



# Keep On Rowing!

The eighth grade ended with a strong finish, as they take course in technique and speed



Michael Lewis (8) and Ollie Grad (8)



Kyrarh Badhwar (8)



Marcus Hajjar (8)



Sarah Alvarez-Martin (8)



Mattie Prater (8)

With practice sessions both on land and water that could last up to 7 p.m., the team members work intensely on their technique. We asked Conrad Cestar (8) for his personal highlights and memories from rowing. "My dad had always mentioned his love for crew during his college days, so I thought I'll give the same sport a try," Cestar noted. Cestar immediately recalled the time, "when our team was lifting the boat back up to shore, and my shoe fell off and floated away. I had to walk all over gravel barefoot just to retrieve my shoe." Sarah Alvarez-Martin (8) also shared her ordeal with Crew. "One of my favourite memories was when our boats almost capsized like a hundred times and we get splashed so much that when we get finish; we look like we took a shower." The whole Crew team had a great laugh about their past funniest memories and many were thrilled to continue in high school as well.

**SUNNY DAYS OUT!** With London's weather being quite unpredictable even during the spring, the crew team rows happily in relief as the sun shines out during the whole session. Conrad Cestar (8) remarks the one time "I enjoy going out on the water on Thursdays, but the weather can quite bad."



In the Photo: Tarek Ahmad (8), Grayson Bridges (8), Mattie Prater, and Mentor Coach.



**ROWING IN THE SUNSET!** As the sun slowly goes down, the crew team closes up their practice and head to shore.



**ROW, ROW, AND ROW!** Conrad Cestar (8), Norton Crawford (8), Sasha Gooch (8), Ollie Grad (8), Mayah Kohli (8), Michael Lewis (8), and two guest coaches keep on training even with horrible weather.



- CREW**  
 Tarek Ahmad (8)  
 Sarah Alvarez-Martin (8)  
 Kyrarh Badhwar (8)  
 Grayson Bridges (8)  
 Conrad Cestar (8)  
 Norton Crawford (8)  
 Sasha Gooch (8)  
 Ollie Grad (8)  
 Marcus Hajjar (8)  
 Rhea Israni (8)  
 Mayuko Kawase (8)

- Mayah Kohli (8)  
 Michael Lewis (8)  
 Mattie Prater (8)  
 Seya Sawiris (8)  
 Coach Jamie Kirkwood



**OAR UP!** Ollie Grad (8) learns how to set his oars on the octuple.



**THE BOW!** Kyrarh Badhwar (8) sits at the bow seat, listening to the coxswain.



**GROUP PHOTO!** All three boats takes their first ever MS group photo out on water.

**ALL IN TOGETHER!** As everybody is properly set in their seats on the octuple, the boat slowly wanders off the shore end.



**SET IN MOTION!** Marcus Hajjar (8), Sasha Gooch (8), and Conrad Cestar (8) learn the fundamental steps.



**ALL IN SYNC!** Grayson Bridges (8), Mattie Prater (8), Tarek Ahmad (8), and a guest coach all practice following the person in front.

