



STRENGTH
ON THE WATER

SUCCESS
IN THE CLASSROOM

CONFIDENCE
FOR LIFE

ROW NEW YORK
ANNUAL REPORT 2014

ROW NEW YORK

Where we pull together to push ahead.

Mission: Through the discipline of rowing and rigorous academic support, Row New York transforms the lives of New Yorkers, regardless of background or ability.

Row New York began in 2002 with the simple idea that competitive rowing paired with rigorous academic support for underserved youth could change the trajectory of their teen years and beyond. We have since taught thousands of young people the sport of rowing, and through it the values of tenacity, focus, teamwork, and confidence.

And in return, they make us proud.

Row New York teams have medaled at the New York State Championships for six years in a row, and regularly hold their own at regional regattas against athletes who have every advantage. Nearly 100% of our graduates go on to higher learning, most on scholarship. And virtually all our student-athletes report an improved lifestyle and newfound pride and purpose.

Our student population reflects enormous ethnic and racial diversity, as well as the mutually beneficial integration of teens from varying socioeconomic backgrounds.

In 2014, we served 220 middle and high schoolers in our year-round intensive program, and over 2,200 across all our programs, including PE classes for those at risk of obesity, summer camps, adaptive rowing for youth and adults with physical and/or cognitive disabilities, fitness classes and learn-to-row sessions, training at both novice and master levels, and team-building days.

We remain as passionate as ever about the power of rowing to transform lives.



FROM THE EXECUTIVE DIRECTOR

Dear Friends of Row New York,

At a recent staff lunch, one of our coaches told the story of a rower on our adaptive team. This young woman has been training with us for over four years. When she completed her very first 1000-meter piece on the rowing machine, it took her nearly 14 minutes—a great accomplishment for someone faced with multiple physical disabilities.

Two years later, her father told us that she wanted to travel to Boston to compete in the world indoor rowing championships (called the CRASH-Bs). We're known for being immune to challenges around here, but even we have our moments of saying something isn't possible. Somehow, though, we were convinced otherwise.

This year at the CRASH-Bs, she finished with a gold medal. This young rower was so moved by the experience that it took her a few minutes to compose herself enough to get her wheelchair moving to the podium to accept the award. And so, we keep learning here. We keep faith in the idea that it's all possible; that, regardless of ability or income, if you have the desire to row, to be a part of a team, and push yourself, we have a place for you at Row New York.

In other news, we won a big award ourselves this fall. Row New York was named a winner of the prestigious New York Community Trust/Nonprofit Coordinating Committee's 2014 Award for Excellence. The rigorous application process measured our performance across eight categories, including fundraising, financial management, board involvement and human resources. Needless to say, I was incredibly proud of our entire staff and board when the announcement was made.

Speaking of excellence, we saw a lot of it from our incredible student-athletes this year. Our boys' novice four boat came home from NY State Championships with gold medals in both the club and HS divisions and, once again, 100% of our seniors were accepted to college. The level of hard work and commitment exhibited by our kids, day in and day out, never ceases to amaze me.

Looking ahead to 2015, we have Brooklyn on our minds as we make plans to expand our programs into a new borough. Stay tuned for updates on that front.

And as always, it's my pleasure to thank our incredible supporters who believe in Row New York's mission. As happy as we are to be doing the work alongside our kids, none of it would be possible if it weren't for all of you who contribute to Row New York.

With thanks,

Amanda Kraus



"Rowing gave me a hunger for success that I didn't know I had." – Juan, Varsity rower  *"My time at RNY has been nothing but amazing. I've developed an incredible bond with my team, I've learned to push myself beyond the limits, and I wouldn't trade it for anything in the*

THE NEED FOR ROW NEW YORK

Students who participate in team sports like Row New York have a better attendance record, are less likely to skip class, have a higher GPA, perform better in math and reading, and are more likely to attend college than their peers who do not participate. With the comprehensive academic and college readiness support in addition to intensive rowing and fitness training, Row New York provides our student-athletes with the tools they need for success in high school and beyond.

Nearly all of our participants report increased confidence, tenacity, and sense of community through their engagement with Row New York.



59% of Row New York's 2014 participants were first-generation Americans.



45% will be first-generation college students.



90% participate in our programs at no cost.



50% are Hispanic; 15% African American; 14% white; 21% Asian, Native American, Middle Eastern & others.



75% are girls.

