

ROW
NEW YORK
PULLING TOGETHER
TO PUSH AHEAD





All photographs by Claudia Loeber: www.claudialoeber-photo.space.com



Dear Friends of Row New York,

Row New York was founded in 2002 based on the simple premise that the discipline of competitive rowing combined with rigorous academic support yields powerful returns. We believe sports help to develop character—however, the values instilled through rowing are unique and specific, resulting in a strong work ethic. This is particularly evident in the classroom, where focus and determination produce higher grades and college acceptance rates.

In addition, delayed gratification and the emphasis on endurance that rowing demands means our rowers don't just build strong resolves, they learn that collaboration and cooperation are critical to success. It is this sense of teamwork and trust that is at the heart of rowing and our programs.

Over the past 15+ years, our programs have impacted the lives of thousands of New York City teenagers, helping to build strong, confident young people ready to tackle the demands of college. We've worked with people of all ages with physical and cognitive disabilities to build strength and encourage a sense of teamwork.

At Row New York, we pull together—in the boat, in the classroom, as a community—to help all rowers push ahead.

A sincere and hearty thank you to everyone who makes possible our mission of helping kids fulfill their promise: our stellar coaching and academic teams, financial supporters, parents, board members, and volunteers.

With gratitude,

A handwritten signature in black ink, appearing to read "Amanda", is placed within a light gray rectangular box.

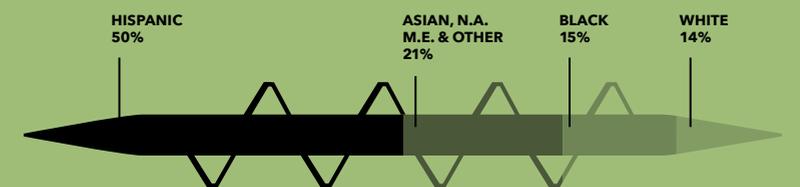
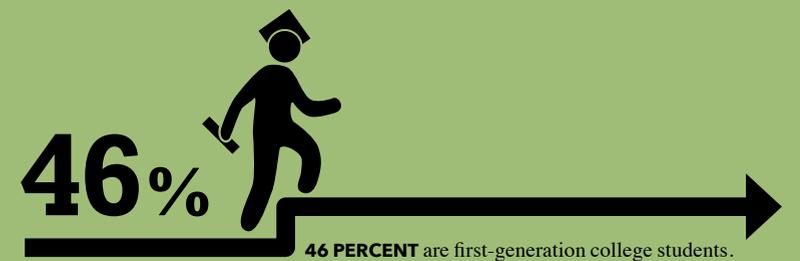
Amanda Kraus
Founder & Executive Director



THE FACES OF ROW NEW YORK

We Are a Diverse Group of Strong Individuals

We are an organization of diverse backgrounds, cultures, and economic means, but we all identify as rowers. We see ourselves as teammates, as coxswains, as part of the “engine room.” Whether we’re first-generation Americans or immigrants, come from Jackson Heights or Washington Heights, or attend mosque or synagogue, we sit in our boat as a team and row. When one person fails to pull their own weight, the entire team falters. This reliance on one another encourages a team mentality; it makes us focus on where we’re going, not where we’re coming from.



BREAKDOWN: 50 percent Hispanic; 21 percent Asian, Native American, Middle Eastern & Other; 15 percent Black; 14 percent White.

Photo left: Pulling together as a team, and as a community.

PROGRAM EFFECTIVENESS



RAYMOND H. HILL (RAY)
BOARD CHAIR

Ray serves on Row New York's Board of Directors and has been actively involved with our organization for the past five years. To hear him speak about Row New York is to understand his dedication to the organization's mission, respect for the work of the staff, and commitment to ensuring that programs are effective and scalable. Ray's impact is felt at almost every level of Row New York, and he speaks of his support with a humility that suggests an understanding of the tremendous difference that Row New York makes in our student-athletes' lives.

An avid rower throughout his college years, Ray continues to race at the masters level with clubs across the United States. Row New York's mission resonated with Ray immediately. He understood that the skills and values instilled through rowing—discipline, tenacity, and teamwork—reach far beyond the sport itself, and into academics. But ultimately, it was the evidence of our program's impact that sold Ray on Row New York.

"The results are powerful, and speak for themselves," Ray said. "Ninety percent of our participants graduate from a four-year college degree program, versus nine percent in a comparable population. Those individuals who completed our program will go on to lead productive lives, and help to transform the communities that they grew up in, creating a virtuous cycle."

