

Fall Regatta Recap

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Frosty 500

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NEWSLETTER

2025 Q2 Report

February 7th, 2025

www.dallasunitedcrew.org



LEAVE NO DOUBT

FROM AJ'S DESK



Grateful for another fantastic quarter at Dallas United Crew! The board and I are proud to have established sustainable organizational milestones that enhance our vision, strategy, and insight—key pillars for DUC's next phase of growth.

I am incredibly proud of the dedication and hard work our staff and volunteers have poured into advancing our mission. Their efforts truly make a difference.

I'm especially excited about our upcoming Youth Spring Kickoff Event on Sunday, February 16th, 2025, at The Rustic. This is a wonderful opportunity for the entire organization and community to come together and celebrate the incredible effort our youth athletes have put into preparing for spring racing.

Our ambitious goal for the event is to raise \$30,000 for the Youth Scholarship Fund, which provides vital financial assistance to families in need.

Mark your calendars, saddle up, and put your boots on its going to be a YEEHAW kind of night!



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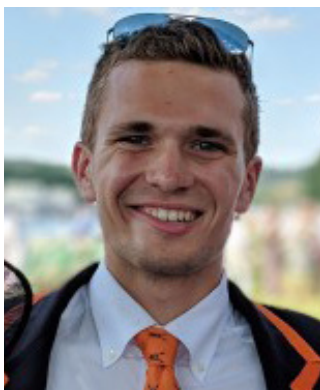
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WHITE ROCK RACING SERIES



A FAREWELL TO FALL SEASON

Dallas United Crew rounded out its last head race of the season and hosted the second White Rock Racing Series. This event created a free racing opportunity for local programs — including White Rock Rowing Club, Dallas Jesuit, and Ursuline Academy — and helped create a sense of community to support the growth the local rowing scene.

This race followed the same format as the first White Rock Racing Series. Instead of separating boats by events, the coaches arranged them based on how similar they were in speed. Even if boats were from different classes, they would start near each other if their predicted speeds were comparable.

This kind of organization addressed one of the common challenges of head racing. Unlike sprint races, where boats start side-by-side, and rowers can see their competition throughout the race, head races launch boats in a single file with 15-second intervals between each start. Since rowers often don't see their competition during the entire race, it can be difficult to maintain a competitive atmosphere. By positioning boats of similar speed near each other in the starting order, this race created a more competitive environment than a typical head race.



HAPPY HOLIDAYS!

Unlike our other fall races, the Frosty 500 Regatta was a much shorter, 500-meter race filled with holiday spirit! From bearded elves to Frozen characters, our athletes wore holiday-themed costumes, played Christmas music at the boathouse, and sprinted down the course multiple times. This race was a fun opportunity to try out different lineups, race against other teams from Dallas, and wrap up our final days on the water.



We started the day with our coxswains rowing and our rowers coxing! The Coxswain 4+ event was a fun opportunity for our coxswains to experience rowing side-by-side against other boats and for our rowers to manage a race and steer down the course in a straight line. As the day progressed, our athletes moved into larger boats and finished their races in mixed-gender lineups. Our coaches even joined in on the fun as they got together with coaches from the other teams and raced each other down the course in mixed eights. Overall, the Frosty 500 was a lively event we had a blast participating in!



