



**GRANT WEBINAR  
3.01.2024**

**ERG ED**  
ROWING IN THE CLASSROOM

GEORGE POCOCK  
ROWING FOUNDATION

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# Agenda

- Who we are
  - and what the GPRF does
- What ERG ED® is
  - Rowing in the Classroom
  - Fundamentals
  - An invitation & a connection
- Where ERG ED® is going
  - Grant Timeline
  - Grant Application
- Q&A

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## GPRF Overview

# GPRF Programs Overview

- Vision
  - To build and support an inclusive rowing community that is accessible to all young people
- Mission
  - Our mission is to help young people access and experience the life-changing sport of rowing
- Values
  - Access, Community, Leadership

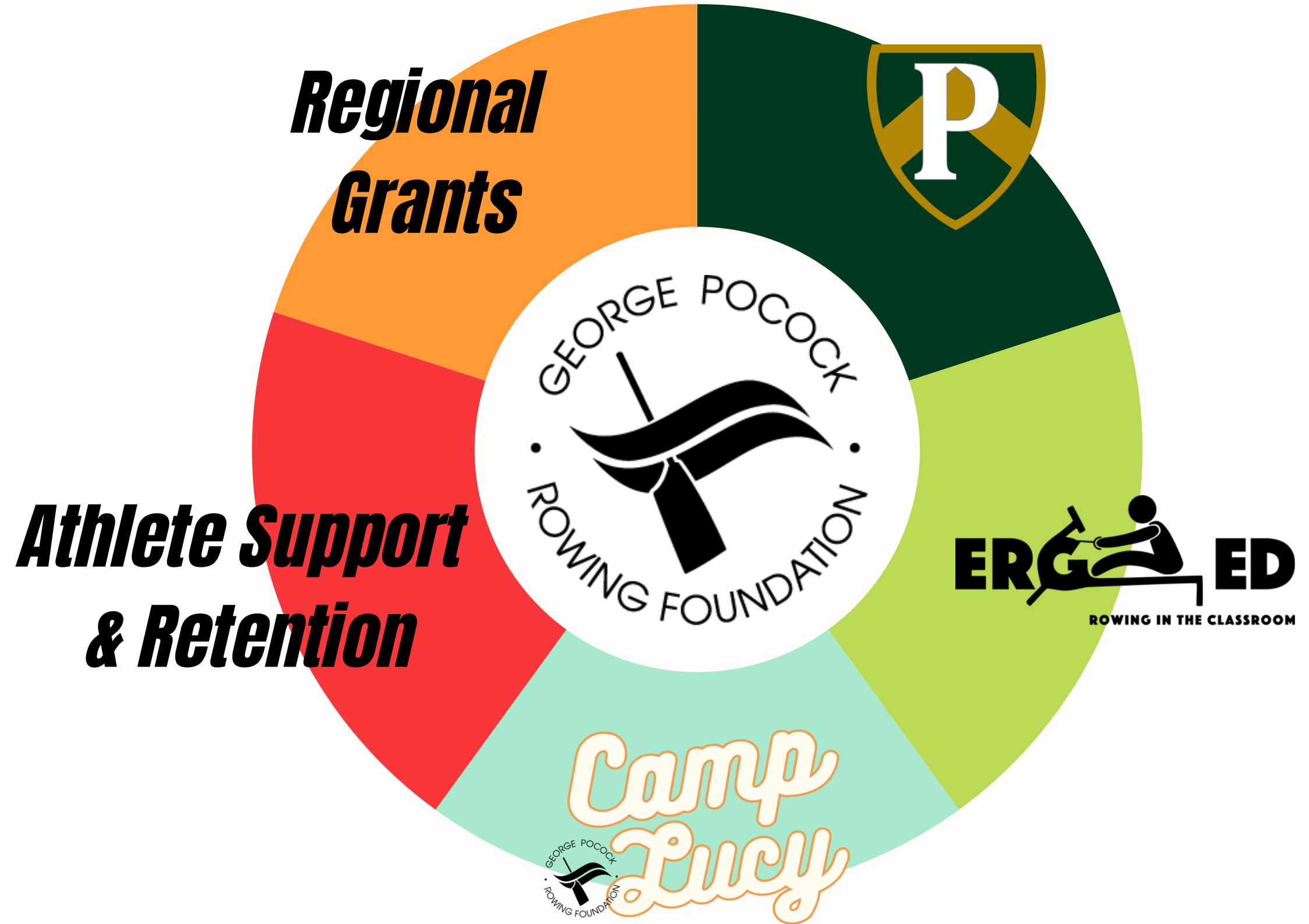
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## GPRF Overview

