

UCD Women's Rowing

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Welcome to the Fall 2022 Newsletter!

Our fall quarter is critical to recruiting our new class of novices and introducing them to the sport of rowing. Along with working on improving our fitness after returning from summer break, we have had a boat christening, three fall regattas, a couple team bonding events, and a successful Erg-a-thon. Thank you for supporting our crew and we hope you enjoy our Fall '22 newsletter!

Boat Christening & Parent's Day



We honored two of our inspirational alumni, Colleen Chelini and Teegan Gatta Medcalf by christening two of our newest racing shells. Colleen Chelini rowed from 1990-1994 and is the Treasurer of our Alumni Board. Teegan Gatta Medcalf rowed from 2011-2015, coached the novices in 2016 to a national title, and is coaching again this 2022-2023 season. She is also the Secretary of our Alumni Board. We are excited to represent their hard work, commitment, and contributions to our team by racing the Colleen Marie and Teegy Weegy. We are excited for our athletes and alumni to grow closer with more events like this!

October 8th was also our Parent's Day so it was great to introduce our families to our boathouse! Thank you to everyone that showed up in person and tuned in on our livestream to make this day such a success!



Head of the Port - West Sacramento, CA



Head of the Port hosted by our neighbors River City Rowing Club (RCRC) was our first fall race! We raced three mixed varsity and novice eights, four varsity pairs and a mixed four. Our novices got their first taste at racing on our home waterway, at the Port of West Sacramento.

- ### **Collegiate 2- Times**
- Margot Contolini & Caitlin Sorensen - 2nd - 24:29.0
 - Sophie Allen & Maisey Rew - 3rd - 24:36.0
 - Stella McGinn & Sydney Harris - 4th - 25:37.0
 - Audrey Banner & Terilyn Wong - 5th - 27:48.0
- ### **Collegiate 4+**
- 2nd place - 22:16.0
- ### **Collegiate 8+**
- 22:17.0
 - 22:58.0
 - 24:00.0



Head of the American - Lake Natoma, CA



It was good to be back at Lake Natoma racing Head of the American after three years due to COVID-19. We raced a varsity 8+, a varsity 4+, two varsity pairs and a novice 8+ which placed second!

Sophie Allen, 4th year varsity - "We are so excited Head of the American was a success as it was the team's first time traveling to this regatta in 3 years. Not only did our novice crew get to experience their first big regatta, but they also got to come off the water as the fastest club in their category! Likewise, our varsity crews got in some good racing experience and solidified our spot as one of the fastest clubs out there."

Collegiate 2- Times

- Grace Chen and Camille Murray - 27:01.5
- Priya Talreja and Samantha Ng - 30:05.6

Collegiate Novice 8+

- 2nd place - 21:12.3

Collegiate 8+

- 19:17.7

Collegiate 4+

- 25:56.5



Head of the Lagoon - Foster City, CA



Our final fall regatta, Head of the Lagoon in Foster City was another success at getting racing experience! We raced a varsity 8+, a varsity 4+, and a novice 8+.



Times

Collegiate 8+

- 3rd place - 21:15.4

Collegiate Novice 8+

- 25:09.4

Collegiate 4+

- 30:23.0



2022 Camping Trip



This year we held our Annual Team Camping Trip at Briones Regional Park in the East Bay. It was a great way to grow closer as a team off the water and bond around the fire. We had a spike ball tournament, played frisbee, volleyball, and went on a hike. There were also plenty of s'mores made and songs performed around the campfire.



ERG-A-THON 2022



Thank you to everyone who helped make our 2022 Erg-a-thon such a success! We had athletes rowing on three ergs for 12 consecutive hours on A Street Intramural Field near Downtown Davis. This year we raised a total of \$14,922 through Piggybackr, Venmo and cash donations thanks to our over 130 donors! These donations are going toward funding travel costs, the purchase of new equipment and uniforms, and general boathouse repairs.

If you missed our Erg-a-thon fundraiser, you can still help support our team by visiting <http://www.ucdrowing.com/donate> On the donate page you will find links for how to set up Amazon Smile, purchase gifts for the team through our Amazon wishlist, or make a general donation via Venmo/PayPal to the Endowment Fund.

Amazon Smile donates 0.5% to our team every time you make an eligible purchase on Amazon at no extra cost. Please share this with friends and family that use Amazon as well!

The Amazon Wishlist was created to help get items that are needed around the boathouse for repairs/improvements and keep the team running!

The Endowment Fund was created to support the team's financial needs and ensure that the program continues to exist and grow. The team will receive a 4% annual payout each academic year in perpetuity from the fund, with the principal invested and managed by UC Davis. If you donate 1k or more cumulative to the endowment via a one time gift or a 5 year pledge by 1/15/23 you will get your name on the Founders plaque that will be displayed at the boathouse and unveiled at Alumni Day (March 11, 2023).

In the Spring, we will be participating in the Big Day of Giving. Keep an eye out for more information on that!

Big-Little Reveal

One of our favorite team traditions is our Big-Little reveal! Our varsity athletes get paired up with novices and give them hints and goodies until the reveal at the end of the week. This tradition helps bring the team closer together by creating family trees and giving support to novices on how to navigate rowing, school, jobs, and other commitments!



Novice Representatives

This year we are excited to reintroduce our Novice Representative role, with the elected representatives Ella Bourassa and Kieli Murray! This position gives insight on how we run our student-led organization to the next class of rowers. Novice reps are our liaison between council, coaches and the novice class. This helps create transparency, communication, and trust on our team.



Kieli Murray

"I'm very excited to be a novice rep to see what the council does and what happens at council meetings. I have past leadership experience being section leader for my school's marching band and I had a lot of fun in that role. I played lacrosse in high school and it is very different from rowing. Rowing requires teamwork like lacrosse but it also feels a lot more individual. You can really only focus on yourself, trying to improve your technique and times. Rowing is also repetitive and so practices can be pretty relaxing sometimes. You can kinda shut your brain off and just do whatever the coxswain says and I like that."



Ella Bourassa

"I am super excited to be a novice representative! In my senior year of high school, I was the group leader for my a capella group and I really loved the leadership opportunities that came with it. Before this quarter I had no previous rowing experience, but I've really fallen in love with the sport and the people in it! Rowing is so different from other sports I've done because it requires so much focus and learning about new equipment as well."

Gear

We will have gear for sale!

Previously, we had a custom ink fundraiser in the fall during our Boat Christening and Parent's Day. This online fundraiser sold gear like t-shirts, hoodies, crewnecks and more. We had a successful sale and look forward to continuing this fundraiser in the future!

Our next gear sale fundraiser will be in the spring for Alumni Day. Parents, family, and friends are welcome to purchase gear as well. We will have additional items for sale including tie dye t-shirts, vintage grey t-shirts, stickers, and more!

Here are some examples of the gear we will be selling through custom ink!



Looking Ahead Winter 2023

Here is a look forward to our calendar for the coming quarter!

March 11th - Alumni Day @ the Port of West Sacramento
March 12th - Aggie Invite @ the Port of West Sacramento
March 25th - Davis Invite @ the Port of West Sacramento
April 1st & 2nd - San Diego Crew Classic



If you are interested in donating to our team or to see updates on what we are up to/ where we are follow us on Instagram at @UCDWROWING and check out our website at www.ucdrowing.com

Thanks for reading our quarterly newsletter!

EXTRA PHOTOS

