



# ORCHARD LAKE ST. MARY'S PREPARATORY CREW NEWS 2009



## WELCOME COACH PRICER!!!

St. Mary's Prep, Crew Booster Club welcomes our new head coach. Michael Pricer was named to lead the Eaglets by George Porritt and Jim Glowacki this past week. With Michael, returning coaches Mike Anton, Chris Czarnecki, and Mike DiCiuccio promise to teach the eaglets the skill of rowing and coach them to victories. Go Eaglets! Go Crew!



Head Coach  
Michael Pricer

Coach Pricer began his rowing career at Orchard Lake St. Mary's; rowing all four years, Fall and Spring. The crews won several Hebda, Wyandotte and Midwest Championships, and during High School, Michael was invited to attend three Junior US rowing camps (1988, 1989, 1990). His Heavyweight crew took the Bronze medal in Aiguebelette, France (1990).

Upon graduation, Coach Pricer accepted a full rowing scholarship to Temple University, where he made the varsity heavy weight eight his freshman year. Temple, a consistent presence in rowing, won four consecutive gold medals at the Dad Vail regatta. Between 1991 and 1995, Coach Pricer won two gold medals at the Royal Canadian Henley Regatta in the Intermediate and Senior Heavyweight eight, took second place at the English Henley Regatta and won the Head of the Charles Regatta; an accomplished oarsman throughout high school and college.

Michael has learned from some of the best coaches at all levels of competition, and attributes his start to St. Mary's. Michael says, "St. Mary's created the beginning of my long rowing career. Temple transitioned me into a true athlete that understood the responsibilities of a full athletic scholarship. My love of the sport drove me beyond my school interests and I had the chance to represent the United States in the Junior World Championships".

## Rowing Accomplishments

### World /National Rowing Accomplishments

- Bronze Medal, Jr. World Rowing Championship, Aiguebelette, France – 1990
- Gold Medal, Royal Canadian Henley Intermediate Heavy Weight Eight, 1992
- Senior Heavy Weight Eight, 1992
- Silver, Henley Royal Regatta, England, 1994
- Gold, Redding Town Regatta, England, 1994

### Collegiate Rowing

#### Accomplishments

- Gold medal; Dad Vail Regatta (91, 92, 93, 94)
- Gold medal; The Head of the Charles, 1992
- Gold medal; Champion International Collegiate, 1994
- Gold medal, Frostbite Regatta (91,92,93,94)
- 3rd Place, San Diego Crew Classic, 1994
- 1st and 2nd Place in Head of the Schuylkill (90, 92)
- 2nd Place in IRA, 1994



### High School

#### St. Mary's Preparatory



- Gold Medals in Midwest Championships (89, 90)
- Silver and Bronze: Midwest Championships (88, 89)
- Bronze: Canadian School Boys, Junior Four, 1989
- Captain of St. Mary's Crew, 89 – 90
- Invited to Junior World Qualification camp (88, 89,90)

### Personal Accomplishments

- 3rd fastest, high school applicant, Junior World qual.
- Rookie of the Year, Temple University, 1991
- Sara Sklar Award, Temple University: To the oarsman that displays outstanding academic achievement, leadership, citizenship & dedication
- City of St. Catharines Award, Henley Champions

#### Personal Best

2,000M: 5:58	2,500M: 7:48
5,000M: 16:14	10,000M: 34:40