

Fall Regatta Recap

White Rock Racing Series,
Head of the Oklahoma,
Head of the Charles, Waco
Regatta

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Program Highlights

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NEWSLETTER

2024 Q1 Report

November 22nd, 2024

www.dallasunitedcrew.org



LEAVE NO DOUBT

FROM AJ'S DESK



As we approach the end of Q2, it's an ideal time for reflection and gratitude. At Dallas United Crew, so much AMAZING has unfolded this year, making it a truly remarkable period for our community. Our mission to UNITE Dallas through rowing and dragon boating is thriving, thanks to the systems and processes the board and I have diligently been developing to ensure our programs' sustainable success.

One of the key performance metrics I'm incredibly proud of is the vibrant and diverse community that forms our membership. Dallas United Crew now includes 117 High School Rowers, 54 Middle School Rowers, 38 Delite Dragon Boaters, 36 PINK BCS Dragon Boaters, 92 students in Row Dallas, 12 Adaptive Veteran Rowers, and 45 Master Adult Rowers. This diverse array of 394 members truly represents the spirit and demographic of the City of Dallas.

Our community stands as a testament to our commitment to inclusivity and representation, reflecting the rich tapestry of the city we proudly serve. It's heartening to see how our efforts to foster a cohesive and supportive environment continue to bear fruit, resonating deeply within our mission.

None of this would be possible without the tremendous support from every one of you. Whether you're a rower, paddler, parent, alumni, community advocate, your commitment has been vital to our ongoing success and growth. Thank you all for being an integral part of our Dallas United Crew family. Let's continue to row together, united in our goals and visions, as we look forward to even more accomplishments in the coming months.



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WHITE ROCK RACING SERIES

A SEASON-OPENER SHOWDOWN

Dallas United Crew opened its season with the first race of the White Rock Racing Series. We hosted crews from Dallas Rowing Club, Ursuline, and White Rock Rowing and raced a total of 45 boats across multiple events throughout the morning. We welcomed boat classes of all kinds and ran the races in a speed order. Ben Williams, the Men's Head Coach, believes there are many benefits to organizing this race as a speed order. "The goal of a speed order is to create more competitive opportunities between different classes of boats. For example, people racing doubles can compete with people racing fours. Even if they're two different boat classes, they should be similar in speed, which allows people to be more competitive in a head racing situation."

This was also many of our new rowers' first head race, so this race gave them a great opportunity to learn how to race for 5,000 meters. This race also gave new coxswains great practice to learn how to turn along our 3.2 mile horseshoe-shaped course, which helped them execute well-steered courses in the following fall races.

We celebrated the race afterward with a potluck and enjoyed the beautiful weather before we packed up and went home for the day. This was a great event to build community with the other teams in the Dallas community and enjoy the lake we row on every day.



SMELLS LIKE TEAM SPIRIT!

Head of the Oklahoma was the first travel regatta that our athletes attended this fall. The team took 75 athletes across 35 entries up to Oklahoma City on Friday where they then raced throughout the day on Saturday and Sunday. Notable performances from Saturday included the Men's U16 Coxed Quad, the Men's Youth Coxed Four, and the Women's U17 Coxed Four, all winning gold medals in their respective events.