# GPRF Programs Overview







GPRF Overview

ERG ED® Overview

# ERG ED® Overview



- Why do we have this program?
  - A systemic, large-scale change in how youth find the sport of rowing
- Main objectives of the program
  - Introduce students to a fun, lifelong sport
  - Teach basic rowing skills that are transferable across sports
  - Promote opportunities for continued participation

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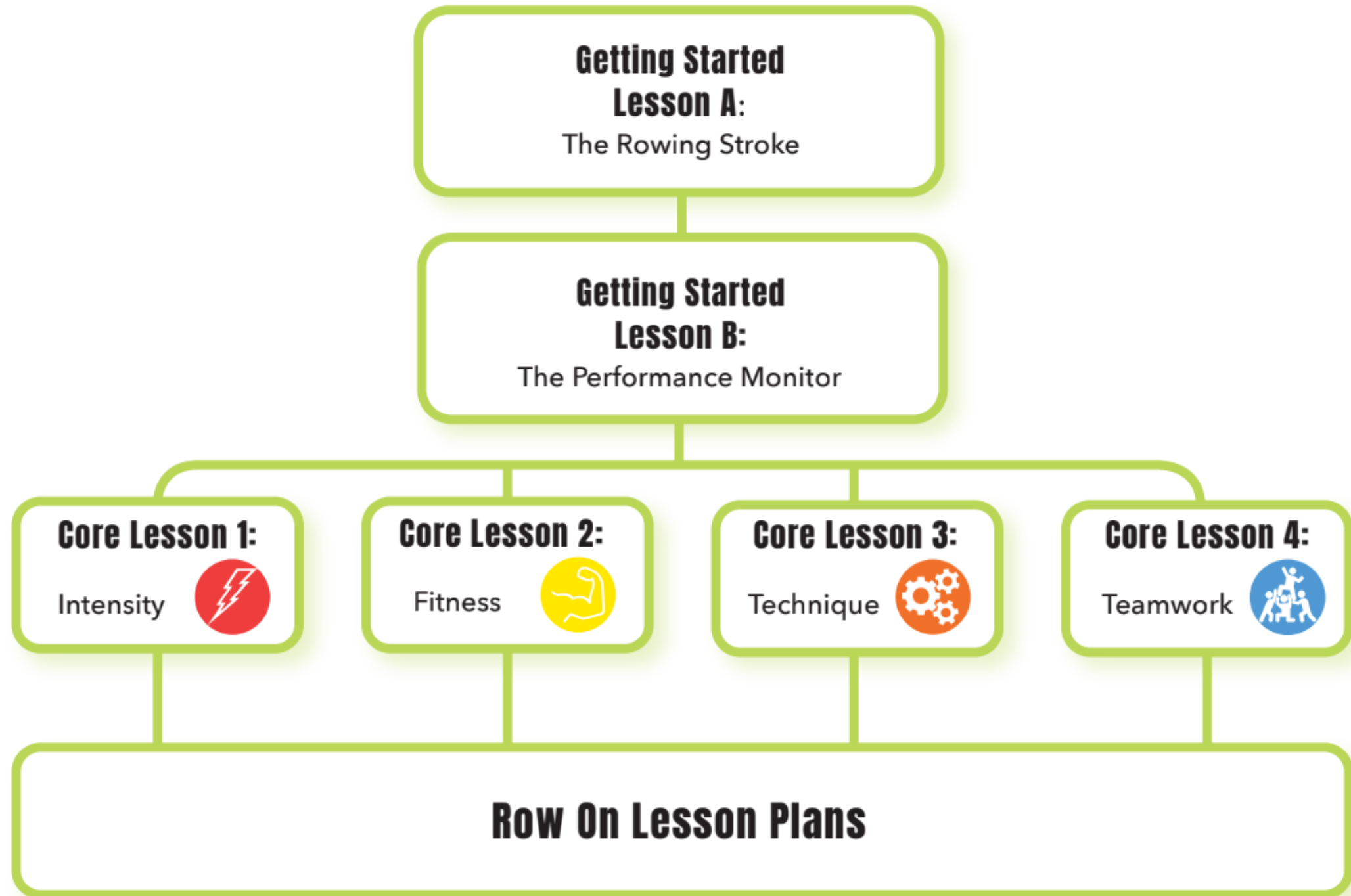




