile.

## 2017 Henley Champions



This crew represents rowers from Crestwood, Grosse Ile, Trenton and Iona College.

## 2018 Coaches

### Head Coach Costas Ciungan

Coach Ciungan rowed for Grosse Ile High School, Grand Valley, and the WBC. He is currently coaching at Grand Valley and has coached at the Detroit Women's Rowing Association.

### Head Coach Mark Milewski

Coach Milewski rowed for Roosevelt High School, Michigan State, and the Wyandotte Boat Club. He has coached for 18 years and currently is the Head Coach at Crestwood.

### Coach Mark Pappas -Masters

Coach Pappas rowed for Ecorse High School, Ecorse Boat Club, and the Wyandotte Boat Club. He currently coaches at Roosevelt..

### Coach Pat Hickey -YLTR

Coach Hickey rowed for Mt. Carmel High School and the Wyandotte Boat Club. Currently he is the Head Coach at Roosevelt.

### Coach Scott Sitek -YLTR

Coach Sitek rowed for Grosse Ile High School, Michigan State, and the Wyandotte Boat Club. Currently he is the Head Coach at Grosse Ile.

## 2018 Competitive Practice Schedule

Seven water practices each week and two land workouts. No morning practice on Tuesdays & Thursdays. Evening practice Monday, Wednesday, and Friday will be on the water.

## 2018 Competitive Regatta Schedule

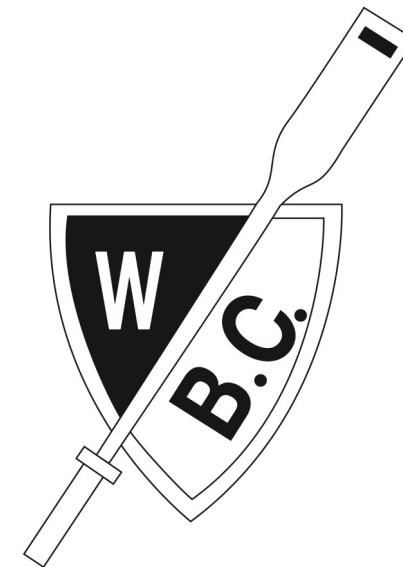
June 23th Meijer State Games-Grand Rapids, MI  
July 8th West Side-Buffalo, NY  
July 14th Wyandotte Invites-Wyandotte, MI  
July 21st St. Kits Invites-St. Catherines, ON  
July 27th MBA Scrimmage- Wyandotte, MI  
July 28th & 29th Ontario Champs-London, ON  
August 6th-11th Henley-St. Catherines, ON

### Wyandotte Boat Club

#1 Pine Street  
Wyandotte, MI 48192  
[www.wyandotteboatclub.com](http://www.wyandotteboatclub.com)



Wyandotte Boat Club Summer Rowing 2018



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## Goal of Summer Rowing

The primary mission of the WBC summer program is to win races. In order to do this rowers need to commit. There will be nine practices per week.

- Seven water practices per week will focus on technique. You will become a more efficient rower.
- Two land practice per week will focus on making you stronger. The strength and power you gain will get your boat down the course faster each week.

When you return to your team next season, you will be a much better oarsman or oarswoman. The coaching, the experience, and the strength you will gain by rowing for the WBC this summer WILL translate to more medals and faster boats.



WYANDOTTE'S FAVORITE HENLEY EVENT, THE SENIOR 140-POUND EIGHT

They did it again at Henley 1994! And it was the Geoff Taylor Trophy which this Wyandotte BC won in a 6:34.27 barn-burner over five strong rivals. The Michigan youngsters were followed across the line by New York AC, Buffalo West Sides, St. Catharines RC, Mexico's Club Espana and Toronto Argos. The lightweight champs are cox Megan Lott and Bill Masserant, Sashe Ellison, Lief Alfenas, Scott Zulewski, Bill Neff, John Borowicz, Jay Steele and stroke Jerrod Kowalewski.

This crew represents rowers from Roosevelt, Mt. Carmel, Carlson, Riverview, and Grosse Ile.

The WBC has won 95 Henley medals since the 1920's.

**Will you be #96?**

## Summer Rowing Fees 2018 for U17, U19, & U23

### Session I

Session runs 6/11-6/30

Includes three weeks of rowing, coaching, WBC Jersey, and Grand Rapids Regatta (travel included).

Coxies: \$30 jersey fee

Fees due: by Friday June 15th

### Session I Fee

\$175.00

### Session II

Session runs 7/1-7/21

Includes three weeks of rowing, coaching, t-shirt, and Wyandotte Invitational Regatta..

Coxies: free.

Fees due by: Friday July 6th

### Session II Fee

\$150.00

### Session III –Henley Camp (Invitation ONLY)

Session Runs 7/22-8/12

Includes three weeks of practice, Ontario Championship, and one week at Henley.

Fees due by: Monday July 23rd

### Session III Fee

TBA

### Session III—Sculling Camp (Limited to 36 spots priority given to Session I & II rowers)

Includes 10 session of sculling.

Fees due by: Monday July 23rd

### Session III Fee

TBA

### Regatta Schedule & Fees

June 23th Meijer State Games –Included Session I

July 8th West Side– TBA

July 14th Wyandotte Invites– Included Session II

July 21st St. Kits Invites-TBA

July 27th MBA Scrimmage-Included Session III Henley

July 28th Ann Arbor-\$50 Sculling Camp Rowers ONLY

July 28th & 29th Ontario Champs-TBA

August 6th-11th Henley-TBA

## Summer Rowing Fees 2018 for Youth Learn to Row, Masters, & Adult Learn to Row

### Youth Learn to Row Session I

\$130.00

Session runs 6/18-6/29

Includes: instruction, equipment, a camp t-shirt, and a picnic on the last day

Contact Coach Pat Hickey via [wyandotteboatclub.com](http://wyandotteboatclub.com)

Fees Due: First day of the camp.

### Youth Learn to Row Session II

\$130.00

Session Runs 7/9-7/20

Includes: instruction, equipment, a camp t-shirt, and a picnic on the last day.

Contact Coach Pat Hickey via [wyandotteboatclub.com](http://wyandotteboatclub.com)

Fees due: First day of the camp

### Masters Rowing

\$275.00

Includes summer coaching fee and WBC Jersey.

Fees due: First day of session plus \$40 WBC Membership fee if not already a WBC member.

### Adult Learn to Row-Beginners

\$130.00

Session I: 6/11-7/21

Includes 3 days of rowing per week. Monday, Wednesday, Saturday.

Fees due: First day of session plus \$40 WBC Membership fee if not already a WBC member.

### Adult Rowing-Experienced

\$130.00

Session I: 6/11-7/21

Includes 3 days of rowing per week. Tuesday, Thursday, and Saturday.

Fees due: First day of session plus \$40 WBC Membership fee if not already a member.

