



April 2010

The mission of First Row is to engage Pittsburgh's urban high school girls in a community rowing and college preparatory program that cultivates self-discipline, confidence, team-building and improved health, while working with girls to achieve post-secondary goals.

- **Winter Season Ending**

On March 6th, eight First Row athletes competed in our second and last indoor competition of the 2010 winter season. It was North Allegheny's Race held at Marshall Middle School. We had competitors in the Girls Novice, Girls Novice Lightweight, and Girls Novice Flyweight events. For all of the girls competing from CAPA Public School, this was their first indoor competition with First Row.

- **Increase in Academic Focus**

On March 10th, First Row hosted an organization and study skills seminar at

Northside Urban Pathways Charter School. Eleanor Williams presented from the Greater Pittsburgh Literacy Council. During this time, the girls received helpful tips and handouts about how to annotate and outline their school texts and class notes.

One day of First Row each week is dedicated to academic studies and mentoring. During this time In addition to helping the girls with their homework, our staff and volunteers will discuss topics such as how to find and apply for college scholarships, what to look for in a

college, and how to prepare for taking the SAT.

- **Service Learning Opportunity**

The girls participated in the Volunteer Day at the Three Rivers Rowing Association's Washington's Landing boathouse. This is an event where all rowers affiliated with Three Rivers Rowing come together to prepare the boats, equipment, boathouse, clubhouse and grounds for the Spring & Summer seasons.

For more info: www.thefirstrow.org

ON THE WATER

The First Row team is moving into the on-the-water season. They have been preparing on rowing machines, in rowing tanks, and in boats on the dock. As of mid-April they should be on the water preparing for their first race!

Upcoming Events:

April 8-14th - TRRA has coordinated swim lessons for the girls at the Kingsley Association during First Row. This time will be spent teaching the girls water safety skills that are required before they can participate in on-the-water rowing activities.

April 29th - The founders of Mother May I (MMI) will teach a seminar during First Row on social skills, proper behavior and common courtesies relevant to teens in today's society.

May 2nd - The girls will compete in the Scholastic Sprints Regatta at Moraine State Park in Butler County.



From left to right
Shanay Williams, Joy Nix, Alex Bauman, Tyler Jerry, Chloe Kinnahan, Hailey Shingler, Lexi Joachim

