

**Rob Friedrich**

**Head Coach
Seventh Season
Rutgers '97**

Navy Head Coach

- ◆ Selected as the EARC Coach of the Year in 2004. Also garnered Navy Spring Coach-of-the-Year honors in 2002 and 2004.
- ◆ During his six years as the Navy head coach, the varsity boat has posted a combined 10-2 in its races for the Callow Cup (Penn) and Haines Trophy (Harvard). The program had compiled a 2-8 record in those same races during the six years prior to Friedrich's arrival.
- ◆ 2002 — Both freshman boats finished the regular season undefeated, the second varsity crew won the Eastern Sprints and the varsity boat placed second by one foot in the IRA Grand Final. Varsity boat defeated Harvard for the first time in 21 years. The varsity boat placed seventh at the IRA Regatta.
- ◆ 2003 — The Mids totaled three medals at the Eastern Sprints, with both freshman boats winning a gold medal for the first time in school history.
- ◆ 2004 — The varsity boat capped off an undefeated regular season by winning the Eastern Sprints and the IRA National Championship, winning the former event for the first time in 42 years. The crew would go on to reach the semifinal round of the Henley Royal Regatta.
- ◆ 2005 — His varsity crew posted a 6-1 record during the regular season, placed fourth at the Eastern Sprints and finished in sixth place at the IRA's.
- ◆ 2006 — Navy won the program's first team points title at the Eastern Sprints as each Navy entry placed first or second in its respective grand final. The varsity boat placed sixth at the IRA Regatta.
- ◆ 2007 — The Mids repeated as the team points champion at the Eastern Sprints, while the varsity boat placed fourth overall at the event and sixth at the IRA Championship

Head Coach at Rutgers

- ◆ Was the head coach of the lightweight program at Rutgers for three years.
- ◆ Selected as the EARC Coach of the Year as his varsity boat won a silver medal at the IRA's and his second varsity boat placed second at the Eastern Sprints.
- ◆ In 2000, the program won the Platt Cup over Princeton and Cornell for the first time in 13 years. After earning a No. 1 ranking during the regular season, ended the year by competing at the Henley Royal Regatta.

Rowing Experience

- ◆ Served as the captain of the Rutgers team as a senior and was twice named as the program's most valuable athlete.
- ◆ Won a gold medal at the C.R.A.S.H.-B World Indoor Rowing Championship.
- ◆ Spent two years training with the U.S. National Team. Placed fifth in the lightweight four at the Nation's Cup in Milan, Italy.

**Nick Baker**

**Assistant Coach
Third Season
Buffalo '01**

- ◆ Baker's top freshman boat posted a 5-1 record during the 2007 regular season and placed third at the Eastern Sprints Championship.
- ◆ His first freshman boat was undefeated during the 2006 regular season and placed second at the Eastern Sprints.
- ◆ Prior to his arrival at Navy, spent one year as an assistant coach for Yale's heavyweight program. Coached the third varsity boat to an undefeated 2005 season and to a victory at the Eastern Sprints.
- ◆ Coached for two years with the West Side Rowing Club in Buffalo, N.Y. Also coached at the St. Joseph's Preparatory School and with the Vesper Boat Club, both located in Philadelphia.
- ◆ Served as captain and president of Buffalo's rowing team while a student at the school.
- ◆ Also served as the captain of the West Side Rowing Club, winning a pair of club national titles and four Canadian Henley championships.
- ◆ He was awarded West Side's Broderick Plate, the highest individual award presented by the club to a male athlete for character, leadership and sportsmanship.

