

PARTNER WITH US!

Life changes when love is put into action. MVRC was founded by a group of people who love the Mon Valley and are determined to make a difference. MVRC sees our river as an under-utilized resource; one that could be used to set positive trajectories our greatest resource—youth.

If you are interested in seeing a whole generation of youth in the Mon Valley redefine our statistics, partner with us! MVRC is changing lives and would love to have you join us. Every donation is invaluable to pursuing the mission that drives MVRC—forging brighter futures in the Mon Valley.



MVRC is a non-profit [501(c)3]. All contributions will be gratefully acknowledged and are tax deductible.


Ways to Donate:

- ◆ Securely online at monvalleyrowingclub.org
- ◆ Make checks payable to “Mon Valley Rowing Club”



Mon Valley Rowing Club
Forging Brighter Futures in the Mon Valley

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monvalleyrowingclub.org

Mon Valley
ROWING CLUB

FORGING BRIGHTER FUTURES IN
THE MON VALLEY



OUR VISION

Through the sport of rowing, MVRC is pairing adults concerned with the statistics of the next generation with the teens who compose that generation. MVRC has partnered with Family Guidance to establish mentor-mentee relationships for rowers, so that every rower has an adult who will champion their future—one of hope and success.

The juniors rowing program is designed for youth from all the high schools in the Mon Valley (Monongahela to Brownsville), providing need-based scholarships so that every child who desires can row.

The scholarships MVRC offers are need-based and include personal development elements such as community service and mentoring.

Benefits of Joining the Junior Program:

- ◆ **Big Picture Exposure.** Rowing presents a big picture of the world as youth compete nationally.
- ◆ **College Connections.** It is a great means for assistance with scholarships and admissions.
- ◆ **Relational Growth.** Most importantly, rowing teaches relationship skills as youth learn to be dependable and depend on others in a respectful environment.

FAQS

What's the age to participate?

Students in 8th through 11th grade in the spring of 2020 can join. The first regatta will be in the fall of 2020 when all members will be in high school.

Where do you practice?

Practice will be held at the old Charleroi football stadium. (200 Second St., Charleroi)

Is rowing safe?

Rowing is one of the safest sports because it isn't inherently damaging to the body, it is a lifetime sport. Each rower is required to pass a swim test prior to getting into a boat.

Is rowing co-ed?

Rowing is a co-ed sport. Race boats will be all one gender; however, boys and girls will practice and attend races together.

How long does the season last?

Rowing is a year-round sport. The typical season runs from September through May with a winter break from Thanksgiving to the first of the year. Weeklong summer camps will be offered, though attendance at camps is not required.

When is practice?

Practice will be held Monday through Friday from 4:30 p.m. to 6:30 p.m. Attendance and performance at practice determines boat assignments. The final practice schedule will be set by the coach and may drop the Friday practice.

What are regattas?

Rowing races are called regattas. The region includes regattas in Pittsburgh, Ohio, and Virginia. Additional races may take place in Boston, Chattanooga, and Philadelphia.

How much does the program cost?

The cost for rowing is \$1500 a semester (August-December, January-May.) This amount can be paid in full at the start of the semester, or paid in \$500 installments due September 1, October 1, November 1, and February 1, March 1, and April 1. The fee includes uniforms; however, additional gear may be available for purchase (jackets, sweatshirts, etc.) The fee includes travel expenses. The cost to attend regattas is dependent on the length of the regatta (1-3 days) and the distance to the location (a day trip or overnight stay required), and cost of registration fees. Parent attendance at regattas is not included.

Scholarships are available! Cost will not be a prohibitive factor. Scholarships are available that cover up to 95 percent of the cost.

Who is coaching?

Emma Shauf, current coach of Carnegie Mellon's Novice program.

Is transportation to practice provided?

Transportation to or from practice will not be provided. Transportation to regattas will be provided.