



WHAT OUR TEAM MEMBERS SAY

I was a shy person when I joined the program, but now I have left my comfort zone and embraced an inner me that included undiscovered leadership skills. I really think this program allows for a large amount of interaction and lifelong friendships/relationships with coaches and teammates. CTC has also opened up and extended my spectrum of colleges. My interest in college was very small, but through CTC I began to look for colleges with rowing. As I researched, I also began to see schools that caught my attention. With every new result, my interest grew. Now I am a senior, and I have a comprehensive list of colleges I wish to attend. If CTC hadn't been a part of my high school career, I would have low expectations regarding colleges.

Apart from building some of the strongest friendships I've ever had, CTC created an immense amount of opportunities for me. I received a \$10,000 scholarship through the World Sport Chicago program; this would not have been possible were it not for being in this unique sport that fostered my love for sports and pushed me to continue my studies and excel academically. CTC inspired me to become something greater.

I love the team; it has become my family and my life.

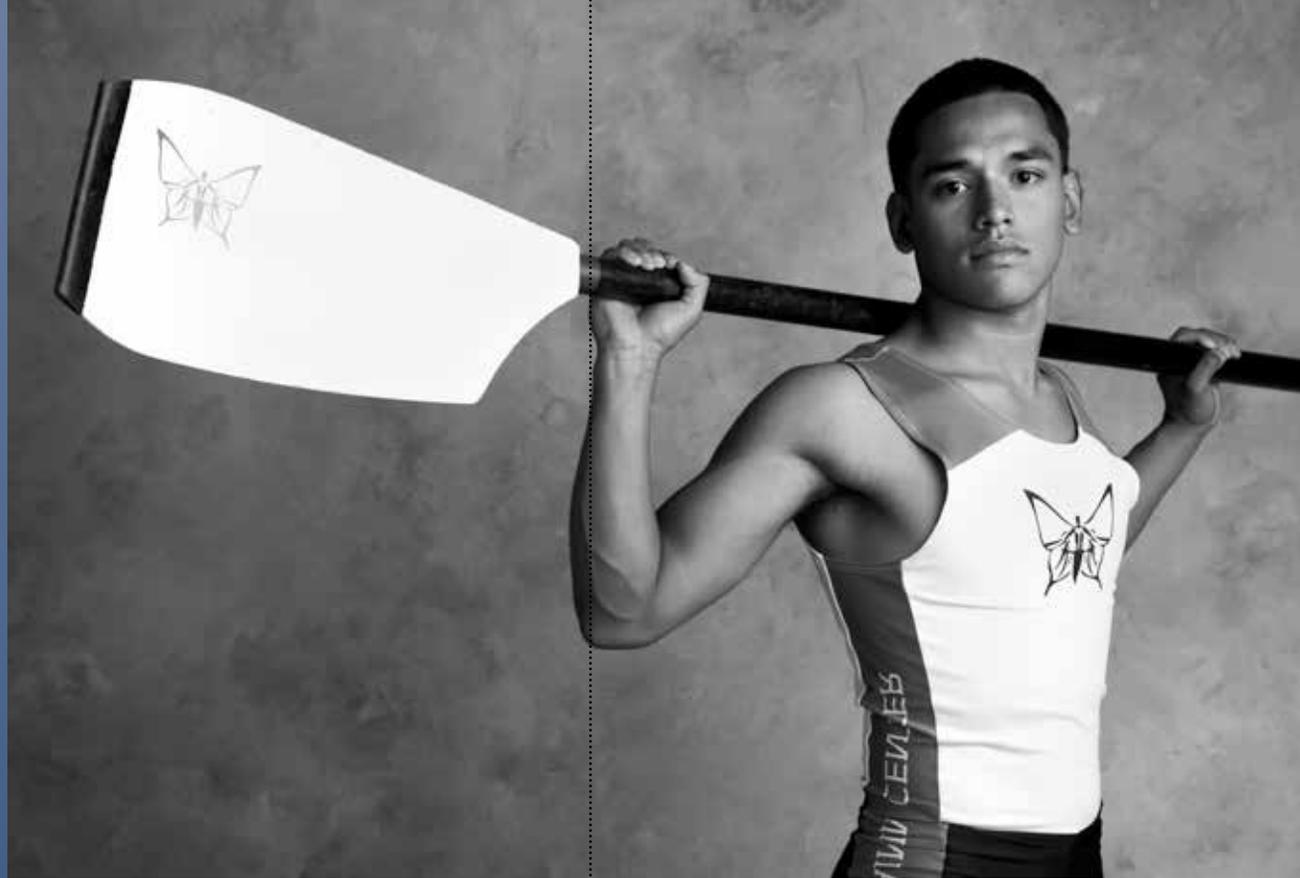
GET INVOLVED

There are many ways you can contribute to CTC, whether as a donor, volunteer, advisor, coach, or mentor. Find us online at

Web: www.chicagotrainingcenter.org

Facebook: www.facebook.com/Chicagoyouthrowing

Twitter: @CTC_rowing



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SUCCESS THROUGH EXPECTATION

CHICAGO
TRAINING
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CTC members train alongside an accomplished volunteer coaching staff that comprises former national crew medalists and alumni of such prestigious collegiate rowing programs as Boston College, University of Pennsylvania, Brown, Harvard, and Oxford. Team members also participate in a number of local and regional regattas throughout the year, including the Chicago Indoor Rowing Championships, the Chicago Rowing Championships, the Crystal Lake Invitational, the Quad Cities Classic, and the Chicago Sprints. CTC further leverages crew's status as an elite collegiate sport to expose its members—many of whom are first-generation college aspirants—to a college-going culture and a wider array of postsecondary opportunities.

OUR ACCOMPLISHMENTS