**Head coach Rob Friedrich**

2008 Varsity Roster

Name	Cl.	Hometown (High School)	Major
Joshua Accomando	Sr.	Andover, Mass. (Belmont Hill School)	International Relations
Todd Arnts	Jr.	McLean, Va. (McLean)	International Relations
David Bates	Sr.	Tenants Harbor, Maine (St. Paul's School)	International Relations
John Beinert	Sr.	Bellerose Village, N.Y. (Chaminade)	Ocean Engineering
Ryan Bieshaar	Jr.	Littleton, Colo. (Regis Jesuit)	Political Science (Honors)
Nathaniel Bishop	Jr.	West Bath, Maine (North Yarmouth Academy)	Mathematics
Julian Bowling	So.	Shelby, N.C. (Kent School)	History
Christopher Cobb	Jr.	Saddle River, N.J. (Blair Academy)	Mathematics (Honors)
Alexander Duncan	So.	Grosse Pointe Woods, Mich. (Grosse Pointe North)	Mechanical Engineering
Colin Edwards	So.	Grosse Pointe Farms, Mich. (Grosse Pointe South)	Ocean Engineering
Timothy Francis	Sr.	Pittsburgh, Pa. (North Allegheny)	History
Nick Friedewald	Jr.	Ann Arbor, Mich. (Huron)	Applied Mathematics
Andrew Galvin	Jr.	Burke, Va. (Lake Braddock)	Aerospace Engineering
Colton Gwinn	Sr.	Kingston, N.H. (Sanborn Regional)	Applied Mathematics
Tristen Hannah	Sr.	Aloha, Ore. (Aloha)	Systems Engineering
Chad Healy	Jr.	Ashland, Ore. (Ashland)	Aerospace Engineering
Michael Kerrigan	So.	Charlottesville, Va. (Albermarle)	Arabic
Jon Lee	Jr.	Glendale, Ariz. (Mountain Ridge)	Physics
Trevor Miller	Sr.	Harvard, Mass. (The Bromfield School)	Economics (Honors)
Brendon Mills	So.	Walpole, Mass. (Noble & Greenough School)	Political Science
Joseph Milo	Sr.	Jacksonville, Fla. (The Bolles School)	Mechanical Engineering
Kevin Mott	So.	Stamford, Conn. (Fairfield Prep)	Mechanical Engineering
John Paul	So.	San Francisco, Calif. (Sacred Heart Cathedral Prep)	Mechanical Engineering
Andrew Penman	Sr.	Logansport, Ind. (Logansport)	History (Honors)
Matheu Roa	So.	Montgomery Village, Md. (St. John's)	Naval Architecture
Evan Rutherford	So.	Phoenix, Ariz. (Thunderbird)	Naval Architecture
James Santelli	Jr.	Oyster Bay, N.Y. (Chaminade)	Systems Engineering
Brian Scharp	So.	Farmingdale, N.Y. (St. Anthony's)	History
Jon Schneckenburger	Fr.	Manlius, N.Y. (Fayetteville Manlius)	N/A
Matt Smith	So.	West Chester, Pa. (Monsignor Bonner)	Chemistry
Matthew Stepko	Jr.	Kilmarnock, Va. (Gonzaga)	English
George Strobel	So.	Middlebury, Conn. (Pomperaug)	Naval Architecture
Joshua Vukelich	Jr.	Rapid City, S.D. (Stevens)	Physics
Robert Wells	Sr.	Arlington, Va. (Yorktown)	History

Lightweight Support Staff



Cmdr. Eric Purdy, USN
Varsity Officer Representative



Lt. Mike Monahan, USN
Freshman Officer Representative



Darrell Glaser
Faculty Representative

2008 Freshman Roster

Name	Cl.	Hometown (High School)
James Beja	Fr.	Johnstown, S.C. (Strom Thurmond)
Caleb Burrow	Fr.	Amherst, N.H. (The Gunnery)
Andrew Butte	Fr.	Ft. Worth, Texas (Arlington Heights)
Gavin Callies	Fr.	South San Francisco, Calif. (Junipera Serra)
Devin Colligan	Fr.	Port Orange, Fla. (Spruce Creek)
Andrew Constantino	Fr.	Poughkeepsie, N.Y. (Arlington)
William Francis	Fr.	Pittsburgh, Pa. (North Allegheny)
James Friedlander	Fr.	Attleboro, Mass. (Attleboro)
Michael Hampton	Fr.	Toledo, Ohio (Anthony Wayne)
Scott Keelan	Fr.	Cincinnati, Ohio (Moeller)
James Kelly	Fr.	Cranbury, N.J. (Peddie)
Edward King	Fr.	Kempton Park, South Africa (Arcadia Valley)
Steven Krajewski	Fr.	Philadelphia, Pa. (Lower Merion)
Stephen Lorenz	Fr.	Escondido, Calif. (Carlsbad Seaside Academy)
Michael Martin	Fr.	St. Louis, Mo. (Home school)
Christopher Medford	Fr.	Hicksville, N.Y. (Chaminade)
Matthew Murphy	Fr.	Chesapeake, Va. (Great Bridge)
Richard O'Neill	Fr.	Sewell, N.J. (St. Augustine)
Alex Pappalardo	Jr.	East Stroudsburg, Pa. (East Stroudsburg)
Andrew Parker	Fr.	Erie, Pa. (Cathedral Preparatory School)
David Price	Fr.	St. Louis, Mo. (Hazelwood West)
Justin Rogers	Fr.	Frederick, Md. (Walkersville)
Ian Rubi	Fr.	Fort Worth, Texas (Keller Central)
Jason Senko	Fr.	Cincinnati, Ohio (Anderson)
Michael Smithson	Fr.	Durham, N.C. (McCallie School)
Steven Snow	Fr.	Brecksville, Ohio (Brecksville Broadview)
Kevin Spinoza	Fr.	Hurst, Texas (L.D. Bell)
Ian Thamm	Fr.	Gillette, Wyo. (Campbell Country)
Tucker Witt	Fr.	Gloucester, Va. (Gloucester)
Steven Yee	Fr.	Carmel, Ind. (Carmel)

