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Subject: Brown Wrestling - COVID & Virtual Weekly Happy Hour
Date: March 23, 2020 at 10:14 AM
To: Brown University Wrestling wrestling@brown.edu

TB

Greetings,

Hope this note finds you and your families safe and healthy during this unprecedented public health event. As you know, Brown has moved to online learning starting Monday, March 30th for the remainder of the semester, and the University will make a decision by the end of this week with regard to 2020 Commencement and the Annual Reunion festivities. Things that were normal a day, week, or month ago have changed and forced us to take big detours in our daily lives. While it is easy and normal to feel overwhelmed and anxious, there are many things we can do as the Brown Wrestling community during these times to stay connected, support each other and help people in our communities.

I just received an email from Brown University President Christina Paxson, which read "At this moment, community is everything." This is true now more than ever. Starting this week, we will be doing a number of things with the team and all of you (our community) to help support each other and stay connected (and provide a bit of levity) during this challenging time.

- Starting this week, we'll host a weekly virtual "Happy Hour" for the entire Brown Wrestling Community. It will be held **every Wednesday at 4pm EST via <https://zoom.us/j/5251086970>** Call in: 525-108-6970.
- Every Monday I'll send out the agenda items to open dialogue but love to really just interact, talk, laugh, and listen. You may "bring your own (age appropriate) beverage" to this happy hour. Agenda for first gathering below.
- We will be utilizing all our social media channels to feature a "Workout of the Day" to complete at home, trivia questions, stories teaching my daughters in their virtual school and other engaging items. All will be shared via our social media channels - [Facebook](#), [Twitter](#) or [Instagram](#). Attached is a video we posted last week of campus.
- We are also exploring ways to help our community. Many are facing financial hardships (including small business owners), our frontline providers (which many of you are – so THANK YOU!) are working under challenging circumstances, our seniors and vulnerable populations are having challenges access basic resources (food, water, shelter) and health care. Let's think about ways we can work together to make a difference during this time and welcome your input for ideas for service projects that we can execute and quickly.

Agenda for 1st virtual happy hour

- My Day-to-Day – transitioning from Coach to Teacher (my adventures in homeschooling and building Forts)
- Season Recap
- Brown Wrestling Trivia of the Day - What year, weight and name was our first NCAA All-American at Brown? (Question will be answered during Happy Hour)
- Email Your Questions
- Graduating Senior Perspective & Update with Jimmy Pawelski
- Ideas for service project
- Your thoughts?

Thank you again for all your support throughout the year and see you on the Rhode2STL!

Go Bruno,

Todd

P.S. Join us on Wednesday for Virtual Happy Hour and spread the word!



Todd Beckerman |

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