



PCR

Philadelphia City Rowing



Futures are launched here.

About PCR

Vision:

Together, we're creating a **diverse, equitable** and **transformative** environment **for Philadelphia's youth** to define and **build their future**.

Mission:

PCR creates a **unique, comprehensive** and **free** after-school enrichment experience **for young people in the school district of Philadelphia** by offering a mix of **competitive rowing, academic mentorship, and wellness education**. We strive to create an **inclusive environment** that helps **all young people** unlock their true potential and **explore the possibilities of their future**.



Program History

- PCR was founded in 2009 in response to the challenges facing youth in Philadelphia.
- PCR wanted to provide meaningful out of school time opportunities that could help set students on a path for long-term success **and make it available to ALL regardless of ability to pay.**
- Our first strokes were taken in the summer of 2010 and our first racing season was spring 2011.



Programs

PCR has three key programs each of which allows young people to access nature, find their strengths, and grow together as a team. Programs include:

1. Summer Learn-to-Row Camps
2. Recreational Middle School Program
3. Competitive High School Racing Team



Summer Learn To Row Camps

- For rising 7th through 12th graders
- 3-week long, ½ day camps
- Provide a safe, fun, an experiential introduction to the sport

Enrollment for summer camps will open in spring of 2025.

Want PCR to recruit at your local community event, school, church etc... contact george@philadelphiacityrowing.org



Recreational Middle School

- For students in 7th and 8th grade
- Practices 3 days per week, seasonally
- Students learn the basics of the rowing stroke and are engaged in games and other activities that promote overall health and wellbeing



Middle School Schedule

- Monday: Rowing Practice @ Lloyd Hall from 4:15 to 6:15 pm
- Wednesday: Rowing Practice @ Lloyd Hall from 4:15 to 6:15 pm
- Friday: Land Practice @ 4017 Cambridge Street from 4:15 to 6:15 pm
- Tues, Thurs, Sat & Sun: no practice

Practices start on Monday, 9/16 for middle school and run through Friday, November 1st



Middle School Attendance

- Because the program is capped, we do try to give priority to student-athletes who can participate in all sessions. If your child has regular conflicts, please let us know or decline your acceptance.
- Acceptance notifications will be emailed out the week of 8/26



High School Racing Team

- Practices five days per week
- This is our most robust program and features most of our additional supportive services
- Team participates in the Manny Flick Regattas and other regional races
- Optional competitive summer program, largely focused on students who want to row in college
- Paid summer job opportunities with Summer LTR Camps
- ALL ATHLETES WHO APPLY ARE ACCEPTED INTO THE PROGRAM



Novice vs. Varsity

- NOVICE = anyone in their first year of competition (can be in any grade)
- VARSITY = experienced rowers who have already completed one year of competition

NEW THIS YEAR:

Any incoming novice, can opt into the racing group (5 day/week) -OR- join the new “high school bridge” program that practices with the middle school program or a 3x/week recreational program. At the end of the fall bridge program, students can then OPT into the racing group.



High School Racing Team Schedule

- Monday: OFF
- Tuesday: Rowing Practice @ Lloyd Hall from 4:15 to 6:30 pm
- Wednesday: Land Practice @ 4017 Cambridge Street from 4:15 to 6:30 pm
- Thursday: Rowing Practice @ Lloyd Hall from 4:15 to 6:30 pm
- Friday: Rowing Practice @ Lloyd Hall from 4:15 to 6:30 pm
- Saturday: Rowing Practice @ Lloyd Hall from 8 to 11 am
- Sunday: OFF or Race Day

Practices start on Friday, 9/13 for novices and Wednesday 9/11 for returning varsity members.

****Please note: the start time listed above is when we will begin launching boats and the absolute latest time students can arrive in order to be boated that day. *Athletes should make every attempt to arrive by 4 pm on week days*****



Tentative Racing Schedule

- Sun 10/13 - Navy Day Regatta (Varsity)
- Sund 10/27 - Head of the Schuylkill Regatta (Varsity)
- Sun 11/ 3 - Hidden River Chase (whole team)
- TENTATIVE: Sat 11/9 - Frostbite Regatta in West Windsor, NJ (whole team)
- Sun 1/26 - Mainline Slide (indoor regatta)
- Sat 2/8 - Center City Slam (indoor regatta)
- Sun 3/16 - Manny Flick #1
- Sun 3/23 - Manny Flick #2
- Sun 3/30 - Manny Flick #3
- Sun 4/6 - Manny Flick #4
- Sun 4/13 - Manny Flick #5
- Sat 5/3 & Sun 5/4 - City Championships
- Fri 5/16 & Sat 5/17 - Stotesbury Cup Regatta



High School Attendance Expectations

- Athletes are expected to attend EVERY practice if they want to compete.
- Poor attendance may mean that athletes do not get to compete
- We ask that parents schedule any recurring appointment (therapy, orthodontist, tutors, doctor appointments, etc.) for MONDAYS when we do not have practice.
- Communication between athletes and coaches is KEY to everyone's success



High School Program Partners



Morgan Stanley



Practice Locations

On water location:

Lloyd Hall Recreation Center
#1 Boathouse Row
Philadelphia, PA 19130

Indoor Location:

4017 Cambridge Street
Philadelphia, PA 19104

What are the best SEPTA Routes to Lloyd Hall?

We recommend checking the best route on Google Maps. The SEPTA Trolley stop at 30th and Girard is only a 7 minute walk down to Boathouse Row. The 38 Bus stops at the back of the art museum which is only a 5 minute walk. Other close by bus routes: 32, 7 & 48.