100% of our middle and high school student-athletes meet the physical activity level recommended by the Centers for Disease Control and Prevention, compared to only 38% state-wide.

Our participants row and train five days a week year-round, getting **800+** hours of exercise a year.

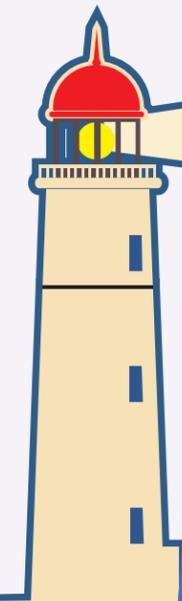
100% of Row New York participants pass our swimming test; only 38% of youth in the U.S. know how to swim.

82% of our students either improved or maintained a healthy weight in 2014, vs. 60% of school-age children in New York City.

Nationwide, the ratio of students to guidance counselors in urban areas is **411:1**. At Row New York, the ratio of program staff — who work with each student based on their individual academic, athletic, and personal needs — to participants is **10:1**.

Our students' average SAT score in 2014 was **1845**. The statewide average was 1379. We beat the benchmark of 1550 used to predict college success, by almost 300 points.

98% of our student-athletes graduate from high school on time, compared to 62% of students citywide. Plus, all of ours go on to college, and **90%** of them have graduated.



world." – Deborah, Varsity rower ✂ *"Volunteering with Row New York has allowed me to stay connected with the sport and community that I love, and to share rowing and its opportunities with teens who would not otherwise have this opportunity." – Alexandra, Young Executives*

OUR YOUTH PROGRAMS

ERA: Empowerment through Rowing and Academics

This intensive program provided over a thousand hours of physical and scholastic training for 140 9th–12th graders in the past year, including Regents and SAT prep, and college readiness support. We make the application process less daunting, especially important for our students who are the first in their families to be college-bound, which was true of nearly a third of our seniors in 2014.

PREP: Pre-Competitive Rowing Exposure Program

This year-round program served 80 6th–8th graders in 2014, combining two days a week of athletic training with up to three days a week of comprehensive tutoring, with a view toward transitioning these student-athletes to ERA participation.

Our goals for all ERA and PREP participants include improved academic performance as measured by regular in-house assessments, increased fitness as measured by regular one-mile runs, rowing machine (erg) tests, and BMI measurement, taking responsibility in building a successful team, increasing boat speed, and developing an enhanced sense of self and community.

Training includes on-water rowing in boats of four and eight from March through October and indoor strength, cardio, and erg training from November through February.

Our student-athletes are also provided swim lessons, hot meals at tutoring sessions, workshops on nutrition and reproductive health, presentations by professionals in a wide range of careers, and, for at-risk youth, access to a social worker and help in navigating appropriate support services.

Indoor Programs

Row New York works with the NYC Department of Education to partner with middle schools that have a significant number of students at risk of obesity. Serving 1,500 adolescents in 2014, this program provides three to six weeks of high-quality fitness activities, including an introduction to proper rowing techniques.

And in 2014, we continued our partnerships with Horizon Juvenile Center in the South Bronx and Crossroads Juvenile Center in Brownsville, Brooklyn, to provide youth in locked detention the chance to mitigate daily stress and violence and become fit through indoor rowing. As a result, participants prove to be more focused, calm, and connected to staff and peers.

Row New York Summer Camps

In 2014, over 200 6th–12th graders spent part of their summer with Row New York, enjoying teamwork, fitness, and outdoor fun.

Our year-round middle-school program expanded its summer offerings to six weeks, and focused on literacy skills. Student-athletes met five days a week, combining morning athletic training with four afternoons a week of classroom activities and one day a week of educational fieldtrips. The program culminated in a community service day and a middle school scrimmage on the Harlem River.

We also hosted a four-week summer camp for anyone wanting to try rowing—and at the Queens boathouse, we continued our partnerships with other NYC youth-serving organizations to provide their participants with free summer rowing experience. Rising sophomores and juniors from our year-round ERA program serve as summer leaders in this program, to help teach their younger counterparts about the principles and rewards of rowing.



