

# TEXAS A&M

# CREW

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FALL 2020 NEWLETTER

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COVID-19 EDITION

Welcome to the Fall 2020 Texas A&M Crew Newsletter! Even during the pandemic, we were still able to grow our team, with thirteen new members that joined. Unfortunately due to COVID-19, all regattas this season were canceled and were unable to compete. Even though COVID-19 put a hold on competitions, our coaches planned a workout regime that was still able to spice things up and safely followed regulations. We were also approved for our own official Texas A&M Crew Boathouse! If we keep on schedule, construction will start in the summer of 2021. COVID-19 did not stop Crew from getting stronger and next year holds greater and bigger things for the team.

## TEAM STATS:

Team Members: 30  
Coaches & Officers: 10

# PRACTICES

This semester due to regulations we were unable to get out onto the water for practice. So our coaches have worked really hard this semester to keep spirits up and try to make practice as engaging as possible, while still be able to prepare us for next season. They incorporated Zoom workouts, erging at Lake Bryan and we formed a partnership with D1 Training, a training facility, for the semester.

This semester we were able to partner with D1 Fitness to help our team get in shape and get stronger for the spring season. Our team would go every Monday and Friday at 6 AM to be trained by our wonderful coach, Alex Weismantel. He would teach us some weightlifting movements and make workouts for us that involved dumbbells, kettlebells, and slam balls. The team has enjoyed their time at D1 and it was something that the whole team could do together while abiding by the COVID-19 regulations.



# SOCIAL EVENTS

Our team was able to get to know each other through Zoom meetings. We would be broken up into break out rooms and talk to each other about a number of things. How our day was going, what our major was, if we did anything for the weekend. Even though we could not see each other in person, the officers tried to make sure that the team got to see others virtually.



# EQUIPMENT UPDATES


This semester, the members were able to take home some of the team's ergs to continue to practice that way they keep erging and preparing for 2K season.

## LOOKING FORWARD TO NEXT SEASON

As this season ends and the Spring season starts up, we would like to thank our coaches and officers for the countless hours and hard work that they voluntarily give to our team. We are looking forward to continuing to raise money for the boathouse that will begin to be built in the summer of 2021. It is where we are going to house our boats, equipment, and ergs, so that they are well protected and last a long time.

We would like to take a moment to recognize some of our team members that have graduated and are leaving us. Good luck and we hope to see you again for Alumni Duel!

Sarah Anderson '20



Thank you to all of the families that housed, fed us, supported us, and raised money for us throughout previous seasons. Without your dedication and support for the sport, we would not be able to be the team we are today!

For more updates on the 2020-2021 season look for future posts on our public Facebook page, Texas A&M Crew, and our website, [tamucrew.club](http://tamucrew.club)

Contact our President at [smcquaid@tamu.edu](mailto:smcquaid@tamu.edu) with any questions, comments, or concerns. Also, feel free to reach out if you would like to help support the team with any donations.

Thanks & Gig 'Em!  
Sofia Del Villar '21  
External Relations