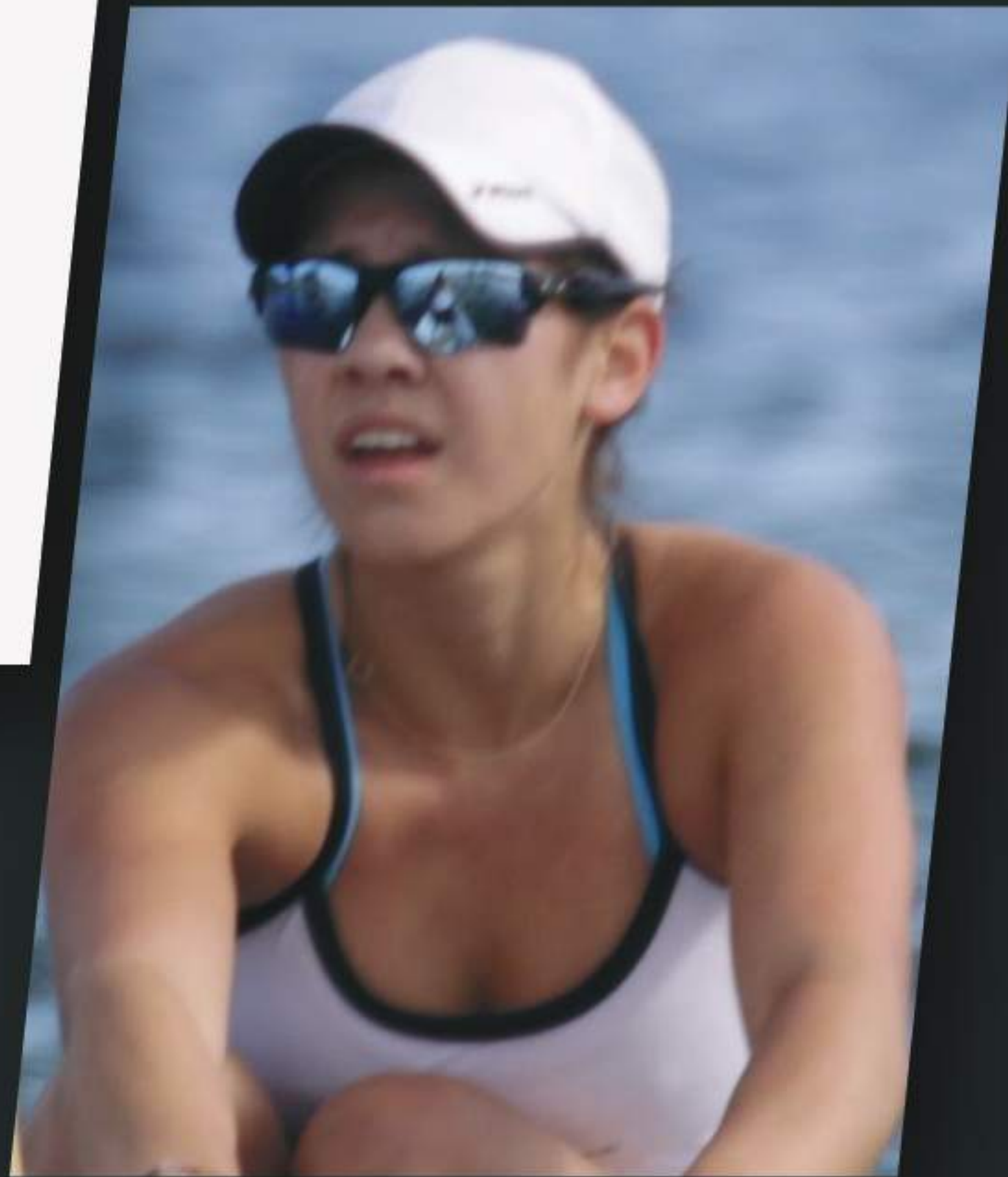


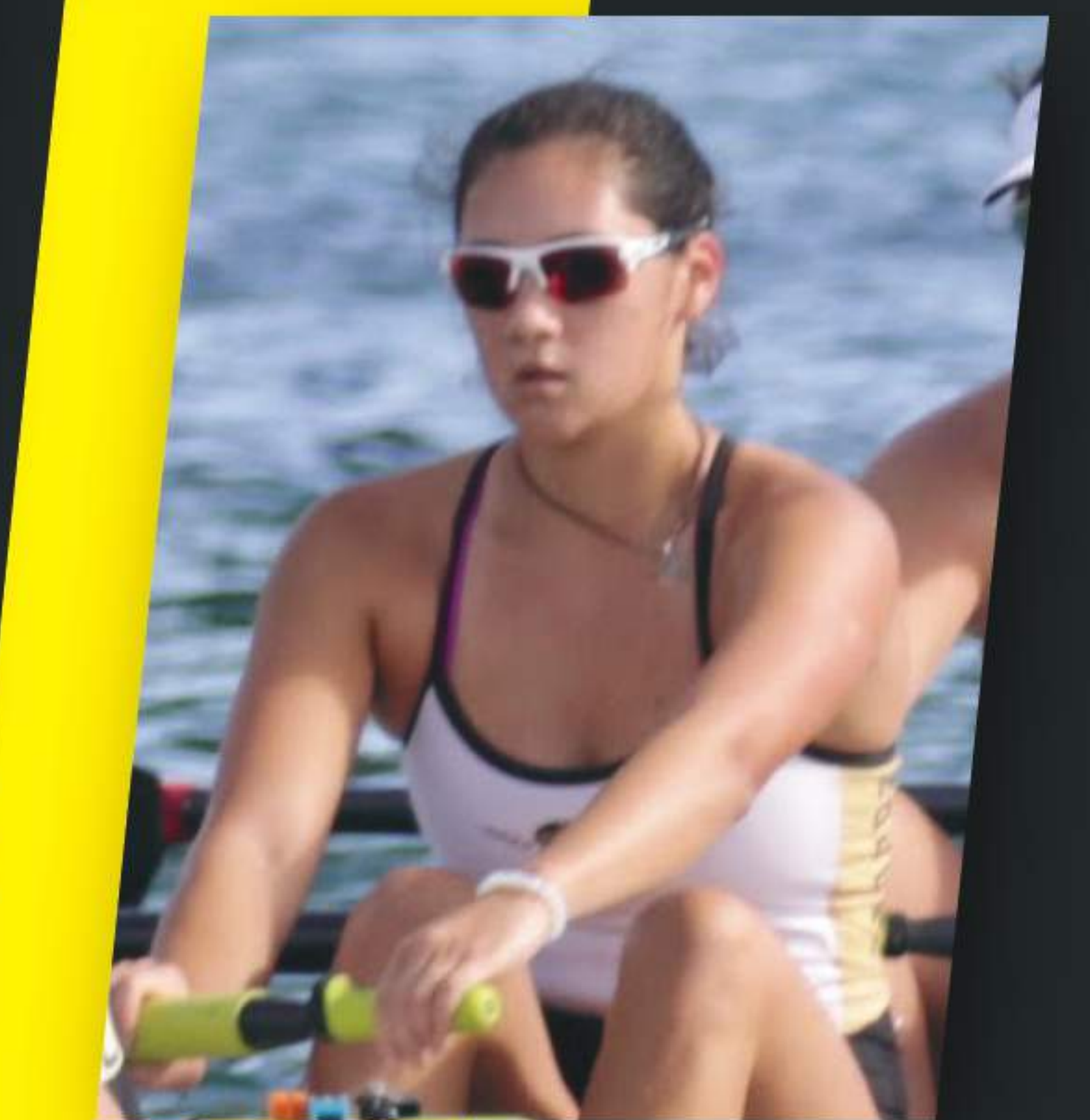
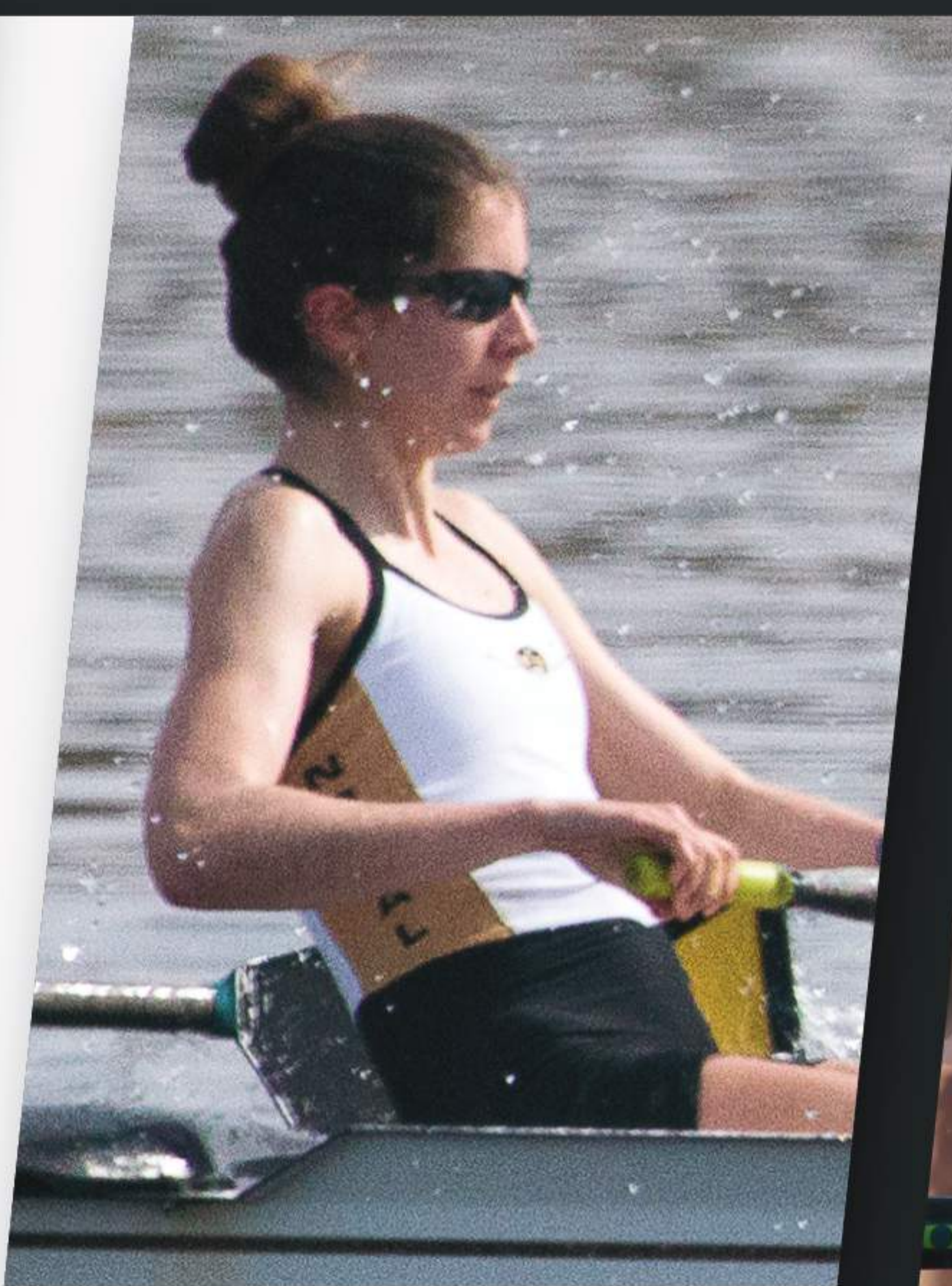
NORCAL CREW

17-18





Seniors in Action



Varsity Women



Allison Hunt, Joel Skaliotis (head coach), & Chris DelZompo



Elley Goldberg & Maddie Lau

Varsity Women Seniors



Cindy Barker

Saint Francis High School
 University of Notre Dame

Advice to Novices: No matter how daunting a workout may seem, trust that it will be worth it in the end.

Favorite Quote:
"If you're going to sin, sin boldly."
-Coach Joel



Alix Barry

Palo Alto High School
 Princeton University

Advice to Novices: Always remember why you started the sport and why you love it: it's fun! Don't forget that.

Favorite Quote:
"Hey girl, just go kick ass... ok?"
-Coach Chuck

Palo Alto High School
 Boston University

Advice to Novices:
Have fun!

Favorite Quote:
"I have a story..."
-Coach Joel



Mariana Buxton

Sequoia High School
 Tufts University

Advice to Novices:
Work hard but also have fun with it!

Favorite Quote:
"Fake it 'til you make it."
-Coach Stefan



Karen Dooley

Varsity Women Seniors



Emily Dornik

Cañada Middle College

 Oregon State University

Advice to Novices:

Sometimes the season won't go as you want, but you have to always keep pushing forward, no matter what.

Favorite Quote:

"I eat swaggleberries for breakfast"

-Coach Chris



Summer Dow

Carlmont High School

 Trinity College

Advice to Novices:

Pull for yourself, and no one else.

Favorite Quote:

"Eat a sandwich on the recovery."

-Coach Joel

Menlo-Atherton High School



MIT

Advice to Novices:

When a boat feels bad, it's never just one person's fault. Stop blaming other people and make changes yourself.

Favorite Quote:

"You can't be a part time champion."

-Coach Joel



Elley Goldberg

Aragon High School

 George Washington University

Advice to Novices:

Gather at the finish.

Favorite Quote:

"Try to smile for once."

-Coach Joel




Katie King

Varsity Women Seniors



Maddie Lau

Crystal Springs Uplands School
 University of Pennsylvania

Advice to Novices:
Always wear a rain jacket.

Favorite Quote:
"Joel's talking... you're missing the best parts!"

-Coach Chris



Mattie Love

Menlo-Atherton High School
 Boston University

Advice to Novices:
Wear layers and bring snacks!

Favorite Quote:
"How's this episode of the Maddie and Mattie show going?"

-Coach Chris



Emily Steinmetz

Menlo-Atherton High School
 Southern Methodist University

Advice to Novices:
SLEEP and get comfortable with pain.

Favorite Quote:
"Do dynamic until Maddie gets here."

-Coach Chris

Burlingame High School
 University of Pennsylvania

Advice to Novices:
Have fun! Your best strokes are taken when you're having fun.

