I AM STRONG
ON THE WATER
I WORK HARD
IN THE CLASSROOM
I WON'T QUIT
BEFORE REACHING MY GOALS
Row New York was founded in 2002, based on the simple premise that the discipline of competitive rowing when combined with rigorous academic support yields a powerful return. We have seen our programs positively impact the lives of thousands of NYC teens over the past 13 years, instilling the hard-won values of tenacity, focus, teamwork, and confidence. In turn, these values build strong and confident young people, ready to tackle the demands of college.

Our success can be measured in numerous ways. Having medaled at the New York State Championship for the past 8 years, our teams continue to successfully compete with better financed clubs with a longer rowing history. Our kids report an improved lifestyle, including a healthier approach to exercise and nutrition. And in addition to these measurable gains, our student-athletes have developed a strong sense of pride that will help carry them through their college years and beyond.

The discipline demanded by rowing is specific and unique. The delayed gratification and emphasis on endurance means our kids not only build a strong work ethic, but they learn that working together is critical to success. We believe in building a strong sense of teamwork and in creating an ‘esprit de corps’ – and it is this idea that is at the heart of rowing and what it can teach. At Row New York, we pull together, allowing each of our student-athletes to push ahead.
FROM THE EXECUTIVE DIRECTOR

DEAR FRIENDS OF ROW NEW YORK,

As Row New York has grown and changed, so too has my role within the organization. It’s not often that I get out to one of the boathouses and, when I do, it’s with a funder or elected official.

I recently “treated” myself to a solo visit to the Queens boathouse for an afternoon with our novice girls, who are coached by one of our very own graduates, Char Rendon.

There was Char, someone I have known for eight years, who graduated from Row New York and is now a college graduate leading a group of our Row New Yorkers. Collecting report cards. Reminding girls to put their sunscreen on. To cheer one another on. To be on time. And then, in the boat, to sit up straight and focus, focus, focus. Be proud of rowing “all eight” even when it’s hard and the balance is not there yet, the boat tipping from one side to another. Enjoy those moments when the boat is set and the blades go in the water together.

As the sun went down and Char wrapped up practice, I reflected on the fact that this typical afternoon scene at Row New York never gets old to me. Young people working together, enjoying each other, working ridiculously hard, finding strength and pride in themselves and one another.

At Row New York, we strive to provide a safe and welcoming environment that encourages risk taking. As a team, we are supportive of each other, and we view mistakes and missteps as learning opportunities. You take a bad stroke? It’s okay because you have an opportunity to take another one, to make it better, to improve. Most of our student-athletes come to us with some trepidation; after all, rowing is not commonplace in New York City. You want me to get in that narrow boat with eight other boys or girls and row that thing? The sport pushes us all out of our comfort zones. But given our emphasis on creating a supportive team environment, we see our kids come out of their shells, gain confidence in their abilities, take risks, and trust themselves to push beyond their perceived boundaries.

When asked how Row New York has impacted them, the consistent consensus from our student-athletes is some variation of “My limit is nowhere near where I thought it was… I am capable of accomplishing anything if I put my mind to it.”

Off the water, we provide effective SAT prep, we help with deconstructing the maze of financial aid protocols, we take our kids on college visits, we even send care packages and cards that first year when the homesick blues take hold, and the result is that 100% of our kids headed to college last year. However, we believe that it is the values and mindset learned through the unique sport of rowing that provide the strong foundation our academic and college prep program is built upon.

I want to thank all of our supporters who believe in our mission; it is your support that has helped to make our program effective and our success measurable.

With thanks,
AMANDA KRAUS

WE BRING OUR “A” GAME

Our athletes row against some of the country’s most established teams, showing up with determination, well-honed skills, and the mental fortitude to compete successfully.

We have medaled the past 8 years in a row and we plan on making it 9.

HEAD OF THE SCHUYLKILL
HEAD OF THE CHARLES
HEAD OF THE PASSAIC
PHILADELPHIA YOUTH REGatta
USROWNING NORTHEAST YOUTH CHAMPIONSHIP
NEW YORK STATE CHAMPIONSHIP
ROW FOR AUTISM
OVERPECK REGIONAL YOUTH REGatta
CRASH-B SPRINTS
STRONG ISLAND SPRINTS
WHAT IS THE “OPPORTUNITY GAP”? 

The opportunity gap is the disparity caused by the unequal distribution of resources – such as access to a quality education – that are needed for all children to succeed. In neighborhoods that our rowers call home, basic services and support structures cannot be assumed. For example, lack of access to healthy food options, language barriers, and unsafe schools can negatively impact a child’s life trajectory.

“No young person should have to face the future without hope and optimism. Young people should be excited to learn, to grow... But in many disadvantaged neighborhoods and for many young people of color, opportunity gaps strangle hope.”

