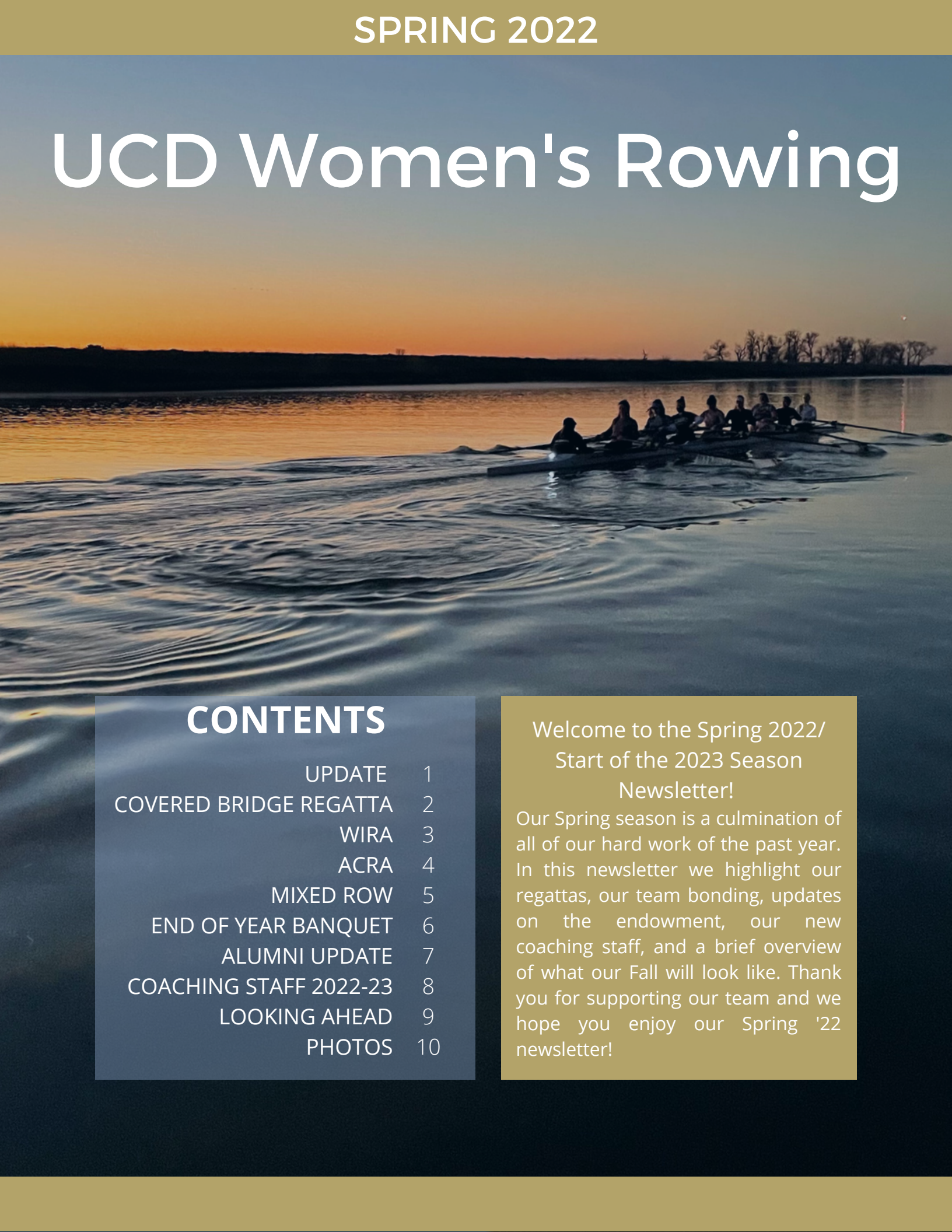


SPRING 2022

# UCD Women's Rowing



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Welcome to the Spring 2022/  
Start of the 2023 Season  
Newsletter!

Our Spring season is a culmination of all of our hard work of the past year. In this newsletter we highlight our regattas, our team bonding, updates on the endowment, our new coaching staff, and a brief overview of what our Fall will look like. Thank you for supporting our team and we hope you enjoy our Spring '22 newsletter!



# Covered Bridge Regatta - Dexter Lake, OR



Our first travel race of Spring Quarter was the Covered Bridge Regatta at Dexter Lake in Oregon. We brought up a Novice 8+ and a Varsity 8+. Both boats came home with silver medals for the weekend! The fastest time of the weekend for the V8+ was 07:13.9. The N8+ fastest time was 07:59.0. The racing conditions were cold, windy, and rainy but it was a great experience for our athletes!

That Sunday was Easter so we celebrated with an Easter Egg hunt in the parking lot of the hotel. It was great team bonding and so much fun after a hard weekend of racing.





# WIRA 2022 - Lake Natoma, CA



Our first WIRA back after COVID was a success! It was great to see our rowers compete at the regional level and see the results of a year of work. The V8+ came in first place in the Petite Final with a time of 7:14.326. The N8+ came in first place in the Petite Final with a time of 7:57.381. Our W2- (women's pair) placed third in the Grand Final with a time of 9:02.369. Our N4+ boats encountered some stronger winds but made the most of their races, with the 1N4+ pulling times of 10:15.057 in the C Final and the 2N4+ pulling a 10:35.983. Our W2x (women's double) brought home a gold medal in their Grand Final with a time of 8:40.89!

