

Mark Carroll
773.354.6311
August 21, 2013

Rowing Events for NCSA

Connecting to recruits:

I would like to assist NCSA in expanding its reach into the rowing community by establishing boathouse events in order to speak to families about the college recruiting process and to provide a certification process for rowers in a similar way to NCSA football recruits.

Boathouse events for youth rowers -

The purpose of a boathouse event is to provide a vehicle for NCSA to promote the benefits of activation and the network in order to increase enrollments. The event would consist of an appropriate NCSA staff speaker, a rowing specific speaker/expert/accomplished coach from the rowing community who would address a non-recruitment rowing topic, and any other additional features that would be appropriate at this type of event.

Similar to NCSA football events, rowers would be able to have their **weight and height certified** for their NCSA profile. NCSA would also be able to utilize state-of-the-art rowing venues for scheduled **certified 2000m tests**, which is the standard measure for colleges and national teams worldwide. In addition, some rowing facilities have accessible high-quality indoor rowing tanks, which could serve as an excellent **venue for certified rowing technique video** for NCSA recruits to use for their profile, after the rowing has been certified and approved by a well experienced coach.

Boathouse events would help facilitate the participation of an interested and captive audience. Parents could learn about the role they need to play in the recruiting process while their rower takes a 2000m certified test and/or the participates in the indoor rowing tank technique video session. NCSA would be able to present that aspect of the boathouse event, followed by other presentations that include both recruit and parent, if desired.

I would like to use the new Chicago Park District rowing boathouse at Clark Park for a trial run of one of these boathouse events. The Clark Park boathouse will be ready for use in September or October of this year, depending on when construction is completed. With the support of the Chicago Rowing Foundation (formerly Lincoln Park Juniors) and the Chicago Park District, I would be able to provide NCSA access to a state-of-the-art rowing facility in order to identify more potential recruits from the region. This would also serve as a foundation for NCSA to duplicate similar boathouse events around the country at other locations with comparable facilities.

Below is a summary of potential locations for trial and future boathouse events.

Chicago area locations for trial Boathouse events:

Clark Park Rowing Boathouse – 3400 N. Rockwell St. in Chicago.

(Completion date September or October of 2013)

Owned by the Chicago Park District, operated by the Chicago Rowing Foundation (formerly Lincoln Park Juniors). Administrative contact for Chicago Park District: Joey Harris – joseph.harris@chicagoparkdistrict.com

Features: Indoor rowing tank with water speed control, national team level quality. Same brand rowing tanks as found at Princeton University and the University of Wisconsin. A very unique facility with 16 sweep stations and 8 sculling stations. The boathouse has 50+ Concept 2 rowing ergometers and a full complement of rowing shells as well.

North Park University's DIII women's rowing program rows out of this location with the Chicago Rowing Foundation (CRF) managing access to the majority of the rowing facility. CRF has a youth rowing program that has 75+ youth rowers at this stage, but after Clark Park is completed, the number of athletes will increase dramatically. In addition, a boathouse event like this will draw rowers from the community of rowing as well, potentially from as far away as Milwaukee, Rockford, and Indianapolis.

Dammrich Rowing Center – 3220 W. Oakton in Skokie.

Owned by the Skokie Park District.

Administrative contact for Skokie Park District: Scott Runkle – serunkle@skokieparks.org

Features: Indoor rowing tank with 16 sweep stations. The facility houses 30+ Concept 2 ergometers and is home to New Trier High School, Loyola Academy, and Woodlands Academy. Northwestern's club rowing team rows from this facility.

Midwest Regional locations for additional Boathouse events:

- University of Wisconsin's Porter Boathouse – Madison, WI
- Wyandotte Rowing Boathouse – Detroit, MI

National locations for additional Boathouse events:

- Anywhere with an indoor rowing tank
- Chesapeake boathouse of Oklahoma City
- Princeton University
- Boston University
- Saugatuck Boat Club of Westport, CT

Rowing education for NCSA staff as well as team building sessions:

On-water rowing sessions for NCSA staff:

The **Chicago Rowing Foundation** (CRF) works to expand the number of people who access the Chicago River for recreational purposes. Part of that expansion includes providing teams of coworkers with a way to improve the group's teamwork dynamic. In addition, NCSA staff would be able to rapidly learn a great deal of information on the sport of rowing.

This on-water rowing would take place at 1020 W. Weed St., just behind the Whole Foods and the Blick art store a few blocks from NCSA HQ. Additional off-water, indoor sessions can take place at the Chicago Park District's Clark Park rowing boathouse, which CRF also manages.

Additional rowing and teamwork sessions can be held at nearby/popular fitness gym, **RowFit Chicago**, which is located at 1455 W. Hubbard. St in Chicago. A group of about fifteen NCSA staff members would be able to participate in a private session designed to teach the participants the basics of rowing while getting a great workout.

On-site rowing machine lessons at NCSA HQ:

RowFit would be willing to loan four rowing machines which could be moved into the NCSA offices for a full workday in order to allow staff members to take a brief 15-20 min learn to row session at their leisure, coached by Mark Carroll. This would allow a staff member to gain a basic understanding of the sport of rowing without having to go to a boathouse or a gym.

This is the most basic way to introduce the sport to an individual. The space required would be around 10 feet x 20 feet. This could also be accomplished with two machines, but four is ideal.