



- CTC sponsors an SAT tutoring program providing its student-athletes with test prep help to aid college placement
- CTC partners with the University of Illinois at Chicago (UIC) to provide health and wellness insight to augment physical training
- The CTC Athlete Advisory Committee allows each member of the team regular access to national team rowers
- The CTC Board of Directors helps to facilitate University field trips and exposure to career opportunities through information sessions at city firms
- The CTC Advisory Committee supports the CTC Board in strategic decisions and making civic connections



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**CHICAGO
 TRAINING
 CENTER**

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GOAL To provide underserved Chicago youth and their communities with life enhancement opportunities and experiences, utilizing rowing to meet challenges.

CHALLENGES There are over 13,000 students enrolled in the Chicago Public School (CPS) system on the West and South Sides and CPS is increasingly unable to provide extracurricular outlets for them. Without these structures, many students fall behind academically. Poor access to information on positive eating habits and lack of physical exercise has led to an increase in youth obesity. A dearth of positive role models demonstrating different paths of advancement makes it hard for these young people to fulfill their potential. Since 2007 CTC's program has been working to meet these challenges.

CTC'S SOLUTION Year-round weekly programming focused primarily on athletic training that provides city youth with positive, exciting, and enriching opportunities outside of the school system.

CTC PROGRAM SUPPORT

CTC operates a mentoring program, through which each participant receives individual athletic, academic, and personal support from one of our coaches. Through our SAT support program, CTC provides its students with individualized test prep help to aid university placement. University field trips, organized by coaches and board members, showcase educational opportunities for our student-athletes. With the help of the CTC Athlete Advisory Committee, each member of our rowing squad is provided regular access to national team rowers. Our board of directors assists with career-oriented events in fields such as government, consulting, law, public relations and finance. Through our advisory committee the CTC board solicits the help and insights of influential and thoughtful Chicago civic leaders.

Quotes from kids:

"I used to be overweight... physically I am now fit and I am able to do a lot more activities that I could not do before rowing... Now instead of just hanging out at home watching television, I have something to do."

"The strength we build up physically and mentally will help us now and in the future. When we work out, we demonstrate how much we have committed to the team... We also have tutors that help us academically and my grades have really improved."

"I am healthier with better nutrition since I started rowing... This amazing sport has also pushed me to set my goals higher... Rowing has made me find a purpose in life and it gives me hope and a chance to go to college."

MISSION

Through the sport of competitive rowing, the Chicago Training Center creates opportunities for underserved Chicago youth to challenge themselves to achieve their athletic and academic potential. The CTC's nurturing environment motivates students to become physically fit, to build teamwork, self-esteem and leadership skills, as well as develop and advance their educational and life goals.

CTC CORE VALUES

CTC fosters a membership community that embraces the ideals of **Sportsmanship** and all the necessary components of athletic activity – teamwork, fitness, discipline, leadership skills, the building of self esteem, and competition.

Expands Horizons using a personal mentoring system, involving Chicago youth in networking opportunities, and inspiring all participants to achieve academically and athletically.

Encourages **Community Responsibility** by developing and using each member's leadership skills to be a positive influence and role model within their community, in an effort to enact positive change for future generations.