

# FALL 2021 NEWSLETTER



## Welcome!

Howdy and welcome to the Fall 2021 Newsletter! This year, we were finally able to get back to a somewhat typical rowing season. Although not completely normal, we were able to have lake practices, REC practices, and finally get back to competitions. We have a lot of seniors who are getting ready to graduate, however, we also have some amazing new members who are already go above and beyond for the team. The biggest milestone for the team this semester was getting our damaged boats from the spring hailstorm up to Maryland for repairs. We will be traveling to retrieve these boats in January of 2022 with no damage and a fresh coat of paint.

### TEAM STATS

Team Members: 33

Officers, Coaches, & Captains: 13

# 2021 Trip to Maryland/Equipment Update

Something unique to this semester is the trip up to Maryland to fix our hail damaged boats. Early last spring, College Station experienced a fierce hailstorm that not only damaged cars and homes, but also the very boats we use to practice and race in. We currently do not have a boat house or covering for our boats, so there was no chance of limiting the exposure from the storm. We were able to resolve this issue by having some select members of the team trailering the damaged boats to Maryland where they can be repaired in a timely manner and in the most cost efficient way. We are scheduled to pick up the "new" boats in January of 2022. Hopefully in the near future, we can construct a covering for our boats to prevent any damage later on.



## *Practices & Assignments*

Contrary to last years restrictions, we were able to increase our water time and frequency. Each member, within different boats, were able to get on the water 2-3 times a week with an average 1 hour of rowing. Beginning Monday afternoons and spanning to early Friday morning, boats were going out everyday working on technique, different drills, and race paces. Along with water practices, every Monday morning we also had full team REC workouts. These are cardio intensive and body weight workout to help us when we are on the water. Aside from the mandatory practices during the week in group settings, the team also had to complete individual erg assignments based on that week's focus. This can range from a 20 minute steady state piece to a 2K test. This are completed at the rowers convenience and submitted to their squad's captain by Sunday afternoon. Our rowers are afforded multiple opportunities to enhance their rowing abilities and how they work with their team members in various ways.

# Pumpkin Head Regatta – Head of the Colorado



At the first regatta of the year, the team travelled to Austin, TX to row on Lady Bird Lake. This regatta is designed for each boat to row the length of the course to complete a 4K. The team performed well, especially considering COVID had essentially shut down competitions for a year, limiting the ability of our team to have a proper idea of how we would perform. The results are as follows:

## Open Men

Event 4. Men's Collegiate 8+  
4th Place - Chen, J. - time: 21:37.4  
Event 12. Men's Collegiate 4+  
8th Place - Chen, J. - time: 23:11.8

## Open Women

Event 5. Women's Collegiate 8+  
4th Place - McQuaid, S. - time: 23:26.5  
Event 39. Women's Collegiate 4+  
3rd Place - McQuaid, S. - time: 24:49.7

## Novice Men

Event 27. Men's Collegiate Novice 8+  
4th Place - Schultz, O. - time: 21:23.0  
Event 46. Men's Collegiate Novice 4+  
5th Place - Dent, A. - time: 23:01.5

## Novice Women

Event 28. Women's Novice 8+  
9th Place - Monk, H. - time: 26:48.5

Overall a stellar performance by everyone, especially our Open Women in the 4+ boat placing 3rd (Whoop!).



Our second and final regatta of the season was another 4K race in Chattanooga, TN on the Chattahoochee River. This is our national meet where we often see the most teams in competition. This year, we took three boats to compete, all of which were 4+ boats. The team performed exceptionally well with a truly outstanding performance from the Novice Men 4+ boat placing in the top 10. The overall results:

## Open Men

Event 4. Men's Collegiate 4+  
37th Place (out of 37) - Parsells, M. - time: 18:42.049

## Novice Men

Event 26. Men's Collegiate Frosh/Novice 4+  
10th Place (out of 35) - Dent, A. - time: 17:05.625

## Open Women

Event 29. Women's Collegiate 4+  
25th Place (out of 30) - McQuaid, S. - time:  
19:49.589

Way to go Crew!



# Head of the Hooch

# Row for Dough Fundraiser 2021

This fall's fundraiser was our annual Row for Dough Fundraiser. This was especially important to our officers, coaches, and rowers after the whole hailstorm ordeal and trip to Maryland. Each rower was responsible for reaching out to potential donors and supporters of the team in order to earn a certain amount of money per kilometer. This year, we were able to earn nearly \$6,000! This will be put towards a potential boat house, equipment, travel, and other needs of the team. We want to send out our sincerest gratitude to all those who donated and continue to support our team.



## Looking Forward to Next Season

As we prepare for next season (sprint season) we want to thank all of our coaches, officers, and teammates for their hard work and dedication to the team. We would also like to thank all the parents and family members who helped us at our regattas this season as well as our fundraiser.

We have several seniors who are graduating this December and we want to wish them well. We will miss y'all so much and hope they continue to visit us in the future.



## Social Events

This semester, our social event is in our very own Crew Thanksgiving! The team members will all gather, each bringing their own contribution for Thanksgiving, and will sit down to dinner to celebrate the end of the semester.