Coaching / Support Staff
Head Coach
 Rob Friedrich (Seventh Season, Rutgers '97)

Assistant Varsity / Head Freshman Coach
 Nick Baker (Third Season, Buffalo '01)

Varsity Officer Representative
 Cmdr. Eric Purdy, USN

Novice Officer Representative
 Lt. Mike Monahan, USN

Faculty Representative
 Darrell Glaser

Team Captain
 MIDN 1/C David Bates



Senior Profiles



David Bates

Tenants Harbor, Maine
 Team Captain
 International Relations
 Marine Corps - Ground

At Navy — Is a four-year member of the crew team ... has earned a pair of letters ... won the Eastern Sprints title in 2005 and placed second in '06 ... **High School** — Graduated from the St. Paul's School ... earned letters in cross country running, cross country skiing and crew ... earned all-league honors in running and All-New England accolades in skiing ... varsity boat won the New England Championship as a senior ... **Personal** — David John Sargent Bates ... born Oct. 23, 1986.



Joshua Accomando

Andover, Mass.
 Political Science
 Navy - Surface Warfare

At Navy — Is a four-year member of the crew team ... has twice earned letters ... placed second at the 2006 Eastern Sprints with the second varsity boat ... won the '05 Eastern Sprints title, as well as Navy Day and Princeton Chase crowns this past fall ... **High School** — Graduated from the Belmont School ... competed in rowing, cross country and football ... totaled three titles at the New England Championship ... **Personal** — Joshua Edward Accomando ... born April 11, 1985 ... brother graduated from Navy in 2003.



John Beinert

Bellerose Village, N.Y.
 Ocean Engineering
 Navy - Submarines

At Navy — Is a four-year member of the crew team ... has earned two letters with the team ... his boats won titles at the 2005 Eastern Sprints and the '07 Princeton Chase ... **High School** — Graduated from Chaminade High School ... competed in both rowing and ice hockey ... his boat placed third at the Scholastic Nationals during his senior year ... **Personal** — John Paul Beinert ... born June 16, 1986.



Tim Francis

Wexford, Pa.
 History
 Marine Corps - Ground

At Navy — Is a four-year member of the crew team ... has earned a pair of letters ... his boats won the Eastern Sprints in 2005, the Head of the Schuylkill in '04, Navy Day Regattas in '06 and '07 and the Princeton Chase this past fall ... was a member of the 2007 U-23 National Lightweight Rowing Team ... has previously been named to the Superintendent's and Dean's lists ... **High School** — Graduated from North Allegheny Senior High School ... earned silver medals with the school's rowing team at the U.S. Rowing Youth Invitational and at Stotesbury ... **Personal** — Timothy James Francis ... born Nov. 22, 1985.



LIGHTWEIGHT TEAM

2008 NAVY CREW



Colton Gwinn

Kingston, N.H.
Applied Math
Navy - Aviation

At Navy — Is a four-year member of the crew team ... earned one letter with the team ... has been selected to Navy's Voluntary Graduate Education Program, allowing him to begin work towards a graduate degree this spring ... has garnered Superintendent's, Dean's and Commandant's list honors ... **High School** — Graduated from Sanborn Regional High School ... was the school's valedictorian ... competed in track, cross country and basketball ... graduated high school early and attended the Univ. of New Hampshire for one year ... rowed and was a member of the UNH fencing team ... **Personal** — Robert Colton Gwinn ... born Oct. 18, 1984.



