



For Immediate Release

George Washington High School of Washington Heights is partnering with the NEW YORK ROWING ASSOCIATION in an innovative Physical Education program which offers students an opportunity to learn and compete in the rigorous team sport of rowing. Fifteen GWHS students have elected to enroll in a 5 day a week class that meets at THE PETER JAY SHARP BOATHOUSE in Washington Heights on the Harlem River for instruction and training. In addition, planning is underway to have a competitive GWHS Crew team for the Spring, 2007 season.

The process for learning this sport is a challenge for city kids: after learning how to swim, the students must engage in rigorous workouts and practice healthy eating and living skills. The next stage is getting the students into boats, known as rowing shells, to learn the techniques of rowing. Long hours on the Harlem River are required, as well as rowing with

different kids and in different weather conditions.

Rowing is a team sport that builds self-esteem, confidence, camaraderie and life skills that give GWHS students an opportunity to pursue a sport often found predominantly in private schools. The potential to row in college often provides high school rowers an extra edge to gain entrance and scholarship monies. In addition, rowing's physical intensity is an excellent activity to combat teen-age obesity.

The New York Rowing Association (NYRA), a 501 c3 not for profit organization, works to promote healthy living and college scholarship opportunities for New York City youth through the ultimate sport – rowing.

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