Favorite Quote:
"10, 9, 8, 6, 7, 4, 3, 2, 1"

-Elley



Emily Strambi

Menlo-Atherton High School
 Oregon State Honors College

Advice to Novices:
Take what you do seriously but don't take yourself too seriously.

Favorite Quote:
*"Get your blade in the f*cking water!"*

-Coach Chris



Irene Walker

Varsity Women



Natalie Avida



Anika Bjerknes



Emma Brockman



Gabby Bromberg



Louisa Calhoon



Jordan Cheney



Amelia Clough



Juliette Dignum



Caroline Frantz



Ava Honerkamp



Sarah Hope



Jacqueline Kelly

Varsity Women



Emma Klebaner



Caroline
Lammersen



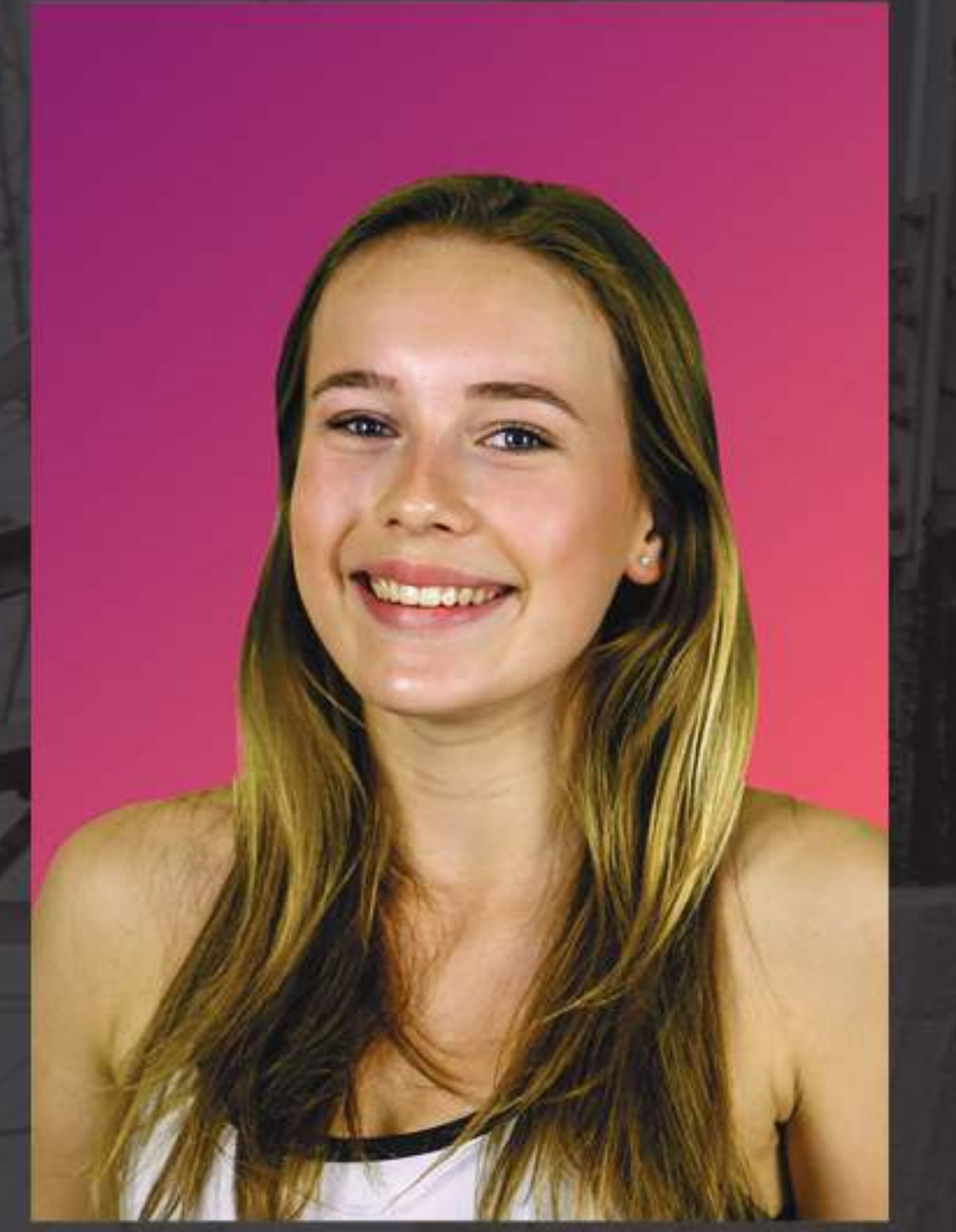
Lauren Lier



Eleanor Loonam



Sabrina Martin



Antonia
Mortensen



Ariana Park



Drew Riviello



Kiana Tavakoli

Varsity Men



Coaches

Jarrod McClendon, Pam Besteman (head coach), & Ellen Tomek



Captains + Officers

Dylan McConnell, Mike Carlson, Jaiveer Sandhu, Axel Ljunggren, Alex Rodrick, & Michael Murphy

Varsity Men Seniors



David Bromberg

Pinewood High School
 Washington University

Advice to Novices: The more steady state you do, the faster you go.

Favorite Quote:
"That sunset is like butter on mashed potatoes."

-Coach Alex



Liam Gibbs

Palo Alto High School
 Marist College

Advice to Novices:
Adversity can foster hope and resilience.

Favorite Quote:
"And now the true test. Hold fast? Or expire?"

Palo Alto High School
 Miami University

Advice to Novices:
Never stop stretching.



Maxwell Harrenstien

Menlo-Atherton High School
 UC Santa Barbara

Advice to Novices:
Always pull hard.

Favorite Quote:
"The nutrition plan is coming soon."
-Coach Alex



Selim Karahan

Varsity Men Seniors



Mark LaForce

Woodside High School
 Georgetown University

Advice to Novices:
It's gonna hurt!

Favorite Quote:
"Bowball!"



Dylan McConnell

Saint Francis High School
 UC Berkeley

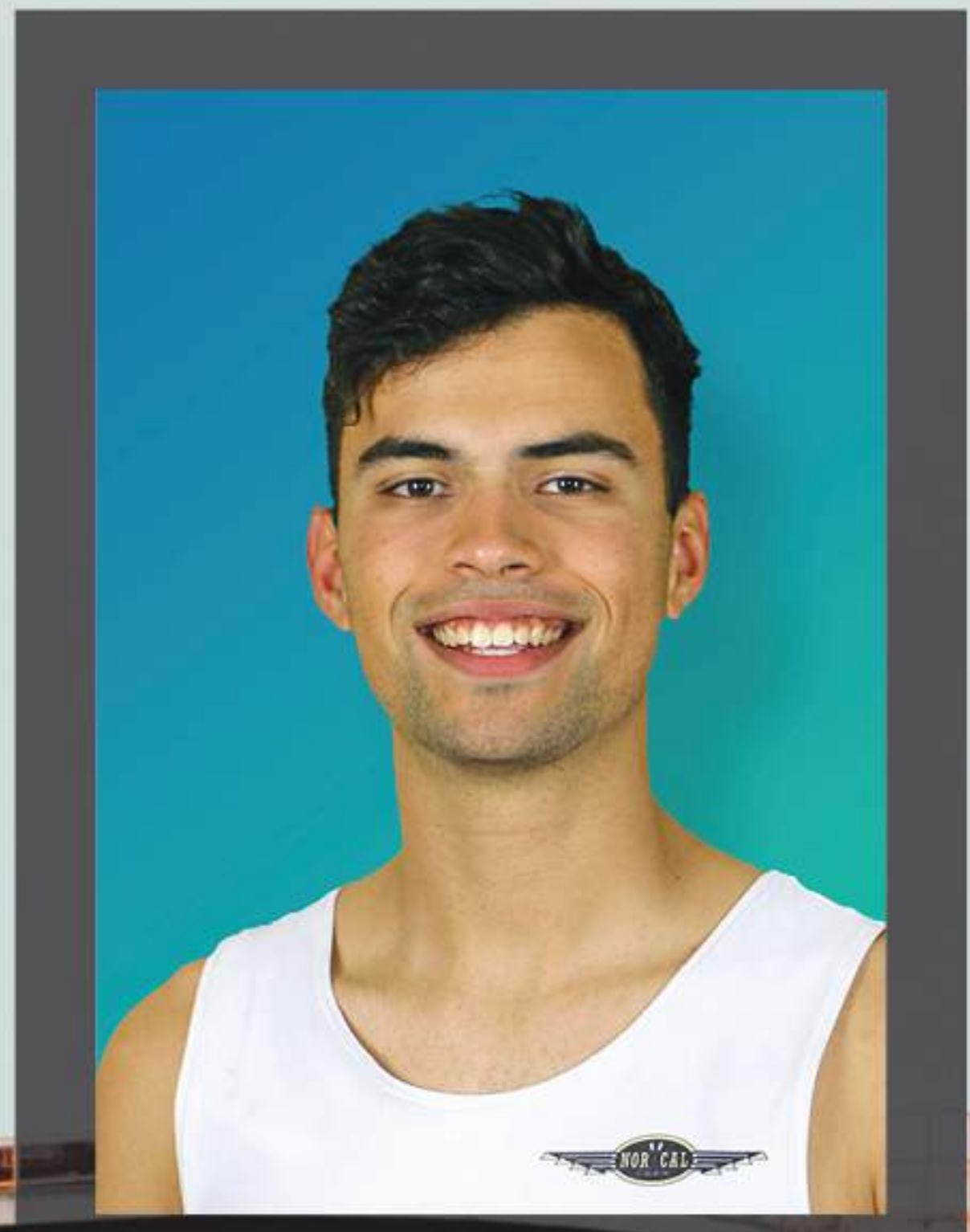
Advice to Novices:
It's not too late to switch sides.

Favorite Quote:
"Trust the process."
-Coach Pam

Aragon High School
 Georgetown University

Advice to Novices:
HR 150.

Favorite Quote:
"MUSIC!!!"
-Coach Joel



Alex Rodrick

Pinewood High School
 George Washington University

Advice to Novices:
Play your cards right.

Favorite Quote:
"I'm all in."
-Coach Pam



Julian Sanchez

Varsity Men Seniors



Jaiveer Sandhu

Palo Alto High School
 Tufts University

Advice to Novices:
Unleash the devil.

Favorite Quote:
"This isn't my first rodeo, boys."
-Coach Pam



Joseph Sklansky

Henry M. Gunn High School
 Case Western Reserve

Advice to Novices: Hold yourself
accountable for your rowing.

Favorite Quote:
*"Stop staring at Trey's ass like it's a
hamburger, Joe."*
-Coach Alex

Saint Francis High School
 George Washington University

Advice to Novices:
Don't sleep through your morning alarm!

Favorite Quote:
"Trust the process."

