

# HOLY GHOST PREP ROWING SPRING 2022



## ONE HEART, ONE MIND, ONE CREW

Holy Ghost Prep Rowing worked hard in the erg room, weight room and on the water to lead up to the spring season. With that, the team had the most successful spring season in the history of the program! There was new speed to be found in every practice and race opportunity.

Holy Ghost Rowing had a full race season. The team attended the Manny Flick Series and City Championships, hosted a duel at Lake Luxembourg against Radnor, attended Cooper Cup Regatta and much more. There were also lots of firsts this season, including winning two medals at USRowing Mid-Atlantic Championships which secured a bid for USRowing Youth Nationals in Sarasota, FL and winning the first ever Stotesbury Cup Regatta medal! This is only the beginning for HGP Rowing!

HEAD COACH:

ALLISON BOEHM

ASSISTANT COACHES:

JOHN BOEHM

ANNA PANSKY





# Spring 2022

# **VARSITY ROSTER**



## SENIORS

ANDREW BELL

CHRIS CONBOY

JULIAN CHATTOPADHYAY

ALEX GILL

RONNIE GRIEPP

STASH GONDEK- **CAPTAIN**

COLE PAPOUSCHEK

JOE PINTIMALLI

## JUNIORS

BRANDON FEY

JAMIE GALLAGHER

MATT HUOT-**CAPTAIN**

EVAN MANNA

COLE SMILEY

## SOPHOMORES

THOMAS CONOSCENTI

DOMINIC CONSENZA

NATE CROWTHER

JUSTIN GLABICKI

LIAM MURPHY

OWEN SCHWARTZ



# Spring 2022

# **NOVICE ROSTER**



**JEB BANNON**

**MATTHEW MCKEOWN**

**TYLER FEY**

**CHASE MATTHEWS**

**CHRISTIAN HENN**

**PETER OLSEN**

**LIAM KEARNEY**

**TOMMY QUINTIERI**

**ANTHONY MARRERO**

**PATRICK TAVERNIER**



# SPRING EVENTS

## FLYERS GAME

JANUARY 18TH, 2022

The team attended a Flyers against the Islanders for Rowing Night with other teams across the Philadelphia area!



## ERG-A-THON

JANUARY 22ND, 2022

Holy Ghost Prep Rowing hosted an Erg-A-Thon to help raise funds for the team and new equipment. Rowers worked in pairs to erg as many meters as possible for three hours! HGP Rowing parents, family and friends were also able to hop on the erg! Over ????? was raised to help the team reach their goals!





# SPRING EVENTS



## SENIOR DAY

MARCH 26TH, 2022

Holy Ghost Prep Rowing honored its seniors, Joe, Julian Andrew, Stash, Cole, Chris, Alex and Ronnie after their duel against Radnor. These seniors left a huge impact on the program and will be missed! During Senior Day, the team dedicated its new 8+ to the Class of 2022, the JJASCCAR.

## PAINTBALL BONDING TRIP

APRIL 30TH, 2022



The team took a team bonding trip to play paintball at Skirmish Paintball in the Poconos. It was a great experience to bond in a new competitive environment!

Senior, Ronnie Griep, signed his National Letter of Intent to row in college at LaSalle University. Ronnie started rowing this year and made strides throughout his novice career. Holy Ghost Prep Rowing can't wait to see the amazing things Ronnie will do on the water and in the classroom at LaSalle University!

## NLI SIGNING DAY





# MANNY FLICK SERIES

PHILADELPHIA, PA | SCHUYLKILL RIVER

## MANNY FLICK #1

MARCH 20TH, 2022



V2- A

**1st**

2- Stash

1- Joe

V4+

**4th**

C- Matt H.

4- Liam

3- Alex

2- Andrew

B- Julian

1- Cole S.

V2- B

**2nd**

2- Chris

1- Cole S.

2V4+

**4th**

C- Cole P.

4- Jamie

3- Thomas

2- Wil

B- Dom

N8

**3rd**

C- Owen

8- Anthony

7- Peter

6- Jeb

5- Tommy

4- Tyler

3- Matt M.

2- Chase

B- Patrick



N4+

**2nd**

C- Nate

4- Ronnie

3- Matt M.

2- Tyler

B- Peter

F4+

**1st**

C- Cole P

4- Anthony

3- Tommy

2- Chase

B- Patrick

JV4+

**6th**

C- Owen

4- Liam

3- Thomas

2- Jeb

B- Dom

V4+ A

**1st**

C- Cole P.

