

HOLY GHOST PREP ROWING

Fall 2019



ONE HEART, ONE MIND, ONE CREW.

At the start of Fall 2019, Holy Ghost Prep Rowing introduced three new coaches. The team is led by Head Coach, Allison Boehm with assistant coaches John Boehm and Anna Pansky. Throughout the fall, the coaches worked to bring a new perspective of rowing to Holy Ghost.

Holy Ghost Rowing had a strong fall season. The team participated in three races: Head of the Schuylkill, Philadelphia Frostbite Regatta and The Bill Braxton Regatta. Each regatta, the team raced aggressively and gained more racing experience.



HEAD OF THE SCHUYLKILL REGATTA

Schuylkill River, Philadelphia, PA | Sunday, October 27th 2019

Varsity 4

COXSWAIN: ANDREW BELL The first race of the season, the Varsity
4: PATRICK WERT Four opened the day with a strong
3: AIDAN BELL performance in rough weather. The V4
2: MICHAEL PISCAPO came in 47th place out of 70 boats, with a
1: JACK BOYLE time of 16:44.



Junior Varsity Fours

JV 4+ A

COXSWAIN: COLE PAPOUSCHEK
4: JOEL BEVENOUR
3: DANNY FEATHERSTONE
2: JOE PINTIMALLI
1: STASH GONDEK

JV 4+ B

COXSWAIN: ISAAK RUBIS
4: GAVIN BOYLE
3: CHRIS CONBOY
2: CHRIS ADAMS
1: ALEX GILL

Both JV 4s had a strong showing at HOSR. JV 4+ A came in at 15th place with a time of 16:20.790. JV 4+ B came in at 20th place with a time of 16:47.418 out of a 51 boat field.



To close out the date, the JV eight raced to empty the tank. They came in at 48th place with a time of 15:50.076 out of a 64 boat field.

Junior Varsity 8

COXSWAIN: ANDREW BELL
8: JOEL BEVENOUR
7: DANNY FEATHERSTONE
6: JOE PINTIMALLI
5: STASH GONDEK

4: GAVIN BOYLE
3: CHRIS CONBOY
2: CHRIS ADAMS
1: JULIAN CHATTOPADHYAY

THE PHILADELPHIA FROSTBITE REGATTA

Cooper River, Pennsauken, NJ | Saturday, November 9th 2019



COXSWAIN: MATT HUOT

4: COLIN PUCKETT

3: BRANDON FEY

2: CHAD BEAVER

1: EVAN MANNA

Novice 4

The Novice 4 started their rowing career at the Frostbite regatta. They came in 2nd in their heat with a time of 7:27.270.

Junior Varsity Fours

JV 4+ A

COXSWAIN: COLE PAPOUSCHEK

4: JOEL BEVENOUR

3: DANNY FEATHERSTONE

2: JOE PINTIMALLI

1: STASH GONDEK

JV 4+ B

COXSWAIN: ISAAK RUBIS

4: GAVIN BOYLE

3: CHRIS CONBOY

2: CHRIS ADAMS

1: ALEX GILL

Both JV 4s came in 4th in their respective heats. JV 4 A posted a time of 7:45.570 and JV 4 B finished with a time of 7:54.830.



Varsity 4

COXSWAIN: ANDREW BELL

4: JACK BOYLE

3: PATRICK WERT

2: MICHAEL PISCOPO

1: AIDAN BELL

The Varsity Four came in 5th in their heat with a time of 8:15.98.

Varsity 8

COXSWAIN: COLE PAPOUSCHEK

8: JOEL BEVENOUR

7: DANNY FEATHERSTONE

6: PATRICK WERT

5: JACK BOYLE

4: MICHAEL PISCOPO

3: AIDAN BELL

2: JOE PINTIMALLI

1: STASH GONDEK

Holy Ghost Rowing debuted its Varsity 8 at the Frostbite Regatta. They raced in a competitive field and finished 5th with a time of 7:11.79.



BILL BRAXTON REGATTA

Cooper River, Pennsauken, NJ | Sunday, November 10th 2019

Novice 4

COXSWAIN: MATT HUOT

4: COLIN PUCKETT

3: BRANDON FEY

2: CHAD BEAVER

1: EVAN MANNA

The Novice 4 raced in their first 2,000 meter race at the Bill Braxton Regatta. They placed 5th in their flight with a time of 9:18.78



Junior Varsity Fours

JV 4+ A

JV 4+ B

COXSWAIN: COLE PAPOUSCHEK

4: JOEL BEVENOUR

3: DANNY FEATHERSTONE

2: JOE PINTIMALLI

1: STASH GONDEK

COXSWAIN: ISAAK RUBIS

4: GAVIN BOYLE

3: CHRIS CONBOY

2: CHRIS ADAMS

1: ALEX GILL

The JV 4s raced in time trials to be able to qualify for the finals. JV 4 A came in at 10th place with a time of 5:45.35, only 5 seconds off the qualifying time for the finals. JV B came in at 13th place with a time of 5:52.87.



The Varsity Four put on a fast and confident race during the Braxton Regatta. They raced in the time trials to attempt to qualify for the finals in the afternoon. They placed 18th out of 24 boats with a time of 5:40.11.

Varsity 4

COXSWAIN: ANDREW BELL

4: PATRICK WERT

3: AIDAN BELL

2: MICHAEL PISCAPO

1: JACK BOYLE

FALL TEAM EVENTS

Captain's Challenge

To add to the process of choosing captains, the team and potential captain candidates took place in the Captain's Challenge. This challenge showed the camaraderie traits in a competitive environment. The challenge took place in Core Creek Park where they had to complete a few different tasks in order to receive clues to complete the scavenger hunt!



Firebird Throwdown

As a way to close the Fall season, the team participated in a tournament style erg relay named the Firebird Throwdown! Each rower faced another teammate in a 500 meter race to work towards the title. Joel Bevenour came out on top and was crowned the Firebird Throwdown Champ!

Caveman of the Week

The coaches introduced Caveman of the Week this fall. Caveman of the Week helps encourage motivation throughout the indoor training. Every week, a new Caveman of the Week is named as a way to reward and celebrate the rower's milestones in the erg room.



UPCOMING EVENTS

- Thursday, January 9th 2020 at 6pm: Spring Parent's Meeting at the Holt Center
- Saturday, February 8th, 2020: Center City Slam at Drexel University Armory
- Saturday February 15th-Sunday, February 16th, 2020: Team Bonding Trip to Sea Isle City, NJ.
 - Saturday: Optional Polar Bear Plunge
 - Sunday: 5k Run for Autism (Sign up with team name Holy Ghost Rowing)

Link: <https://runsignup.com/Race/NJ/SeaIsleCity/PolarBear5kRunWalkforAutism>
- Sunday, March 1st, 2020: Mercer Row for the Cure at Mercer County Park, Mercer, NJ