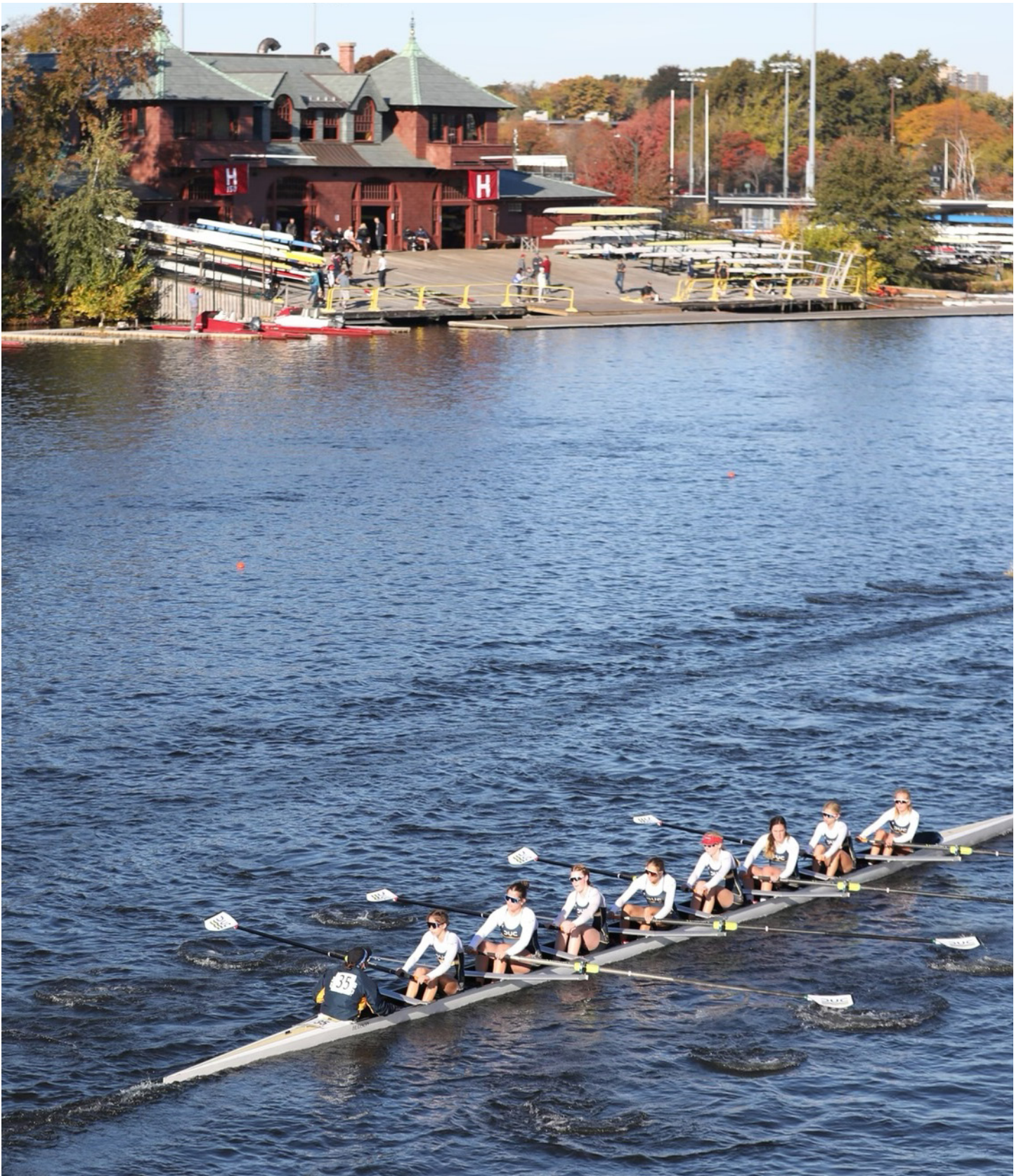


DUC then went on to race the Night Sprints, a 500 meter sprint race that is a tradition of the regatta, later that night. We entered a Men's Eight & Women's Eight and a Men's Quad & Women's Quad, earning a gold medal in the Men's Eight, silver medals in the Women's Eight and the Men's Quad, and a fourth place finish in the Women's Quad. These races are the most fun races for athletes to be a part of during the regatta, as it is a team tradition for them to decorate their faces with blue and gold paint and glitter, embracing true DUC spirit! "While Night Sprints are not the priority races of the weekend, they're the races everyone gets the most competitive about," Head Women's Coach Dylan Chan noted. "There's something about racing 500 meters with paint and glitter on your face that you truly can't experience anywhere else."

Racing continued on Sunday with some notable performances in the Mixed Youth Eights, finishing first, second, and fourth. This was the first race of the year where we raced multiple teams in our region, which gave us an opportunity to test our speed and see where we can improve over the months to come. The Oklahoma River is also where our Central Regionals will take place in May. While it is not exactly the same course, going to the venue earlier in the year will help prepare our athletes for what to expect later on.



