

Emory Cate, Open Weight, Senior, Anthropology



When I came to the University of Tulsa I was determined to become a student-athlete again. I decided to walk onto the rowing team because it was a great opportunity to meet people and compete at a high level. I stuck with rowing because of the amazing women I met as well as the travel. I never would have gotten to travel this much otherwise! When I started I thought novice rowing was going to be really tough and kind of scary. I was wrong! It wasn't easy, but everyone was so patient with me! My walk on class really stuck together. My favorite part of being a TU rower is having that second family to be with. I wouldn't trade it for the world!

Emory is a 4th year letter-winner returning to the Varsity 8+. In her walk-on season The Golden Hurricane Novices defeated Oklahoma, Kansas, Kansas State and many more!

Elissa Stiles, Coxswain, Sophomore, International Studies



Honestly, when I first heard about TU Rowing, I thought I was too small to ever be on the team. Even though varsity rowers recruited me by explaining that there's definitely a spot for short people, I still couldn't even spell "coxswain" for the first week or two of training! But that's the beauty of novice rowing--I went from being just another student on campus to being part of a team, learning everything I could about something totally new to me, and then getting on the water and doing something I'd never been able to do before. That challenge to learn and do something new and different is still daunting, but the best part of the sport is being able to do those hard things because for every difficulty and uncertainty that arises, there's a line of incredible athletes and great friends in front of me ready to take it on as one team. Rowing is about serious power converging from every person in the boat-- and it is really, really cool!

Elissa is returning for her first varsity season with the Golden Hurricane. In her walk-on season The Golden Hurricane Novices defeating in-state rival Oklahoma as well as Kansas, and Texas-Austin.

Becca Clark, Open Weight, Sophomore, Psychology



When I came to college, I knew that I wanted to play a sport. I figured, if given the opportunity, why not? What I didn't realize was how much it becomes part of who you are. Many people say that college athletics take over your life; I feel that when I walked on to the University of Tulsa Women's Rowing Team, it became part of me, instead. Even though we have to deal with more stress with scheduling, early morning weights, physical challenges, you find that it is worth it. Being part of this particular team may be extremely challenging at times, but if that's what you are looking for (like I was), you would definitely be in the right place. I joined this team for a different experience and found a different lifestyle that I never want to change and a team that I never want to leave. At the beginning, I thought novice rowing was going to be scary, I was wrong. Even though you are walking into a room full of some of the hardest working female rowers in the nation, I realized everyone is still a normal person and college student just like me. My favorite part of being a TU rower is waking up in the morning, occasionally even at 5am, and knowing that I get to go row with 46 of my favorite people.

Becca is returning for her first varsity season with the Golden Hurricane. In the 10-11 season, she traveled from San Diego, CA to Oakridge, TN contributing to program firsts such as defeating Pac-10 USC, as well as Clemson, University of Miami, UCSD, Alabama, Kansas, Kansas State, Old Dominion and many more.

Natalie Hall, Coxswain, Senior, Exercise & Sports Science



Before I came to TU, I had wanted to try rowing, but with my own schedule in high school there wasn't really a ton of time to go to a learn-to-row camp. I came to Tulsa on a band scholarship but knew that band wasn't something I really had a passion for anymore. I wanted something new, challenging, and that it would push me as an athlete, as well as an individual. I still remember the day I got my flyer in the mail from the women's rowing team inviting all incoming female freshmen to come to a walk-on meeting. There was a general questionnaire about previous athletic experience that I filled out and was ready to be mailed back to the coaches within 7 minutes...that's how excited I was about joining the rowing team! I went to the walk-on meeting and never looked back. I love the rowing team because it is a family. The friends I have made here are going to last a lifetime, I have found my best friends on this team. Our coaches told us in the first meeting that the women we will be around for our 4 years at TU are going to be the same women that will be in our weddings. When I first heard that I had a little skepticism, but within the first year I had no doubt in my mind that they were right. Being a member of the women's rowing team has not been without its challenges, but one of the MANY great things about this sport is that it teaches you how to deal with various challenges head on. Rowing has taken me all across the country, built up a whole new level of self-confidence, and been an absolute BLAST. I thought novice rowing was going to be fun, I was wrong. It was awesome! My favorite part of being a TU Rower (coxswain) is getting to work with an entire team that has the same goal as me - to make Tulsa better, faster, and stronger in every way we can.

Natalie is a 2nd year letter-winner returning for her 3rd varsity season with the Golden Hurricane. In her walk-on season she contributed to wins over UCF, Eastern Michigan, Duke, Purdue, and Oklahoma just to name a few.

Brooke Helmberger, Open Weight, Sophomore, Psychology and Spanish



I thought novice rowing was going to be all work and no play, I was wrong! From team dinners and morning rows to spontaneous sleepovers and fun times in 15-passenger vans, there was never a dull moment. We have all kinds of inside jokes and always know how to bring fun to even the toughest practices. My favorite part about being a TU Rower is all of the friendships I have made. I can't even walk across campus without running into a teammate, and there is a great sense of community. Also, being able to eat 24/7 is a definite plus!

Brooke is returning to her 1st varsity season after racing into the varsity boats for Conference Championships in spring 2011. As a novice rower she contributed to wins over UCO, UCF, Tennessee, Miami University of Ohio, University of Southern California, Xavier, Kansas State, Kansas, Alabama and many more. She is also an active member of Kappa Kappa Gamma and a TU Presidential Scholar.