

Recording Script

Narrator: Every morning at 5:30 a.m. the Mills College crew team piles into vans and heads to Briones Reservoir in Contra Costa County. It's about a 30-minute drive.

Nevin: It's really beautiful where we row.

Narrator: That's Sarah Nevin, the head coach of the Mills crew team. So far, this is her fifth season.

Nevin: It is really hard work when we are going for it and so when you are done, it feels great to be done. In the middle of it, you are focused on trying to get all the bodies to move together in synchronized and that feeling when everyone is swing is a really great feeling.

Narrator: From the shore, both the Varsity and Novice team makes rowing look easy and graceful. In reality, it is quite the opposite.

Nevin: About the first half of our practice, we are working on technique and the second half we go hard.

Narrator: Practices are split: the first half focuses on technique while during the second half, they row hard. This means working on speed. Nevin has her Varsity and Novice team compete against each other on the reservoir to build endurance and speed. This also builds a stronger bond between the two teams. So why do crew?

Nevin: It really is a transforming experience. Anyone who has done it for a year has said that it has impacted their life and anyone who has done it for four years says it impacts for of their life whether it be job applications.

Narrator: This Spring season, the crew team will compete in six races. This year also marks the 101 year anniversary of the crew team at Mills College.

Nevin: My expectation is that they try their hardest because that is what we have control over. We don't have control over how fast anyone else is but that they are committed to one another and the person of excellence is the expectation.

The one that they laugh at every time I send them off to race is "go hard, have fun, oh wait, that's redundant" because the harder they go, the ore fun they have.