HEAD OF THE OKLAHOMA



HEAD OF THE CHARLES

A STATEMENT WAS MADE

Dallas United Crew entered a Women's Youth Eight and a Men's Youth Coxed Four & Coxed Quad to compete in the world's largest three-day regatta, Head of the Charles. This race boasted over 11,000 athletes rowing in over 2,500 boats in 73 events. This race was a great opportunity for many of our athletes to travel to a new area of the country and race crews from all over the world, many of which will be competing in the USRowing Youth National Championships later in June of next year.

On Saturday, athletes walked around the Charles River, met up with college coaches, and watched many collegiate, open, and elite rowers race down the course. Women's Head Coach Dylan Chan raced in the club single on Saturday morning, followed by the mixed double later that day, and coaches Ben Williams and Emily Jaudon raced in their respective collegiate alumni events.

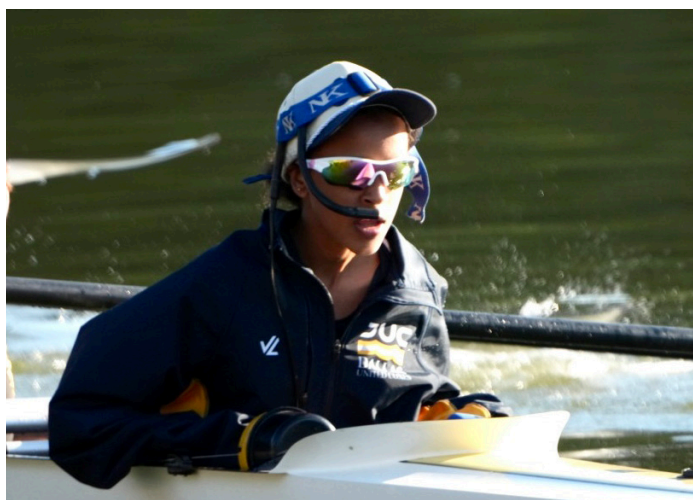


On Sunday, the Women's Eight raced first in a field of 90 boats and finished 23rd. This is a record-high finish for the program, as this was a 14-place improvement from the previous year's result. Women's Head Coach Dylan Chan reflected on this result by claiming, "A statement was definitely made. We want to be a more nationally competitive and recognized team, and our result definitely puts us closer to that goal." The Men's Coxed Quad raced a few hours later, finishing 22nd in a field of 50 boats. This was the first time DUC has ever entered a youth sculling event at this regatta, so this result was an impressive feat and is promising for the future of our club as we look to expand the depth of our rowing skills and abilities. The Men's Coxed Four raced last, starting from the back of the pack to pass multiple boats. Not every boat they passed yielded to them, which made navigating the course more difficult than boats that started toward the front. Nonetheless, they still placed in the top half, finishing 26th in a field of 90 boats. This was also the first time DUC has ever raced in this event at this regatta, so we are very impressed with how we did and are looking forward to improving our result in the future. All boats earned bids to qualify for next year's regatta and we are excited to see how our athletes improve their speed over the course of this year.

DEEP IN THE HEART OF TEXAS

The Waco Regatta was the first full team travel regatta of the year. We traveled down to Waco as a team and entered 38 boats across 22 events, ranging from novice high school rowers to experienced adult rowers. Exceptional performances from this regatta include the Women's U17 Coxed Four, the Men's Novice Four, the Men's Youth Novice Eight, the Women's Youth Eight, and the Men's and Women's Youth Novice Quads, all of which earned gold medals. Moreover, five entries earned silver medals and three entries earned bronze medals. It was so exciting to see such strong results from our novice and U17 crews as it indicates we have a promising, fast future ahead of us! We're looking forward to seeing how these athletes develop over this year and beyond.

This race was another great opportunity for our athletes to race other teams in our region and we're looking forward to building on what we've learned for our winter and spring seasons.