With support from the Lieutenant Governor of the State of Illinois, the Chicago Mayor's Office, and World Sport Chicago, CTC has become one of Chicago's leading sports-based youth development programs, earning coverage from the *Chicago Tribune*, WTTW's *Chicago Tonight*, WYCC's *In the Loop*, and Telemundo. CTC has a successful track record of helping students transition to college: Several participants have been named World Sport Chicago Scholars, earning valuable college scholarships, and many program alumni have continued to pursue rowing as part of their postsecondary careers. In 2013, USRowing—the sport's national governing body—honored CTC with the Anita DeFrantz Award, which recognizes outstanding leadership in promoting diversity and inclusion in rowing.

ABOUT THE CHICAGO TRAINING CENTER

Launched in 2007, the Chicago Training Center (CTC) is Chicago's only free youth rowing program. CTC targets low-income teens from communities disproportionately impacted by poverty, crime, youth violence, health problems including high rates of childhood obesity, and poor academic outcomes. Through year-round training and racing programs—supplemented by mentoring, fitness/nutrition education, team-building activities, and postsecondary planning and guidance—CTC motivates and supports these young people to realize their full athletic, academic, and personal potential.

WHY ROWING?

Research increasingly links youth participation in organized sports with gains in academic achievement, physical and mental health, and personal and social development. Yet many of Chicago's economically disadvantaged young people lack access to school- or community-based sports programs that can positively impact their health, well-being, and academic engagement.

Unlike more common urban sports such as football or basketball, rowing is equally accessible for girls and boys, does not require any specific athletic ability, and can be pursued well into older age, supporting lifelong fitness. Rowing also demands individual dedication as well as exemplary teamwork. CTC uses these inherent qualities of the sport to:

- *Engage at-risk young people in safe, supervised out-of-school-time activities;*
- *Improve physical fitness and encourage healthy behaviors;*
- *Build confidence, self-discipline, leadership, responsibility, and respect;*
- *Provide teens with positive peer-support networks; and*
- *Encourage academic persistence and motivate students to set and achieve personal goals.*



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