FROSTY 500



PROGRAM HIGHLIGHTS



A RECORD-BREAKING WINTER

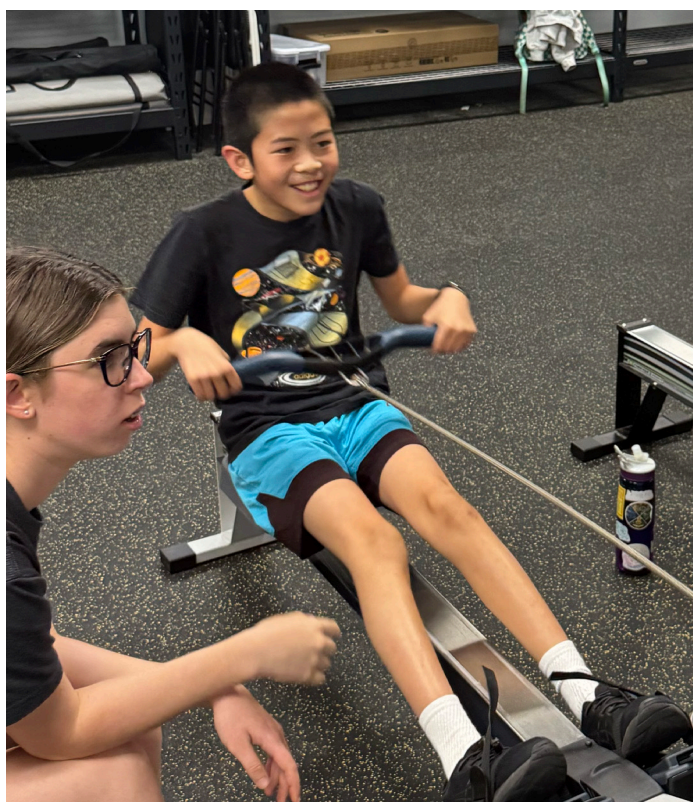
On Wednesday, November 27th, athletes and coaches from our youth and masters teams got together to erg marathons and half marathons. This was a great opportunity for our DUC community to push each other, build stamina, and strengthen bonds with one another. While there were many incredible performances, one notable performance came from Highland Park freshman Garrett Bono, who broke the world record for the half marathon on the erg with sliders for men ages 13-14. He completed the 21,097-meter piece in 1 hour and 27 minutes. Head Men's Coach Ben Williams noted, "In November, it's a really exciting time to attempt to break these kinds of records. I always say just have to go for it, and Garrett went for it! We couldn't be more proud of him." As this is only his second year of rowing, this is an incredible accomplishment, and we look forward to see this hard work pay off in spring racing.



Our high school men's and women's teams had great success last winter, with 100% of athletes on both teams setting personal records on their 6000-meter pieces. As we head back onto the water, Women's Head Coach Dylan Chan can already see the effects of winter training on how his athletes row: "Within the first four strokes back on the water, we could already see such a difference in how they row. We've learned how to train better and smarter, and have definitely gotten faster and stronger in the process." This sweeping improvement across our high school team is a testament to everyone's consistent efforts and hard work at practice and is promising for the future of DUC as we head into the Spring season.

MIDDLE SCHOOL

For the first time in DUC history, our middle school team has joined our high school and adult teams at the Power Plant! With 22 middle schoolers practicing weekly with coaches Nan Miller and Flo Elkins, they learn the basics of erging and how to execute a workout. Miller states, “Coach Flo and I are focused on fitness and we’re confident our rowers will feel increased power application in every stroke when we get back to the boathouse in March.” Like our high school and adult athletes, they’re also training for SWEAT, where they’ll race 1,000 meters against other middle schoolers in Dallas.



A major part of the team’s success is the addition of Coach Flo Elkins, a Certified Personal Trainer, Indoor Rowing Instructor, and USRowing Level 2 Coach. With experience coaching in Los Angeles and a passion for developing youth athletes, Flo is helping structure the middle school program for growth. We’re excited to have her on our staff and we look forward to seeing the impact she’ll make at DUC!



ADULTS

Over this past quarter, our adult team has seen impressive growth! In January alone, we hosted a successful FREE one-month indoor rowing trial that had 15 adults show interest with nine signing up and completing it. Most participants came joined by word of mouth, especially those personally invited by Coach Amber Robidou or parents of youth athletes. Robidou said, "The growth of our Masters team over the past few months has been amazing to witness. It's a clear sign that more adults are discovering how rewarding and challenging rowing can be, no matter the stage of life."

