

# HOLY GHOST PREP ROWING FALL 2020



## ONE HEART, ONE MIND, ONE CREW

Holy Ghost Prep Rowing was ready to start racing again after the lockdown in the Spring. The team welcomed a big class of Novice rowers, and the returners were eager to get to work again. The team spent hours on the water, running in the park and taking advantage of the meters on the erg. Even with races still being canceled, the team took every opportunity to race virtually or race each other.

Holy Ghost Prep Rowing participated in the Head of the Schuylkill Regatta Virtual Race. For the virtual race, the team was put into "boats" on the erg and raced 4150 meters. The average time of the boat was submitted! The team also hosted its first duel at Lake Luxembourg against La Salle College High School. Holy Ghost Prep Rowing made the best of what the season gave us and the team is ready for the Spring!

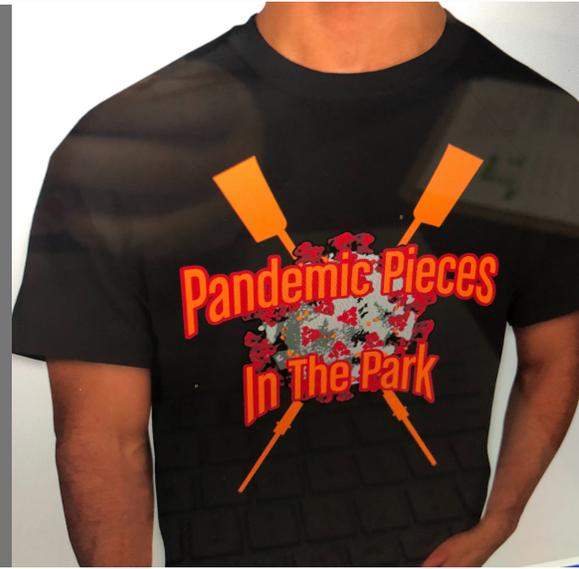
COACHES  
ALLISON BOEHM  
JOHN BOEHM  
ANNA PANSKY



# FALL EVENTS

## PANDEMIC PIECES IN THE PARK

The team hosted its first race at Lake Luxembourg against La Salle College High School! It was great racing from both teams.



## CAPTAINS CHALLENGE

The team participated in the Captains Challenge completing multiple tasks around Core Creek Park. This challenge helps in choosing a captain for the team, allowing the candidates to show the spirit of brotherhood and leadership!



# FALL RACES

## VIRTUAL HEAD OF THE SCHUYLKILL REGATTA

### Mens Youth U19

**4th out of 88**

Joel B.

### Mens Youth U17 8+

**1st**

C- Matt H.

8- Chris C.

7- Alex G.

6- Julian C.

5- Andrew B.

4- Dasani M.

3- Liam M.

2- Dom C.

B- Cole S.

### Mens Youth

U19 4x

**3rd**

4- Danny F.

3- Joe P.

2- Connor G.

B- Stash G.



### Mens Youth U17 2x

**10th out of 12**

Brandon F.

Evan M.

