



**CHANGING LIVES THROUGH
ROWING**



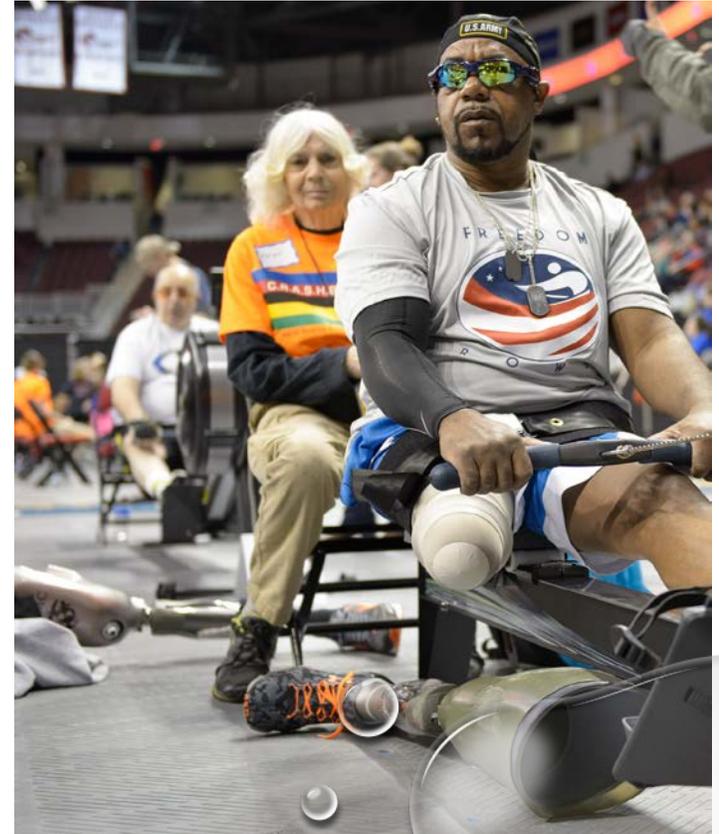
USRowing

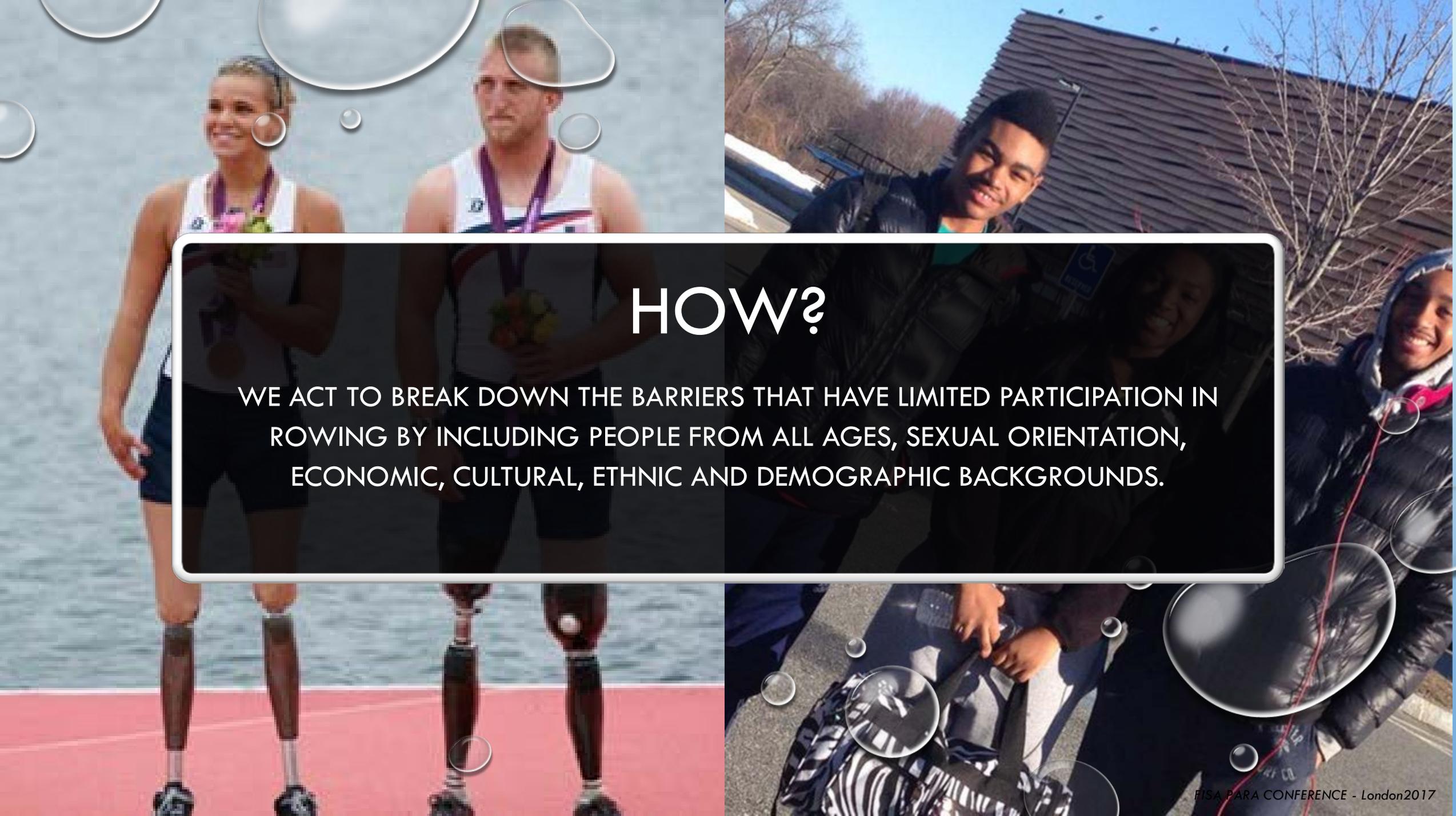
**SUPPORTING INCLUSION
AND DIVERISTY IN THE
SPORT OF ROWING**



WHY?

WE KNOW DIVERSITY WILL
STRENGTHEN THE SPORT OF
ROWING BY CHANGING THE LIVES
OF ALL PARTICIPANTS THROUGH
UNDERSTANDING AND MUTUAL
RESPECT OF OUR DIFFERENCES.