Tristen Hannah

Aloha, Ore.
Systems Engineering
Navy - Submarines

At Navy — Is a three-year member of the crew team ... has won a pair of boat titles at the Eastern Sprints ... **High School** — Graduated from Aloha High School ... was a member of the National Honor Society and competed with the track and cross country teams ... **Personal** — Tristen Michael Hannah ... born March 15, 1986.



Trevor Miller

Harvard, Mass.
Honors Economics
Marine Corps - Ground

At Navy — Is a four-year member of the crew team ... won a gold medal with Navy's second freshman boat at the 2005 Eastern Sprints ... **High School** — Graduated from the Bromfield School ... competed with the school's football, track, cross country, tennis and alpine skiing teams ... **Personal** — Trevor Andrew Miller ... born Sept. 2, 1985.



Joe Milo

Saint John's, Fla.
Mechanical Engineering
Navy - Submarines

At Navy — Is a four-year member of the crew team ... has won a pair of Eastern Sprints titles, as well as an IRA title ... has been named to the Dean's List at Navy ... **High School** — Graduated from The Bolles School ... was a member of the National Honor Society ... competed with the school's rowing team and won a state title during his junior year ... **Personal** — Joseph Patrick Reagan Milo ... born June 19, 1986 ... father and a pair of uncles graduated from Navy.





Andy Penman

Logansport, Ind.
 Honors History
 Navy - Special Warfare



Robert Wells

Fairfax, Va.
 History
 Marine Corps - Ground

At Navy — Is a four-year member of the crew team ... has earned a pair of gold medals at the Eastern Sprints ... **High School** — Graduated from Logansport High School ... served as the captain of the school's soccer team ... **Personal** — Andrew Robert Penman ... born Sept. 27, 1986.

At Navy — Is a four-year member of the crew team ... has twice earned a varsity letter ... his boats have won two gold medals and one silver medal at the Eastern Sprints ... also won a title at the 2007 IRA Championship ... **High School** — Graduated from Yorktown High School ... served as the captain of the school's crew team ... also attended Deerfield Academy for one year prior to arriving at Navy where he rowed and ran cross country ... **Personal** — Robert Aldrich Wells ... born Nov. 20, 1984.



LIGHTWEIGHT TEAM

2008 NAVY CREW

2007 Spring Results

Event	1st Varsity	2nd Varsity	3rd Varsity	1st Freshman	2nd Freshman
Princeton	Princeton – 6:07.7	Navy – 6:11.0	Navy – 6:19.2	Princeton – 6:15.7	Navy – 6:40.9
Princeton, N.J. March 24	Navy – 6:09.9	Princeton – 6:14.8	Princeton – 6:22.3	Navy – 6:21.4	Princeton – 7:19.1
Eads Johnson Trophy	Navy – 5:54.2	Yale – 5:54.5	Navy – 6:05.6	Navy – 6:00.5	Yale – 6:10.6
Princeton, N.J. March 31	Yale – 5:56.2	Navy – 5:56.2	Yale – 6:11.3	Yale – 6:01.1	Navy – 6:13.8
at Rutgers	Navy – 6:03.1	Navy – 6:10.6	Navy – 7:09.9	Navy – 6:12.3	—
New Brunswick, N.J. April 8	Rutgers – 6:07.3	Columbia – 6:14.5	Navy – 7:14.5	Columbia – 6:19.1	—
	Columbia – 6:07.8	Rutgers – 6:25.6	Columbia – 7:24.5	Rutgers – 6:29.4	—
Georgetown	Georgetown – 5:36.2	Navy – 5:39.5	—	Navy – 5:46.1	Navy 4 (A) – 6:43.0
Washington, D.C. April 14	Navy – 5:37.6	Navy (3V) – 5:47.8	—	Georgetown – 5:59.0	Navy 4 (B) – 6:45.3
	—	Georgetown – 5:51.7	—	—	Georgetown 4 – 7:12.7
Haines Trophy	Harvard – 6:04.5	Harvard – 6:17.6	Navy – 6:25.1	Navy – 6:22.9	Navy – 6:30.6
Boston, Mass. April 21	Navy – 6:05.1	Navy – 6:18.9	Harvard – 6:52.0	Harvard – 6:29.7	Harvard – 6:31.5
at Eastern Sprints	Grand (4th overall)	Grand (1st overall)	Grand (1st overall)	Grand (3rd overall)	Final (2nd overall)
Worcester, Mass. May 13	1. Dartmouth – 5:38.894	1. Navy – 5:43.760	1. Navy – 5:58.724	1. Yale – 5:47.949	1. Harvard – 6:04.727
	2. Cornell – 5:40.466	2. Cornell – 5:43.918	2. Cornell – 6:03.272	2. Princeton – 5:49.743	2. Navy – 6:06.864
Navy – 1st in Jope Cup	4. Navy – 5:42.202	3. Yale – 5:45.740	4. Navy (4V) – 6:04.554	3. Navy – 5:54.582	3. Yale – 6:08.173
Callow Cup	Navy – 5:47.57	DNC	DNC	DNC	DNC
Annapolis, Md. May 27	Penn – 5:56.81	—	—	—	—
at IRA	Grand (6th overall)	Varsity 4 w/o	DNC	DNC	DNC
Camden, N.J. June 2	1. Cornell – 5:46.344	1. Navy – 6:18.138	—	—	—
	2. Harvard – 5:47.466	2. Hobart – 6:21.842	—	—	—
	6. Navy – 5:52.185	3. Syracuse – 6:22.466	—	—	—