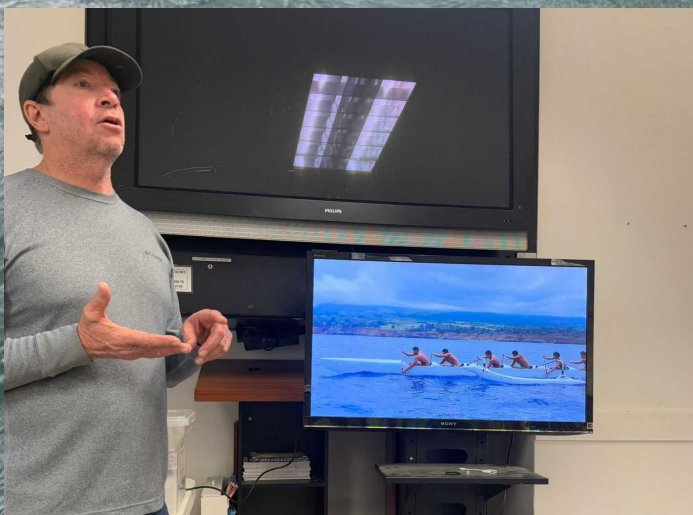
Registration is now open for our six-week Spring Learn to Row classes starting March 17th! Practices will be held Monday, Wednesday, and Friday mornings from 6-7:30 am. For more details, visit the Adult Rowing/Learn to Row page on our website, dallasunitedcrew.org.



DELITE DRAGON BOATING

This quarter has also been exciting for our Delite Dragon boating team! In January, paddlers Robin Steinshnider and Cristine Kao attended the Puakea Women's Camp in Newport Beach, California. Led by elite paddling coach Johnny Puakea, this camp was a week-long training designed to help improve paddling skills & performance. When asked about her experience, Paddler Robin Steinshnider states, "Learning from Johnny Puakea and his team of coaches was an incredible honor! Their deep knowledge, passion, and ability to break down technique transformed the way I see paddling."

In addition to improving her technique, this camp allowed her to make friendships with other women paddlers. "Beyond the technique, I'm thankful for the bond I built with incredible women paddlers from across the country who all share a passion for paddling and love of being on the water."



PINK “BCS” DRAGON BOATING

In January, 19 members of the DUC PINK Dragon Boating Team gathered at Nathan Benderson Park in Sarasota, Florida, for the “Unleash the Dragons” event—a three-day leadership conference, paddler clinic, and festival for 500 cancer survivors representing 99 teams across the United States and 11 other countries. While the survivors came from all over the world, they were united by their journey through cancer and their discovery of strength through dragon boating, an ancient Chinese sport that has helped them through their recovery.

Dragon boating’s connection to breast cancer survivors began in the 1990s, due to Canadian sports medicine physiologist Dr. Don McKenzie’s research on the benefits of repetitive motion. He started the weekend as the keynote speaker giving a detailed history of the sport and how exercise reduces the risk of cancer recurrence. The weekend was then followed by a leadership training and paddler’s clinic.



The end of the festival featured competitive racing, with all 500 participants divided into 24 teams, each creating their own name, theme, and race strategy. “The highlight of any festival is undoubtedly the competitive racing,” Rachel Rossler reflected. “And while the race officials’ clocks distinctly determined the winners from the losers, anyone who has paddled knows that on the water, we are all winners!”

Breast cancer survivors interested in joining DUC PINK can attend an informal meeting at 10:00 AM at the CC Young Auditorium (4847 W. Lawther Dr, Dallas, TX). More details can be found on the “Adult’ BCS’ Dragon Boating” page at dallasunitedcrew.org.

LEADERSHIP

Men's Head Coach Ben Williams has completed his USRowing Level 3 Coach Certification. This level is USRowing's most advanced level of coach certification and is designed for experienced coaches looking to build their knowledge and take their skills to the highest level. Over six months, Williams and 15 other coaches completed coursework, attended biweekly Zoom meetings, and a three-day seminar. "The course was really nice to talk to other coaches and get varying perspectives. It was proof that you can learn a lot from everybody, and I'm grateful that USRowing is providing me the opportunity to learn," Williams said.



Building on our commitment to improvement, our Facility Director, Ken Brown, our head coaches, Ben Williams & Dylan Chan, and our assistant coaches, Aaron Kudatsky and Nic Lavandera, have been working together over the last few months to wash our boats and update the parts inventory and for the upcoming season. One of the most major updates we have made to the boats is replacing the shoes and footplates with Batlogic, a relatively new technology that allows rowers to attach their own shoes, improving their connection with the boat, leg push efficiency, and overall speed. This also reduces injury risk during long sessions.