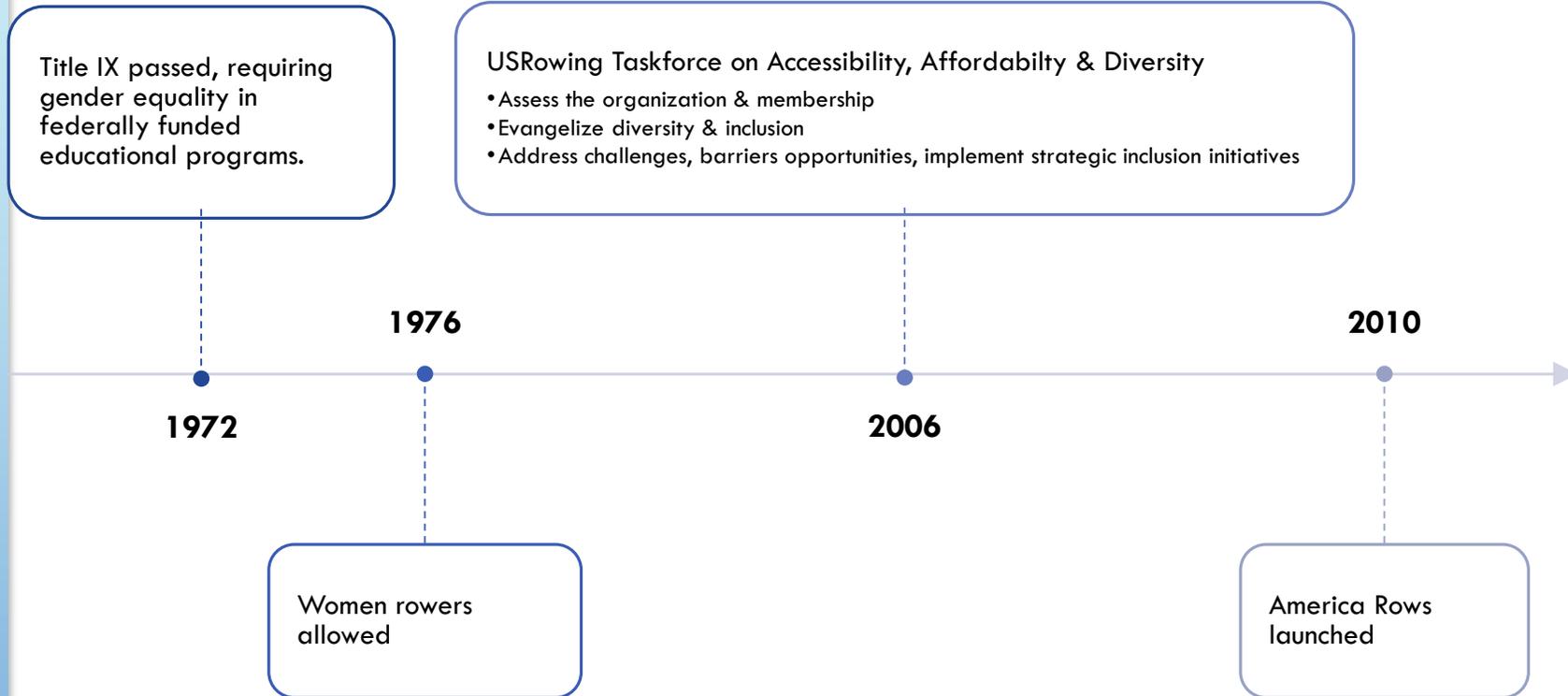
HOW?

WE ACT TO BREAK DOWN THE BARRIERS THAT HAVE LIMITED PARTICIPATION IN ROWING BY INCLUDING PEOPLE FROM ALL AGES, SEXUAL ORIENTATION, ECONOMIC, CULTURAL, ETHNIC AND DEMOGRAPHIC BACKGROUNDS.

“Diversity is being invited to the party; inclusion is being asked to dance!”

- Verna Myers

HOW WE STARTED



AMERICA ROWS CORE GOALS

1

Increase participation of under represented, economically disadvantaged youth and persons with disabilities