We are so grateful for the alumni and parents that made it out to Lake Natoma and for everyone that supported us from afar by watching the livestream and cheering on our boats! Thank you to all of the parents that brought food to fuel our team throughout the weekend, spearheaded by Alexa Contolini! We all had so much fun bonding with past and present rowers, cheering on the races, and standing with our feet in the water watching the new ducklings swim by. We couldn't do it without your support!





# ACRA 2022 - Oak Ridge, TN



Our final regatta of the 2021-2022 season was ACRA (American Collegiate Rowing Association) which was held in Oak Ridge, Tennessee. We were able to bring a N4+ and a V8+. Our athletes had three days of racing in sopping wet humidity and were lucky enough to avoid the looming thunderheads. Our N4+ had back-to-back racing on Saturday, racing 4 times over the course of the three-day regatta as they went from heats, to repechage, to semis, to finals. They ended the weekend with 3rd place in the C Final, showing improvement in their final time of 8:38.193 and cohesion as a boat after tough seat racing. Our V8+ got 3rd in their heat with a time of 7:38.644. In the repechage it was the top two to the Grand Final and they beat out UCSB, securing the last spot at Grands with a time of 7:14.142. Excluding 2020 and 2021 because of COVID-19, this was the fourth consecutive year the V8+ made it to Grands. In the Grand Final, they came in 6th place with a time of 7:14.043. The weekend was full of tough competition, and physical and mental exertion to prove our spot as a top competitive club crew in the country. It wouldn't have been possible without the support of our team, alumni, friends, and family. Congratulations on a great first ACRA for all of our rowers!





# End of the Season Mixed Row



After ACRA we had our annual mixed row. Here are a few pictures from our row with the Men's team. We did short race pieces along with fun drills. We look forward to bonding with the Men's team more this year to bring our boathouse closer together!





# End of the Year Banquet



Our End of the Year Banquet was a great way to honor the hard work and dedication of our athletes and coaches. We said goodbye to our Coach Becca, who had been with the team since fall of 2018. We also said goodbye to our only senior Kelsey Crist who was a four year oar. At the banquet we heard great speeches from our coaches and council members about all the hard work our athletes have put in this season and the exciting direction the team is headed in. We honored some of our dedicated athletes with novice and varsity awards as well!





# Alumni Update



The endowment is funded! The alumni worked really hard this past year to raise \$50,000 to create an endowment fund that can be used by the team to support operations, equipment replacement and coaching. The more we can grow the fund, the bigger the impact it'll have on the future of our team! We will receive a 4% annual payout each academic year in perpetuity from this fund. The alumni board's goal for this academic year is to raise an additional \$18,000 to be put into the endowment fund. If you are interested in helping us reach this goal, check out the donate tab on our website for more information! If you donate \$1,000 or more to the endowment fund (through a one time donation or over a five year pledge) by 1/15/23 your name will be on the Founders Plaque which will be placed in the boathouse!





# Our Coaching Staff for 2022-2023

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Head Coach Sarah Aylard



Sarah Aylard started rowing in grade 8. She rowed for Parkland High School and her local club, Victoria City Rowing Club. She won gold, silver, and bronze medals at the 2007 Western Canada Summer Games for British Columbia, two gold medals at the 2007 CanAmMex regatta for Canada, a bronze medal at the 2007 Canadian National Championships, and two golds and a silver in the 2009 Canada summer games for BC. On top of these achievements she received a full scholarship to UW. She rowed on the varsity team her freshman year, stroking the JV all season into NCAAs. She stopped rowing soon after due to injury and chose to get married and start a family. She continued to row on and off with different senior and masters teams. She coached for St. Michaels University School from 2011 until 2021 when she and her family moved. In 2012, she was the Vancouver Island coach at the BC Summer games.

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Assistant Coach Holly Hopkins



Holly Hopkins grew up in Davis, California, and graduated from CSU Sacramento in 2011 with a B.S. in Kinesiology, Exercise Science. While at Sac State she was a four year member of the Women's Rowing team, rowing three and a half of those years in the Varsity 8+. After a few years away from rowing, she got back on the water with a masters team and was quickly pulled back into the sport. In 2015 she began coaching the Middle School Rowing program at River City Rowing Club, UCD's neighbor at the Port of West Sac; and since 2016 she has been RCRC's Assistant Director.

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Assistant Coach Teegan Gatta Medcalf



Teegan Gatta Medcalf grew up in Mountain View, California. She graduated from UC Davis in 2015 with a major in Human Development and minors in Education and Psychology. While at Davis, she rowed on the team for all four years. Teegan coached the UC Davis Women's Rowing team for two years from 2015-2017, and helped the N8+ take first place at ACRA in 2016! She used to work at a daycare but switched to being a nanny when Covid-19 hit. She lives in Woodland, California with her husband, Kiernan and cat, Lexi.



# Looking Ahead 2022-2023

We are so excited to start this new season as a unified team working towards our common goals of success while competing at the national level! This year we have a majority of returning -now- varsity athletes who are excited to continue rowing and we can't wait to recruit more novices this fall.



Here is a look forward to our calendar for the coming year! More dates will be added on our website, so stay tuned.

October 8th - Parent's Day and Boat Christening @ 10am - Port of West Sacramento, CA

October 9th - Head of the Port - Port of West Sacramento, CA

October 22nd - Team Camping Trip

October 29th - Head of the American - Lake Natoma, CA

November 5th - Erg-a-thon

November 12th - Head of the Lagoon - Foster City, CA

Curious about our council and cabinet members? Keep an eye out on our Instagram!

**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](http://www.ucdrowing.com)**



# EXTRA WIRA PHOTOS