SUCCESS ON THE WATER

Row New Yorkers made strong showings at the following races in 2014:

Bayada Regatta (PA)

Capital Sprints Regatta (DC)

The Cooper Cup (NJ)

C.R.A.S.H.–B. Sprints (MA)

Greenwich Invitational (CT)

Head of the Anacostia (DC)

Head of the Charles Regatta (MA)

Head of the Passaic Regatta (NJ)

Head of the Schuylkill (PA)

Independence Day Regatta (PA)

Long Island Championships (NY)

NY State Scholastic Championships (NY)

Peter Jay Sharp Regatta (NYC)

Philadelphia Youth Regatta (PA)

Row for Autism (NY)

Strong Island Sprints (NY)

Board member  "Row New York has made me a more compassionate, open-minded person... the strong sense of interdependence and unity on my team is what makes Row New York feel like an extension of my family." – Nadja, Varsity rower  "Row New York has had



FROM TRYOUTS TO THE FINISH LINE

Senior Varsity rower Nicole Doyle started with Row New York in the fall of 2010, her 8th grade year.

She had gone to tryouts with a friend—nervous, knowing nothing about rowing or RNY, taller than many but not most. Eager, but unsure.

“I was definitely more insecure, less confident back then,” she says. “Oh for sure. I didn’t think I had made it, so I put in the back of my mind, stayed humble, prepared for either possibility.”

She made it. But the excitement was followed with more uncertainty. We ask a lot of our students at Row New York. How could she make that much of a commitment to something she knew almost nothing about?

The first time her team got on the water, her nails were pitch-black from holding on to the oar so tightly. She “did ok,” but she was still trying to figure it all out. She had been involved in drama before, nothing so athletic or team-oriented. It was all new.

Then came the Big Duck Regatta. “Seeing all of those people cheering, being with my team... that’s when I really felt like I was doing something important.” Row New York and St. Anthony’s were back and forth, exchanging leads, until Nicole and her team pulled ahead. She felt the first sense of triumph, and the itch to keep racing, to get stronger, to not only compete but win.

It was the same with academics. “I wanted to do well at both. RNY says studying comes first—so I’ve made sure to get it done well beforehand, so I can really focus on the rowing. It’s helped to have the extra support.”

She began to understand how to be a Row New Yorker. “It was hard, but no one quit... we all stuck it out with each other. And little by little, we became a family. This group, the love is so strong.”

And, she says (without prompting!), the staff is a key part of that. “I’m so close to the staff... having a relationship with everyone is so important. Everyone is working toward a bigger purpose. They’re a huge influence on us.”



Five years later, Nicole is a leader, interning with RNY, helping the staff with the novice and middle school teams, enjoying her last year with her own team, staying fiercely competitive in races and excelling academically. Last summer, she attended a 6-week summer program at Syracuse University, taking classes and getting a sense of college life. It took away from her training, but “Coach Mike said academics come first, and he gave me a workout plan for while I was there.”

This winter, the wait was nerve-wracking, much worse than waiting to hear if she’d made the Row New York team way back in middle school. But Nicole found out that she was accepted to numerous colleges, and made the decision to head to Marist. She wants to “double major in public relations and political science, row for their Division I program, and create my own club!”

Why Marist? “I can’t wait to make my new home there.” She pauses, and her infectious smile appears. “Like here, at Row New York. I’ve learned that being part of something that you care about, and being challenged, makes a huge difference in your life.”



such a life-changing impact on me... the coaches and RNY family are amazing in dedicating themselves to our para-rowing team, motivating

us even beyond the sport, building our confidence and strength outside the water.” - Maria, Competitive Para-Rower  *“Rowing with Row*

PROGRAMS FOR ADULTS

RECREATIONAL ROWING

Unlike many other sports, rowing can be learned at any age. Anyone wanting to try a new challenge, get fit, and have fun can be an outstanding rower.

Row New York offers adult fitness classes for all levels, and introductory learn-to-row sessions taught by our expert coaches.

Those with rowing experience are welcome to try out for membership on our Masters Recreational Rowing Team or our Masters Competitive Rowing Team, which represents us at local, regional, and national regattas.

All adult training takes place at the Peter Jay Sharp Boathouse on the Harlem River in Manhattan, or indoors at our Long Island City studio.

TEAM BUILDING

In goal setting, motivation, and execution, rowing demands absolute unity. Row New York's workshops are one-of-a-kind experiences that help to inspire teamwork and build trust. Participants learn to row and balance a boat together, and test their new skills with friendly competition on the water. Popular add-ons include medals, t-shirts, a catered lunch, and happy hour at the Peter Jay Sharp boathouse.