2

Partner with other organizations and agencies to achieve our mission

3

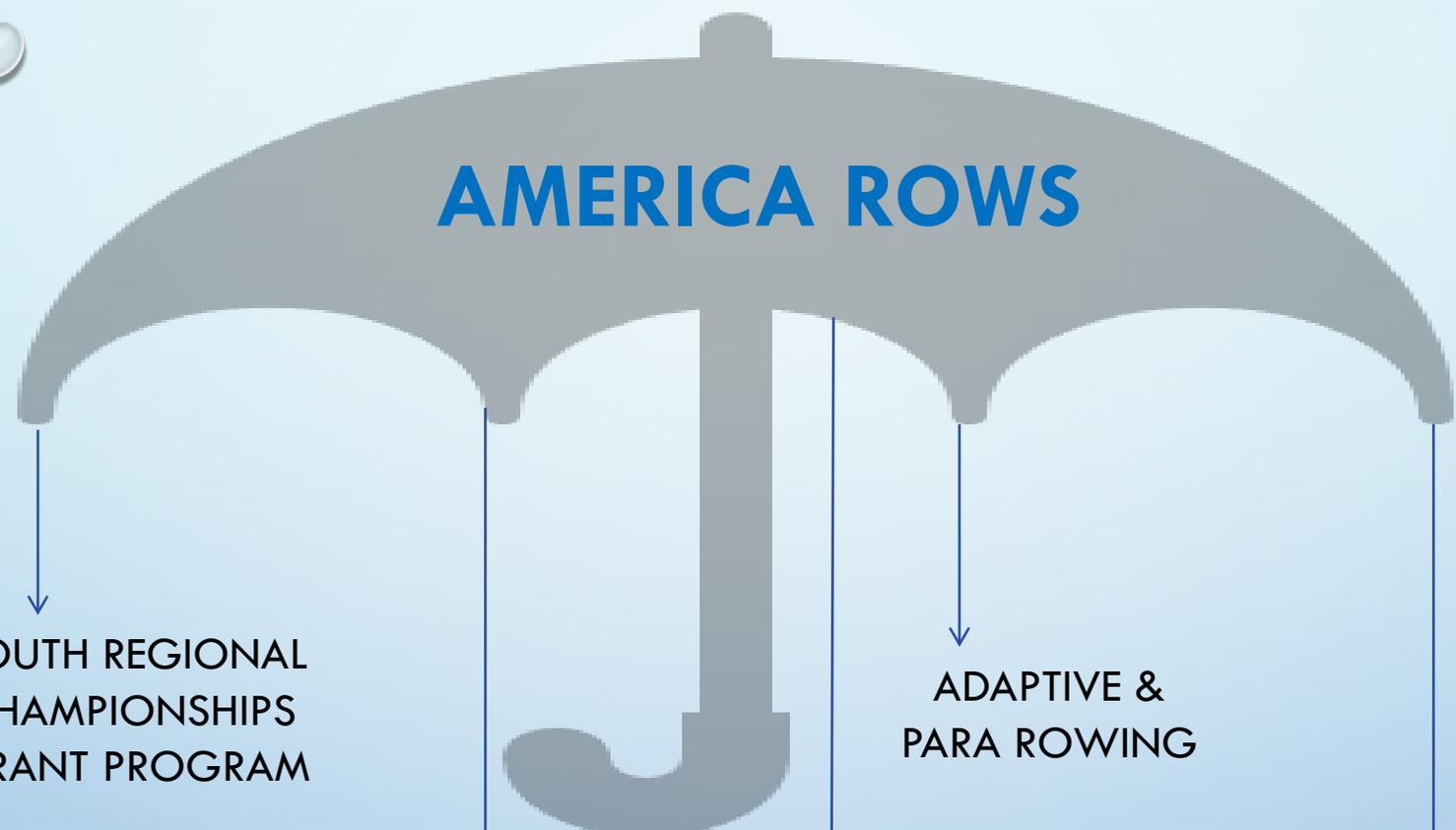
Educate and increase awareness of our diversity and inclusion mission

4

Provide resources to create and support programming

BENEFITS TO OUR USROWING MEMBERS

NATIONAL	PART OF NATIONAL DIVERSITY & INCLUSION MOVEMENT OFFERING ROWING TO ALL
AWARENESS	AWARENESS OF THE SPORT OF ROWING IN COMMUNITY, OPPORTUNITY FOR FINANCIAL SUPPORT
HELP	HELP PEOPLE WITH MOBILITY IMPAIRMENTS, INTELLECTUAL DISABILITIES AND UNDER REPRESENTED YOUTH OVERCOME NATIONAL OBESITY CRISIS, DEPRESSION AND SOCIAL CHALLENGES
CHANGE	CHANGE LIVES THROUGH ROWING



AMERICA ROWS

YOUTH REGIONAL
CHAMPIONSHIPS
GRANT PROGRAM

JUNIOR NATIONAL
TEAM CAMP
GRANT PROGRAM

ADAPTIVE &
PARA ROWING

ERG ED

OUTREACH
CHAMPIONSHIP
MEMBERSHIP

YOUTH PROGRAMS

JUNIOR NATIONAL TEAM CAMP GRANT PROGRAM

Goals:

To empower and invite America Rows' athletes to become more competitive in the sport of rowing.

Demonstrate the viability of having multicultural rowers.

Be the positive leaders and role models that others from multicultural backgrounds can emulate.

Participants: Up to eight total male or female athletes.

Participants must meet the Junior National Team selection camp or development camp criteria. Participants must earn an invitation to one of the Junior National Team camps.

Cost: USRowing will scholarship up to \$4,000 per athlete. This may include, but is not limited to, airfare, room and board, camp fees and other camp expenses.