We've also added a new coaching launch as part of our new fleet recycling plan to keep our launches and outboards in working condition. After driving the new launch, Men's Assistant Coach Nic Lavandera said, "I've really enjoyed using the new launch so far, and I cannot thank DUC enough for making this happen." This new launch helps improve the on-water coaching experience, leading to better long-term development at DUC.

ROWDALLAS

Big things are happening with our RowDallas program! Recruiting Lead Emily Jaudon has teamed up with St. Philip's School and Community Center to establish an official rowing team on campus! The team, made up of five sixth- through eighth- graders, currently practice twice a week after school. "I've really enjoyed getting to work with kids who enjoy the sport and want to get better and getting more time to work with them. They are really coming along, and I can't wait to see what they can put down at SWEAT!" These athletes will be training on-campus until the end of February before joining the middle school team in March.



Each month, DUC staff also joins Zoom meetings led by A Most Beautiful Thing Inclusion Fund (AMBTIF), founded by Arshay Cooper, to help make rowing more inclusive for under-resourced communities. Over the past quarter, DUC has connected with coaches nationwide, sharing strategies and learning how to strengthen their programs and recruit more youth. Emily reflects, "It's been

really interesting meeting coaches from different regions and learning about their successes and challenges. These discussions have given us new perspectives on how we can improve our own approach to recruiting and creating more opportunities for youth at DUC and RowDallas."

CLASS OF 2025



Julian Balestri

Santa Clara University
*Attends Highland Park
High School*



Charlotte Bohannon

TBD
*Attends Woodrow
Wilson High School*



John Bunge

TBD
*Attends Townview
School for the Talented
and Gifted*



Lauren Caldwell

University of
Connecticut
*Attends Plano East
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*



Matthew Firley

TBD
*Attends Jesuit College
Preparatory School of
Dallas*



Zoe Greene

Stanford University
*Attends Townview
School for the Talented
and Gifted*

CLASS OF 2025



Raul Gupta

TBD
*Attends Townview
School for the Talented
and Gifted*



Olivia Knight

Clemson University
*Attends Highland Park
High School*



Yiyoung Liu

TBD
*Attends Highland Park
High School*



Ava Moyer

Jacksonville University
*Attends Lake
Highlands High School*



Elle Noonan

Southern Methodist
University
*Attends Highland Park
High School*



Theodore Satiras

TBD
*Attends Woodrow
Wilson High School*



Elijah Townsend

TBD
*Attends Highland Park
High School*



**Lente van der
Westhuizen**

TBD
*Attends Highland Park
High School*

SAVE THE DATE

Join us at The Rustic on Sunday, February 16th (6–9 PM) for our Youth Spring Season Kick-Off Event. It's the perfect way to connect with the DUC community and support our athletes in preparing for the competitive season.

Our online silent auction and raffle begin February 10th! Whether you're a DUC alumni, family member, or supporter, there are plenty of ways to participate. The online auction is open to everyone, and every contribution to our Youth Financial Aid Fund helps make rowing and paddling accessible to more young athletes.



FUNDRAISING & IMPACT



SUMMER CAMP REGISTRATION



LEARN TO ROW CAMP

Learn to row with us this summer at Dallas United Crew Learn to Row Camp! Open to youth athletes ages 12-18, this camp teaches the basics of rowing and teamwork. Whether you're looking to try a new sport or stay active, this camp is the place to start.

SESSION DATES

Session 1: June 2nd-6th, 2025

Session 2: June 9th-13th, 2025

Session 3: June 16th-20th, 2025

Session 4: June 23rd-27th, 2025

Session 5: June 30th-July 3rd, 2025*

Session 6: July 7th-11th, 2025

Monday-Friday: 9:00-11:00 AM

LOCATION

Dallas United Crew Boathouse

417 E Lawther Dr

Dallas, TX 75218

**4-day camp*

PRICE

\$250

For more information, please visit the Summer Rowing page on our website,
dallasunitedcrew.org.

CONTINUING SKILLS CAMP

You tried out our Learn to Row Camp. What's next? If you want to take your rowing to the next level, join our Continuing Skills Camp! Learn how to row together, improve your technique, and build fitness on the ergometer. One regular season of middle school rowing or one week of Learn to Row is required.

