

NCAA Rowing Championship Quotes

Women's Coach Bob Ernst

On advancing out of the repechage?

I thought they improved a lot over this morning's row. It was a challenging race this afternoon; it takes a lot out of them. But we're in the semis and we're still alive. That's good news.

On the hectic race atmosphere in the repechage?

I thought they rowed a really controlled piece today. It was good; really good race. The three crews who qualified were clearly going to qualify, but they had to spend some to get there.

On recovering after a two-race day?

Drink a lot of holy water and light some candles (laughing). It's tough. We're really lucky this year that it's not 100 degrees. It's not even 90 degrees. It's beautiful here today. I was a little worried about the crosswind. My guess is if it's any stronger they'll probably switch the lanes around.

On having all the boats advance?

That's the first day's goal, to have all the boats advance. Of course, at the University of Washington we want to get everybody in the finals and then get everybody a medal. These kids are good racers and it'll be fun to see what they come up with tomorrow.

Senior varsity eight oarswoman Kayleigh Mack

How was the second row?

The second row was a lot longer and a lot more together. On the first one we were still kind of getting the nuts and bolts together, and then second one we were getting it to work. We had to get it done, we didn't have an option.

On being a senior and showing leadership.

As a senior I tried to take that role this year. But this second race it was important for our whole boat to talk and have other voices. We all said something, but it was definitely a boat effort to really communicate what we want to do.

How do you recover after two races?

Lots of pasta! Lots of carbs! And putting your legs up, trying to hydrate – drinking lots and lots of water. You have to hydrate right away. You have to get your body back to peak performance right away.

On finding the cohesion in the boat.

Bob said it really well after our last boat meeting in that the great thing about this regatta is that each race can be a learning experiences. You can pull from these and apply them to the next race. This morning, we didn't have it quite together, and it was obvious with our row. This afternoon, we just took it. We made a step in the right direction.

Assistant Coach Collin Sykes

On moving to the semifinals in the four?

I think these are some fast crews out there. It's great to be in the semifinals. We took our shots today systematically, and our girls are trained to do that. But I think the semifinals are clearly be one heck of a race. I think we're in a good position right now; powerful and confident. If we race as well as we can, I think we'll be in good shape.

On the success of the four all year.

Interesting enough in the four, we've had six athletes in the four and that boat still remains undefeated this year. They're just stepping it up. They're responding to it. It's going along just fine.

On executing the race plan

I thought it was pretty good. We came out of the box pretty quick. Yale is a good crew, a very formidable opponent. We had to race hard to get ahead of them and stay ahead of them. And we're going to have to race hard again tomorrow.