Eligibility:

Any USRowing registered athlete who can meet the time standard and represents an ethnically, racially or economically underrepresented population that is less than 10 percent of USRowing's membership is eligible to submit an application. These populations include: African American, Hispanic, Asian or Pacific Islander, or Native American.

Awards: Up to 8 total male or female athletes/year.



- LAUNCHED IN 2010 SEATTLE, WA BY GEORGE POCOCK FOUNDATION
- OVER 10,000 STUDENTS GRADES K-12
- 2016 PARTNERED WITH USROWING TO EXPAND NATIONWIDE – 4 PROGRAMS
- 2017 –ADDING 6TH COMMUNITY PROGRAM CITY OF STOCKTON, CA

YOUTH REGIONAL CHAMPIONSHIPS GRANT PROGRAM

GOALS:

- TO INCREASE THE PARTICIPATION OF OUR AMERICA ROWS PROGRAMS IN USROWING'S YOUTH REGIONAL CHAMPIONSHIPS.
- TO PROVIDE STIPENDS THAT CAN BE USED TO COVER SOME OF THE COST OF TRAVEL AND LODGING.

PARTICIPANTS: AMERICA ROWS ORGANIZATIONS WITH A YOUTH ROWING PROGRAM AND THEIR USROWING CHAMPIONSHIP MEMBERS WHO ARE COMPETING AT A USROWING YOUTH REGIONAL CHAMPIONSHIP.

COST: THIS IS A NEEDS-BASED STIPEND.

ELIGIBILITY:

THE ROWING PROGRAM MUST REPRESENT AN ETHNICALLY, RACIALLY OR *ECONOMICALLY UNDERREPRESENTED POPULATION THAT IS LESS THAN 10% OF USROWING'S MEMBERSHIP.

*ECONOMICALLY UNDERREPRESENTED WILL MEAN THAT THE ATHLETE IS LIVING BELOW OR AT THE FEDERAL GUIDELINES FOR POVERTY AND OR QUALIFY FOR THE FREE OR REDUCED FEDERAL LUNCH PROGRAM.

AWARDS: APPROX 5 PROGRAMS/YEAR.

OUTREACH CHAMPIONSHIP MEMBERSHIP

US ROWING CHAMPIONSHIP MEMBERS REDUCED FEE

TO QUALIFY, ATHLETES SHOULD MEET ONE OF THE FOLLOWING CRITERIA:

- ENROLLED IN THE FEDERAL FOOD STAMP PROGRAM
- ENTERED IN A NATIONAL SCHOOL FREE LUNCH PROGRAM
- MEET FEDERAL POVERTY GUIDELINES

FREEDOM ROWS

- PARTNERSHIP - US VETERANS ADMINISTRATION
- ADAPTIVE SPORTS GRANT
- PURPOSE: *TO PROVIDE FUNDING TO USROWING TO PLAN, DEVELOP, MANAGE, AND IMPLEMENT PROGRAMS TO PROVIDE ADAPTIVE ROWING ACTIVITIES FOR DISABLED VETERANS AND DISABLED MEMBERS OF THE ARMED FORCES.*
- ANNUAL GRANT AWARDED - 2015, 2016, 2017, 2018
- 30 PROGRAMS NATIONWIDE
- PROVIDES - EQUIPMENT, TRAINING, ATHLETE TRAVEL, SUPPLIES, COACHING STIPENDS, FACILITY RENTALS
- PARA- MONTHLY STIPEND FOR ELITE ATHLETES WHO MEET STANDARDS FOR HIGH PERFORMANCE PARA TEAM



USOC DIVERSITY & INCLUSION AWARD



2015

AMERICA ROWS



2016

FREEDOM ROWS PROGRAM



REFERENCES

USROWING COMMUNITY OUTREACH MANUAL

<http://www.usrowing.org/wp-content/uploads/2016/05/usrowing-america-rows-community-outreach-manual.pdf>

USROWING ADAPTIVE ROWING MANUAL

<http://www.usrowing.org/wp-content/uploads/2016/05/2015-guide-to-adaptive-rowing.pdf>

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