SESSION DATES

Session 1: June 9th-13th, 2025

Session 2: June 16th-20th, 2025

Session 3: June 23rd-27th, 2025

Session 4: June 30th-July 3rd, 2025*

Session 5: July 7th-11th, 2025

Session 6: July 14th-18th, 2025

Monday-Friday: 9:00-11:00 AM

**4-day camp*

PRICE

\$250

LOCATIONS

Monday, Wednesday, & Friday:

Dallas United Crew Boathouse

417 E Lawther Dr

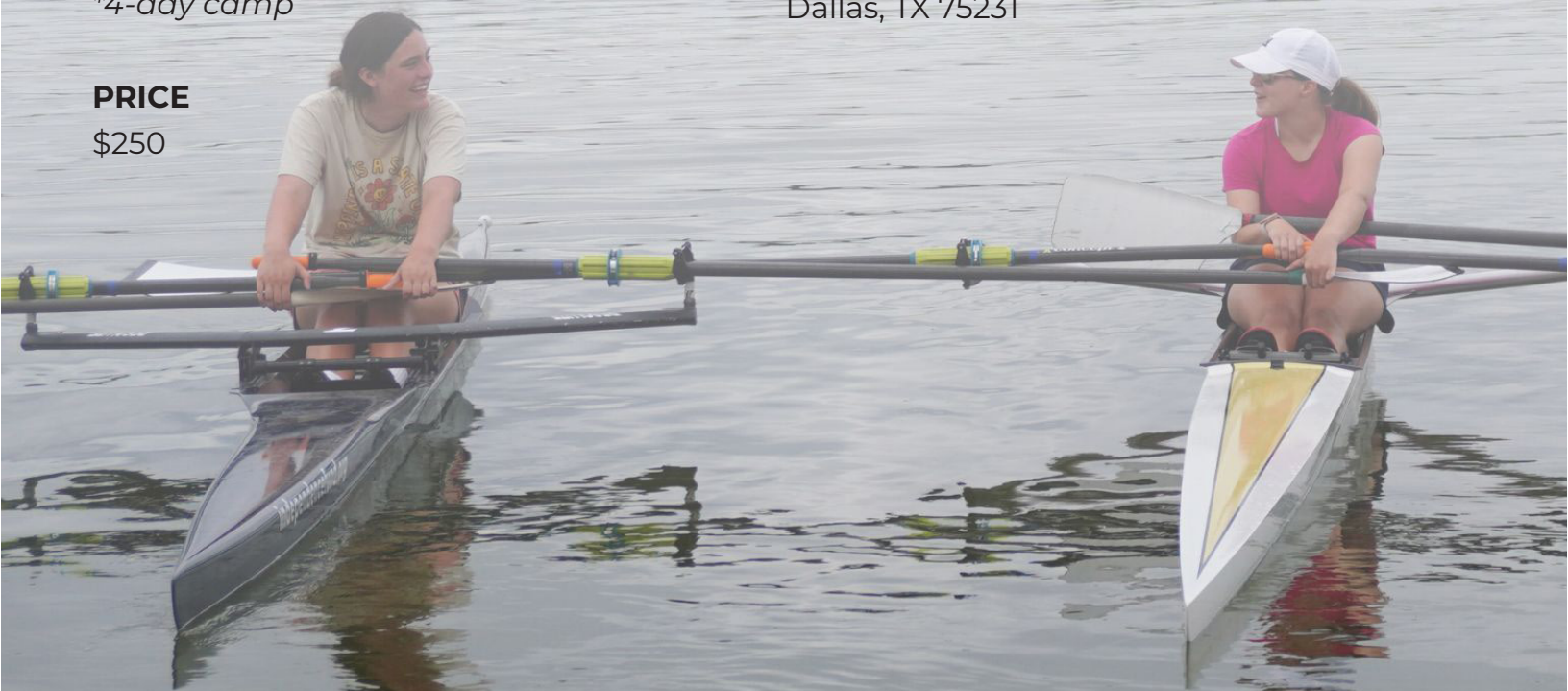
Dallas, TX 75218

Tuesday & Thursday:

Dallas United Crew Power Plant

6760 Abrams Rd Suite 215 (above Wingstop)

Dallas, TX 75231



For more information, please visit the Summer Rowing page on our website,
dallasunitedcrew.org.