-Coach Pam



Robert Snedden

NOR
CAL
2010

Varsity Men



Finn Anderson



Christian Bauer



Mike Carlson



Jake Cimring



Ryan Correia



Michael Dailey



Chris Donatelli



Parker Eydelsteyn



Leon
Friedrichowitz



Max Granoski



JJ Hilbert



Julia King



Chan Hwe Lee



Alex Leiman



Alvin Li



Axel Ljunggren



Jack Magliaro



Rick Maldonado

Varsity Men



August McGreivy



Michael McMaster



Harrison Mitgang



Michael Murphy



Will Olson



Clement Ou



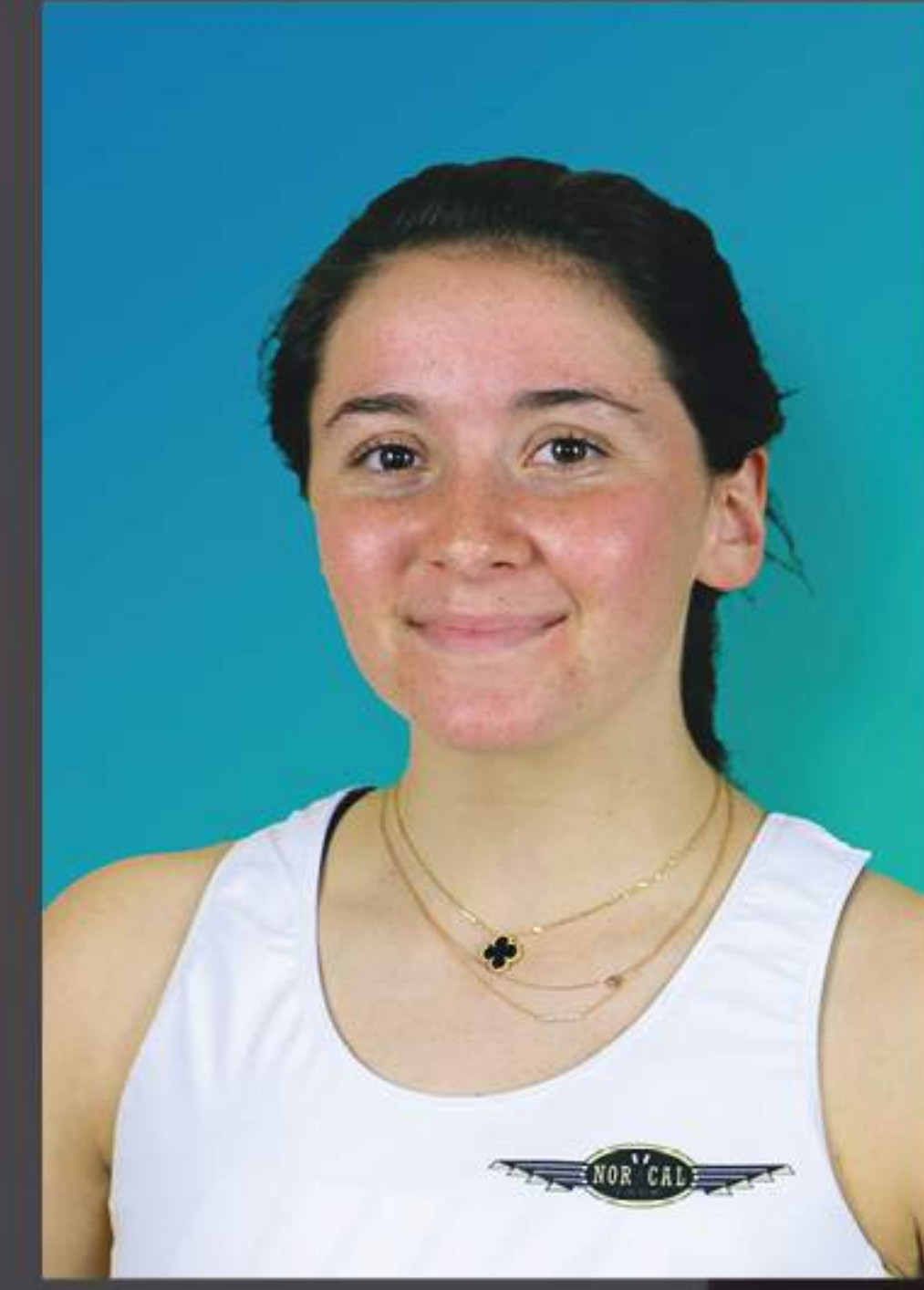
Gavin Ramm



Nitin Rao



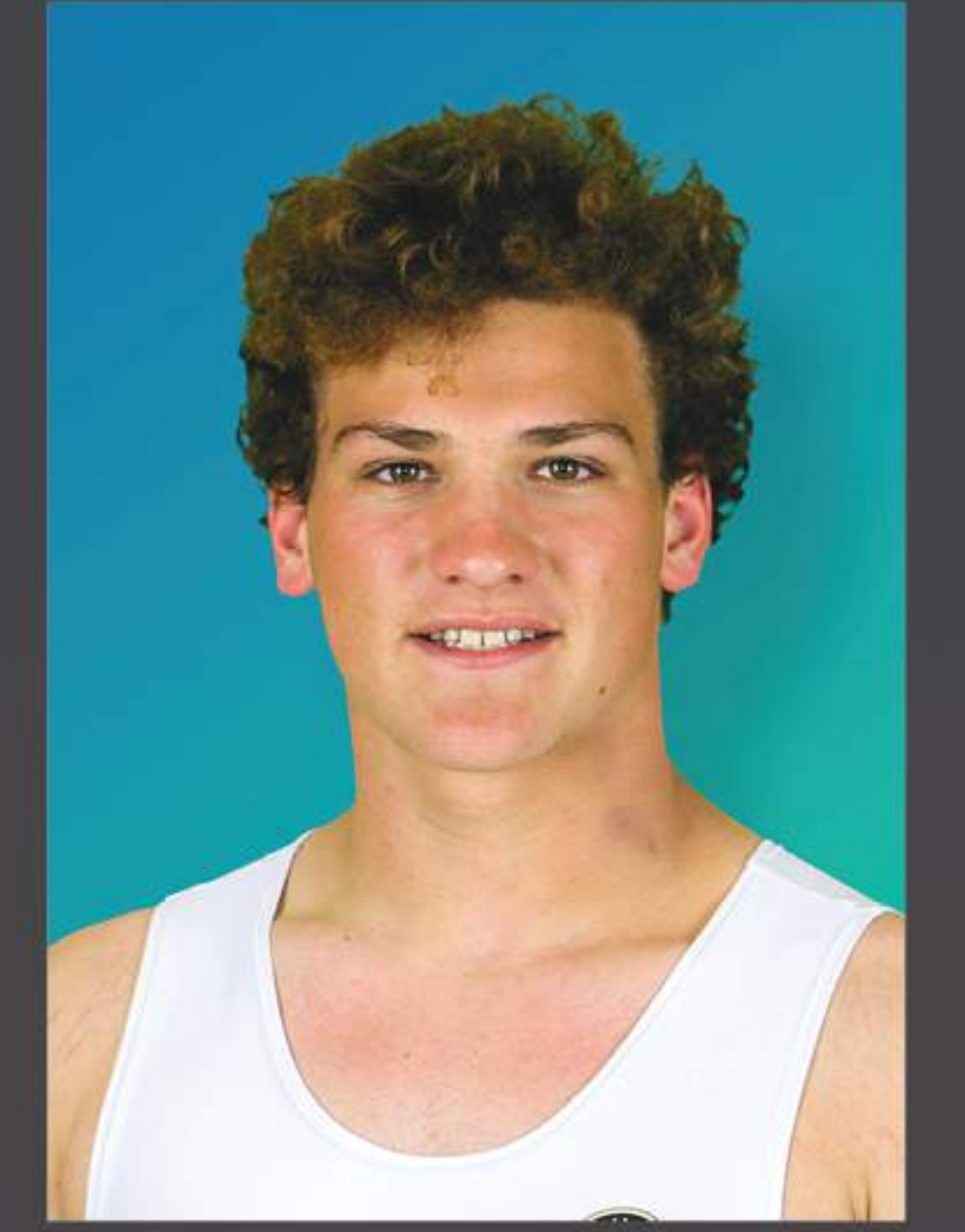
Markus Rosen-Syrrist



Mia Scher



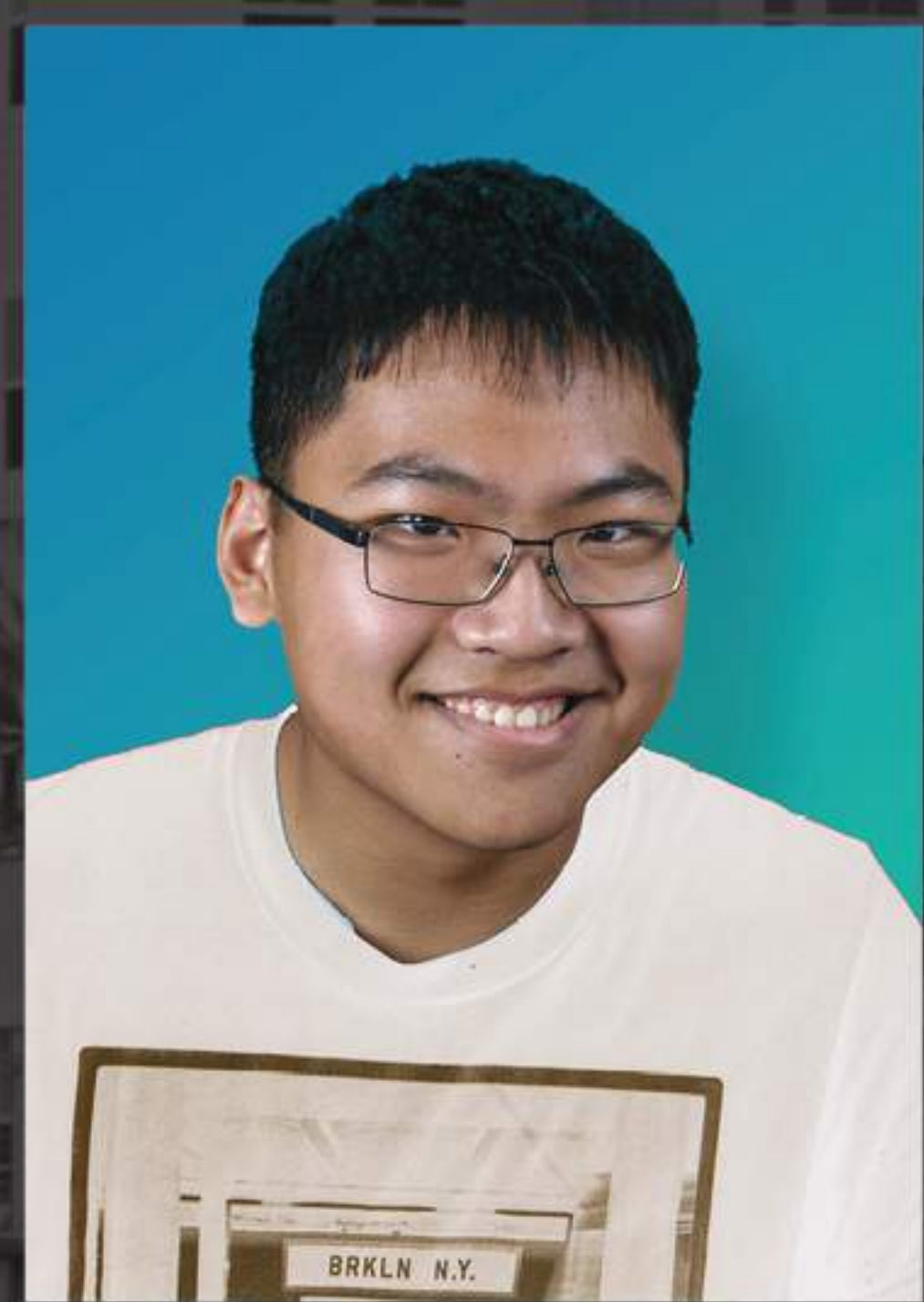
Broderick Stahr



