

# Cal Lights Fall 2010 Newsletter

## New Boats - New Season - New Beginnings



A new year, a new season, and a new set of goals are upon us. My brother Cal Trembath and I are honored to take the reins of a team that began with our father Kern Trembath back in the early 1970s. After an extremely generous donation late last year from Alum Francisco Perez (Class of 1996), and with the awesome

addition of the new CLCA and their ambitious 10-year plan (see sidebar), we as officers and as athletes look forward to going fast, building the program, and continuing the proud Cal Lights traditions.

-Alex Trembath, co-President

### The New CLCA

We are delighted to announce the recent formation of the California Lightweight Crew Association. We anticipate mutual benefits between the team and this renewed alumni organization.

### MISSION STATEMENT

The mission of the California Lightweight Crew Association is to support the University of California, Berkeley, lightweight rowing program in its competitive goals and to foster broad community of current and alumni rowers, family, and other supporters of the California Lightweight Crew Program.



### HEAD MENS COACH MORGAN ALLEN ON TEAM GOALS



This year our goals are to place top 3 in the country for the MLV8+ at Dad Vails or another championship regatta. Locally, we would like to finish top 6 in the heavyweight men's 8 at San Diego Crew Classic and WIRA's. A group of racing singles and a new racing 8 were donated to the team so we have a lot more flexibility when it

comes to our training program. Our primary focus is to continue the training in the small boats to develop athletes on the individual level and then bring them together before races. In addition, we will aim at training as a team more regularly in the afternoons, pairing that with continued morning rows. As our team expands, a greater level of intensity and competitiveness is developing which will ultimately result in faster boat speed.

JIM SUCHY TRANSITIONS FROM ROWER TO COACH

After four, memorable years, I couldn't just walk away from Cal Lightweight Crew. Staying involved with the team was a priority and coaching felt like the next logical step. Rowing has meant so much to me over the years. It has become a cornerstone of my undergraduate experience and offered a balance to the stresses of academia. I hope to instill a similar passion and understanding in the young men that I coach. Having been a Cal lightweight rower, I am already aware of the team's needs and will offer many fresh, new ideas, as part of the coaching staff. The success of this sports program depends on the strength of its novice team. As such, my primary goal is to

produce a dedicated group of athletes who will continue rowing throughout college. I look forward to another successful season with this team, and am eager for training to begin. Go Bears!



DONATIONS WELCOME

As many of you will remember, raising funds for equipment, travel, salaries and other team operations is a hugely important task for Cal Lightweight Crew. We owe so much of our success to the contributions of our excellent Alumni. If you would like to donate to the Club, please visit the Alumni Page of our website. Any questions can be directed to Team Presidents Cal or Alex Trembath or our head coaches, Morgan Allen and Noah Hume.

CAL LIGHTWEIGHT CREW SUMMER ADVENTURES



- Cal Trembath '11 spent the summer working for the Breakthrough Collaborative in

San Francisco, teaching writing to talented middle-schoolers.

- Michelle Schurter '13 toured the country with her synchronized-swimming team the Aqualillies, who were recently featured in the Los Angeles Times Magazine.
- Several rowers spent time in Europe this summer. Harrison Vale '12 backpacked through Croatia. Colin Meyer '12 transcribed his adventures in

Ireland on his travel blog, "Off to Green Pastures..."

- Alex Trembath '11 expanded his readership at his blog, Energetics, and began working with the non-profit Americans for Energy Leadership.
- Greg Swain '12 coached novice rowers in San Diego and erved his first marathon.



WOMEN'S COACH NOAH HUME ON THE NEW SEASON

After a rebuilding year with some strong Spring 2010 finishes, we have a dedicated core group returning to the varsity squad. The Fall 2010 recruiting class has brought a few new faces to the varsity squad and we will work through line-ups that will challenge the novices and varsity to develop fitness and boat speed as a group and individually. With the goal of achieving top finishes at WIRAs in May, the primary focus this fall will be developing a winning VLt8+ line-up while improving the skill in the novice squad...and to have fun doing it!