PADDLE CAMP

Get ready for a fun-filled summer on the water! Open to kids entering 3rd through 6th grade, our Paddle Camp offers exciting kayaking and paddleboarding adventures at White Rock Lake. Campers will enjoy the lake, learn water safety, build teamwork skills, and make friends along the way!

SESSION DATES

June 2nd-June 6th, 2025

June 9th-June 13th, 2025

June 16th-June 20th, 2025

June 23rd-June 27th, 2025

June 30th-July 3rd, 2025*

July 7th-July 11th, 2025

July 14th-July 18th, 2025

July 21st-July 25th, 2025

July 28th-August 1st, 2025

Monday-Friday: 10:00 AM-1:00 PM

**4-day camp*

PRICE

\$249 (if you sign up February 1st-May 15th)

\$325 (if you sign up May 16th-June 27th)

LOCATION

Dallas United Crew Boathouse

417 E Lawther Dr

Dallas, TX 75218

For more information, please visit the Summer Rowing page on our website,
dallasunitedcrew.org.

SMALL BOAT DEVELOPMENT CAMP

Our Small Boats Development Camp helps rising 9th graders and high school rowers build skills for new boat categories in the fall season. With a low athlete-to-coach ratio, participants will learn toe-steering, boat handling, and race preparation, ending with a mock race and awards ceremony. Spots are limited to 36 athletes.

SESSION DATES

May 27th-June 13th, 2025

Monday-Friday: 6:30-8:30 AM

LOCATION

Dallas United Crew Boathouse

417 E Lawther Dr

Dallas, TX 75218

PRICE

\$899



For more information, please visit the Summer Rowing page on our website,
dallasunitedcrew.org.

2K ERG CAMP

Our 2k Erg Camp is designed for high school rowers looking to improve their 2k erg score and boost their chances of being recruited by collegiate programs. Led by coaches Austin Brooks and Amber Robidou, this camp offers specialized training on technique, endurance, and mental toughness.

SESSION DATES

July 28th-August 15th, 2025

Monday-Friday: 10:30 AM-12:30 PM

Saturday: 8:00-9:30 AM

LOCATION

Dallas United Crew Power Plant

6760 Abrams Rd Suite 215 (above Wingstop)

Dallas, TX 75231

PRICE

\$499

For more information, please visit the Summer Rowing page on our website,
dallasunitedcrew.org.

HIGH PERFORMANCE CAMP

Our High Performance Camp is for experienced youth rowers, U17 rowers, and coxswains looking to compete at the USRowing RowFest National Championships in Ann Arbor, Michigan. This camp is the perfect opportunity to train with expert coaches, compete in selected lineups, and impress top college recruiting coaches! Spots are limited to 24 male rowers, 24 female rowers, and 6-8 coxswains. Don't miss your chance to apply!

SESSION DATES

June 19th-July 9th, 2025

Monday - Friday

Session 1 (Boathouse): **6:00-8:30 AM**

Session 2 (Boathouse): **10:30 am-12:00 PM**

Session 3 (Power Plant): **4:00-6:00 PM***

**Monday & Wednesday = Women*

**Tuesday & Thursday = Men*

LOCATIONS

Dallas United Crew Boathouse

417 E Lawther Dr

Dallas, TX 75218

Dallas United Crew Power Plant

6760 Abrams Rd Suite 215 (above Wingstop)

Dallas, TX 75231

Saturdays

Session 1 (Boathouse): **7:00-10:00 AM**

PRICE

\$1749 (does not include travel to RowFest)



For more information, please visit the Summer Rowing page on our website, dallasunitedcrew.org.

SPRING 2025 RACING SCHEDULE

We're looking forward to seeing what we accomplish in Quarter 3! Here are our races for our upcoming Spring season:

February 8th: S.W.E.A.T. Indoor Regatta

February 22nd-23rd: Heart of Texas Regatta

March 22nd: Austin & Texas Rowing Center Scrimmage

March 29th: Parati Scrimmage

April 12th-13th: Covered Bridge Regatta

May 2nd-4th: Central Regional Championship

May 18th: AAPI Heritage and Dragon Boat Festival

June 12th-15th: USRowing Youth National Championships