Ray dedicates both time and financial resources to supporting Row New York's efforts to reach more kids from under-resourced areas, capture and report on the statistics that demonstrate our efficacy, and develop a long-term roadmap for effective growth. How quickly can we double the number of kids we send to college every year? What will it take to

get there? How can we expand our boathouses and increase academic support? How can we best use our resources to help fund our mission? And each time Ray poses these questions, we realize how fortunate we are to have him in our boat pulling for Row New York.

"What I experienced in rowing is universally true—the discipline demanded to be a successful rower carries over into academics."

Key Stats

96%

96 percent of Row New York graduates who have matriculated to college graduated or are still enrolled.

77%

77 percent of our students are college ready (receiving an 80 on Math Regents, 75 on ELA Regents)—compared to 37 percent of NYC students.





FRIENDSHIP & FAMILY



While our students' impressive high school graduation and college admission rates, test scores, and SEL skill growth demonstrate the effectiveness of Row New York's youth program, these statistics do not capture one of the program's most important, and least quantifiable, outcomes: the sense of family and friendship fostered among student-athletes.



**GABY FRANCIS (TOP)
& NAZIRQAH MACKEY**
ROW NEW YORK GRADUATES
QUEENS YOUTH PROGRAM

Gaby Francis and Nazirqah Mackey met during tryouts for Row New York's middle school program. Six years later, despite going to different schools, these two seniors have developed a close relationship, referring to each other as sisters and as friends they each can count on for support on good days and bad. There is an ease between them—a feeling of love and, as Nazirqah succinctly put it, a sense of *family*.

While Gaby and Nazirqah joined Row New York for the competitive racing opportunities, college visits, and academic support, both young women attribute their scholastic success not only to these activities, but to the bonds of friendship forged through tough practices, cold weather workouts, and travel to races. Gaby says of Nazirqah, "She can come over to my house anytime, I tell her my problems, she is always there for me."

This fall, Gaby will be a freshman at Washington College and Nazirqah will be starting at Buffalo State. Both are excited about leaving home for the first time. There is also a sense of mournfulness recognizing that the next phase of their lives will involve less time together. But Gaby is resolute in her determination to visit Nazirqah at college. And as their voices get a bit quiet at the thought of not having each other in close physical proximity, Nazirqah quietly but firmly says, "It'll be fine."

SOCIAL AND EMOTIONAL LEARNING

When student-athletes immerse themselves in the sport of rowing, building physical strength is only the beginning. They develop confidence, grow as leaders and teammates, set and achieve goals, and improve persistence and concentration. Our program staff reinforce and nurture these transferable skills through academic enrichment and support. We couple this work with a formal social and emotional learning curriculum designed to improve executive functioning, time management, self-efficacy, emotional intelligence, and cultural competency.

97%

97 percent of participants are engaged and contributed in a positive, intentional way with the Row New York community.

93%

93 percent of participants increased their tenacity score.

93%

93 percent of participants increased their confidence score.



Photo right: Our academic program is as rigorous as our rowing program.



“I feel really good and proud of my team. We work together to move the boat forward.”

ROW NEW YORK MIDDLE-SCHOOL STUDENT-ATHLETE

A WORD ABOUT OUR PROGRAMS

At Row New York, we welcome anyone interested in rowing, from the first-timer who has yet to set foot in the water (or a boat!) to the hard-core rower seeking the intense workout and camaraderie of a masters team.

YOUTH PROGRAM

Our goals for student-athletes are measurable: improved performance in both academics and physical fitness. Participants row on the water from March through October and train indoors from November through February. Year-long academic tutoring, SAT test preparation, and college readiness support are a major parts of our academic program. We also provide swim lessons, hot meals at tutoring sessions, and workshops on nutrition and reproductive health by professionals. We have a social worker on staff who can help in navigating appropriate support services.

ADAPTIVE ROWING

Rowing is a sport especially suited to adaptive athletes, as it can be easily adapted to different levels of ability. Our safe and supportive environment focuses on developing the same skills as those of our after school youth program—including a strong sense of teamwork, personal pride in hard work, and pushing individual limits. Our rowers with cognitive and/or physical disabilities consistently display tenacity, discipline, and an enviable competitive spirit.