Jared Strober



Sean Worrall



Ben Yuan

Novice Women



Sefan Evano
Head Coach



Sarah Gross



Ava Axelrod



Allison Hunt

Novice Women



Hollie Allen



Emma Bogomilsky



Laine Bradley



Eliza Bulanti



Sofia Buxton



Laura Collantes



Isabel Consavari



Bailey Cox



Maya Dow



Ava Fairlie



Charlotte Fisch



Natalie Graham



Rhea Hewett



Lauren Kiachian



Filippa Ljunggren



Avery McGlinchey



Cathia Meredith



Jillian Montulli

Novice Women



Audrey Park



Ellie Power



Allie Rist



Rebecca Rollins



Amy Salesky



Julianne Santoro



Olivia Sapp



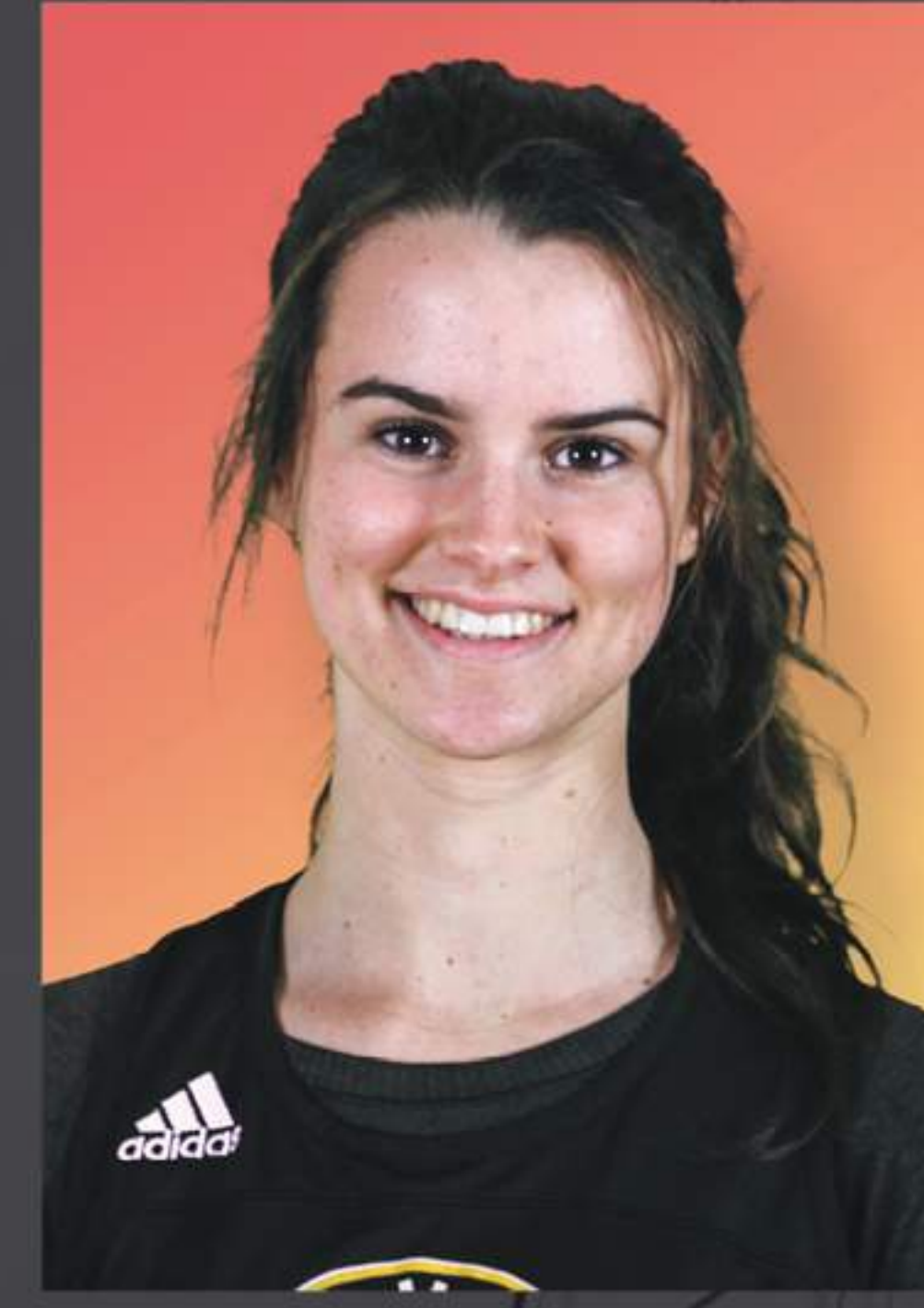
Emna Sellami



Jenna Tetzlaff



Tessa Tomkinson



