Yoga for Lacrosse

Stretching for success

This was a banner year for Harvard men’s lacrosse (10-7, 5-1 Ivy). The squad earned its first berth in the NCAA tournament in eight years, and captured its first regular-season Ivy title since 1990. Harvard and Cornell both finished with 5-1 records, but the tiebreaker went to the Crimson, due to its 14-9 thumping of the Big Red in Ithaca this April (Then, Cornell was 9-0 and ranked second in the nation). At the season-ending Ivy Tournament, Penn (4-2 Ivy) defeated Harvard, 7-5, to secure the league’s automatic NCAA bid; Harvard and Cornell both received at-large bids, and all three schools lost in the national tourney’s first round, in Harvard’s case to Notre Dame, which yielded to Duke in the final, 11-9.

An unorthodox and new contribution to the laxmen’s success came from athletics professional Dan Boyne, who for 28 years has directed the recreational sculling program in Weld Boathouse. Boyne has taught yoga professionally at Harvard and in Cambridge studios for 15 years; in previous seasons he has led yoga classes for the men’s soccer and tennis squads, and for men’s and women’s crew. In 2013, head men’s lacrosse coach Chris Wojcik ’96 asked Boyne to work with his team; this led to a half-dozen sessions that year and nine this spring. The outcome: a more flex-

Announcing: Harvard²

Harvard Magazine is excited to launch Harvard², the newly redesigned regional section for alumni who are living in, or visiting, New England. It explores local history, architecture, travel destinations, arts and cultural happenings, and the multifaceted culinary scene—and the ways they inspire and enrich daily life in Cambridge, Boston—and beyond.

Harvard² can be found online in each issue at: harvardmagazine.com/harvard2

What’s NEW: expanded calendar; enhanced culinary-arts section; faculty, staff, and student Harvard picks; New England day trips; and more...
JOHN HARRISON'S JOURNAL


To learn how you can become a Friend of Harvard Magazine, please visit www.harvardmagazine.com/friends.

Sports Wrap

Men's Rowing

Undefeated throughout the spring, the heavyweights capped another sterling season with an Eastern Sprints championship, defeating Brown and Princeton in the final. The Crimson took home their fifth consecutive Rowe Cup, symbolic of overall heavyweight supremacy on Lake Quinsigamond. Harvard's time was only 0.27 seconds off the course record.

The varsity came fifth at the Intercollegiate Rowing Association regatta, as perennial powerhouse Washington won the national championship.

Women's Rowing

The Radcliffe heavyweights came in third behind Princeton and Brown at the Ivy League Championships, and thirteenth at the NCAAs. The undefeated Radcliffe lightweight varsity won the national title at the Intercollegiate Rowing Association regatta in Camden, New Jersey. Trailing by seven seats with only 500 meters to go, Radcliffe sprinted past Stanford and Bucknell for the gold.

Reprinted from Harvard Magazine. For more information, contact Harvard Magazine, Inc. at 617-495-5746

A Special Evening Exploring the COLLECTION OF HISTORICAL SCIENTIFIC INSTRUMENTS


To learn how you can become a Friend of Harvard Magazine, please visit www.harvardmagazine.com/friends.