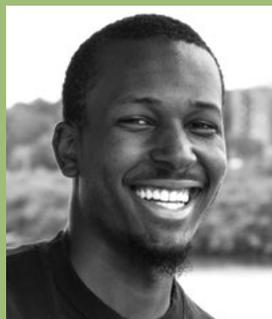
ADULT FEE-BASED PROGRAMS

We offer a range of fee-based adult programs for anyone interested in rowing. The revenue from adult programs is channeled directly into our mission-based Youth and Adaptive programs. These adult programs enable us to spread the word about our mission. Expert rowers in our Masters Program in particular become involved with Row New York beyond simply increasing revenue: they offer business advice and mentor our high schoolers in addition to giving generously in terms of both dollars and in-kind donations.

Photo left: The friendships that form are strong, cutting across cultures and income levels.

OUR YOUTH PROGRAMS

The Heart of What We Do



NILE HOLLIE
ROW NEW YORK GRADUATE
NAVAL ACADEMY
CLASS OF 2021

To hear Nile speak of his years at Row New York is at turns heartwarming, intense, and humorous. To Nile, teammates and coaches are family and the Peter Jay Sharp boathouse is a second home. Nile describes his years of rowing as a lifestyle choice—the sport is hard and time intensive, and it requires tremendous discipline. Years of coming together with eight teammates to function as one hard-working machine instilled in him tenacity, consistency, and confidence.

Nile underscores that these skills, which he honed through rowing, play a big role in how he now approaches his goals. When Nile joined Row New York as a middle schooler, he didn't know how to swim. Despite failing his swim test twice and being forced to wear a life vest for his first two years in the program—quite a sight, as he stands over six feet tall—Nile was dedicated to rowing and determined to pass the test. And on his third try, he finally did.

All of Nile's hard work and determination—not to mention his swim lessons—paid off. After an arduous and time intensive application process, Nile was admitted to the Naval Academy. Impressive, and fitting.

ROW NEW YORK'S PROGRAMS

-  7-8 MIDDLE SCHOOL ROWING
-  9-12 HIGH SCHOOL ROWING
-  SCHOOL DAY ADAPTIVE
-  RECREATIONAL ADAPTIVE
-  COMPETITIVE PARA-ROWING
-  FREEDOM ROWS
-  YOUTH JUSTICE

ROW NEW YORK OFFERS SEVEN DIFFERENT PROGRAMS serving people with emotional and/or cognitive disabilities, including programs for kids from district 75 schools, our Freedom Rows program serving NYC veterans, a recreational team, and a competitive para team. In addition, we have a Youth Justice program serving incarcerated teens.

OUR YOUTH PROGRAMS are at the very heart of our mission—teaching the intense sport of rowing and providing academic support with the goal of college matriculation. Training includes intense on-water rowing from March through October and indoor cardio and erg training from November through March. We provide year-long academic tutoring, SAT test preparation, as well as college readiness support. We offer programs in Manhattan, Queens and Brooklyn.

Photo right: Learning to row—it takes discipline and strength, and a willingness to try new things.







WE SUPPORT WE LISTEN WE MENTOR



EMILY PARAPANOV
YOUNG EXECUTIVES BOARD
& MENTORSHIP PROGRAM

Emily first became involved with Row New York after reading about the organization's Adaptive Rowing Program for individuals with cognitive and physical disabilities in the *New York Times*. In addition to serving on the organization's Young Executives Board, Emily also mentors one of our student athletes, Wendy Lam.

Working with high school students appealed to Emily, as her own memories of rowing and college prep were not far behind her. She felt she could provide Wendy with guidance and a sense of calm as she began navigating the choppy waters to college. That said, initially Emily did have some concerns about what she'd talk about with Wendy—they came from opposite ends of the country, and from very different backgrounds. However, in short order, Emily saw that her own experience with the college process—the stress of SAT tests, college visits, personal essays—provided a useful backdrop for her evolving relationship with Wendy. Applying to college is tough and fraught with stress, disappointment, and uncertainty—regardless of where you come from.

Emily sees in Wendy someone who is sweet and kind, but more importantly, she recognizes in her a resiliency—a steely determination to make the arduous trek on public transportation to practice six days a week, and to weather long, grueling workouts only to eat dinner and start homework at 8:00PM. This determination, Emily feels, will serve Wendy well in college—she'll arrive with the discipline required to navigate an unfamiliar world and manage a heavy workload.