Elizabeth Woodside



Jessie Worrall



Alanna Yelland

Novice Men



Alex Baker-Lubin
Head Coach

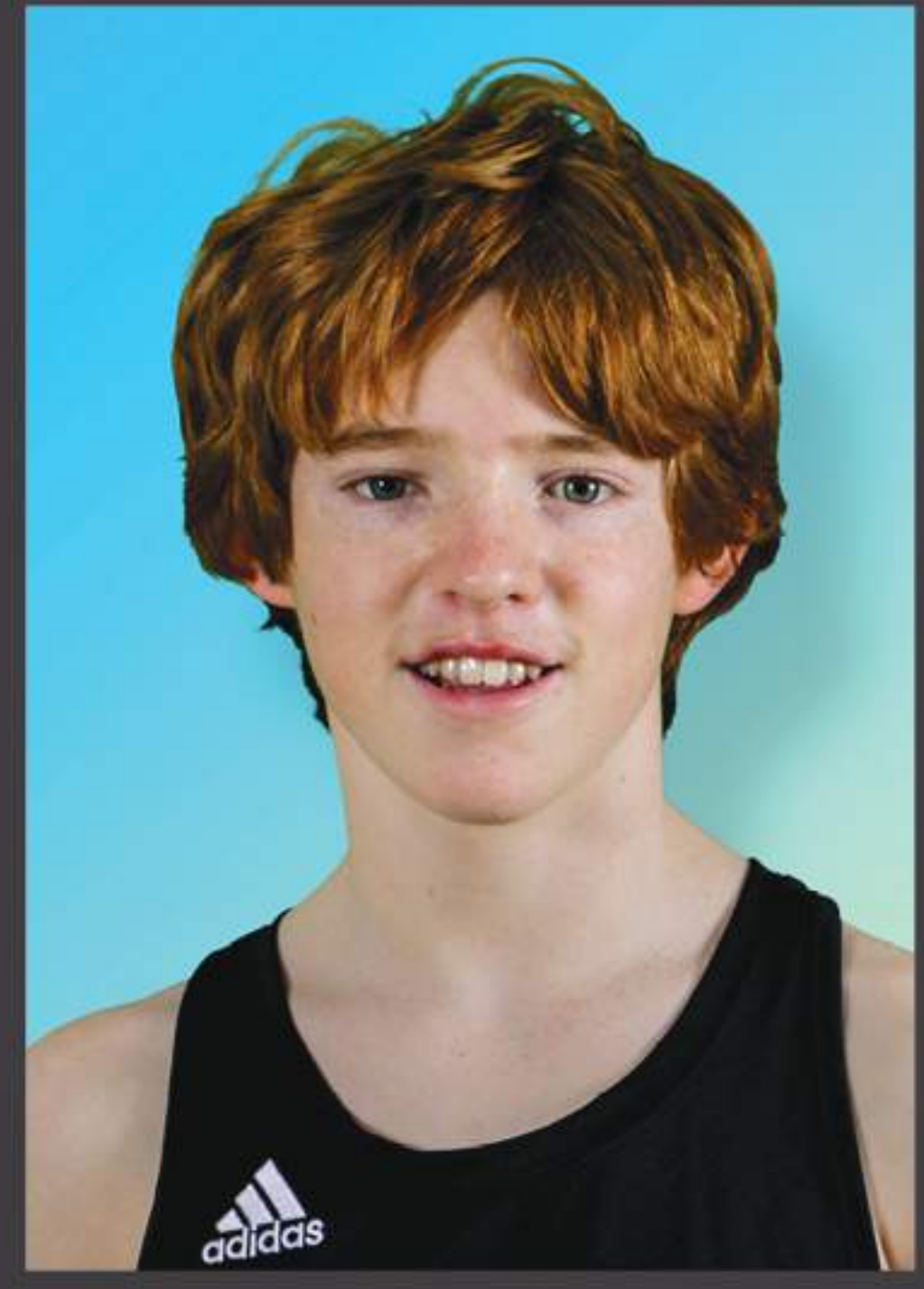


Chuck Bonnici



Jackson Wood

Novice Men



Duncan Adams



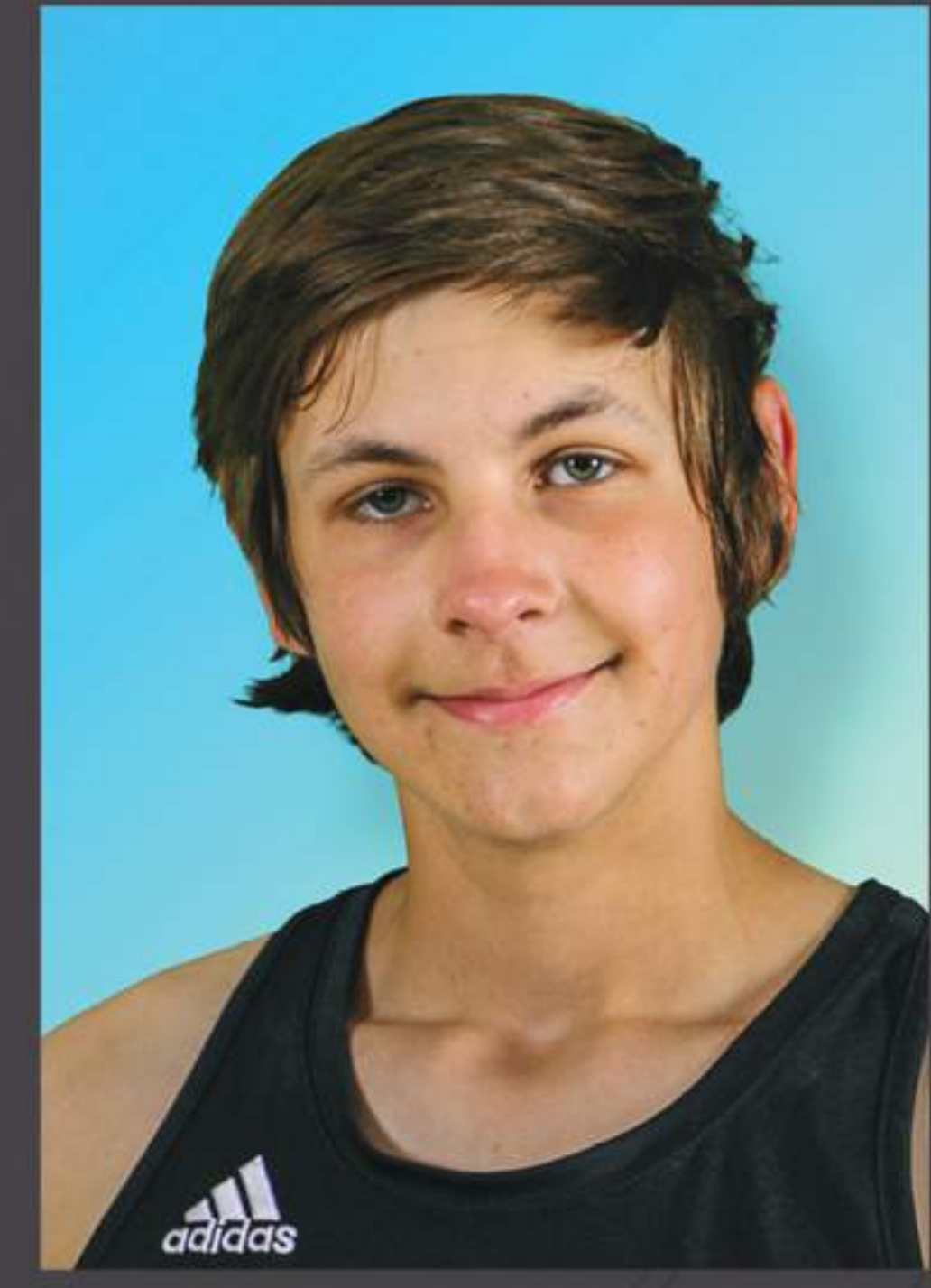
Jonathan
Blecherman



Laszlo Bollyky



Finn Callaghan



Christian Carter



Sebastian
Chapela



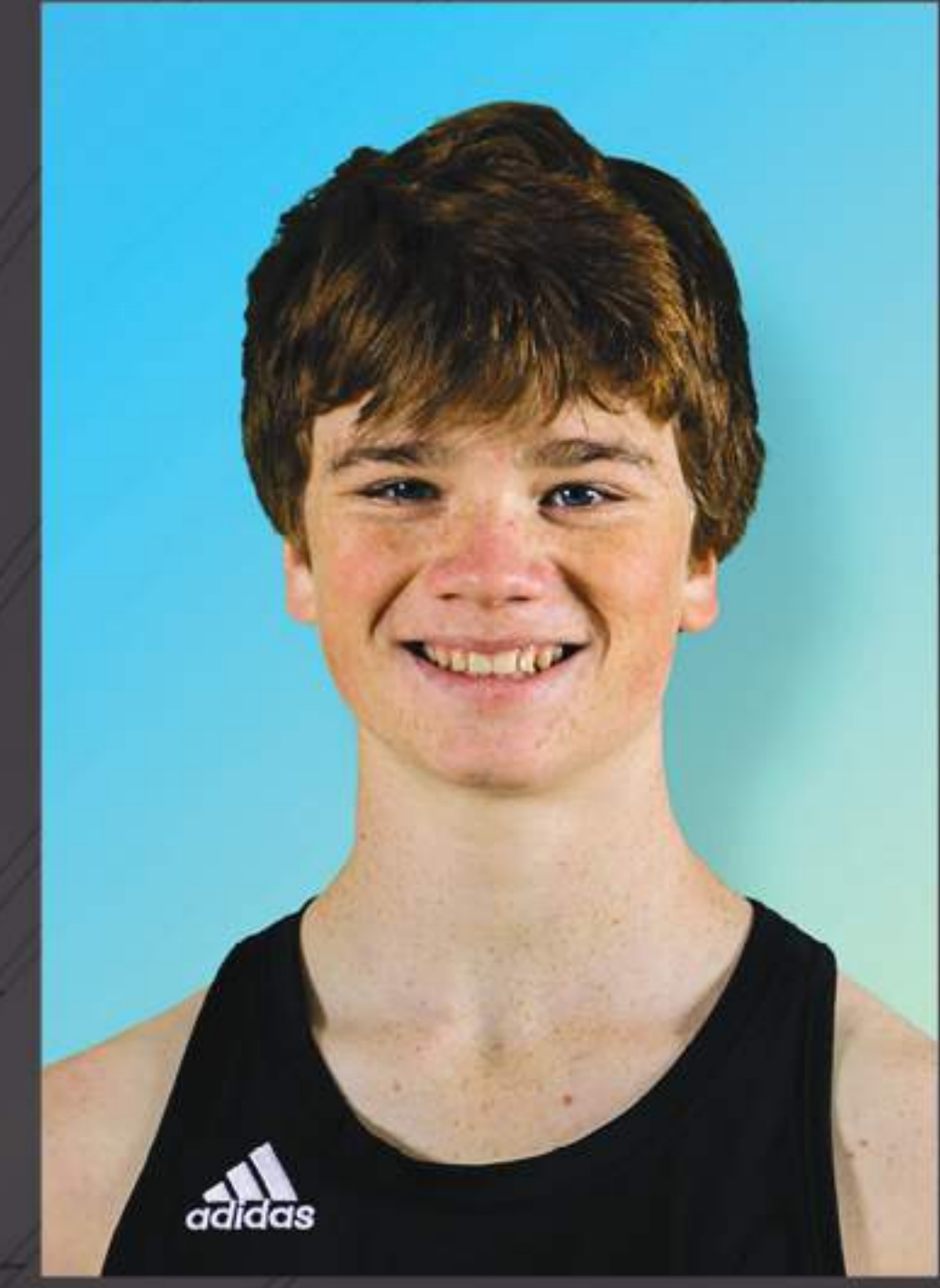
Max Conway



Xan Cox



Rikio Dahlgren



Callum Day Ham



Lucca Elsafy



Ben Felter



Lucas Finot



Isaac Hewett



Niall Joseph

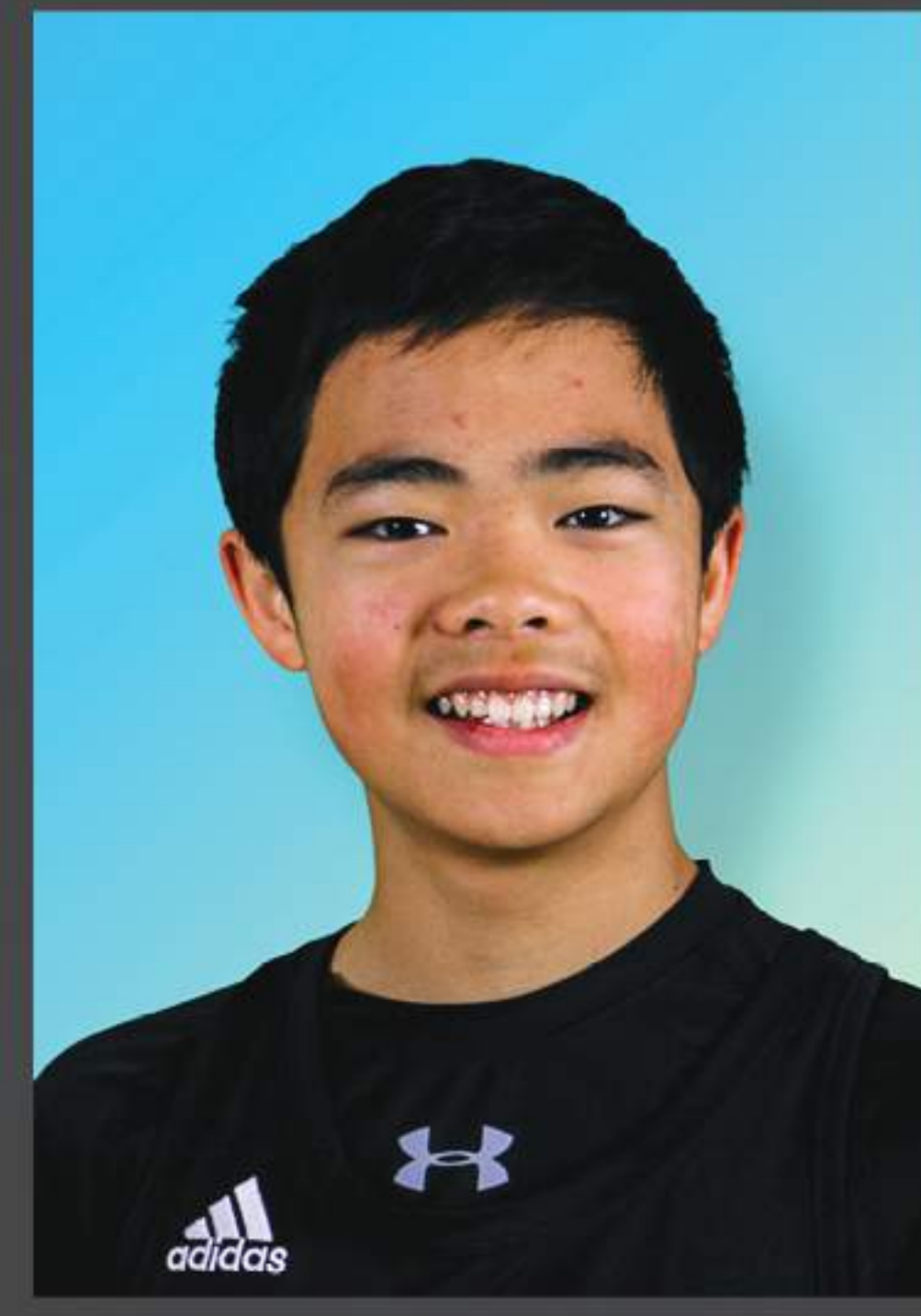
Novice Men



Evan Kawar



Jack Larkins



Winston Mao



Dhruv Mangtani



John Medlin



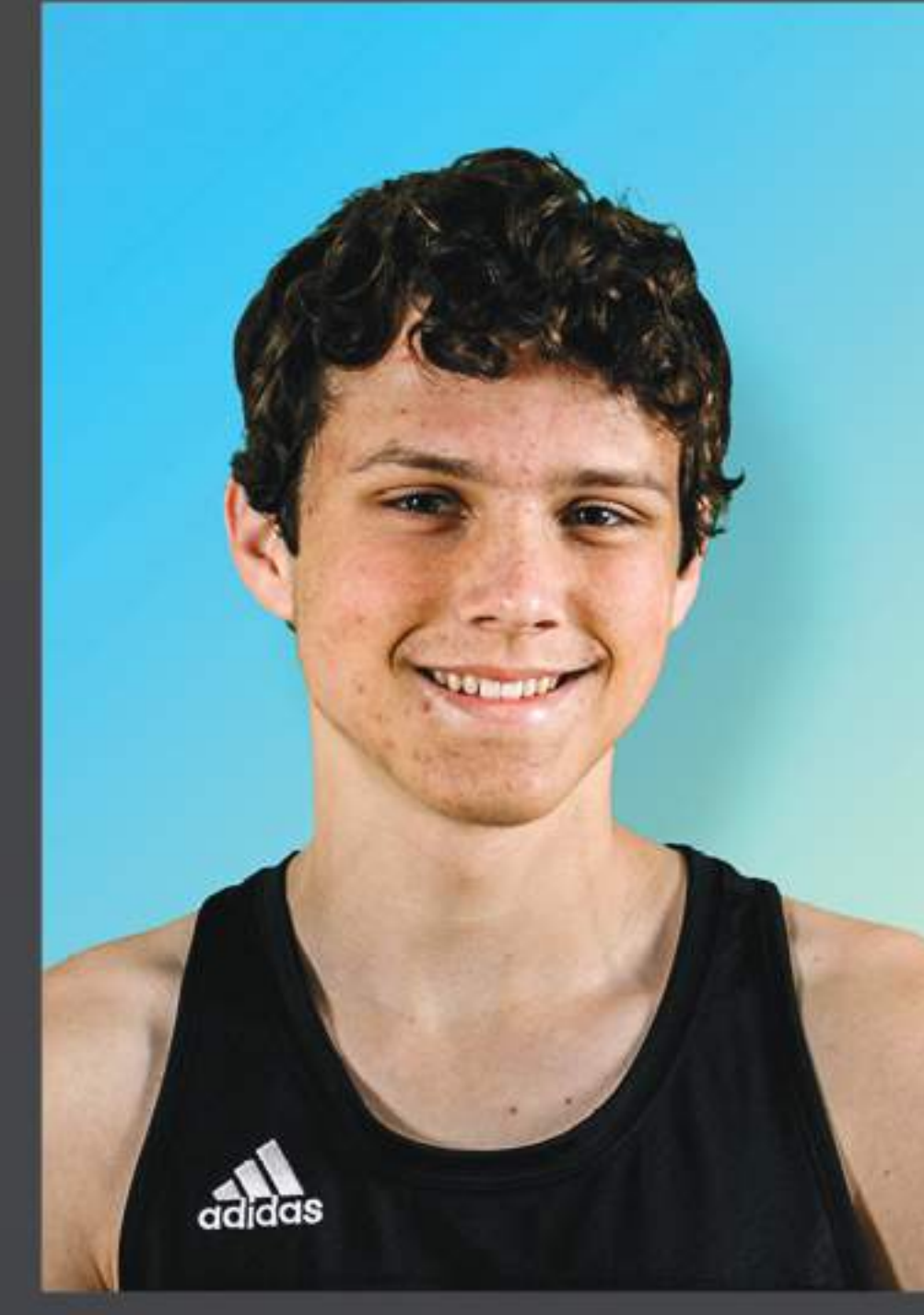