RESTORING HOPE AND CLOSING THE OPPORTUNITY GAP
by Secretary Thomas E. Perez/White House Blog

Our rowing and academic programs go a long way to help ensure our student-athletes get into college, but Row New York goes the extra mile to round out our programs in small ways designed to make a big difference. For example, we provide healthy snacks and hot meals to help our kids stay focused during academic sessions; we give swim lessons for anyone in our program who cannot pass a swim test. In addition to SAT prep and college tours, we demystify the convoluted financial aid process to help students understand what they are entitled to. And we are conscious of how tough that first year of college can be, so we provide a little TLC by sending care packages and cards to help with the homesick blues.

Our programs stand on their own, but the extra care and attention we provide goes a long way to help fill in the gaps for our student-athletes.
ATHLETICS BOOSTS ACADEMIC RESULTS.

Most education experts agree that providing academic support alongside athletics improves results. The theory is that the skills taught and values learned in an effective athletic program can be transferred to academics.

Most under-served schools and communities have fewer opportunities for kids to participate in sports. This means that the very kids who would benefit most from athletic programs are the least likely to have access.

Row New York believes that sports in general play a big role in helping to develop character, but rowing, in particular, builds a strong work ethic through the sheer determination, endurance, and teamwork it demands. We see this work ethic played out in the classroom, where focus and tenacity yield higher grades and, in turn, higher college acceptance rates.

We’ve seen improved results over the years; but more importantly, our student-athletes have seen improvements in themselves.

“I realized how hard I can push myself. I also learned how to commit to something for a long period of time.”

“I learned that with enough work, I can do anything.”

“I am always capable of doing more than what I thought I could.”

(Taken verbatim from end of year survey 2015)

TENACITY ON THE WATER LEADS TO FOCUS IN THE CLASSROOM.
We are a diverse organization, coming from different cultures, backgrounds, and economic means. But we all identify as rowers. We see ourselves as teammates, coxswains, first oarsmen, or perhaps as part of the “engine room.” Whether we are a first generation American, or we come from Chelsea versus Washington Heights – what matters is we sit inside our boat, as a team, and start to row. Our unique backgrounds define us and makes us stronger.

Watching a team row, you see a common purpose as everyone in the boat pulls together. And if one person fails to pull their own weight, the team falters. This reliance on each other encourages a team mentality; this helps to keep the focus on where we are going, versus where we come from.

So while each of our student-athletes brings something unique to Row New York, we come together as a team.
Nick started with Row New York as a freshman on our novice team four years ago. He wasn’t the fastest or the strongest athlete, nor was he the best student. In his own words, he was overweight, small, and unsure of himself. He knew he wanted to try a sport, but was not sure what team he might make. Fall of his freshman year, Nick found himself in an auditorium listening to Row New York coaches introduce their Youth Program. He had never heard of rowing, but was intrigued by the idea that the sport was open to anyone who showed a willingness to work hard. Nick liked the idea of trying something totally new—and he had no clear idea of what rowing entailed.

No one was more shocked than Nick when he received a call that he made the team. He vividly recalls getting a call on a Friday morning that practice started the next Monday afternoon. That single phone call sparked the beginning of a journey for which Nick is enormously grateful.

Today, at close to 6 feet tall and a lean healthy weight, he loves rowing—he loves the strenuous workouts, the competition and the team camaraderie. While the physical transformation was striking to his friends and family, his coaches noticed an emotional maturation that was even more noteworthy. As his coach, Ian Suchan, recalls: “By the end of his sophomore year, Nick seemed like a different person. Physically he had lost a ton of weight and had grown a couple of inches, but it was his mental discipline and overall demeanor that I noticed the most; he had more confidence in himself, and seemed to be more comfortable with who he was.” This increase in confidence had a positive impact on the team as well. Nick was more outgoing and willing to take on a leadership role.

“Rowing is not an easy sport” Nick readily admits. There were times when the last thing he wanted to do was get up by 6 a.m. on a Saturday morning to make practice. Or to get out on the water on a cold windy day, as blisters developed on his hands. But as Nick attests, it is those very hardships and testing of one’s mettle that makes an individual grow in character.

There is much that Nick will miss about Row New York as he heads off to college: his teammates, his coaches, the competition, and yes, even the practices on early summer mornings.
At Row New York, we welcome anyone interested in rowing – the first timer who has yet to step a toe in the water (or a boat) or the hardcore rower looking for a masters team to join for an intense workout and sense of camaraderie. But the reason we exist goes back to our mission, which is to support our Youth Programs that are offered free of charge, as well as our Adaptive Rowing Programs. Our fee-based rowing – primarily those geared towards adults – exist to help us fund and support our kids and their programs.

**YOUTH PROGRAMS**

The goals we have established for our student-athletes are measurable – improved performance in both academics and physical fitness. Training consists of on-water rowing in boats of four and eight from March through October, and indoor cardio and erg training from November through March. We provide year-long academic tutoring and SAT prep, college readiness support including campus tours, and help navigating the cumbersome financial aid process. We provide swim lessons, hot meals at tutoring sessions, and professional workshops on nutrition and reproductive health. And for at-risk teens, we give them access to a social worker and help in navigating appropriate support services.