2007 Season in Review & 2008 Outlook

2007 Spring Highlights

◆ Navy's varsity boat placed sixth at the Intercollegiate Rowing Association National Championship.

◆ Navy's varsity boat placed fourth at the Eastern Sprints Championship, while the Mids as a team claimed the program's second-consecutive overall points title (Jope Cup) at the event. Winning individual boat titles at the regatta were the second and third varsity crews.

◆ Navy totaled a 4-3 record on the varsity level during the regular season, which included winning the Callow Cup (Penn) for the seventh-straight year and reclaiming the Eads Johnson Trophy (Yale) after a one-year absence.

2007 Fall Highlights

◆ Navy's varsity boat placed fifth overall and second among U.S. colleges at the Head of the Charles Regatta. The program's varsity four boat also placed seventh overall and second among U.S. colleges at the event.

◆ Navy boats placed first in the varsity eight and third in the varsity four races at the Princeton Chase.

◆ The Mids also swept both the championship eight and championship four titles at the Occoquan Challenge.

◆ Navy's freshman boats placed first and fourth at the Belly of the Carnegie.

2008 Spring Outlook

◆ Navy returns 12 of its 25 letterwinners from the 2007 season, including six of the nine members of the varsity crew that competed at the Eastern Sprints and IRA championship regattas.

Lightweight Crew History

1931 Navy lightweights win their dual with Syracuse; lose a dual race to Penn and then place third at the National Henley Regatta in Philadelphia, Pa.

1933 Navy lightweights win their only dual with MIT, then go on to take third place at the National Henley Regatta in Philadelphia, Pa., behind Princeton and Columbia.

1934 Navy lightweights win their only dual race with Columbia.

1935 Navy lightweights win their dual with Ithaca College. Navy then finishes a close fourth at the American Henley Regatta in Philadelphia, behind Princeton, Penn and Columbia.

1956 Navy lightweight JV wins bronze medal at the EARC Sprints.

1957 Navy lightweights, coached by Hubbell Davidson '45, win both duals with Penn and MIT and lose to Princeton. Navy then goes on to place fifth at the EARC Championships. Navy lightweight JV crew and plebe first boat win the EARC Sprints.

1958 Navy lightweight JV wins bronze medal at the EARC Sprints.

1960 Navy lightweight varsity and JV crews win silver medal at the EARC Sprints.

1961 Navy lightweight varsity wins bronze medal and JV crew wins gold at the EARC Sprints.

1962 Navy lightweights, coached by Lt. White, go through an undefeated season to win the first EARC Lightweight Championship in the history of Navy crew.

1969 Navy lightweight JV team wins bronze medal at the EARC Sprints.

1970 Navy lightweight JV and first plebe boat win bronze medals at the EARC Sprints. Navy finishes third in "Jope Cup" (team points standing for EARC League).