Key Staff



Caitlin Mance
Executive Director
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JP Sabadini De Lima
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George Rowley
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Noah Teachey
Varsity Coach & HS
Program Support
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What to bring:

- Refillable Water Bottle
- EpiPen for allergies
- Inhaler for asthma
- A positive attitude
- What not to bring: any unnecessary valuable

What to wear:

- Dress for the weather! It's an outdoor sport
- Closed toed shoes (sneakers) that you can run in
- Snug fitting athletic clothing
- Hat or sunglasses
- Socks!
- Extra clothes for after practice
- What not to wear: loose fitting shorts/pants

Please do not let clothing/gear be a barrier to participation. Just ask if you need something!



What to expect at practice:

- Most student take public transportation from their schools directly to our facilities.
- When they arrive, they are greeted by our coaches and get changed for practice. If they arrive early, many start their homework before practice starts.
- Practice starts promptly at 4:15 and typically includes some combination of rowing, running, and weight training or calisthenics.
- At the end of practice, students are given a snack and SEPTA cards if they need them. They also can check in with their coaches about their goals and progress.



Swim Lessons & Testing

Middle School Test: 2 lengths without stopping and 2 minutes of treading water

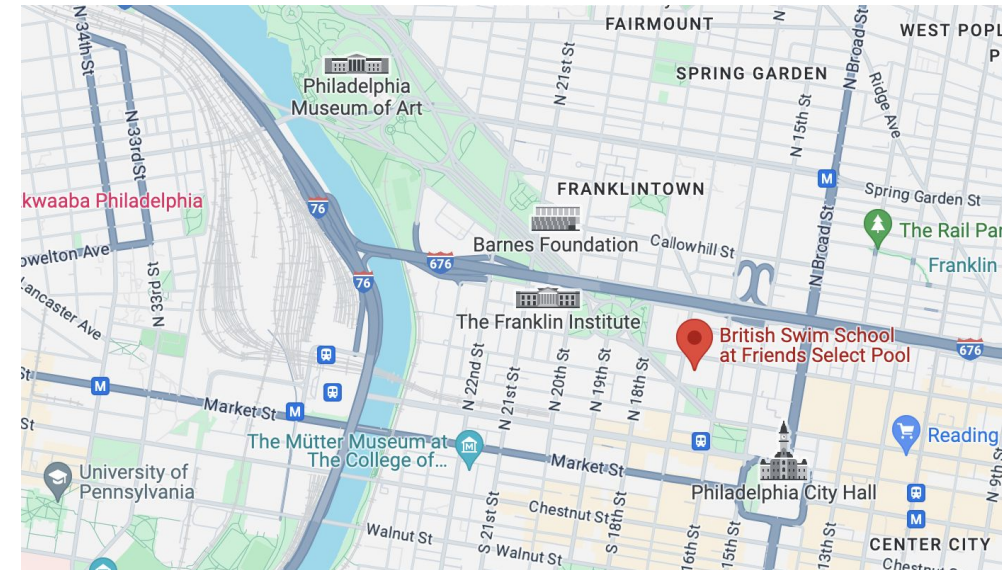
High School Test: 5 lengths without stopping and 5 minutes of treading water

- Saturday 9/21 from 12:30pm-1:30pm (High School)
- Saturday 9/28 from 12:30pm-1:30pm (High School)
- Saturday 10/5 from 12:30pm-1:30pm (Middle School)
- Saturday 10/12 from 12:30-1:30pm (Extra Testing Date, open to any athlete)

Students that need additional lessons to pass the swim test can be enrolled into the British Swim School Programs.



Friends Select Pool:
Ben Franklin Pkwy &
N 17th Street



A note about the weather:

Rowing is an outdoor sport and you should expect to get wet! Except in extreme circumstances (tornado, hurricane, flood, snowstorm) PCR will hold practices as scheduled.

Generally speaking, we will only cancel practice (or move it to the indoor location) if:

- Rule of 70: if water temperature + air temperature is less than 70, WE DO NOT ROW.
- If wind is greater than 15 mph or there are any concerns about white caps, WE DO NOT ROW.
- If water flow speed is above 8,000 (ft³/s) for MS/novices or above 12,000 (ft³/s) for varsity boats, WE DO NOT ROW.
- If any air temp / wind chill is below freezing, WE DO NOT ROW.

We will notify parents and athletes about practice cancellations via email, groupme, or the team chat at least 2 hours prior to practice but preferably by noon each day.



How to register!

Middle School: <https://forms.gle/jNpewoihPrQHbmB76>

High School: <https://forms.gle/tkU111X5V5FbZAxz5>



QUESTIONS?





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PCR
Philadelphia City Rowing

Business Office (mail)

Philadelphia City Rowing, Inc.
450 Plymouth Road, Suite 305
Plymouth Meeting, PA 19462

Indoor Activity Location

4017 Cambridge Street
Philadelphia, PA 19104

Rowing Location

#1 Boathouse Row, Kelly Drive
Philadelphia, PA 19130

PCR Press & Testimonials

Recent Media:

- <https://www.inquirer.com/education/philadelphia-city-rowing-head-of-the-schuylkill-crew-20231028.html>
- <https://www.inquirer.com/sports/philadelphia-city-rowing-20221110.html>
- <https://parksidejournal.wordpress.com/2023/04/04/philadelphia-city-rowing-comes-to-parkside/>

Testimonials

- Myi Harte, PCR alum & current coach:
<https://www.youtube.com/watch?v=97FcN6dsAVU>
- Kera McCarthy, PCR alum:
<https://www.youtube.com/watch?v=zCdI0FoOYH4>
- Julianna Roger, PCR alum & current Drexel rower:
https://youtu.be/TtL_klsbuE?si=5bROt27xYTJLgt5c
- Jorja Bunyon-Nelson , PCR alum
<https://www.youtube.com/watch?v=MA6TIFdIFx4>