PROGRAM HIGHLIGHTS



COLLEGE RECRUITMENT

As of November 2024, we currently have one-third of our seniors committed to Division I rowing programs:



Julian Balestri, Santa Clara University

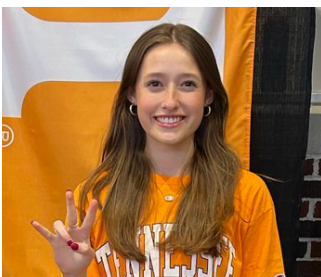
attends Highland Park High School

Lauren Caldwell, University of Connecticut

attends Plano West Senior High School

Brooklyn De La Torre, University of Tennessee

attends Highland Park High School



Claire Dwelle, University of Southern California

attends Texas Virtual Schools

Olivia Knight, Clemson University

attends Highland Park High School

Ava Moyer, Jacksonville University

attends Lake Highlands High School



We have more senior girls and boys who are currently making a decision and we're looking forward to seeing where they end up.

While the recruiting process can be fun, it is not an easy one. The NCAA rowing landscape is constantly changing over time. This year, many schools realigned with different conferences and now includes the SEC conference. Moreover, roster caps have also been implemented. While this allows teams to provide more scholarship money, there are fewer spots available to join the team. Many NCAA rowing coaches who have also retired, which presents new opportunities for teams to gain speed under new leadership.

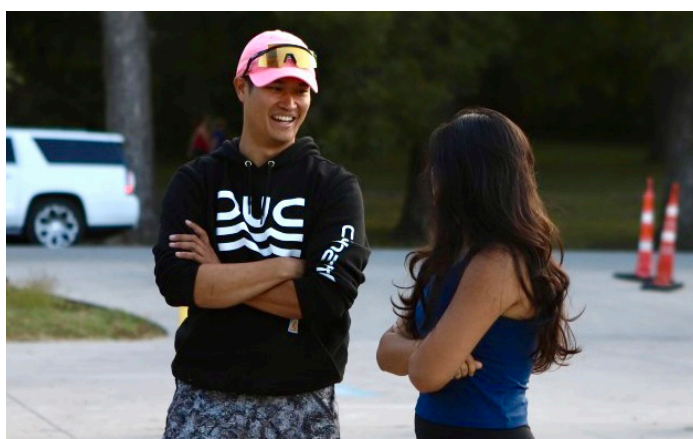


Even with all of these new changes in NCAA rowing, it is an exciting time for many of our seniors to be part of those changes. They have shown true grit, determination, and tenacity throughout their time at DUC and we have no doubt they will rise to any challenges that come their way in their collegiate careers.



LEADERSHIP

Over the last quarter, DUC hired staff members to strengthen our growing program. Our new girls' team head coach, Dylan Chan, and our boys' team head coach, Ben Williams, have been working together to build stronger connections between their teams with the goal of creating one UNITED team. From boat usage to training plans, they work together to ensure this alignment and focus. As Ben puts it, "We have team boats, not girls' or boys' boats. Even if we don't practice together every day, we're still working as one unit to make all the boats go faster." One team, one dream!



Several college coaches have reached out to us this fall, and some have even visited our boathouse, signaling DUC's growing national recognition. This will help us produce more college recruits. This season, we hosted:

Lizzie Mitchell, Boston University

Adrienne Martelli, Clemson University

Paul Bugenhagen, Hobart & William Smith Colleges

Jeff Collett, Mount Holyoke College

Payten Kooyers, University of North Carolina Chapel Hill

Dave O'Neil, University of Texas

Bart Thompson, University of San Diego

Noah Legendre, Temple University

These coaches represent a range of schools, from large Division I programs to smaller Division III colleges. Their diverse perspectives will hopefully help our athletes find the right fit for their college recruitment goals!

COMMUNITY ENGAGEMENT

Dallas United Crew is currently at 1197 service hours as of November 2024. Every second Saturday of the month, we participate in the “Second Saturday Shoreline Spruce Up” with For the Love of the Lake by collecting litter throughout White Rock Lake Park and along the shoreline. This event helps keep the lake and park area clean so we can continue to enjoy and use the space as a community.



DUC athletes also volunteered at our Open House in August. People of all ages in the Dallas community came to our boathouse where they met the coaches, learned to erg, and learned to row on the water. It was incredible to see our high school and masters athletes share their enthusiasm and knowledge of the sport and encourage people to join our growing organization.



MIDDLE SCHOOL

Our middle school team still continues to be a popular after school activity for our 7th and 8th grade students. This past fall season, we had 54 athletes from 25 different schools across the Dallas metroplex.

