

## 2020 — COLLEGE — ROWING

### CLEMSON UNIVERSITY

#### Makenna Farr

##### Senior

Makenna Farr displayed consistent effort in her dedication towards becoming the best she can be during her time as a student-athlete. She is driven, positive, hard-working, and a leader in the weight room. She is one of the strongest athletes on the team and has been instrumental in getting her teammates to buy into having intent, focus, and energy in the weight room. Makenna attacks every workout with the same intensity and focus that she has in the boat. ~Erika Troutman

### HOBART AND WILLIAM SMITH COLLEGES

#### Moritz Marchart

##### Stroke Seat

##### Sophomore

Moritz Marchart exemplifies unparalleled work ethic and effort in all training sessions constantly seeking to improve daily in the weight room. He voluntarily trains with a focus on aerobic capacity on every off day before classes start and has also added an additional 2 strength sessions this semester to work more on power and strength. He's gained roughly 20 lbs of fat free mass since his freshman year and has become our most potent athlete on and off the water. Moritz is currently in the stroke seat of the 1st Varsity 8 as a sophomore, maintains a 3.9 GPA and has the best personal process on our Top 20 rowing team. ~Chris Gray

### ITHACA COLLEGE

#### Liza Caldicott

##### Senior

Both a Collegiate Rowing Coaches Association (CRCA) Scholar Athlete and member of the National Invitational Rowing Championships (NIRC) All - Academic Team, Liza excels in the classroom and in the boat. She was a key contributor on the 2018 NCAA Championship Petite Final Champion (Women's Second Varsity Eight Crew) and 2019 NCAA Championship Grand Final - Fourth Place (First Varsity Eight Crew). ~Victor Brown

### ROCHESTER INSTITUTE OF TECHNOLOGY

#### Elliott Gengo

##### Senior

Elliot is an individual who loves the process. He approaches his training intellectually, collecting HR data, asking questions and doing his own research. Elliot is always seeking ways to improve his training and performance. He regularly comes to the weight room to ask questions and discuss program philosophy and development. Elliot is a hard worker and respected as a leader by his teammates. In the weight room he currently has a 255# Front Squat (1.75 x BW), 190# Hang Clean and 195# Bench Press. Elliot plans to continue his training following his senior season as he prepares for several multi-sport events. ~Ryan Kelly