



# GNAC WOMEN'S ROWING ALL-TIME CREWS OF THE WEEK

Updated Through 2022-23 Season

## 2019-20

Date	Boat	Crew
Mar. 2-8	Seattle Pacific Varsity 4+	LeeAnn Arrington (coxswain), Amanda Larsen, Suzanne Stafford, Tamyra Clark-Hoogstrate, Danielle Johnson

## 2020-21

Date	Boat	Crew
Mar. 22-28	Central Oklahoma Varsity 8+	Madisyn Kitchell (coxswain), Cameron Blunk, Kateryna Klymenko, Megan Dwarshuis, Shelby Wackerly, Kenya Holleman, Faith Brooks, Sage Kroeker, Siobhan Quirke
Apr. 12-18	Seattle Pacific Varsity 4+	Roxy Ruther (coxswain), Danielle Johnson, Natalie Korolenko, Hannah Miller, Anna Serven

## 2021-22

Date	Boat	Crew
Feb. 28-Mar. 6	Western Washington Varsity 8+	Adele Houston (coxswain), Lindsey Froelich, Morgan MacIntyre, Clarice Ruhlin-Hicks, Olivia Pells, Emma Clark, Maddie Bangasser, Yuki Saburi, Haley Moss
Mar. 7-13	Cal Poly Humboldt Varsity 8+	Sophie Reich (coxswain), Malia Seeley, Kealey Scott, Cassidy Hollenbeck, Dana Foley, Emily Marsolais, Megan Franco, Kierstyn Hughes, Chloe Pieper-Wasem
Mar. 21-27	Central Oklahoma Varsity 8+	Yesenia Gil-Salazar (coxswain), Kenna Chamlee, Danielle Dick, Keyna Holleman, Faith Brooks, Hope Brooks, Danielle Holle, Sage Kroeker, Kelsey Woellmer
Mar. 28-Apr. 3	Western Washington Varsity 4+	Claudia Webster (coxswain), Emma Clark, Olivia Pells, Lindsey Froelich, Paige Donner
Apr. 4-10	Western Washington Varsity 4+	Claudia Webster (coxswain), Emma Clark, Olivia Pells, Lindsey Froelich, Paige Donner
Apr. 11-17	Cal Poly Humboldt Varsity 4+	Kylie Spieth (coxswain), Sarah Lorenzini, Chloe Pieper-Wasem, Marie-Claire Desplancke, Amanda Roosma
Apr. 25-May 1	Western Washington Varsity 8+	Adele Houston (coxswain), Haley Moss, Lindsey Froelich, Morgan MacIntyre, Clarice Ruhlin-Hicks, Maddie Bangasser, Yuki Saburi, Olivia Pells, Sarah Ernst
May 2-8	Western Washington Varsity 8+	Adele Houston (coxswain), Lindsey Froelich, Morgan MacIntyre, Clarice Ruhlin-Hicks, Maddie Bangasser, Yuki Saburi, Olivia Pells, Sarah Ernst, Paige Donner

## 2022-23

Date	Boat	Crew
Feb. 27-Mar. 5	Seattle Pacific Varsity 8+	Moxie McCandless (coxswain), Jacinta Grandel, Kalais Samuelson, Macie Leach, Anna Boatman, Audrey Rekedal, Emma Ely, Megan Popielak, Hannah Miller
Mar. 20-26	Cal Poly Humboldt Varsity 4+	Taylor Carrington (coxswain), Marie-Claire Desplancke, Chloe Pieper-Wasem, Gwen Sutton, Amelia Marks
Mar. 27-Apr. 2	Seattle Pacific Varsity 8+	Moxie McCandless (coxswain), Jacinta Grandel, Natalie Korolenko, Macie Leach, Kalais Samuelson, Audrey Rekedal, Anna Boatman, Megan Popielak, Kristin Grassell
Apr. 3-9	Western Washington Varsity 4+	Janisa Cook (coxswain), Taylor Wall, Jenna Buckholt, Mia Marie Knipe, Reed Chesnek
Apr. 10-16	Central Oklahoma Varsity 4+	Sydney Large (coxswain), Sam Hutchings, Danielle Holle, Audra Hempfling, Payton Meiler
Apr. 24-30	Cal Poly Humboldt Varsity 8+	Sonja Scollon (coxswain), Molly Urtz, Elizabeth Walters, Kelsey Scott, Cassidy Hollenbeck, Dana Foley, Gabriella Griffin, Alyssa Paynton, Malia Seeley
May 1-7	Seattle Pacific Varsity 4+	Lucy Sandahl (coxswain), Megan Popielak, Anna Boatman, Megan Rouse, Bella Lisenby

## CREWS OF THE WEEK BY YEAR

### 2019-20

**Week of Mar. 2-8: Seattle Pacific Varsity 4+:** The first-ever GNAC Crew of the Week, the Seattle Pacific varsity 4+ cruised to a win in its race at the PLU Invitational on Saturday. The Falcon's time of 7:39.52 was 33 seconds better than second-place Western Washington and was the fastest time of all the fours participating in the regatta. The crew consisted of LeeAnn Arrington (coxswain), Amanda Larsen, Suzanne Stafford, Tamyra Clark-Hoogstrate and Danielle Johnson.