ADAPTIVE ROWING

Rowing is a sport especially suited to adaptive athletes because it can be adapted to different levels of ability. The safe and supportive environment of our rowing community focuses on ability—the ability to enhance personal skills, to commit to teammates, and to push individual limits. This is especially true for those who may be new members of the adaptive community and those who have never engaged in a sport before. Adaptive rowers demonstrate that everyone has a place, has a purpose, and can thrive. All adaptive rowing activities are free of charge and take place at the World's Fair Boathouse in Queens, or at our Long Island City studio.

Our School Day Adaptive Rowing Program takes place each spring and fall, and provides 16 weeks of land-based and on-water rowing activities to middle school students with cognitive or physical disabilities.

In 2014, Row New York's adaptive rowing programs served over 300 youth and adults. Our year-round Recreational Adaptive Rowing Program for adult novice rowers with cognitive or physical disabilities includes both indoor and on-water instruction. And we open our doors every Saturday morning for up to 30 participants a week wishing to try adaptive rowing for the first time.

In 2013, we launched the Row New York Competitive Para-Rowing Team, for experienced rowers with physical disabilities. Team members engage in indoor and on-water training year-round and represent us at local, regional, and national regattas. This year, they medaled at the Bayada Regatta—their very first competition!

ADAPTIVE ROWING ADVISORY BOARD

Formed in 2013, the board consults on how we can best serve the adaptive athlete community of New York City.

Maria Bournias, Esq., CPA*
Tax Attorney

Margaret Rajnic, MSN, DNPc*
Family Nurse Practitioner

Victor Calise
Commissioner, NYC Mayor's Office for
People with Disabilities

Dick Traum
President and Founder of Achilles International

Patricia Goldman
Vice President, The J.E. & Z.B. Butler Foundation

Hiroyuki Yamada
Director of NYC DOE District 75 Office of
School Wellness Programs

Soo Lee*
Achilles International

*Member of Row New York's Competitive Para-Rowing Team

Row New York is a proud U.S. Paralympic Sport Club.

New York's masters team is a signature experience in NYC... the excellent year-round coaching on and off the water provides an opportunity to

pursue fitness and skills training within a structured environment, and morning rows along the Harlem River can be a great respite from the

WHERE WE ROW

The beautiful Peter Jay Sharp Boathouse on the Harlem River in upper Manhattan

Conceived by New York Restoration Project and designed by Robert A.M. Stern Architects, this floating boathouse opened to the community in 2004. Row New York was selected by NYRP to take over management of the facility in 2012, and half of our programming now takes place there. PJS is also home to several races sponsored by Row New York each spring and summer: the Harlem River Classic, Heroes Row the Harlem, and the Peter Jay Sharp Regatta.

The historic World's Fair Boathouse on Meadow Lake in Flushing Meadows Corona Park, Queens

Built for the 1939 World's Fair, this boathouse is where Row New York launched in 2002, with one borrowed boat and eight eager rowers. Half of our year-round activities and all of our adaptive rowing programs take place here. The boathouse sits on NYC's largest lake, at 93 acres, and underwent a major renovation in 2011.



WITH THANKS TO OUR MOST GENEROUS SUPPORTERS

\$100,000+

New York City Council
The Pershing Square Capital Foundation

\$50,000–\$99,999

The Altman Foundation
Richard and Lisa Cashin
The Catalog for Giving of New York City
Charles Hayden Foundation
Tom and Nancy Cornacchia
The Heckscher Foundation
Maverick Capital Foundation

\$20,000–\$49,999

The J.E. & Z.B. Butler Foundation
Carl Marks Foundation
FAO Schwarz Family Foundation
Heisman Trophy Trust
Raymond Hill
Jill and Ken Iscol
Jewish Communal Fund
Sarah and David Johnson
Lily Auchincloss Foundation
Mary J. Hutchins Foundation
Rob and Shyamli Milam
Nicholas B. Ottaway Foundation
Nonprofit Coordinating Committee of New York
Select Equity Group Foundation
Joshua and Sara Slocum

\$10,000–\$19,999

Christian and Cherylyn Ahrens
The Barker Welfare Foundation

John Chatzky
Costas Family Foundation
Matt and Mariko Elwood
Elizabeth Gilbert
Gary Goldring
Gina Greer
David Huntington
Lone Pine Foundation
New York City Council Member Ydanis Rodriguez

