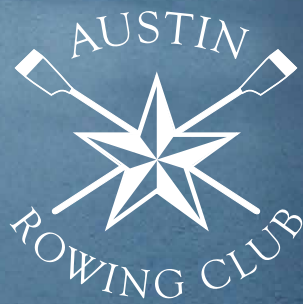


**“Wow, there’s a lake here!”**  
– High school outreach participant



*Actively Involved In Our Community*

**COLLEGE ACCESS**

**HEALTH & WELLNESS**

**NATURE STEWARDSHIP**





# OPENING A DOOR

If students don't know Lady Bird Lake exists, how are they to know that rowing provides a path to college for thousands of young people every year?

Getting that message out – opening that door – is one primary focus of Austin Rowing Club's Outreach efforts. To do so, we run free afternoon programs during the school year for middle and high school students. In the summer we offer no-cost access to weeklong Introduction to Rowing camps and offer free morning rowing and kayaking sessions. And to those who wish to join our competitive Juniors teams we offer scholarships.

But getting college access and scholarships for underserved communities isn't all we do. To promote lifelong health, wellness and an appreciation and respect for nature, we partner with a variety of groups that can gather participants and get them to our boathouse.



## OUR NOT SO SECRET WEAPON

ARC has invested in a training boat – **the only one like it in the state** (one of only 3 in the Southwest).

This stable twin-hulled vessel places rowers side by side, with a deck in between. Beginners can learn the mechanics of the rowing motion with direct input from a coach before moving to advanced single-file racing shells.

This training boat allows us to introduce people to the discipline and teamwork of rowing – as well as the natural beauties of Lady Bird Lake – safely and immediately. People who might be too limited physically or mentally to get in a racing shell can come for one session, get on the water, get some exercise and have fun!





# OUR PARTNERS

Rowing is site specific. We can't take the lake around the city! So, while we work one-on-one with special needs individuals, we seek out and partner with organizations that can gather a crowd and bring them to us. These partners are crucial to the success of our programs.



We have an ongoing, mutually beneficial relationship with the **City of Austin**.

**Healthy Connections** is a wellness program for city employees through which they may take our Introduction to Rowing classes. By promoting wellness, the city is seeking to improve the lives of its workers and to decrease its health insurance costs – a win-win strategy.



In cooperation with **Congress Avenue Kayaks**, we offer combined rowing and kayaking for middle and high school youth enrolled in recreation center summer camps every weekday morning during the summer. This gives recreation centers from all over the city an opportunity to enjoy a fun-filled water experience.



Nearby **Camacho Activity Center** and **Pan American Recreation Center** are close enough to bring students over during the school year for coached practices.



**McBeth Recreation Center** brings a group of intellectually challenged adults every week year round. Some have become adept enough to race in the Texas Rowing Championships.



**Austin Sunshine Camps** brings students from two urban middle schools one day each week as part of an after school program that also provides nutrition and scholastic support.



ARC is providing scholarships so students from **Austin Achieve**, a tuition-free, open enrollment public charter school serving East Austin, can participate in our Middle School Recreational Rowing program.



**Capital of Texas Team Survivor** – ARC provides training facilities, volunteer coaches and equipment for this group of cancer survivors. Members are encouraged to compete as teams and/or as individuals.



**KIPP Austin Scholarships** – ARC provides scholarships to students enrolled at KIPP Austin (public schools that “empower our students to thrive in and graduate from college”) who wish to join our competitive Juniors program.

**RowFree for Austin Non-Profits** – ARC provides on-water experiences for leadership, staff and volunteers from area non-profits, often as part of an off-site team building or workday event.



**Sierra Club, Audubon Society, Keep Austin Beautiful:** ARC partners with these organizations to protect and preserve Lady Bird Lake, the Ann and Roy Butler Hike-and-Bike Trail and surrounding parkland.





## Rowing:

- A path to college
- Part of a healthy lifestyle (We have a 90 year old who rows regularly)
- Fostering an appreciation of our natural world

ARC is dedicated to promoting the sport to as many people as possible.

## We welcome your support.

To help support Outreach efforts, please make a donation at [austinrowing.org](http://austinrowing.org) (ARC is a 501(c)3 non-profit organization.)

For more information about giving, please contact Leanne Noskey, Development Director – [development@austinrowing.org](mailto:development@austinrowing.org)

If you'd like more information about programs or would like to partner with ARC, please contact Jim Ruddy, Outreach Director – [outreach@austinrowing.org](mailto:outreach@austinrowing.org)



ARC's Outreach efforts are primarily volunteer-driven. Club members donate hundreds of hours each year to make them possible. Austin Rowing Club absorbs the out-of-pocket costs for coaching and equipment use.