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 national regattas against schools 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 the diverse New York City and racial diversity, as well as the mutually beneficial integration of teams 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,

As a recent staff lunch, one of our coaches told the story of a rower on our adaptive team. The young woman has been training with us for over four years. When she completed her very first 1,000-meter race on the rowing machine, it took her nearly 4.5 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 were stunned for being immune to challenges around here, but over we have our moments of saying something isn’t possible. Somehow, we thought, we were connected 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, you 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 Coordination 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 save a lot of this 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 cease to amaze me.

Looking ahead to 2015, we hope to continue our work and continue 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,

Amie Kraus
Executive Director

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 world.” — Anna, Varsity rower.
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, resiliency, and sense of community through their engagement with Row New York.

100% of our middle and high school student-athletes met 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. 40% of school-age children in New York City.

Nationally, the ratio of students to guidance counselors in urban areas is 41:1. 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 1,845. The statewide average was 1,379. We beat the benchmark of 1,550 used to predict college success by almost 300 points.

98% of our student-athletes graduate from high school on time, compared to 42% of students citywide. Plus, all of our go on to college, and 90% of them have graduated.

“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 Executive

world” — Deborah, Varsity rower
OUR YOUTH PROGRAMS

ERA: Empowerment through Rowing and Academics
This intensive program provided over a thousand hours of physical and scholastic training for 140 11th–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 performances as measured by regular in-house assessments, increased fitness as measured by regular one-mile runs, rowing machines (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 grow 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 field trips. The program culminated in a community service day and a middle-school scribbling 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. Rowing veterans and juniors from our year-round ERA program serve as summer leaders in this program, to help teach our 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 Regata (PA)
Capital Springs Regata (DC)
The Cooper Cup (NJ)
C.K.A.S.H.–B. Springs (PA)
Greewich Invitational (CT)
Head of the Arancons (DC)
Head of the Charles Regata (MA)
Head of the Passaic Regata (NJ)
Head of the Schuykill (PA)
Long Island Championships (NY)
NY State Scholastic Championships (NY)
Peter Jay Sharp Regata (NYC)
Philadelphia Youth Regata (PA)
Row for Autism (NY)
Strong Island Springs (NY)
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. Exper, but unsure.

“I was definitely more insecure, less confident back then,” she says. “Oh for sure. I didn’t think I had made it in at the back of my mind, stupid 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 painted black from holding on to the oar too tightly. She “did ok,” but she was still trying to figure it out. She had been involved in cheers before, nothing so athletic or team-oriented. It was all new.

Then came the Big Duck Regatta. “Seeing all of those people cheering, cheering with my team... that’s when I really felt like I was doing something important.”

Now New York and New Haven are even more connected, exchanging leads, until Nicole and her team pulled ahead. She felt the first sense of triumph, and she, and to keep moving to get stronger to not only compete but win.

It was the same with academics: “I wanted to do well as both. RNY says studying comes first—so I’ve made sure to get done and 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. “I was here but not here yet... we made 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, engaging her last year with her own team, staying fiercely competitive in races and succeeding academically. Last summer she attended a 6-week summer program at Syracuse University, taking classes and gaining a sense of college life. She took away from her training here,” Coach Piko said, “saying the same thing, and he gave me a workout plan for while I was there.”

This winter she was nurse-working, much worse than wanting to hear if third 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 Maritime. She wants to “double major in public relations and political science, row for their Division I program, and create my own club!”

Why Maritime? “I can’t wait to make my new home there.”

The process and her infectious smile applies. “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.”
ADAPTIVE ROWING

Rowing is a sport especially suited to adaptive athletes because it can be adapted to different levels of ability. The social and supportive environment of our rowing community focuses on ability—the ability to enhance personal skills, to commit to team mates, 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, 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 every 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 100 youth and adults. Our year-round Recreational Adaptive Rowing Program for adults 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 Bayside Regatta—our very first competition!

ADAPTIVE ROWING ADVISORY BOARD

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

Martín Bourneau, Esq., CPA
Tax Attorney
Margaret Regan, MSN, DNP
Family Nurse Practitioner
Victor Caleb
Commissioner, NYC Mayor’s Office for People with Disabilities
Disi Traum
President and Founder of Achilles International
Patricia Golden
Vice President, The J & B Butler Foundation
Hinıyah Yamada
Director of NYC DOE’s 75 Office of School Wellness Programs
Soo Lee
Achilles International

*Member of New York’s Competitive Para-Racing Team

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 training row 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 NYPJ to take over management of the facility in 2012, and half of our programming now takes place there. PJF is also home to several races sponsored by Row New York each spring and summer: the Harlem River Classic, Haros 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 1933-1934 World’s Fair this boathouse is where Row first got its start 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 53 acres, and underwent a major renovation in 2011.