### 2020-21

**Week of Mar. 22-28: Central Oklahoma Varsity 8+:** The Bronchos won both of their races at the Falcon Regatta, the team's first competition of the 2020-21 season. The crew won the first varsity 8 flight in a time of 6:53.6, finishing less than a second ahead of Seattle Pacific. They came back for the win in the second flight in a time of 6:51.0, once again just ahead of Seattle Pacific. The crew includes Madisyn Kitchell (coxswain), Cameron Blunk, Kateryna Klymenko, Megan Dwarshuis, Shelby Wackerly, Keyna Holleman, Faith Brooks, Sage Kroeker and Siobhan Quirke.

**Week of Apr. 12-18: Seattle Pacific Varsity 4+:** The Seattle Pacific varsity 4+ rowed to a convincing 27-second victory in a dual with Western Washington at the Viking Regatta on Lake Samish. The crew finished the 2,000-meter course in a time 8:15.91. Crew members include Roxy Ruther (coxswain), Danielle Johnson, Natalie Korolenko, Hannah Miller and Anna Serven.

## GNAC WOMEN'S ROWING ALL-TIME CREWS OF THE WEEK

### 2021-22

**Week of Feb. 28-Mar. 6: Western Washington Varsity 8+:** Rowing in the first competition of the spring season, the Vikings' varsity 8+ won its race at the PLU Invitational on Saturday in a time of 7:01.4. The boat scored a 16-second victory over Seattle Pacific and a 20-second victory over Pacific Lutheran. The time was the third-fastest by a varsity 8+ boat in the regatta, bettered only by two Gonzaga crews. The crew was comprised of coxswain Adele Houston and rowers Lindsey Froelich, Morgan MacIntyre, Clarice Ruhlin-Hicks, Olivia Pella, Emma Clark, Maddie Bangasser, Yuki Saburi and Haley Moss.

**Week of Mar. 7-13: Cal Poly Humboldt Varsity 8+:** The Lumberjacks won the varsity 8+ race at Sunday's Aggie Invitational in Sacramento, finishing in a time of 7:13.3 to cross the line seven seconds ahead of UC Davis. On Saturday, Cal Poly Humboldt opened the season with a third-place finish at the Sacramento State Invitational. They were in the middle of a cadre of Division I teams with a time of 7:20.4. The crew was comprised of coxswain Sophie Reich, Malia Seeley, Kealey Scott, Cassidy Hollenbeck, Dana Foley, Emily Marsolais, Kierstyn Hughes and Chloe Pieper-Wasem. Megan Franco rowed in place of Foley in Saturday's regatta.

**Week of Mar. 21-27: Central Oklahoma Varsity 8+:** The Bronchos won in head-to-head competition with Seattle Pacific in Saturday's regatta on the Oklahoma River with a winning time of 6:56.05. Earlier in the day, Central Oklahoma placed a close third to a pair of Kansas boats in a time of 6:54.34. The crew was comprised of coxswain Yesenia Gil-Salazar, Kenna Chamlee, Danielle Dick, Kenya Holleman, Faith Brooks, Hope Brooks, Danielle Holle, Sage Kroeker and Kelsey Wollmer.

**Week of Mar. 28-Apr. 3: Western Washington Varsity 4+:** Competing in its first regatta in a month, Western Washington won the collegiate varsity 4+ race at the Husky Open in Seattle in a time of 8:01.049. The Vikings were over eight seconds ahead of Division I Portland in earning the victory. Crew members included Claudia Webster (coxswain), Emma Clark, Olivia Pells, Lindsey Froelich and Paige Donner.

**Week of Apr. 4-10: Western Washington Varsity 4+:** The Vikings' Varsity 4+ was a dominant winner over GNAC foes Seattle Pacific and Cal Poly Humboldt at the Falcon Regatta on Saturday. In the first flight of races, the Vikings won in a time of 7:50.9, posting a 14-second victory over Seattle Pacific and a 25-second victory over Cal Poly Humboldt. Crew members included Claudia Webster (coxswain), Emma Clark, Olivia Pells, Lindsey Froelich and Paige Donner.

**Week of Apr. 11-17: Cal Poly Humboldt Varsity 4+:** The Lumberjacks won both of their races at the Covered Bridge Regatta in Eugene, Oregon. They won the first-flight race in a time of 8:14.2 and took the second in a time of 9:36.3. Crew members included Kylie Speth (coxswain), Sarah Lorenzini, Chloe Pieper-Wasem, Marie-Claire Desplanche and Amanda Roosma.