Neekan Motauaf



Liam Mulligan



Austin Newman



Jack Patzer



Anish Pombra



Shane Reed



Dylan Sabahi



Jacob Shore



Patrick Snedden



Will Stein

Novice Men



Ajay Tadinada



Sam Thanassi



Christian Touhey



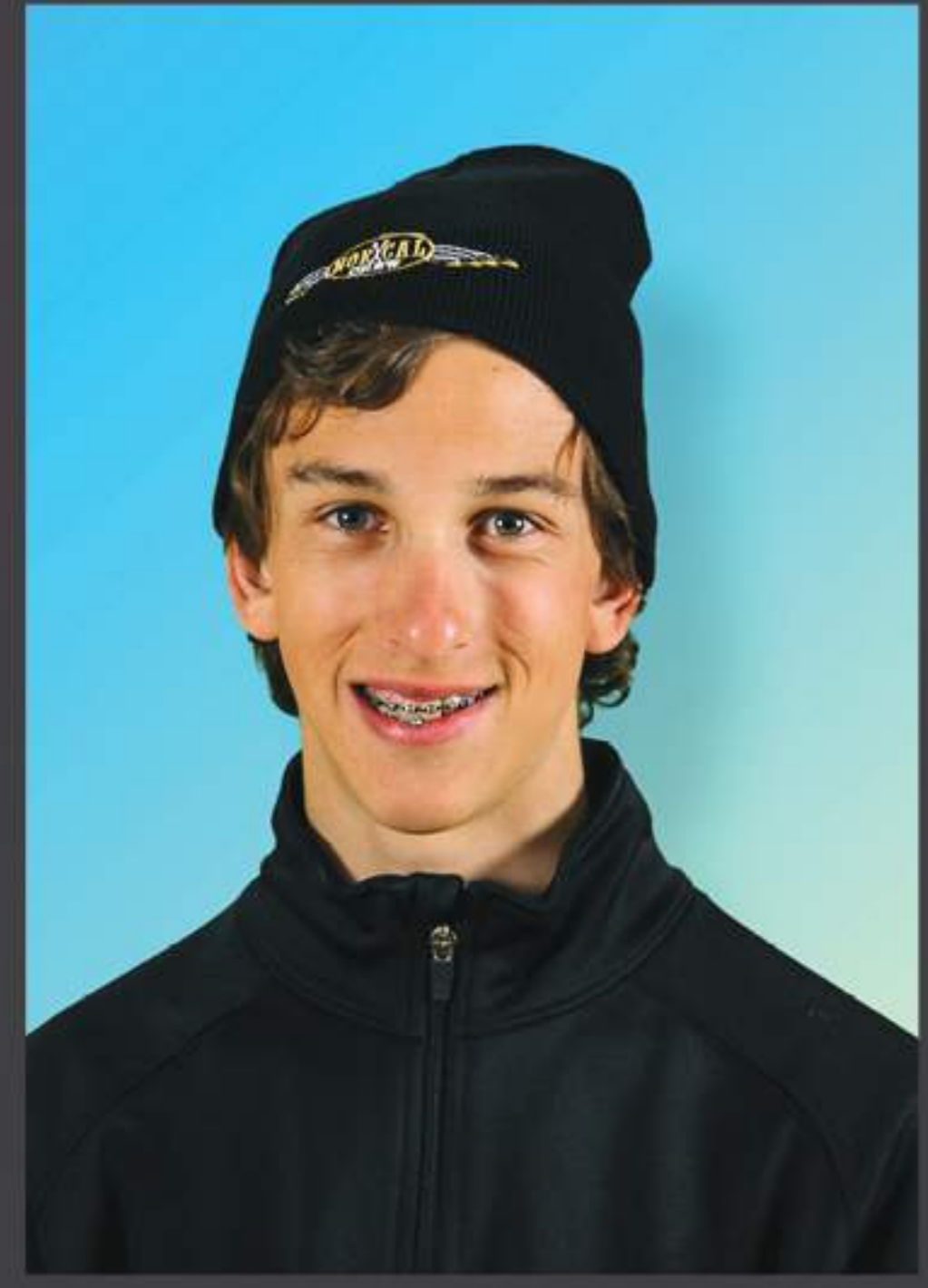
Jack Vanos



Aden Walsey



Edward Walsh



Spencer Wolf



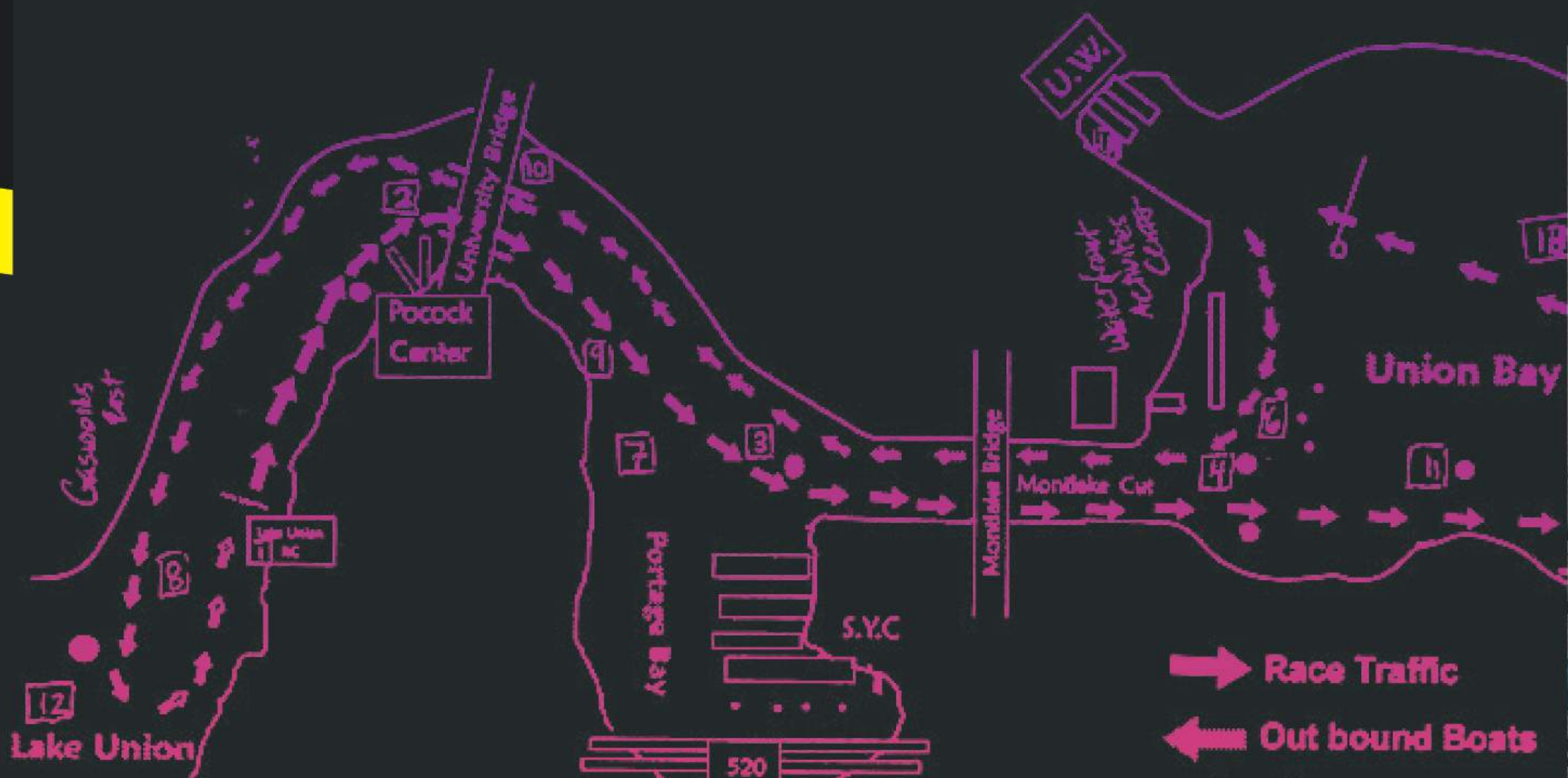
Zach Wu



Mattias
Yotopoulos



Head of the Lake





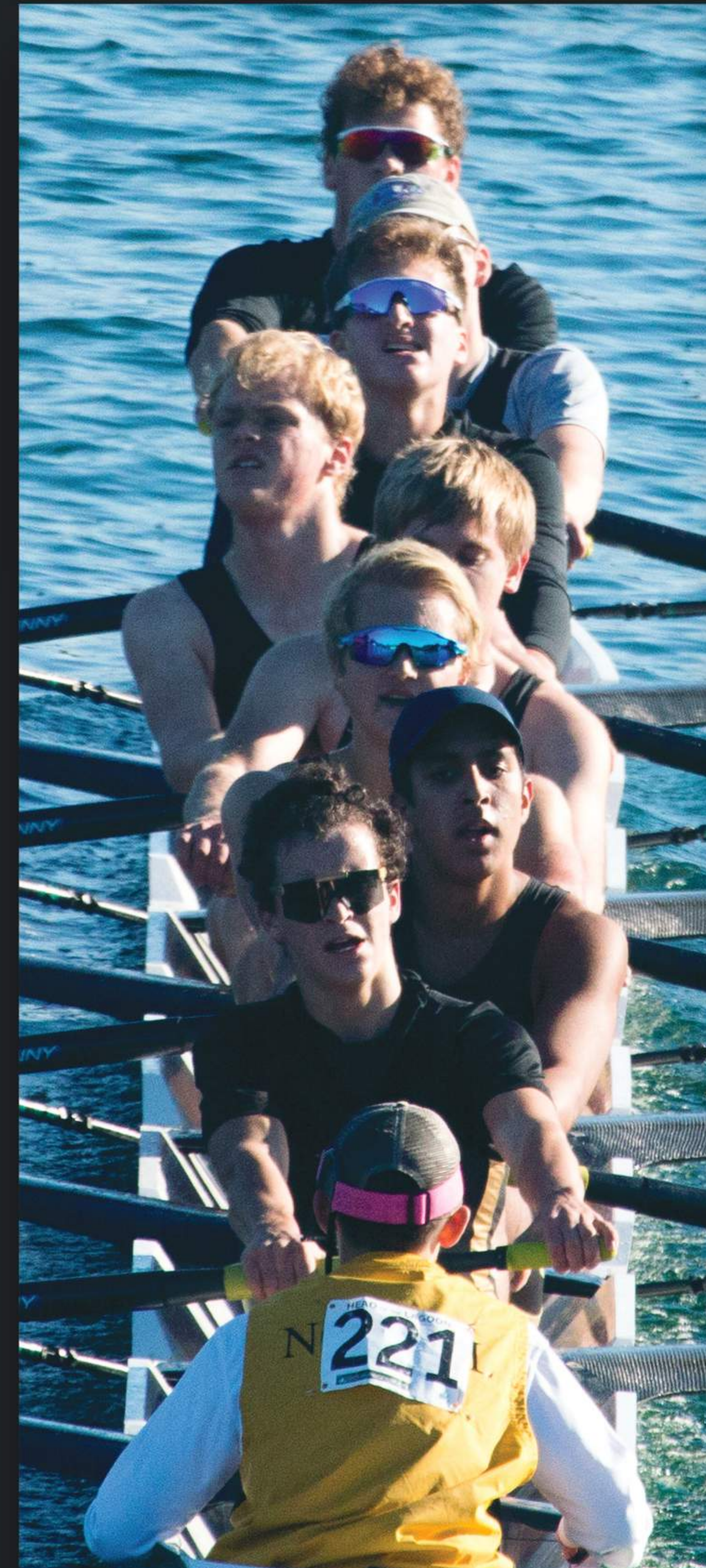
Head of the Lagoon



Continue to row for 100m beyond the

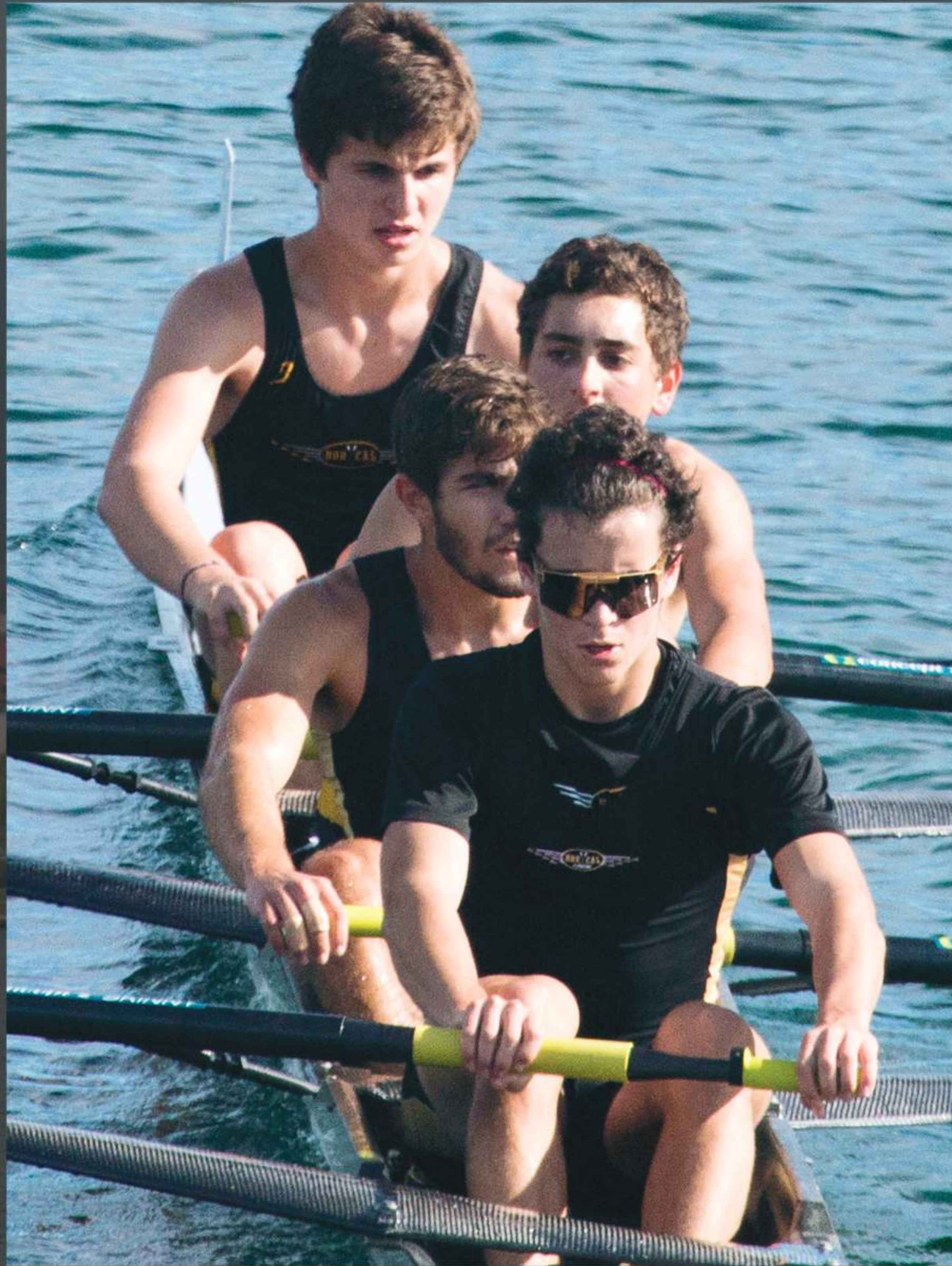


Nasty Pier!

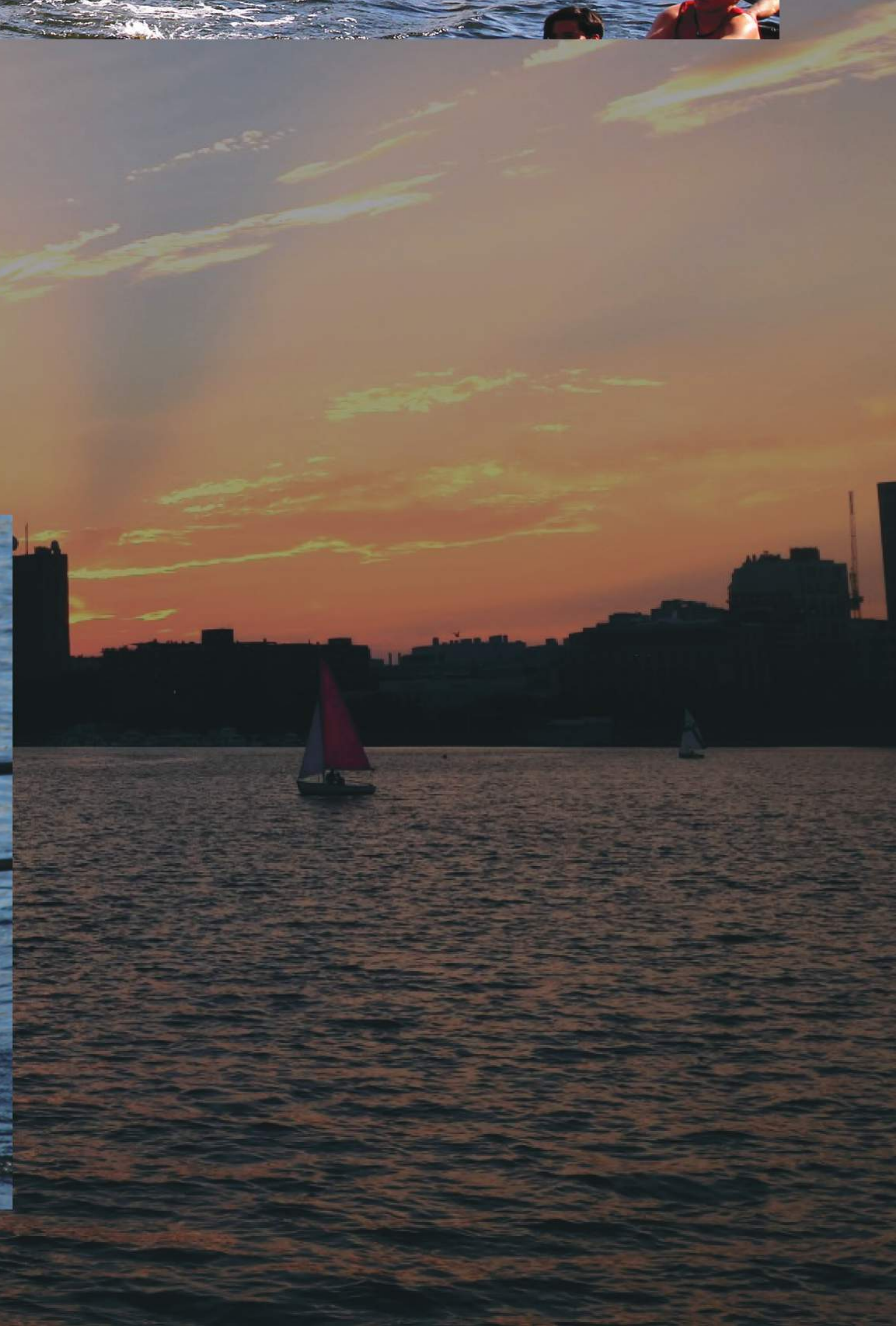
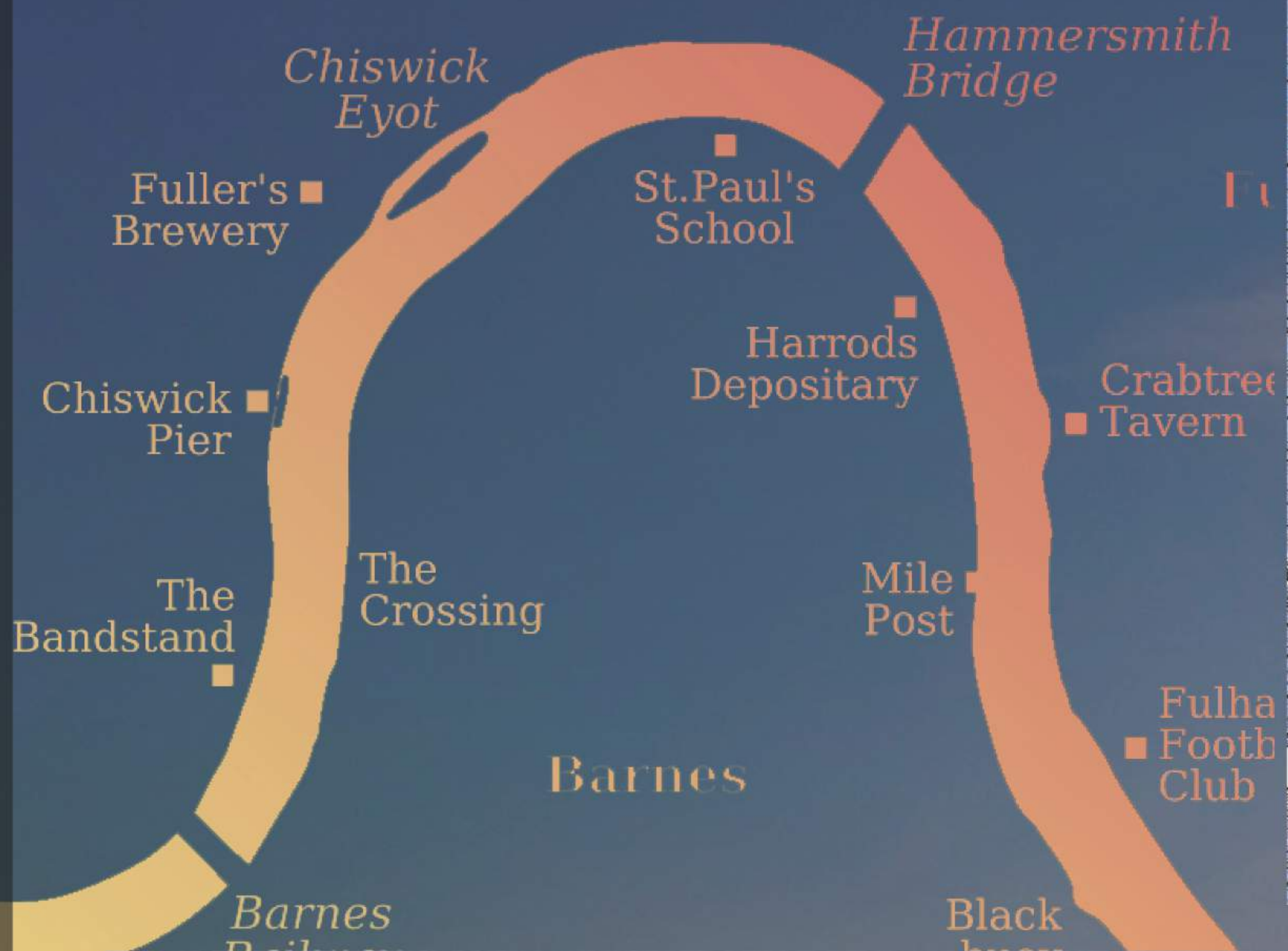