WITH THANKS TO OUR MOST GENEROUS SUPPORTERS

$100,000+
New York City Council

$50,000–$99,999
Alton L. Hoyt Foundation

$25,000–$49,999
The J. & B. Butler Foundation

$10,000–$19,999
Chromat and Charyn Chahraman


John Claytor
Costes Family Foundation
Mott and Marvin Ewoud
Elizabeth Gilbert
Gary Golding
Gra Grear
David Harnett
Lane Pew Foundation
New York City Council Member
Yvonne Rodríguez

The Building Care Foundation
Dennis and Katherine Chang
The Educational Foundation of America
Eileen Fisher Inc.
The Foundation for Global Sports
Development
Henry E. Niles Foundation
Maggie Kotak
Kenneth and Andrew Kraus
Laurens Foundation
Rob and Lindsey Lobue
Mark McGlade
Elie Roudnitskaya
New York Life Foundation
The New York Women’s Foundation
Patrons Foundation
Chuck and Carole Pepper
Scott Thomas and Sammy Polzine
Power Talk/New York Inc.
Jillian Ross
Jean Sabater
Kay Sanders
Christopher Huntington and Justin Simons
Thomas D. & Dennis R. Stern
Family Foundation
United Way of New York City

$25,000–$49,999
Pamela Brewater
Paul and Sophia Carinci
Credit Suisse Americas Foundation
Morgan Crocka
Jonathan Danham
Gerson Family Foundation
Lucy Hooper Roence
Michael Kalbsta
Erko Long
Chriatise Lipari
Barbara Phillips
Michael and Kathy Presto
Jessica Rispoli and Edward Roswold
Irene and Kathleen Rudolph-Steinak
Scherer Family Foundation
Tara Sher
Jon Fish and Sharon Stalberg
Louis Travalos
Way, Gareth & Melphe Gry/Les
Pat Wheeler

$1,000–$2,499
Allison Lev Yee
Cullen Bailey
Morgan Bala
Neuberger Berman LLC
George Bingham

Mara Bonossi
Nancy Chemesl
Charlie Johnstone and John Crocker III
Arthur Dubow Foundation
Andrew Dunn
Exceed Physical Culture
Susan Hager
David and Kristin Harman
Andrew Hawest
The Hoyman Family Fund
Andrew and Manny Homan
Matthew and Kristin Hughes
Nick Kraus
Eric Wilmes and Kathryn Leaf
Hi-Lake
Laure Foundation
Jeff Lundwall
The Flat Charitable Foundation
John and Carol McCann
Morgan Stanley
The Mullberry Group
National Distrubition Alliance
James Nelson
Norcross Wildlife Foundation
Pride Mobility Products Corp.
The Reed Foundation
Chuck and Kathleen Scott
Tom and Kate Staton
Sara Sprung
Delvin Strong
Purdy Stoups
Sarre Valen
Paula Wyncavigo

pressures of NYC professional and personal pursuits. And it’s fun!" - Rob, Competitive Masters River. See "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

Support and Revenue

<table>
<thead>
<tr>
<th>2013</th>
<th>2014</th>
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<tbody>
<tr>
<td>Contributions</td>
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<tr>
<td>Program service income</td>
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<td>Investment income</td>
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<tr>
<td>Other revenue</td>
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<tr>
<td>Less: Direct costs of special events</td>
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<tr>
<td>Total support and revenue</td>
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Expenses

<table>
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<th>2013</th>
<th>2014</th>
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<tr>
<td>Program services</td>
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<tr>
<td>Support Services: General and administrative</td>
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<tr>
<td>Fundraising</td>
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<td>Total Expenses</td>
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<td>Increase in net assets</td>
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<td>Beginning net assets</td>
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<tr>
<td>Ending net assets</td>
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</table>


corpons13.png
corpons14.png

ADVISORY BOARD

Tom Asch
U.S. Olympic Rower
Managing Partner/Advance Partners
Richard Castle
President, One Equity Partners
Derek Chang
Managing Director of Axis Radio, Operations, Scripps Networks Interactive, Inc.
Tam Compas chic
Global Co-Head of RCC Sales, Goldman Sachs
Jim Darte
Head Coach, University of Massachusetts Women’s Crew

Gary Goldring
Orcas International Rowing Club
Golding Family Foundation
Chris Harrington
U.S. Olympic Rower
Partners Group Development LLC
Lindsey Lobus
Advisor Domenico Goldman Sachs
Colin Reeshead
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.

BOARD OF DIRECTORS

Cheryl A. Ahrens
Legal/Allen Spertus (U/G/C)
Matthew Breslin
Vice President, Goldman Sachs & Co.
Jim Cano
U.S. Olympic Champion
Chief Financial Officer/Advertising Council
Raymond Hill
Executive Chairman, Carreras LLC
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Partner, Paul, Weiss, Rifkind, Wharton & Garrison
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Amanda Kraus
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Cheryl Loper
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Gary Goldring
Orcas International Rowing Club
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