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Contact:

CB Sands-Bohrer

Community Rowing, Inc.

CRI Coaching Education

cb.sands-bohrer@communityrowing.org

The Institute for Rowing Leadership at Community Rowing, Inc. announces early decision Class of 2023 Fellows and regular application deadline

Join our network of IRL coaches nationwide! Regular decision applications due on May 1, 2022

Brighton, MA [April 25, 2022] – 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 early decision fellows for the class of 2023. The IRL offers a one-of-a-kind education for rowing coaches and draws applicants from across the United States and internationally. Now in its tenth year, there are over sixty IRL alumni in coaching positions across the U.S. and worldwide. Regular decision deadline is May 1, 2022 for the Class of 2023.

“We have extraordinary coaches in the IRL fellowship program, and after a hiatus due to covid-19, we are excited about the Class of 2023,” said CRI Executive Director Ted Benford. “During their year in the IRL, fellows learn with renowned instructors in the classroom and apply that learning immediately on the water through 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, global, coaching network to pursue their passion.”

He added, “We believe that strong coaching leadership and excellence is fundamental 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.”

Three fellows have been accepted for the Class of 2023, with the IRL program generally accepting an additional three to six fellows in the regular decision timing.

The early decision fellows for the 2023 class are:

- o Anthony Delgreco - Mercyhurst University
- o Aoife Byrne – Trinity College Dublin, Ireland
- o Megan Combs – Temple University

“We are excited about our early decision fellows. These candidates come from different programs but share the same high level of passion for rowing and coaching. Through our unique program of collaborative learning in the classroom, these new fellows will learn a tremendous amount from our exceptional instructors as well as from colleagues during their coaching practicum,” said CRI Coaching Education Senior Manager CB Sands-Bohrer. “It’s clear that our IRL graduates are highly sought after in the job market and that is a direct result of bringing in exceptional groups like this one and providing them with an environment focused on their development as coaches and individuals.”

“Without the IRL and the education I received, I can confidently say I would never be in the position I find myself in today. The IRL gave me the confidence and ability to go into the coaching ranks right away and start making boats go fast! I am a proud IRL alumnus and I cannot recommend the program enough for coaches looking to expand upon their abilities!” noted Kevin McCarthy, IRL class of 2019 and Assistant Coach, Cornell Heavyweight Men.

Joe Gartland, Class of 2016 and coaching with the Princeton Heavyweight Men, added, “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. 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 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 of how to move forward with our dream. We had the opportunity to be involved in programs including community outreach with RowBoston, 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."

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 team 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."

The IRL Fellowship Program accepts applications on a rolling basis with a deadline on May 1, 2022. Beyond that date, applicants may be accepted based on availability. More information, courses, past graduates, and application details can be found [online](#).

ABOUT THE INSTITUTE FOR ROWING LEADERSHIP (IRL at CRI)

The Institute for Rowing Leadership, based at Community Rowing, Inc. in Brighton, MA, is a 10-month graduate level program designed to launch successful leaders into rowing careers. Fellows work on leadership and management skills while they expand their rowing-specific physiological and technical knowledge. Fellows at the IRL spend 10-15 hours a week in the classroom learning from top-level instructors and coaches from local universities including Boston University, Brown University, Harvard University, Northeastern University, and other Boston-area coaches and professionals. Fellows put their knowledge into daily practice, honing skills through mentored coaching with world-class coaches in collegiate, youth, and community programs. The IRL is the only sport-specific graduate level education program in the USA accredited through the National Committee for Accreditation of Coaching Education (NCACE). IRL graduates have gone on to coach successfully at all levels of rowing from grassroots community programs to the World Championships. CRI is committed to supporting all coaches, and we strongly encourage people of color, women, LGBTQIA+, people with a disability, and older candidates to apply to the IRL.

ABOUT COMMUNITY ROWING, INC.

Rowing changes lives. Community Rowing Inc. (CRI) is one of the largest nonprofit rowing organizations in the United States with over 100 coaches on staff in a typical year, serves more than 7,000 rowers annually. Based in Brighton, MA, we are dedicated to the belief that rowing provides unique opportunities to promote personal and community growth. We invite individuals of all backgrounds, abilities and experience to grow through rowing. CRI promotes values of diversity, belonging and respect, personal growth, and resilience. We offer a wide range of programs, which include learn to row, recreational, and competitive programs for adults and youth rowers, after-school programs for Boston Public School students, rowing programs for individuals with physical and mental disabilities, and programs for military, veterans, and their families. Several of our programs are free to those we serve.

Additional information may be found at www.communityrowing.org | Twitter: [@criboston](https://twitter.com/criboston) | Facebook: [@CommunityRowing](https://www.facebook.com/CommunityRowing) | Instagram: [@criboston](https://www.instagram.com/criboston)

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Community Rowing Inc. (CRI) was founded in 1985 as a nonprofit organization dedicated to the belief that the sport of rowing provides unique opportunities to promote personal and community growth through teamwork, discipline, and physical fitness. We invite individuals of all backgrounds, abilities and experience to grow through rowing.