

**November 18, 2010**

## **Riverfront Recapture's O'Leary impresses USRowing's National Team Coaches**

Riverfront Recapture's Meghan O'Leary, 26, attended the United State's Rowing Athlete Identification Camp in Princeton, NJ, on Sunday, November 14th. Strength and fitness thresholds must be met for one to be invited to this Camp, which is intended to identify athletes with National Team potential. O'Leary was one of 40 participants who began the day being tested on the ergometer (a stationary rowing machine that simulates rowing in a boat and can measure one's power output via watts). She performed well on the ergometer and was one of only 16 invited to row in racing shells coached by National Team coaches Tom Terhaar and Annie Kakela, both of whom were impressed with O'Leary's performance.

O'Leary was the oldest out of the 40 attendees (many of whom were still rowing for collegiate programs such as Yale, Radcliffe, and Princeton) and she was the only one who had not rowed in college. Even more remarkable is that O'Leary has only been rowing for four months. She began taking Riverfront Recapture's 8 a.m. sculling classes (where a person sits in their own boat and uses two oars) in early July; in August she moved to Riverfront's 6 a.m. experienced sweep classes (team boats where each person uses one oar), and then joined Riverfront's Masters Women's Racing Team and was in the four-person boat that placed 6th out of 54 at the Head of the Charles, the world's largest rowing regatta, in late October.

O'Leary was a volleyball and softball player at the University of Virginia, where she was also a recipient of the prestigious Jefferson Scholarship. A native of Baton Rouge, LA, she currently lives in West Hartford and works for ESPN as a programming coordinator.

The Athlete Identification Camp is the first step toward making the US National Team, and possibly a future Olympic Team. We wish Meghan the best of luck, and we will update you with her progress.