Our middle school team also had the opportunity to race White Rock Rowing Club's middle school team at the first White Rock Racing Series in September! We raced an eight and a coxed quad that consisted of our experienced group and we were so impressed by their ability to row hard for over 20 minutes and navigate around the course. Head Middle School Coach Nan Miller remarked, "We're really eager to have more frequent match ups with other local middle school rowing programs and were super excited to have some competition this fall. Inter-squad work is always fun, but there's just this extra kick of adrenaline when you're going up against another team!"

We are also excited to announce that we will be having our first middle school winter training program at the Power Plant this year! The goal of this program is to help develop skills that the middle schoolers learned in the fall, build fitness, and keep them engaged with rowing throughout the year. Many of our high school athletes rowed on our middle school team, so we are looking forward to seeing how their experience at the Power Plant will translate over if they decide to join our high school team next fall.



ROWDALLAS

This has been quite an exciting last few months for our outreach program! Recruiting Lead Emily Jaudon attended the DISD Barack Obama Male Leadership Academy in August to promote our rowing club on campus. She got onstage during the school's morning announcements with two ergs to talk about the benefits of rowing and held a one-versus-one max watts competition between students of each grade. Inspired by the sport's required power and competitiveness, 25 students registered for the club and currently attend every Thursday.



Emily has also been attending St. Philip's Academy every Wednesday and Thursday to lead a P.E. takeover with the middle school students. She has also been working with Athletics Coach Dennis White to establish an official rowing team on campus, which will go into effect starting in January 2025.

Between both schools, she focuses on a new "theme" each week to help students gain a better understanding of the sport. Some weeks, she has the students focus on the technical aspects of rowing, such as how to sequence each part of the body during the rowing stroke and rowing at a consistent stroke rate. Other weeks, she has them do workouts to improve their fitness, and even team relays to compete against each other. Emily said, "They've come such a long way in these last few months and I'm impressed with what they've been able to do. I really feel like some of these kids have the potential to be fast, competitive rowers and I hope to recruit some of them to join our middle and high school teams, which can potentially lead to college recruitment and scholarships."

INVESTING IN THE FUTURE

Dallas United Crew smashed ANOTHER fundraising record on North Texas Giving Day! 523 donors donated a total of \$219,220 over 24 hours; 170 more donors and almost \$28,000 more than last year. With this increased level of engagement and fundraising, this is how much each program raised and what we were able to purchase:

Youth Rowing raised \$98,220 and purchased two coaching launches, two Hudson coxed fours from the University of Virginia, and a Hudson eight from Villanova University. We're so excited to row these boats fast in the spring!



RowDallas raised \$18,799 to provide more scholarship money for youth in the South Dallas area to join our team. When youth from all areas of Dallas are given the opportunity to be part of DUC, we are truly the UNITED crew that we are in our namesake.



FALL FUNDRAISING

DUC PINK Dragon Boating raised \$14,170 and DUC Delite Dragon Boating raised \$1,301. Together, the teams purchased a new 10-person dragon boat. We're looking forward to expanding the size of our dragon boating teams and building on the speed we have acquired over the last few years.

Middle School Rowing raised \$9,200 and purchased 12 sets of new sculling oars that were delivered to our boathouse in November. This purchase will allow athletes more opportunities to scull and expand their rowing versatility. Which, as a result, will help us be more competitive in more boat classes in the future.



The Power Plant rent was also funded for another year, thanks to a \$60,000 donation. We have had this space for almost a whole year and we are so grateful we have this space every day. From our athletes breaking personal records in the training room, to our staff members making key decisions in the office spaces, the Power Plant is something we are so fortunate to have and will continue to help us grow the success of our program in the future.

FALL QUARTER DONORS

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SPRING 2025 RACING SCHEDULE

February 22nd-23rd: Heart of Texas Regatta
March 29th-30th: Texas State Championships*
April 5th-6th: Oklahoma City Invite
April 12th-13th: Covered Bridge Regatta*
May 2nd-4th: Central Youth Championships
May 18th: AAPI Heritage and Dragon Boat Festival
June 12th-15th: USRowing Youth National Championships
**Tentative dates*