

**Windermere Cup/Opening Day
May 2, 2009**

Post-Race Quotes

Women's Varsity Eight Stroke Veronica Tamsitt on What Coach Ernst told her before Opening day:

"He told me to go a little crazy at the start, which we did. [He told us] to keep the focus in our boat, really. This race was really a chance to get us moving."

Tamsitt on how the Windermere Cup prepares them for the rest of the season:

"We really focused on our race plan today, on what makes our boat work well which will really help us when we go take our Cal again and everyone in the Pac-10."

Tamsitt on stroking the varsity boat as a freshman and the pressure that comes along with that:

"As long as I stay relaxed, everyone tells me to stay relaxed, its just like stroking any other boat. It's the same as any other race."

Tamsitt on having so many spectators at the race:

"It's the first time that I've been in a race this busy. That was definitely different. The crowd definitely got us piped up."

Tamsitt on what her goal is for the remainder of the season:

"We are just taking it one race at a time. But, we want to be there at NCAAs and make an impact at it."

Men's Varsity Five-Seat Rob Gibson on where he sees the Huskies' performance now:

"We're happy with it right now. We're just going to keep coming down here every day and keep training hard and focusing on the one that matters, which is the IRAs. Our number one goal is the IRAs and that's what we're focused on."

Gibson on why he feels the varsity men are having more success now than earlier in the season:

"We've really come together the last couple of weeks. We've really starting trusting each other and having more fun out there."

Men's Varsity Stroke Will Crothers on the key to the varsity men's success:

"Executing what we know we can do and just keeping our heads down and working hard. That's what it's really coming down to for us."

Crothers on looking forward to Pac-10s and IRAs:

"I think also it's going to be really important for us to think about the lessons we learned racing Cal and Stanford and Wisconsin. I think the tides are going to turn and might not go our way at Pac-10s. We hope it does. We just need to keep working hard. The biggest thing for us is execution and having confidence in what we can do. We just have to hope that the tide keeps turning our way."

Washington Director of Rowing and women's head coach Bob Ernst on his varsity eight crew's performance:

"We rowed well. It's the first time we've had *The Hunter* out. It's a beautiful boat. We've been sort of oriented toward finding out who the Huskies are who are going to row the boat and this week we got it out. It's a nice sled. The kids like rowing in it."

"I think we've been tinkering with the lineup and of course this week, going into the new boat... yeah, I think we're making some progress. We'll see. The Pac-10s are going to be a really good shootout. I think that probably three of the top five teams in the country are going to be in the Pac-10, so we'll see how that goes.

Ernst on getting to the NCAAs:

"It's going to be tough. Right now the varsity is ranked number eight and they invite 16 teams, so we look like we have a pretty good chance of going, but there's not much sense in going if you don't come back with a trophy. We want to get in the top four at least. We were second last year and I haven't given up hope on improving on that."

Ernst on the general atmosphere and the spectacle of Windermere Cup:

"It was really good. I'm glad all the people on the log boom had the last couple of days to sit out in the sun and drink beer. And of course Seattle people – today[’s weather] doesn't make any difference to them. They're having a good time and they turn out because they want to see the yacht parade and they want to see the crew races. I think if you went out into the parking lot and asked the master's rowers who are 70 and asked the juniors rowers who are 14, everybody had a great time today and that's what it's all about."

Washington head men's coach Michael Callahan on the 2009 Windermere Cup:

"I think that it was really successful. It's great to have so many teams come. Having UCLA, Oregon State, Oregon and Brazil here, it's a great testament to Windermere in such hard financial times to sponsor this at such a high level. I think it went really well."

Callahan on the atmosphere:

"This is almost a championship atmosphere. There are a lot of spectators and you have the feeling that you have to bring your best performance to really do well here. It really helps us to prepare for our championships coming up in the next 5 weeks. There were a couple things on the race course that we want to accomplish and we did that."

"I think the energy of the crowd and the venue that's set up here really adds a lot. It's hard to duplicate and hard to simulate in a normal race. This is the way to get yourself ready for a championship."

Callahan on the performances turned in by the men's team:

"It's a great time. I think it's under 5:40. Anyone that follows rowing knows that's a pretty quick time. Seeing that our top three eights, the freshman, the second varsity and the varsity all at 5:40 or below, that's a good sign."

Callahan on whether this race prepares them for the stretch run to the IRAs:

"Obviously, the win [over California] last week started a spark. This is obviously something that we prepare for the last few weeks because at the championships is when they crown the champions. There is no regular-season championship. You win on the last day and you're the champions. That's what we are preparing for."

Callahan on the Windermere Cup being the last race for some of the seniors:

"It's a big deal because we have a large senior class and three years ago they provided a real spark and a real shot in the arm for our program. It's nice to see them perform well on our home course in front of our home crowd. That was really pleasing. "

Callahan on the team rowing well together:

"We have some talent on the team and the mark of this crew is always going to be how strong of a team they are. If they go in their own individual directions, we're not going to accomplish much. If we decide to do it together in one way, we have a chance."

Callahan on being on the road the rest of the year:

"Travelling is always difficult for any kind of team. I think the more we focus on ourselves versus our competition, the better we'll do. Take care of the things we can do. In the end, we can't make anyone else faster or slower. We only can focus on what we do and do it well. "