**Week of Apr. 25-May 1: Western Washington Varsity 8+:** The Vikings won the grand final of the D2/D3/Club Varsity 8+ at the WIRA Championships on Sunday, finishing in a time of 6:50.64. Western Washington finished four seconds ahead of second-place Cal Poly Humboldt and nine seconds ahead of third-place Seattle Pacific. On Saturday, WWU had the top time in the preliminary heats with a time of 6:57.535. Members of the crew included Adele Houston (coxswain), Haley Moss, Lindsey Froelich, Morgan MacIntyre, Clarice Ruhlin-Hicks, Maddie Bangasser, Yuki Saburi, Olivia Pells and Sarah Ernst.

**Week of May 2-8: Western Washington Varsity 8+:** Finishing the regular season at the Windermere Cup and Opening Day Regatta, taking second in the Women's Cascade Cup race. The Vikings turned in a time of 6:54.456, beating GNAC rival Seattle Pacific by five seconds. Washington won the event with a time of 6:35.856. Members of the crew include Adele Houston (coxswain), Lindsey Froelich, Morgan MacIntyre, Clarice Ruhlin-Hicks, Maddie Bangasser, Yuki Saburi, Olivia Pells, Sarah Ernst and Paige Donner.

### 2022-23

**Week of Feb. 27-Mar. 5: Seattle Pacific Varsity 8+:** The Seattle Pacific varsity 8+ opened the season by picking up two of the Falcons' six victories at the PLU Invitational. In the first session of races, SPU was a six-second winner over Western Washington, winning in a time of 7:06.73. In the second session, the Falcons put 22 seconds of space between their boat and second-place Puget Sound, winning in 7:02.81. The crew is comprised of coxswain Moxie McCandless and rowers Jacinta Samuelson, Macie Leach, Anna Boatman, Audrey Rekedal, Emma Ely, Megan Popielak and Hannah Miller.

**Week of Mar. 20-26: Cal Poly Humboldt Varsity 4+:** The Lumberjacks won both college women's varsity 4+ races at the Husky Open in Seattle. In the first race, Humboldt won in a time of 8:12.502, finishing six seconds ahead of second-place Seattle Pacific. The Lumberjacks made it an eight-second win in the second race of the day, winning in a time of 8:23.635. Members of the crew included Taylor Carrington (coxswain), Marie-Claire Desplanche, Chloe Pieper-Wasem, Gwen Sutton and Amelia Marks.

**Week of Mar. 27-Apr. 2: Seattle Pacific Varsity 8+:** The Falcons won both varsity 8+ races at the Falcon Regatta on Saturday in Seattle. In the opening session, SPU clocked a time of 7:15.9 to finish four seconds ahead of Western Washington. In the second session, the Falcons extended to a nine-second lead over the Vikings with a winning time of 7:13.4. Members of the crew include Moxie McCandless (coxswain), Jacinta Grandel, Natalie Korolenko, Macie Leach, Kalais Samuelson, Audrey Rekedal, Anna Boatman, Megan Popielak and Kristin Grassell.

**Week of Apr. 3-9: Western Washington Varsity 4+:** The Vikings opened the day at the Covered Bridge Invitational with a victory. The crew's winning time of 8:11.24 was three seconds better than second-place Cal Poly Humboldt and 12 seconds ahead of the club team from Oregon. It was one of three victories for WWU on the day, all in the fours. Members of the crew include Janisa Cook (coxswain), Taylor Wall, Jenna Buckholt, Mia Marie Knipe and Reed Chesnek.

**Week of Apr. 10-16: Central Oklahoma Varsity 4+:** Competing at the Knecht Cup in New Jersey, the Bronchos won the Women's Club Four – DII/DIII grand final on Sunday in a time of 8:04.80. Central Oklahoma was six seconds better than second-place New Hampshire and 16 seconds ahead GNAC rival Seattle Pacific. Central Oklahoma won Saturday's opening heat in a time of 8:13.93, 11 seconds ahead of Seattle Pacific. Members of the crew include Sydney Large (coxswain), Sam Hutchings, Danielle Holle, Andra Hempfling and Peyton Meiler.

## GNAC WOMEN'S ROWING ALL-TIME CREWS OF THE WEEK

### 2022-23 CONTINUED

**Week of Apr. 24-30: Cal Poly Humboldt Varsity 8+:** The Lumberjacks won the women's varsity 8+ D2/D3/Club grand final at the Western Intercollegiate Rowing Championships on Lake Natoma. Humboldt won its opening heat on Saturday with a time of 6:56.87, seven seconds ahead of second-place UC Santa Barbara. On Sunday, the Lumberjacks were four seconds clear of GNAC rival Central Oklahoma and six seconds ahead of Seattle Pacific, winning in a time of 6:59.884. Members of the crew include Sonja Scollon (coxswain), Elizabeth Walters, Kealey Scott, Cassidy Hollenbeck, Dana Foley, Gabriella Griffin, Alyssa Paynton and Malia Seeley.

**Week of May 1-7: Seattle Pacific Varsity 4+:** The Falcons finished second in the collegiate varsity 4+ race at Windermere Cup/Opening Day Regatta on Saturday in Seattle, posting a time of 7:59.36. Members of the crew included Lucy Sandahl (coxswain), Megan Popielak, Anna Boatman, Megan Rouse and Bella Lisenby.