



MEDIA RELEASE – JANUARY 16, 2020

**The Institute for Rowing Leadership at Community Rowing, Inc.,
announces early application deadline for the Class of 2021 IRL Fellows**

Join our network of IRL coaches nationwide

Applications due on February 1st, 2020 for early consideration

Brighton, Mass. — The Institute for Rowing Leadership (IRL) at Community Rowing, Inc., the only rowing specific coach education program accredited through the National Committee for Accreditation of Coaching Education (NCACE), announces the early deadline of February 1st, 2020 for application to the Advanced Certificate in Rowing Leadership coaching education program, Class of 2021. The IRL offers a one-of-a-kind education for rowing coaches. The IRL draws applicants from across the United States and around the globe and is in its ninth year with over sixty alumni in coaching positions across the US and worldwide.

“We have extraordinary coaches in the IRL fellowship program, and we are excited about the interest for the Class of 2021,” said CRI Director of Coaching Education Pat Larcom. “In their year in the IRL, fellows learn with renowned instructors in the classroom, and apply that learning immediately on the water during our coaching practicums at top universities on the Charles River and in the Boston area. Our past fellows have ranged from coaches with many years of experience to those just picking up a megaphone, but the common thread is the desire to share their passion for changing lives through rowing and coaching. Graduates take their experience at the IRL and use our extensive, nationwide, coaching network to pursue their passion.”

Ted Benford, CRI Executive Director, added, “We believe that strong coaching leadership and excellence is foundational to create a positive athlete experience at every level. Great coaching expands the life-changing experience of rowing. Our IRL fellowship program is a unique, intensive, professional learning path that equips coaches with the skills and leadership to do just that.”

“The IRL exposed me to the myriad of responsibilities and challenges college coaches face. That helped me make a much bigger impact when I started my coaching career with Princeton.” Said Joe Gartland, Class of 2016, and Assistant Coach, Princeton Heavyweight Men. “The biggest benefit to me was how many tools I added to my toolbox. For example, the depth of learning about

biomechanics and rigging; I learned in detail how to customize the style I wanted athletes to row with the proper gearing." Katie Lane, Class of 2012 and Assistant Coach, University of Pennsylvania Women agrees, noting "The IRL is a great opportunity for those looking to get a head start in coaching. I'm proud to be a part of the growing community of IRL alumni and am excited to help support the next generation of IRL fellows."

Mitch McManus, 2019 Fellow remarked that "Beyond the vast knowledge I gained at the IRL, the greatest benefit was the doors the IRL opened and contacts I was able to make. Being taught by, and being able to reach out to, national athletes, coaches and legends of the sport for advice on anything from boat repair to blade selection has been invaluable in my first season as a Rowing Director & Head Coach - a position I secured 3 days after graduating from the IRL."

Katie Jones, 2018 IRL Fellow and co-founder of the [North Carolina Rowing Center](#) in Greensboro, commented "The IRL was the perfect predecessor for starting the NCRC with my husband, Scott, also a 2018 IRL Fellow. We gained invaluable experience at CRI on how to move forward with our dream. We had the opportunity to be involved in programs including community outreach with Row Boston, recreational adult rowing, and elite programs for athletes wanting to row in the Olympics. Being engulfed in the mecca of rowing in Boston was just what we needed before returning home and spreading rowing to Greensboro."

Scott added "As an IRL fellow, I acquired an in-depth understanding of skill acquisition, training plan design, leadership styles, exercise physiology, and all the nuts and bolts needed to successfully build a program from scratch. I also learned how to use rowing as a tool to develop people and communities. What truly changed my mindset about what the potential of NCRC could be came from the relationships with my classmates, professors, the members of CRI and the entire rowing community. They got to know us and came to believe in us. They are still there to answer my questions, encourage me, challenge me, and cheer us on as we're completing our second successful year with the North Carolina Rowing Center."

The Advanced Certificate in Rowing Leadership program is a twelve-month, intensive, active learning experience. Fellows attend daily classes taught by top-level instructors and coaches from local universities including Harvard University, Brown University, Boston University, Northeastern University, and Syracuse University. Fellows put their knowledge into daily practice through a mentored assistant coach program, coaching with world-class coaches in collegiate, youth, and pre-elite level rowing programs on the Charles River and throughout Boston.

The IRL Fellowship Program accepts applications twice annually with an early admission deadline on February 1st, 2020 and a regular admission deadline on April 1st, 2020. More information and application details can be found online at www.IRLatCRI.org.

ABOUT THE INSTITUTE FOR ROWING LEADERSHIP (IRL at CRI)

The Institute for Rowing Leadership, based at Community Rowing, Inc. in Brighton, MA, is a unique program that seeks to identify and develop future leaders for the sport with leadership and management skills as well as the highest level of physiological and technical knowledge. The IRL

offers a pedagogically based intensive yearlong Advanced Certificate in Rowing Leadership program focused on sharing best practices using both academic and experiential learning methodologies. Fellows at the IRL spend 16-20 hours a week in the classroom learning from Boston-area professors, coaches, and professionals as well as 16-20 hours a week on-the-water honing their coaching skills and implementing their knowledge from the classroom. In addition to the fellowship program, the IRL offers learning opportunities for continued professional development at our annual [‘What Works’ Summit coaching conference](#) in February as well as monthly [Coaching Education Series events](#).

Additional information may be found at www.IRLatCRI.org | Twitter: [@IRLatCRI](#) | Instagram: [@IRLatCRI](#) | Facebook: [@IRLatCRI](#) |

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