

From Coach Cary

The Varsity Men's team is progressing well despite many challenges we face this season. They are all showing how resilient they are. This season, the team is guided by two amazing senior Captain's, Trent Boone and Sam Terry who are on their 3rd and 4th season respectively on the Varsity squad. They are backed up by an awesome group of seniors, 23 at my last count, who are showing the younger guys, especially last year's novices how things are done at Greenwich.

The team currently has 5 athletes who are on the top 10 all time 6K record board and are backed up by an all- time fastest team 6K average, which for the first time in Greenwich Crew history is under 1:50. I'm very proud of this accomplishment which has been achieved despite reduced practice times for our morning weeks and the elimination of our 5K warmups. I'm confident they will get even faster once things get back to normal.

Due to the elimination of our normal warmup, which is very important for injury prevention, we've reduced the amount of volume the team does in a given week. Normally boat selection would be done through seat racing in eights, fours and pairs, but this year we've keep athletes in the same "pods" to reduce the chance of cross contamination from pod to pod. While this has been frustrating to the coaching staff, the athletes take it like they take on any challenge and work as hard as they can to get better every day.

We the coaching staff feel so lucky to be able to work with these amazing young men and women every day and are constantly inspired by their gains. They are all brilliant, bring a sense of freshness to each day and are an absolute pleasure to watch and coach. We thank the parents for being so patient with us and appreciate all of your support.