4- Chris

3- Cole S.

2- Joe

B- Stash

V4+ B

**4th**

C- Nate

4- Evan

3- Alex

2- Andrew

B- Julian

## MANNY FLICK #3

APRIL 3RD, 2022





# MANNY FLICK SERIES

PHILADELPHIA, PA | SCHUYLKILL RIVER

## MANNY FLICK #4

APRIL 10TH, 2022

<u>JV4+</u>	<u>V2- A</u>	<u>V2- B</u>	<u>V4+ A</u>
1st	1st	2nd	2nd
C- Nate	2- Andrew	2- Evan	C- Cole P.
4- Liam	1- Julian	1- Alex	4- Chris
3- Thomas			3- Cole S.
2- Wil			2- Joe
B- Dom			B- Stash



## MANNY FLICK #5

APRIL 24TH, 2022

<u>F4+</u>	<u>N4+</u>	<u>V2- A</u>	<u>V2- B</u>	<u>JV4+</u>	<u>V4+ A</u>
3rd	8th in TT	2nd	4th	15th in TT	4th
C- Cole P.	C- Nate			C- Owen	C- Matt H.
4- Anthony	4- Ronnie	2- Andrew	2- Evan	4- Liam	4- Chris
3- Tommy	3- Matt M.	1- Julian	1- Alex	3- Thomas	3- Cole S.
2- Chase	2- Tyler			2- Wil	2- Joe
B- Patrick	B- Peter			B- Dom	B- Stash



# COOPER CUP REGATTA

COOPER RIVER | PENNSAUKEN, NJ

MAY 1ST, 2022

JV4+

**6th**

C- Nate

4- Jamie

3- Dasani

2- Jeb

B- Brandon

N4+

**1st**

C- Matt H.

4- Anthony

3- Tommy

2- Chase

B- Patrick

N4+

**4th**

C- Nate

4- Ronnie

3- Matt M.

2- Tyler

B- Peter

V2-

**3rd in Final**

2- Cole S.

1- Joe

V2-

**8th in TT**

2- Chris

1- Stash

U17 4+

**3rd**

C- Owen

4- Liam

3- Thomas

2- Wil

B- Dom

U19 4+

**13th in TT**

C- Cole P.

4- Evan

3- Alex

2- Andrew

B- Julian



# USROWING MID ATLANTIC CHAMPIONSHIP

MERCER LAKE | MERCER, NJ

MAY 14-15, 2022

V2- B

**2nd in Final**

2- Chris

1- Cole S.

N4+

**3rd in Heat**

C- Matt H.

4- Anthony

3- Tommy

2- Chase

B- Patrick

2V4+ B

**5th in Heat**

C- Owen

4- Liam

3- Thomas

2- Wil

B- Dom

V2- A

**3rd in Final**

2- Stash

1- Joe

V4+

**16th in TT**

C- Matt H.

4- Stash

3- Chris

2- Cole S.

B- Joe

N4+

**4th 6th in Final**

C- Nate

4- Ronnie

3- Matt M.

2- Tyler

B- Peter

2V4+ A

**5th in Final**

C- Cole P.

4- Evan

3- Alex

2- Andrew

B- Julian



HOLY GHOST QUALIFIED 4 OUT OF 7 BOATS INTO THE FINALS WHILE COMPETING AGAINST TOP SCHOOLS FROM OUR REGION. THE PAIRS SECURED 2 BIDS FOR THE USROWING YOUTH NATIONALS IN SARASOTA, FL. A FIRST IN PROGRAM HISTORY!



# STOTESBURY CUP REGATTA

SCHUYLKILL RIVER | PHILADELPHIA, PA

MAY 20-21, 2022



Junior 4  
**46th in TT**  
C- Nate  
4- Anthony  
3- Matt M.  
2- Chase  
B- Brandon

Second 4  
**3rd in Final**  
C- Cole P.  
4- Evan  
3- Alex  
2- Andrew  
B- Julian

Senior 4  
**3rd in Semi Finals**  
C- Matt H.  
4- Stash  
3- Chris  
2- Cole S.  
B- Joe

HOLY GHOST COMPETED IN THE LARGEST HIGH SCHOOL SPORTING EVENT IN THE COUNTRY!  
LEAVING WITH THE FIRST STOTESBURY CUP REGATTA MEDAL IN PROGRAM HISTORY!