\$5,000–\$9,999

The Bulldogs Care Foundation
Derek and Katherine Chang
The Educational Foundation of America
Eileen Fisher Inc.
The Foundation for Global Sports Development
Henry E. Niles Foundation
Maggie Kotuk
Kenneth and Andrea Kraus
Laureus Foundation
Bob and Lindsay LoBue
Mark McGauley
Elise Runsdorf Napack
New York Life Foundation
The New York Women's Foundation
Patrina Foundation
Chuck and Carole Pieper
Scott Thomas and Sammy Politziner
Power Ten New York Inc.
Julieta Ross
Juan Sabater
Kay Sanders

Christopher Huntington and Justine Simons
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United Way of New York City

\$2,500–\$4,999

Pamela Brewster
Paul and Sophie Caminiti
Credit Suisse Americas Foundation
Morgan Crooks
Jonathan Denham
Gerson Family Foundation
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Tara Sher
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National Distribution Alliance
James Nelson
Norcross Wildlife Foundation
Pride Mobility Products Corp.
The Reed Foundation
Chuck and Kathleen Scott
Tom and Kate Shattan
Sara Sprung
Debra Strougo
Mandy Stupart
Sanjay Valvani
Paula Wardynski

pressures of NYC professional and personal pursuits. And it's fun!" – Rob, Competitive Masters Rower  "Row New York changed my

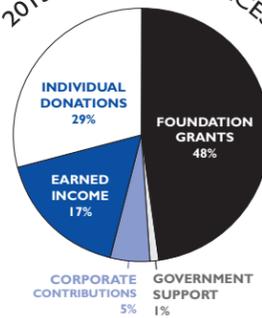
life. Rowing taught me what it meant to work hard in order to accomplish your goals; Row New York established the community necessary to

STATEMENT OF ACTIVITY

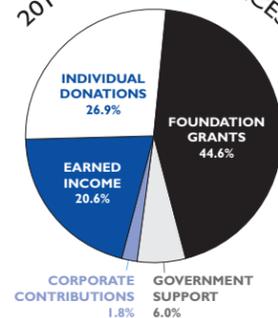
For the Year Ended December 31, 2014

	2013	2014
Support and Revenue		
Contributions	\$ 1,571,890	\$ 1,596,674
Program service income	321,568	387,920
Investment income	998	1,002
Other revenue	13,601	27,589
Less: Direct costs of special events	(79,736)	(53,839)
Total support and revenue	\$1,828,321	\$1,959,346
Expenses		
Program services	1,418,410	1,489,751
Support Services:		
General and administrative	209,260	233,087
Fundraising	185,099	188,619
Total Expenses	1,812,769	1,911,457
Increase in net assets	15,552	47,889
Beginning net assets	1,627,877	1,643,429
Ending net assets	\$ 1,643,429	\$ 1,691,318

2013 REVENUE SOURCES



2014 REVENUE SOURCES



BOARD OF DIRECTORS

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Jon Fish
U.S. Olympic Coxswain
Chief Financial Officer, The Advertising Council

Raymond Hill
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Partner, Paul, Weiss, Rifkind, Wharton & Garrison

Sarah Bates Johnson
Former U.S. National Rowing Team

Amanda Kraus
Executive Director & Founder, Row New York

Christy Loper
Environment Program Officer, Educational Foundation of America

Elise Runsdorf Napack
Vice President, Runsdorf, Inc.

Julieta Ross
Chief Technology Officer, M&T Bank

Joshua Slocum
Managing Director, Chieftain Capital Management

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Lindsay LoBue
Advisory Director, Goldman Sachs

Colin Redhead
Deputy Treasurer, Columbia University

In 2014, the Row New York Young Executives Board completed a successful first year, with a healthy roster of 70 active members who support our mission and have pledged to promote the work of Row New York among their professional and social peers. Most of our inaugural group of YEB members are themselves former collegiate rowers.

Photos courtesy of Meredith Avery, Richard Sabeau and Mike Smith.

feel empowered enough to value and uphold those goals. – Jarelina, Row New York alumna and 2015 Barnard graduate 



10-27 46th Avenue, Suite 101
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718.433.3075

Peter Jay Sharp Boathouse
on the Harlem River
Upper Manhattan

World's Fair Boathouse
on Meadow Lake
Flushing Meadows, Queens

www.rownewyork.org