**ADAPTIVE ROWING**

Rowing is a sport especially suited to para-athletes, as it can be adapted to different levels of ability. Our safe and supportive environment focuses on developing the same skill set as our after-school Youth Programs, including a strong sense of teamwork, personal pride in hard work, and pushing individual limits. Our rowers with cognitive and physical disabilities consistently demonstrate tenacity, discipline, and a competitive spirit to be envied.

**FEE-BASED PROGRAMS**

We offer a range of fee-based adult programs for anyone interested in rowing—from the beginner to the advanced rower. The revenue generated from these adult programs gets channeled directly into our mission-based youth programs. In addition to providing funds, we find that by offering these adult programs, we are better able to spread the word about what we do as a non-profit organization. Particularly with our Masters Program, our expert rowers stay involved with Row New York in ways beyond simply increasing revenue; they offer business advice, provide mentoring to our high schoolers, and give generously both in terms of dollars and in-kind donations.

For more detailed program information, check out our website at RowNewYork.org.
OUR MOST GENEROUS SUPPORTERS

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

WHERE YOUR DOLLARS GO

$100,000+
- Agnes Varis Trust
- Jill & Ken Iscol
- Lisa & Dick Cashin
- NYC Department of Youth & Community Development
- The Pershing Square Foundation

$50,000 - $99,999
- Charles Hayden Foundation
- F.A.O. Schwarz Family Foundation
- Heckscher Foundation for Children
- Maverick Capital Foundation
- Nancy & Tom Cornacchia
- The New York Community Trust
- Select Equity Group Foundation
- The Thompson Family Foundation
- Youth, INC

$20,000 - $49,999
- Carl Marks Foundation
- Elizabeth Gilbert
- Gray Foundation
- J.E. & Z.B. Butler Foundation
- Lily Auchincloss Foundation
- Mary J. Hutchins Foundation
- Nicholas B. Ottaway Foundation
- Raymond Hill
- Sara & Joshua Scoulom
- Sarah & David Johnson
- Shyamli & Rob Milam

$10,000 - $19,999
- Aimee Lenar & Morgan Crooks
- Crowell & Moring Foundation
- Justine Simons & Christopher Hun tington
- NYC Council Member Ydanis Rodriguez
- Orrick, Herrington & Sutcliffe LLP
- Philips Family Foundation
- Power Ten New York
- Scheerer Family Foundation
- Sharon Stulberg & Jon Fish
- Shreyas Gupta
- Sophie Cottrell & Pa l Caminiti

$5,000 - $9,999
- Allison Levy Ansel & David Ansel
- Catherine & Wil Ulrich
- Crowell & Moring Foundation
- Justine Simons & Christopher Huntington
- NYC Council Member
- Jimmy Van Bramer
- Tara Sher & K elly Currie

$1,000 - $2,499
- Alexander Griswold
- Alexandra & David Stern
- Ally Corporate Finance
- Amal Aly & Leslie Seecoomar
- Amy & Andrew Cole

$2,500 - $4,999
- Allan Levy Ansel & David Ansel
- Catherine & Wil Ulrich
- Crowell & Moring Foundation
- Justine Simons & Christopher Huntington
- NYC Council Member
- Jimmy Van Bramer
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- The Thompson Family Foundation
- Youth, INC

WHERE YOUR DOLLARS GO

$100
- Buys one new uniform

$10,000
- Allows us to provide swim lessons for all new participants who need them - 10 weeks/45 kids

$100,000+
- Agnes Varis Trust
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- Lisa & Dick Cashin
- NYC Department of Youth & Community Development
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- Nancy & Tom Cornacchia
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- Select Equity Group Foundation
- The Thompson Family Foundation
- Youth, INC

$100
- Buys one new uniform

$50
- Provides healthy snacks for one week to keep kids focused

$250
- Covers one week of Metrocards for our kids who commute from all over the city

$1,000
- Covers one week of hot meals at our academic programs

$10,000
- Allows us to provide swim lessons for all new participants who need them - 10 weeks/45 kids

$1,000 - $2,499
- Alexander Griswold
- Alexandra & David Stern
- Ally Corporate Finance
- Amal Aly & Leslie Seecoomar
- Amy & Andrew Cole

$2,500 - $4,999
- Allison Levy Ansel & David Ansel
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SUMMARY FINANCIAL INFORMATION

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<td>Contributions</td>
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FUNDING BY SOURCE

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<th>2014 REVENUE SOURCES</th>
<th>2015 REVENUE SOURCES</th>
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<td>21%</td>
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<tr>
<td>2%</td>
<td>6%</td>
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PULLING TOGETHER TO PUSH AHEAD.

rownewyork.org

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