# CITY CHAMPIONSHIPS

SCHUYLKILL RIVER | PHILADELPHIA, PA

MAY 22ND, 2022

<u>F4+</u>	<u>N4+</u>	<u>JV4+</u>	<u>V4+ A</u>
<b>2nd</b>	<b>7th in TT</b>	<b>15th in TT</b>	<b>4th</b>
C- Cole P.	C- Nate	C- Owen	C- Matt H.
4- Anthony	4- Ronnie	4- Liam	4- Chris
3- Tommy	3- Matt M.	3- Brandon	3- Cole S.
2- Chase	2- Tyler	2- Justin	2- Joe
B- Patrick	B- Peter	B- Thomas	B- Stash
	<u>V2- A</u>	<u>V2- B</u>	
	<b>2nd</b>	<b>4th</b>	
	2- Andrew	2- Evan	
	1- Julian	1- Alex	





# SRAAS

COOPER RIVER | PENNSAUKEN, NJ

MAY 27-28, 2022



## Varsity 4 12th Overall

C- Matt H.  
4- Stash  
3- Chris  
2- Cole S.  
B- Joe

THE VARSITY 4 QUALIFIED FOR SCHOLASTIC NATIONALS. THEY RACED FOUR TIMES OVER THE TWO DAYS AND PLACED 12TH OVERALL. THEY COMPETED AGAINST THE TOP HIGH SCHOOLS IN THE NATION!

# USROWING YOUTH NATIONALS

NATHAN BENDERSON PARK | SARASOTA, FL

JUNE 9-12, 2022

V2- A

22nd in Nation

2- Stash  
1- Joe

V2- B

31st in Nation

2- Chris  
1- Cole S.

FOR THE FIRST TIME IN PROGRAM HISTORY, HGP QUALIFIED AND RACED AT USROWING YOUTH NATIONALS. THE TWO PAIRS RACED THE FASTEST TEAMS IN THE COUNTRY LEAVING WITH GREAT RESULTS! ALSO, THEY HAD A GREAT CHEER SQUAD DOWN IN FLORIDA!





# HOLY GHOST PREP ROWING

## Class of 2022

### ANDREW BELL



College: Ole Miss- Accounting  
Favorite HGP Rowing Memory:  
Head of the Ohio travel race.  
Proudest Achievement: Winning  
the first ever HGP Stotesbury  
medal!



### JULIAN CHAYYOPADHYAY

College: Lehigh University- Computer  
Science & Business  
Favorite HGP Rowing Memory:  
Watching Shrek during 90 minute  
Steady State  
Proudest Achievement: Winning the  
first ever HGP Stotesbury Medal!



### CHRIS CONBOY



College: University of  
Scranton- Biochemistry  
Favorite HGP Rowing  
Memory: Racing at Youth  
Nationals  
Proudest Achievement:  
Getting 2nd at Mid Atlantics  
and qualifying for Youth Nats





# HOLY GHOST PREP ROWING

## Class of 2022

### ALEX GILL



College: Bucknell University- Business Undecided

Favorite HGP Rowing Memory: Flipping the 2x with Joe

Proudest Achievement: Winning the first ever HGP Stotesbury medal!



College: Villanova University- Finance

Favorite HGP Rowing Memory: Youth Nationals

Proudest Achievement: Qualifying for Youth Nationals in the 2-

### STASH GONDEK Captain



### RONNIE GRIEPP



College: La Salle University- Nursing, Rowing recruit

Favorite HGP Rowing Memory: The swim test

Proudest Achievement: Signing to row D1 in college





# HOLY GHOST PREP ROWING

## Class of 2022

### COLE PAPOUSCHEK



College: York College of PA-  
Mechanical Engineering  
Favorite HGP Rowing Memory:  
Winning the first ever HGP  
Stotesbury medal  
Proudest Achievement:  
Becoming an Eagle Scout



College: Florida State University-  
Computer Science  
Favorite HGP Rowing Memory:  
Bonding with his teammates in the  
Varsity 4+  
Proudest Achievement: Qualifying for  
Youth Nationals in the 2-

### JOE PINTIMALLI



# CONGRATS SENIORS!





# UPCOMING EVENTS

**FIREBIRD ROWING CLUB** Competitive Camp

Session 1: June 27-July 11

Session 2: July 18-August 1

6-8pm @ Core Creek Park

**JUNIOR FIREBIRD ROWING PROGRAM**

Session 1: June 27-July 11

Session 2: July 18-August 1

4:30-6PM @ Core Creek Park

**Sign ups on HGP ROWING Website!**

<https://www.holyghostprep.org/athletics/athletic-announcements/crew>

