

## **Erg Ed® Indoor Rowing Education Comes to Portland Public School District**

Seattle, WA - The George Pocock Rowing Foundation and USRowing are pleased to announce Portland Public School District as the grantee school for the 2016-2017 Erg Ed Grant Award. This grant provides Portland schools with erg equipment, access to the Erg Ed Curriculum, and comprehensive teacher training throughout the year. As the largest city in Oregon, situated on the banks of the Columbia and Willamette Rivers, Portland provides a great site for the sport of rowing to flourish.

While the city of Portland helps rowing grow and expand, rowing now has the ability to help Portland kids grow and learn. Dr. Jenny Withycombe, Health and Physical Education Teacher on Special Assignment for Portland Public Schools, describes Portland as the “ideal location” for Erg Ed because of its diversity and number of students: “We touch over 47,000 students - half of whom are students of color and half of whom receive free and reduced lunch. We know that by being a part of such an amazing opportunity as this grant provides, we are being given the chance to make a long term and sustained positive change for our students beginning with those most in need.”

As Withycombe puts it, Portland also has “an active and involved local rowing community”. For that reason, Executive Director of the Pocock Foundation, Matt Lacey, says Portland as the perfect fit. “Students will have a vibrant rowing community to connect with, when they want to get on the water.” The three clubs which currently offer youth programming include: Oregon Rowing Unlimited, Lake Oswego Community Rowing, and Rose City Rowing Club.

This grant opportunity is only possible because of the enthusiastic and generous support of USRowing. Through their support, Portland is the third city in the nation to receive an Erg Ed Grant. “US Rowing's commitment to the expansion of Erg Ed is a testament to the power of partnerships. Together we're bringing new kids to the sport everyday, and raising awareness on a scale that wouldn't be possible with this type of cooperation,” says Lacey. USRowing's investment in the expansion of Erg Ed stems from their vision to improve youth wellness as well as connect more young people to the sport of rowing.

USRowing CEO, Glenn Merry, stated: “After a successful launch of our Erg Ed partnership with the George Pocock Rowing Foundation last year in Memphis and Allentown, we are excited to expand the program to Portland for the new school year. Erg Ed has proven to be an engaging program that promotes an active lifestyle and introduces rowing's values to a wide range of students. It's great to see rowing having a positive impact on so many kids, especially ones who may have never been exposed to the sport.”

Launched in 2010 as part of Seattle Public Schools physical education curriculum, the Pocock Foundation's Erg Ed program teaches teamwork, exercise intensity and goal setting through a fun, highly engaging, five-day core curriculum. More than 10,000 students across six school districts will participate in Erg Ed during the 2016-2017 academic year.

The George Pocock Rowing Foundation is a non-profit based in Seattle, WA. Through building and supporting rowing programs and facilities, the Pocock Foundation promotes access to rowing, excellence in rowing, and uses rowing as a means to foster physical activity, health, leadership, and community engagement.