Head of the Lagoon

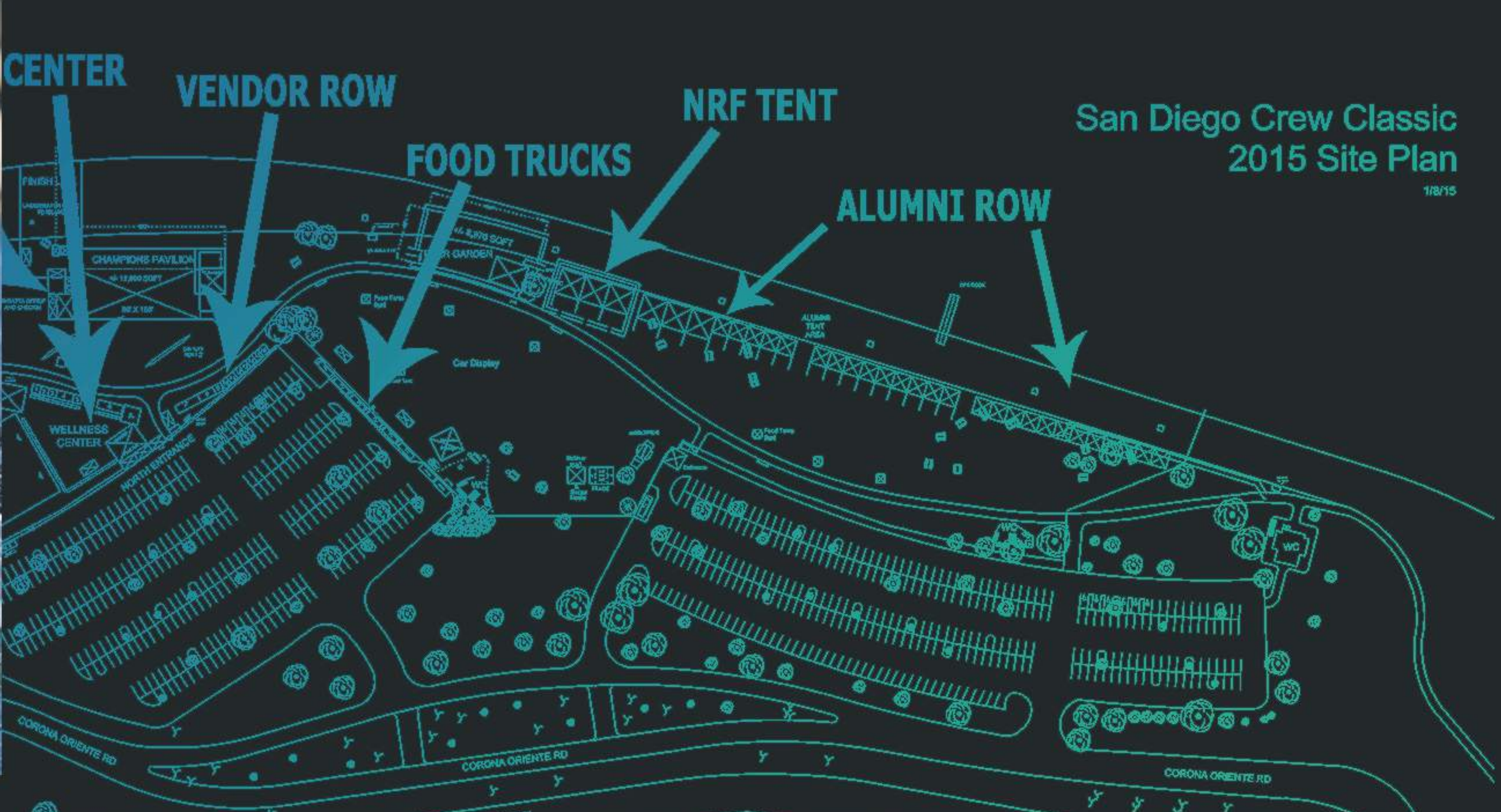




Head of the Charles



San Diego Crew Classic



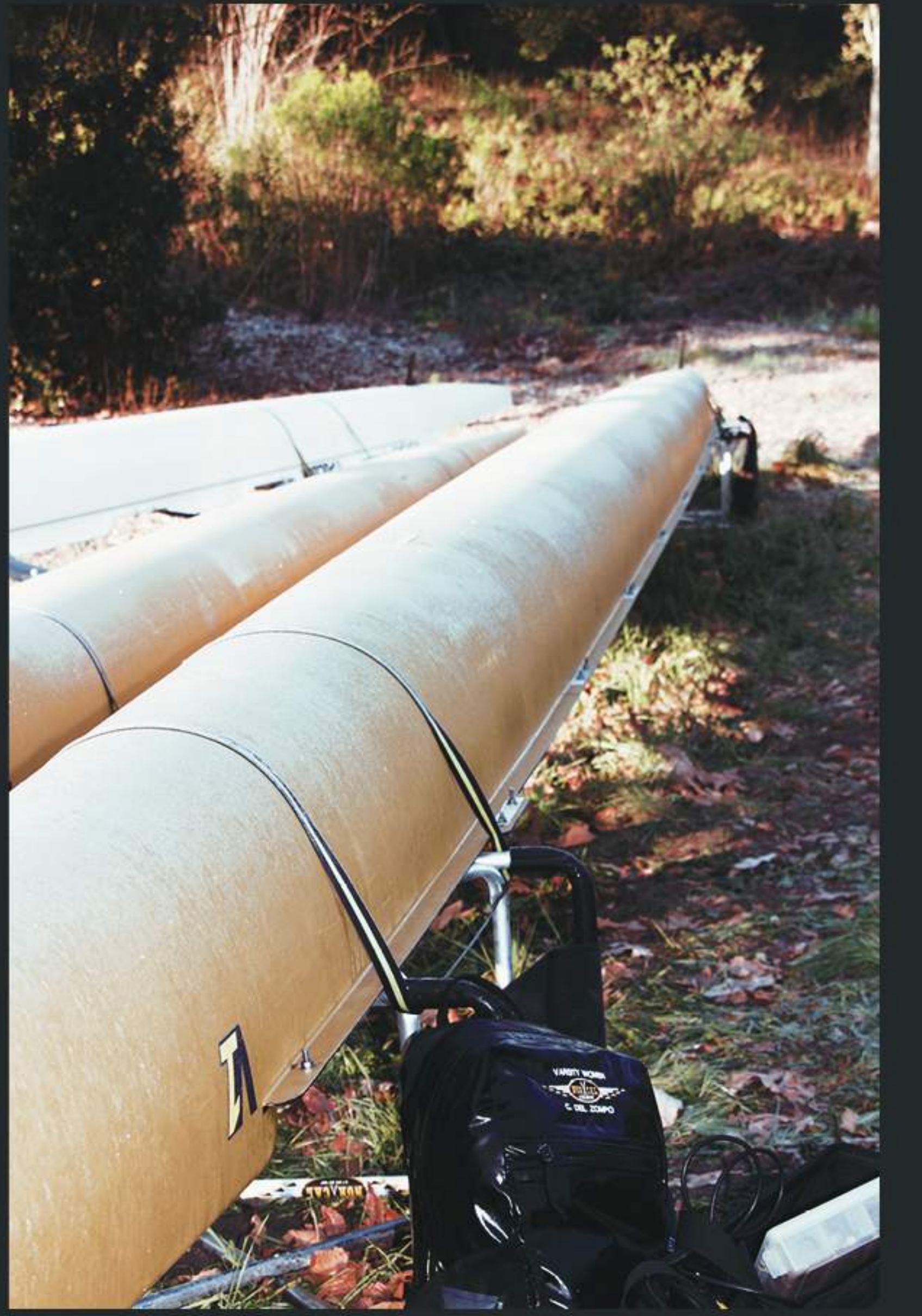
Head of the American

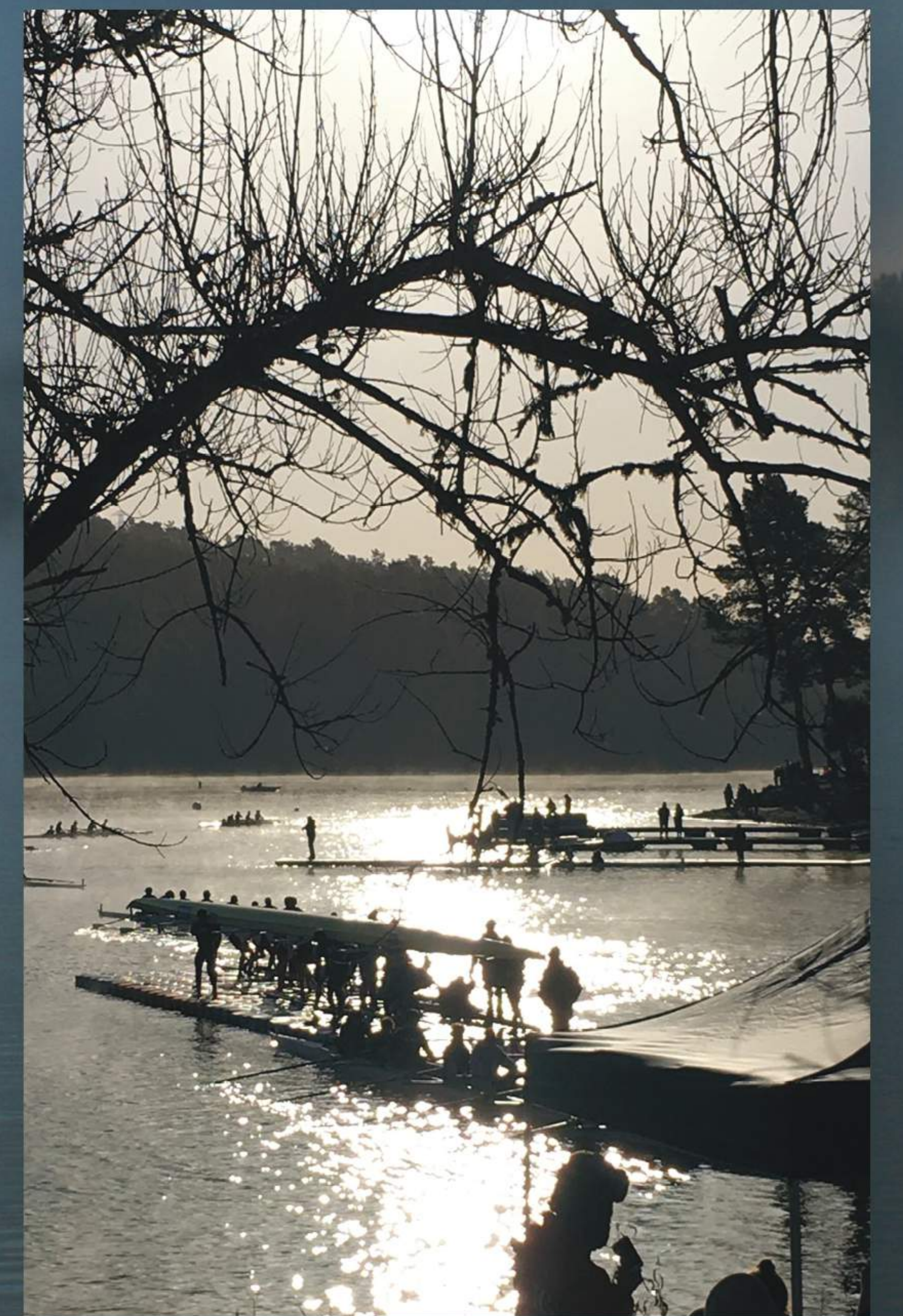


Merced Novice Challenge

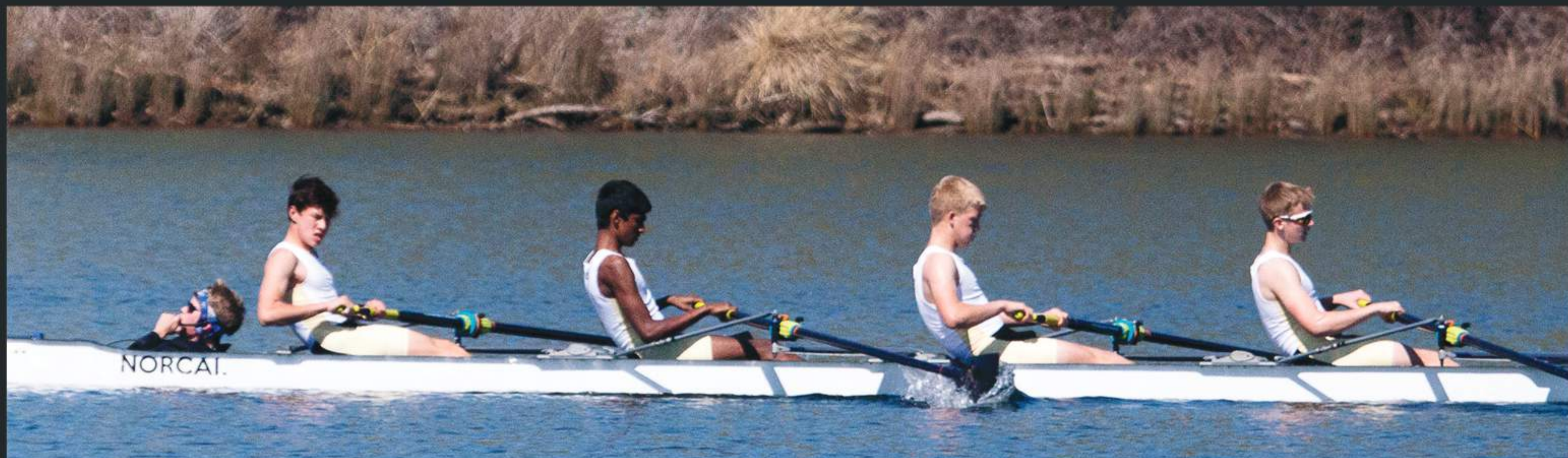


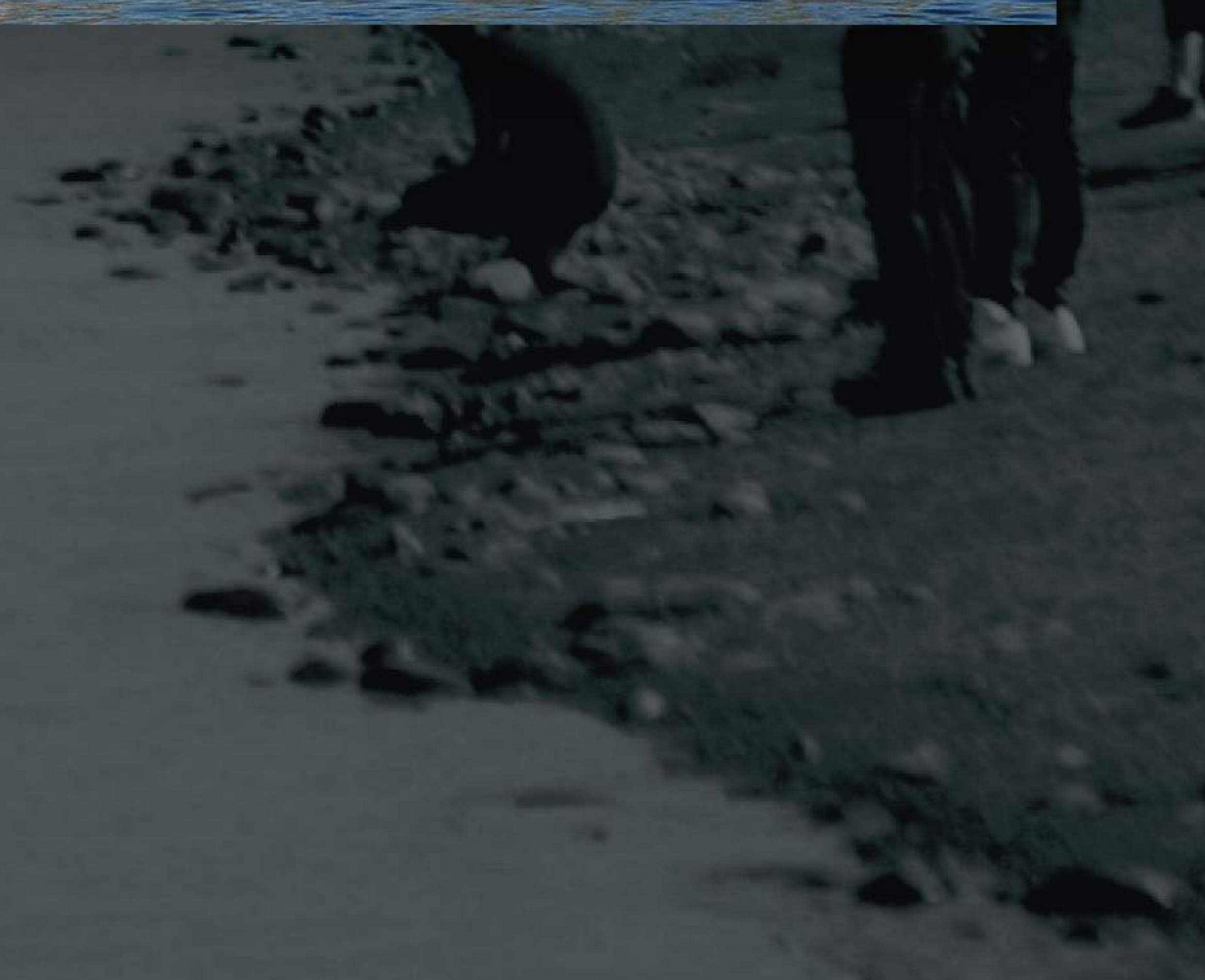
Faultline Faceoff





Capital Race





Empire Sprints





Empire Sprints





Southwest Regionals



going to nationals!





Southwest Regionals





Rowing Memories



friends



fun



behind the scenes