When asked about the ways she has helped Wendy, Emily pauses and responds that, in fact, she feels that Wendy has taught her so much. For Emily, Wendy's dedication to clearing all of the hurdles in her way to row each and every day is an inspiration, reminding her of the focus and determination required to meet life's many challenges.

PROGRAMS FOR ALL LEVELS & ABILITIES



CAROLINA QUIJADA
ROW NEW YORK ALUM &
ADAPTIVE COACH

Row New York's Adaptive Program holds special importance for Carol Quijada. Both she and her sister Tania participated in Row New York's Youth Program throughout their high school years. In 2012, when the organization launched an Adaptive Program for people with cognitive and physical disabilities, Carol and Tania's youngest sister, Ivonne, who has Down syndrome, had the opportunity to step off of the sidelines and join the team.

As an alumna who volunteered with the organization's novice teams, Carol was

the perfect candidate for coaching the newly formed Adaptive Program. When Ivonne joined the inaugural Row New York Adaptive Program, the whole family—including Coach Carol—piled into the car and came out to support her on her first day of practice.

"I brought everything I learned from Row New York's Youth Program to our athletes in the Adaptive Program. We are all athletes here," explains Carol, summing up her strong belief that when her athletes step into a boat, they deserve the same respect as any able-bodied rower. Certainly there are safety issues to take into consideration when teaching

"I would never expect one of my rowers to have a bad stroke because they have a disability."

kids with disabilities, but her bottom line? She is a coach, they are her athletes, and she expects from them what every coach wants from their team: discipline, dedication, and teamwork.

As Carol underscores, she has taught teens and adults from different backgrounds with different challenges, but when they step into a boat, they are rowers first and foremost.



Photo right: Our adaptive teams head out on the water with huge smiles and 'can-do' attitudes. Every week.



CLOSING THE OPPORTUNITY GAP

In Big Ways and Small

Row New York's program model addresses the educational, social emotional, and health obstacles associated with growing up in under-resourced communities. Our student-athletes attend underperforming public schools, many of which fail to adequately prepare them for high school graduation and college matriculation. Most schools that enroll our kids lack the time and resources to help them build social and emotional competencies that are critical to college and career success.

Our rowing and academic programs go a long way in ensuring our student-athletes get into college. Row New York goes the extra mile by rounding out our programs in small ways that make a difference and show we care. We give healthy snacks and hot meals to help kids stay focused during academic sessions, and offer swim lessons to those who cannot pass a swim test. In addition to providing SAT prep and organizing college tours, we demystify the convoluted financial aid process. And we're conscious of how tough the first year of college can be, so in addition to the attention we provide on an on-going basis, we also go the extra mile to provide a little TLC by sending care packages and cards to help with the homesick blues.

PROGRAM STATS

100 PERCENT

100 PERCENT of Row New York student-athletes meet the physical activity level recommended by the CDC versus 15 percent nationwide.

3 to 5 DAYS

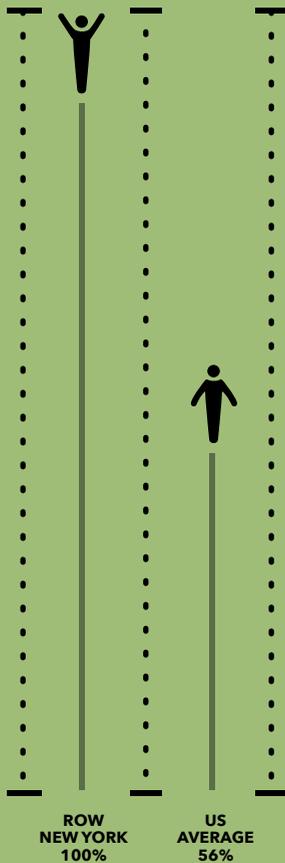
Our kids row and train **3-5 DAYS A WEEK**, year round for a total of **750-1000+ HOURS** of exercise a year.



100 PERCENT of our kids graduate from high school on time compared to 69% citywide.



97 PERCENT of our kids matriculate to college after graduating from our programs.



28 HOURS vs 38 MINUTES

Our students receive **28 HOURS** of college readiness per year, compared to **ONLY 38 MINUTES** of college admissions counseling per student nationally.

100 PERCENT of our student athletes pass our swimming test compared to just **56 PERCENT** of kids in the US who know how to swim.



Photo right: Rowing along the Harlem River with our varsity girls team on a beautiful summer day.



