Valerie Ripley

**Major:** Medical Laboratory Science  
**Hometown:** Weymouth, MA  
**Years on team:** 4  
**Special Roles on team:** Club President  
**Life outside of crew:** Valerie is currently a TA at UNH for Mycology Parasitology and Virology, and has been a TA for Pathogenic Microbiology. She is also a phlebotomist and interned at Southshore Hospital in Weymouth the summer before her junior year as a requirement for her major.  
**Craziest thing that has happened while on the team:** “This year instead of the Head of the Oyster we had the Head of the Mendums. It was windy and as we were heading in to dock, the Hudson was aiming towards some rocks. I jumped out and pushed the boat away from the rocks. It was pretty crazy and a very cold swim, but I did it all for that blue boat.”

Jackie Todd

**Major:** Mathematics, focus in Statistics  
**Hometown:** Keene, NH  
**Years on team:** 4  
**Special Roles on team:** Captain  
**Life outside of crew:** She spends her time focusing on her schoolwork as well as holding a job at a cafe.  
**What has crew done for you:** Jackie believes that being a member of the UNH Crew Team has helped her keep an open mind and heart, especially as a captain leading the team. It has taught her to pursue all possibilities, no matter what obstacles are in the way.  
**Favorite Winter Workout:** Jackie favors pieces where teammates’ ergs are connected using sliders. She believes this helps the team stay in time together and mimics the feel of rowing in a boat.
Steven Pampreen

Major: Business Administration, Accounting Option  
Hometown: Dover, NH  
Years on team: 3  
Special Roles on team: Club Treasurer  
Life outside of crew: Steven is the Ballroom Club president here at UNH.  
Favorite Memory of Crew: Steven stroked the 2V8 his first year on the team. During one of his practices he raced a 2k against the 1V8. Steven enthusiastically recalls taking the lead and hearing his coxswain call out the approaching final 500 meters. Crossing the finish line Steven remembers “my coxswain’s face instantly changed from intense focus to the biggest smile.” The 2V8 had beaten the 1V8 that morning on the water, and Steven can still feel the “euphoria” of that race three years later.

Ben Cayes

Major: Recreation Management and Policy, Therapeutic Recreation Option  
Hometown: Rochester, NH  
Years on team: 4  
Special Roles on team: Captain  
Life outside of crew: Ben is a member of the Recreation Society, works with the Northeast Passage (non-profit associated with UNH), and participates in intramural court sports.  
All-time Favorite Workout: Running Stadiums!  
How UNH has impacted you: “UNH has provided many opportunities that I have taken advantage of... I have experienced a great deal of success at UNH both on the rowing team and academically. While on the team I have learned a great deal about myself, camaraderie, and the sport itself.”

Georgia Spring Training

This March the UNH Crew Team headed to Gainesville, GA for Spring Break. It was an exciting week for the men and women to be back on the water for the first time since closing the boathouse for winter. Though the team usually heads to Tennessee for break, the rowers were thrilled with an opportunity to row on the American Collegiate Rowing Association (ACRA) course, which was also the rowing venue for the 1996 Atlanta Olympics. The weather was beautiful, with temperatures staying in 50s and 60s for most of the week, and only one day of high winds. UNH was able to scrimmage with Marietta College, Ithaca College and Pennsylvania State University.