Rowing Memories



fighting the tide



teamwork



victory



Race Day



Race Day



Thank You Parents



Thank you to all the parents who help NorCal: your donations, support, and coordination accommodate over 140 athletes throughout the season. This would not be possible without you.

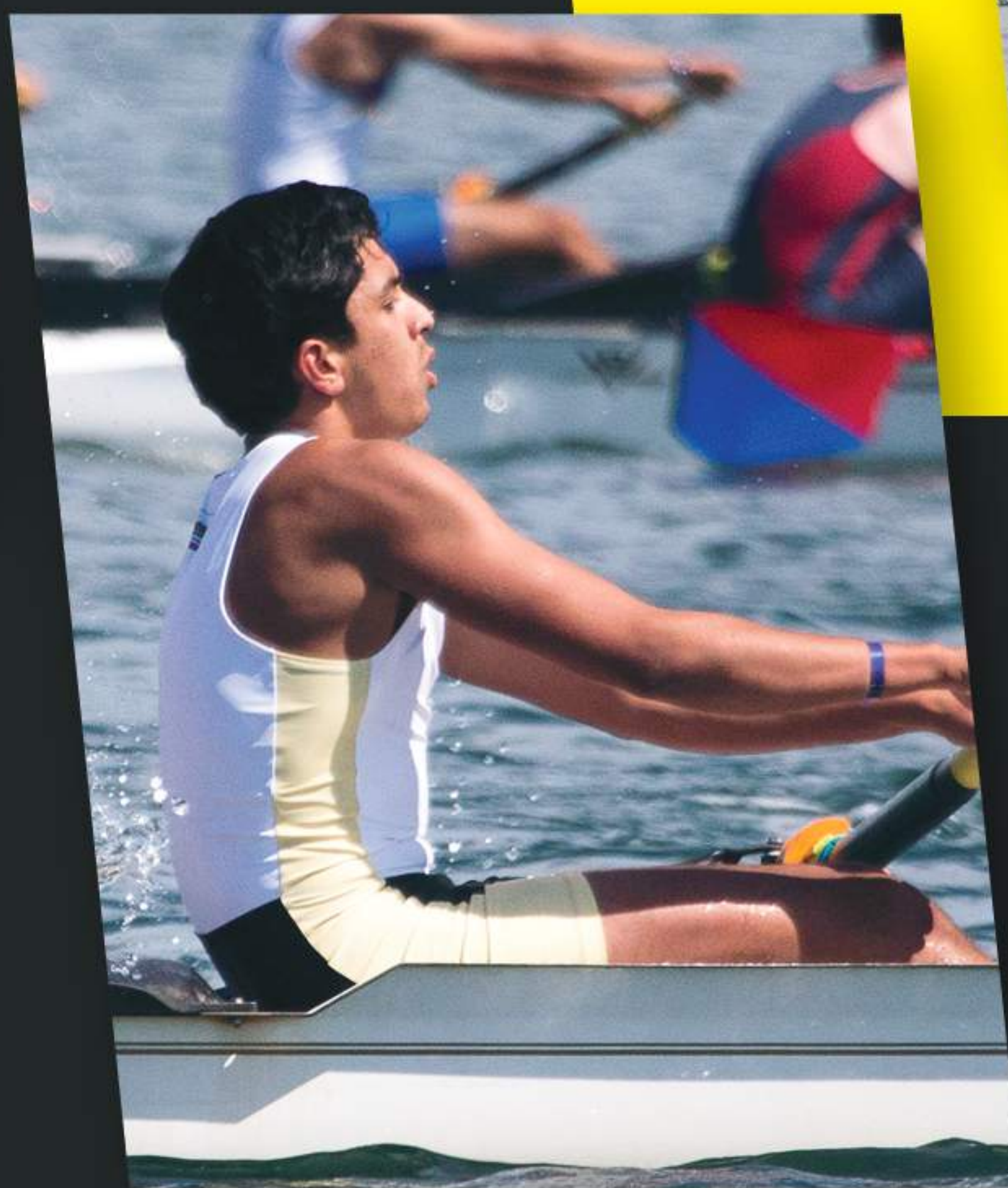
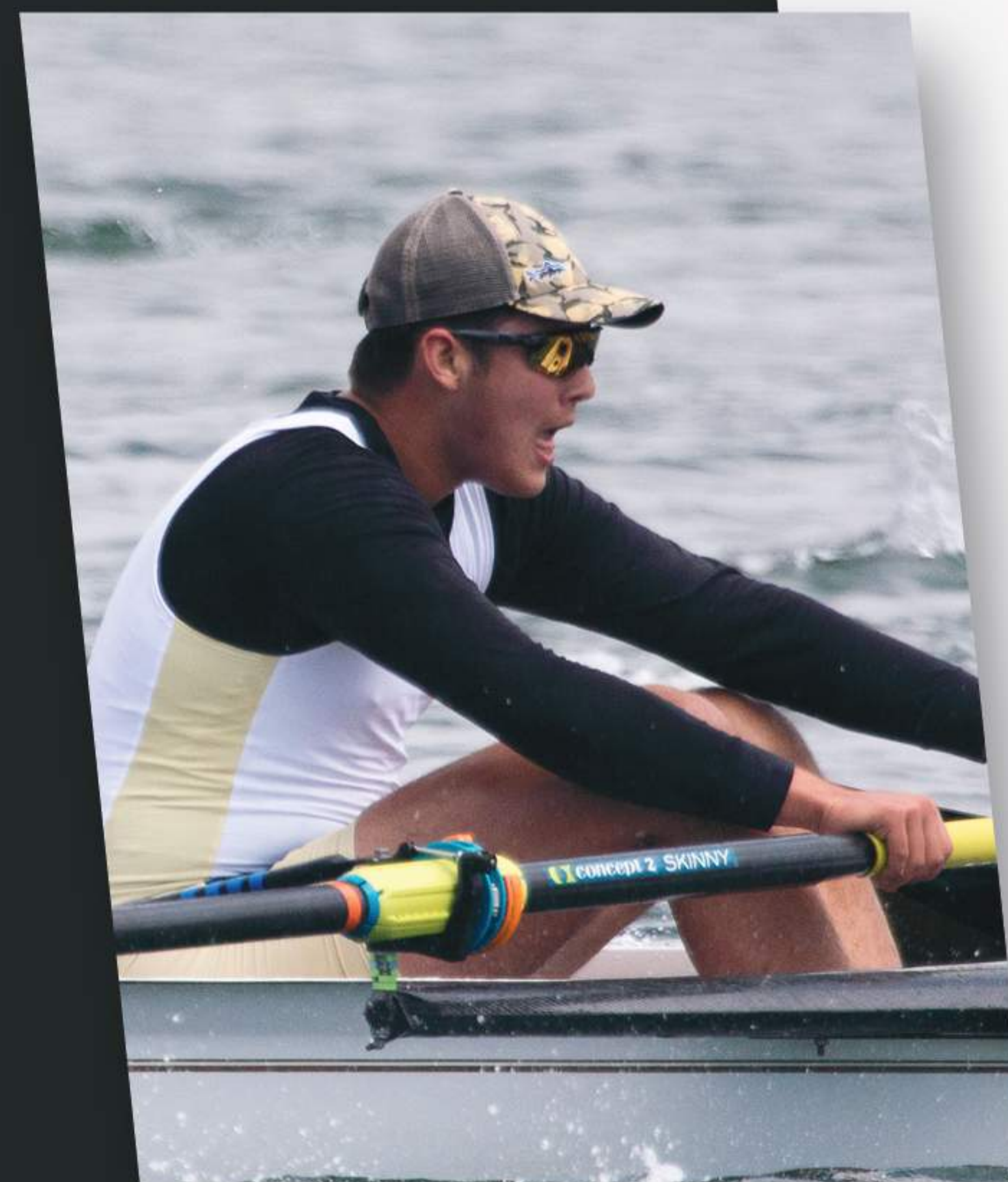


Coxswain Shout-out

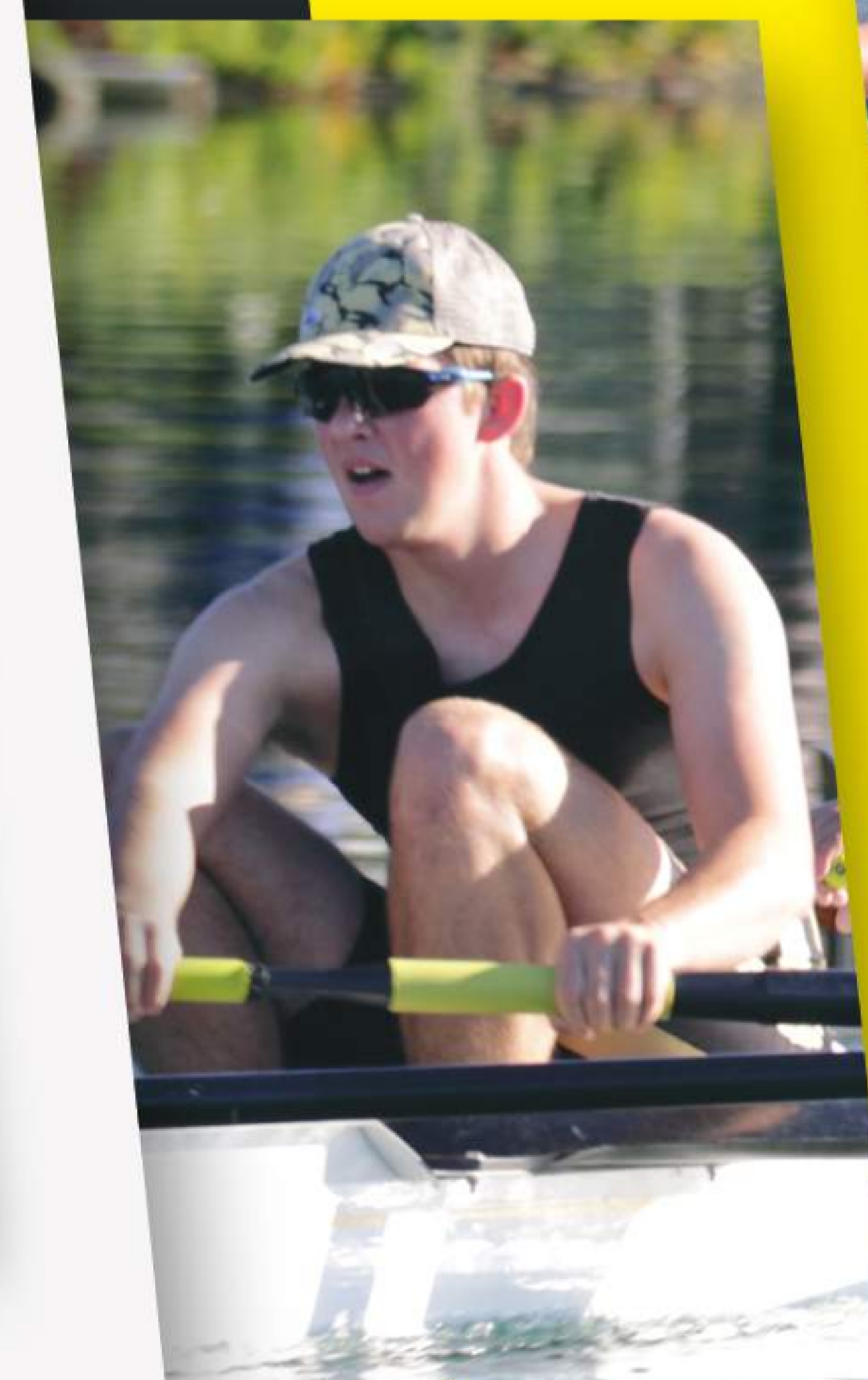


Coxswain Shout-out





Seniors in Action





See you next year!

Designed by Michaël Dooley