1971 Navy lightweight JV wins silver medal at EARC Sprints. Navy finishes third in Jope Cup standings.

1972 Navy lightweight varsity and JV teams win bronze medals at the EARC Sprints. Navy finishes third in Jope Cup.

1974 Navy lightweight JV wins bronze medal at the EARC Sprints.

1975 Navy lightweight varsity wins silver medal and JV wins bronze medal at the EARC Sprints and place second in Jope Cup.

1976 Navy lightweight JV wins silver medal at the EARC Sprints.

1977 Navy varsity wins silver medal at the EARC Sprints.

1978 Navy first plebe boat wins silver medal at the EARC Sprints.

1979 Navy lightweight JV boat wins silver medal at the EARC Sprints.



Navy won its first Jope Cup title at the Eastern Sprints in 2006 (above), then repeated as champions in 2007 (right).



LIGHTWEIGHT TEAM

2008 NAVY CREW

1980 Navy JV boat wins bronze medal and first plebe boat wins gold at the EARC Sprints.

1981 Navy lightweights place second at the Head of the Charles, losing only to the Canadian National Team. They go on to the San Diego Crew Classic for the first time and take fourth place in the grand finals. Team later wins both the Haines Cup (Harvard) and the Callow Cup (Penn) and take fifth place at the EARC Sprints Championship.

1986 Navy lightweights have a 4-2 record and win the Callow Cup (Penn) en route to a sixth-place finish at the EARC Sprints.

1987 Patrick Manion takes over as head coach Navy lightweight crew team. First plebe boat wins bronze medal at the EARC Sprints.

1988 The Navy lightweights have a 2-2 record in winning the Callow Cup (Penn) and placing fourth at the EARC Sprints.

1991 Mike Hughes takes over as head coach of Navy lightweight crew team.

1993 Navy wins the Crawford Bay Crew Classic and goes 5-2 en route to taking seventh place at the EARC Sprints.

1995 Cmdr. Jim Snead '73, takes over as head coach. Third varsity wins gold medal at the EARC Sprints (varsity) and competes in the IRAs for the first time, taking fifth place in the Grand Finals.

1996 Major Greg Morrison '77, takes over as head coach. The Navy lightweights have a 2-2 record and place fifth in the grand finals at the IRAs.

1997 Dale Hurley '89, takes over as head coach of Navy lightweight crew team.



1998 Lightweight plebes place first and second at the Belly of the Carnegie.

1999 Navy lightweights win the Patriot League Championship. Plebe crew finishes in fifth place in the first boat and wins gold in the second boat at the EARC Sprints.

2000 Navy lightweights compete in the San Diego Crew Classic for the second time in the history of the program, finishing third in grand finals. Plebes capture the top-two slots at the Belly of the Carnegie. Varsity secures an automatic bid for 2001 Head of the Charles by placing fifth overall and fourth among colleges at 2000 regatta.

2001 Navy placed fifth at the season-ending IRA National Championship Regatta. At the end of the spring season, Rob Friedrich replaces Dale Hurley as the head coach of the lightweight program.

2002 Navy's varsity places second at the IRA National Championship. Second varsity wins Cornell Trophy for first time since 1961. Navy team places second in Jope Cup team-point standings.

2003 The Mids win three medals at the Eastern Sprints, with the freshman boats sweeping the Gold Medals for the first time in Navy history.

2004 The Mids posted the best season in the program's history. The varsity boat ended the regular season with an undefeated record, won the Eastern Sprints title and the IRA National Championship. Navy would go on to reach the semifinal round at the Royal Henley Regatta in London, England. The crew was selected as the EARC's Crew of the Year, while head coach Rob Friedrich was tabbed as the EARC Coach of the Year. The crew also qualified for the Navy Hall of Fame.

2005 Navy placed all five of its boats into the grand finals at the Eastern Sprints, winning both freshmen events and winning two additional medals.

2006 Navy won the program's first Jope Cup (overall team points title) at the Eastern Sprints.

2007 The Mids repeated as Jope Cup champions, while the second and third varsity crews won individual boat titles at the Eastern Sprints.



Above — Lightweight rowers comprised the winning boat in the varsity four without coxswain flight at the 2007 IRA Regatta.

Left — Navy won the second varsity title at the 2007 Eastern Sprints Regatta.