GAME ON

Our athletes row against the country's most established teams with the determination, well-honed skills, and the mental fortitude of champions. We've consistently medaled at NY States, and recently have gone on to US Youth Nationals. Academically, 98 percent of our graduating seniors are attending colleges and universities all over the country.

REGATTAS

Crash-B Sprints
Head of the Schuylkill
Head of the Charles
Head of the Passaic
New York State Championship
Overpeck Regional Youth Regatta
Philadelphia Youth Regatta
Row for Autism
Strong Island Sprints
US Rowing Northeast Youth Championship
US Youth Rowing Nationals

COLLEGES ATTENDED INCLUDE:

Binghamton University
Brooklyn College
Bucknell University
Cabrini College
The City College of New York
Columbia University
Fordham University
Hunter College
Lehman College
Manhattan College
Marietta College
Naval Academy
Smith College
Stony Brook University
SUNY Plattsburgh
Temple University
The College of Saint Rose
University at Buffalo
University of Massachusetts Amherst
Vanderbilt University

Photo left: We bring our A game to every race and have the medals to prove it.

OUR LEADERSHIP



ARSHAY COOPER
AUTHOR OF *SUGA WATER*
MOTIVATIONAL SPEAKER
ROW NEW YORK BOARD
MEMBER

Sometimes good fortune knocks on the door—and that is exactly how Arshay Cooper came to Row New York. He learned about the organization while casting about for a New York City rowing program. Intrigued, he stopped by the office and introduced himself, read our materials, and immediately offered his assistance, assembling an eight-person indoor erg team for our yearly fundraiser, where he raised the most money of any participant.

Arshay attributes his work ethic, discipline, and entrepreneurship to the sport of rowing, which provided him with an escape from a tough childhood on the West Side of Chicago more than 20 years ago. When Ken Alpart—who would later become Arshay’s mentor—showed up at his high school to recruit students for a new rowing program, Arshay had no intention of, in his words, setting foot in a wobbly boat to try a sport for white people—especially without knowing how to swim. As he built strength on the water, though, he developed the confidence and discipline that would help him to succeed as a published writer, student at the prestigious Le Cordon Bleu culinary school, professional chef, and entrepreneur with his own catering company for professional athletes.

Today, Arshay has returned to his passion: working directly with young people, particularly those in areas of the country where resources are scarce. He talks to school teachers and administrators, local officials, and kids, championing fledgling rowing programs. He believes that rowing will do for them what it did for him: instill confidence, build a strong work ethic, and foster the growth of academic and life skills.

At Row New York, Arshay serves on the Board of Directors, volunteers at programming, and motivates student-athletes, many of whom relate to his experience as a rower on his high school’s first all-black rowing team.

If there is one aspect about Arshay to underscore, it is his grassroots “get into the weeds” style of youth development. He walks the walk. Yes, he helps with fundraising, and his networking skills are admirable, but what he really loves is connecting with our student-athletes and communities. We count ourselves lucky that he walked through our door.

Our Board

Our Board is a critical part of **OUR STRONG, DIVERSE COMMUNITY**. We look to them for sound financial advice, strategic goal setting, ways to best serve, engage, and retain our student athletes—in short for almost all aspects of our mission-driven organization. Therefore, we strive to build a board that not only provides critical, professional guidance, but also understands our community needs and our student-athletes’ lives.



WHERE YOUR DOLLARS GO

Row New York transforms the lives of over 2,000 kids each year. It takes a village, but it also takes funding.

\$50



Provides healthy snacks for one week to keep kids focused

\$100



Buys one new uniform

\$250



Covers one week of Metrocards for our students who commute from all over the city

\$1,000



Covers one week of hot meals at our academic programs

\$10,000



Provides swim lessons for all new participants who need them

\$20,000



Allows us to add another boat to our growing fleet



MAIN OFFICE
252 West 37th Street, 4th Floor
New York, NY 10018
718.433.3075
info@rownewyork.org

PETER JAY SHARP BOATHOUSE
3579 Harlem River Drive
New York, NY 10034

WORLD'S FAIR BOATHOUSE
30 Meadow Lake Trail
Flushing, NY 11367

PAERDEGAT BASIN LAUNCH
1310 Paerdegat Ave North
Brooklyn, NY 11236



Photo: A beautiful way to start the day. Early mornings at our Peter Jay Sharp boathouse.