# ERG ED® Curriculum

GPRF Overview

ERG ED® Overview



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GPRF Overview

ERG ED® Overview

# ERG ED® Curriculum

## Curriculum Outline

- **Introduction**
- **Fundamental Lessons**
  - [Lesson A – The Rowing Stroke](#)
  - [Lesson B – The Performance Monitor](#)
- **Core ERG ED® Lessons**
  - [Core Lesson 1 – Intensity](#)
  - [Core Lesson 2 – Fitness](#)
  - [Core Lesson 3 – Technique](#)
  - [Core Lesson 4 – Teamwork](#)
- **Row On Lessons**
  - [See All Row on Lessons](#)
- **Adapted ERG ED®**
  - [Adapted ERG ED® Lesson Suggestions](#)
- **Appendices**
  - [Teacher Planning Sheet](#)
  - [Video Index](#)
  - [Warm up and cool down suggestions](#)
  - [The Rowing Stroke](#)
- **Glossary**
- **Posters**
  - [Safety Checklist](#)
  - [Performance Monitor](#)
  - [The Rowing Stroke](#)
  - [Intensity Guide](#)
- **Handouts**
  - [Circuit Card Handout](#)
  - [One Minute Challenge Classroom Log](#)
  - [Stroke Rate Science Experiment](#)
  - [Goal Setting Worksheet](#)
  - [Strongest Link Worksheet](#)

## Curriculum Videos

- [Video #1: Welcome to Erg Ed](#)
- [Video #2: What is an Erg?](#)
- [Video #3: Safety Check](#)
- [Video #4: Intro to the Stroke](#)
- [Video #5: Pick Drill](#)
- [Video #6: Pause Drill](#)
- [Video #7: Follow Along Warm Up](#)
- [Video #8: Partner Warm Up](#)
- [Video #9: Ratio](#)
- [Video #10: 1 Minute Challenge](#)
- [Video #11: The Performance Monitor](#)
- [Video #12: The Rate Game](#)
- [Video #13: Intensity](#)
- [Video #14: Stroke Rate Experiment](#)
- [Video #15: Goal Setting Worksheet](#)
- [Video #16: Ten Minute Relay](#)
- [Video #17: Row Along - 25 minutes](#)
- **BONUS:** [Video #18: Rowing 101 \(Seattle-based\)](#)

## Participate in the ERG ED® Nation

[Teacher Lesson Share Folder](#)

[Submit a Shared Lesson](#)

[Submit 10-minute Relay Results](#)

[1-minute Challenge Standards](#)

## Program Evaluation Forms

[Student Evaluation - Online](#)

[Teacher Evaluation - Online](#)

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GPRF Overview

ERG ED® Overview

# ERG ED® Curriculum







GPRF Overview

ERG ED® Overview

# ERG ED® Curriculum







**GPRF Overview**

**ERG ED® Overview**

# ERG ED® Support

## ERG ED® Lead Resources

[ERG ED® Lead Guide](#)

[New ERG ED® Site Onboarding Guide](#)

[ERG ED® Site Support Request Form](#)

[ERG ED® Virtual Teacher Training Request](#)

[ERG ED® Lead Reporting Form](#)

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# ERG ED® Overview - Community Building

LOCAL ROWING PROGRAM

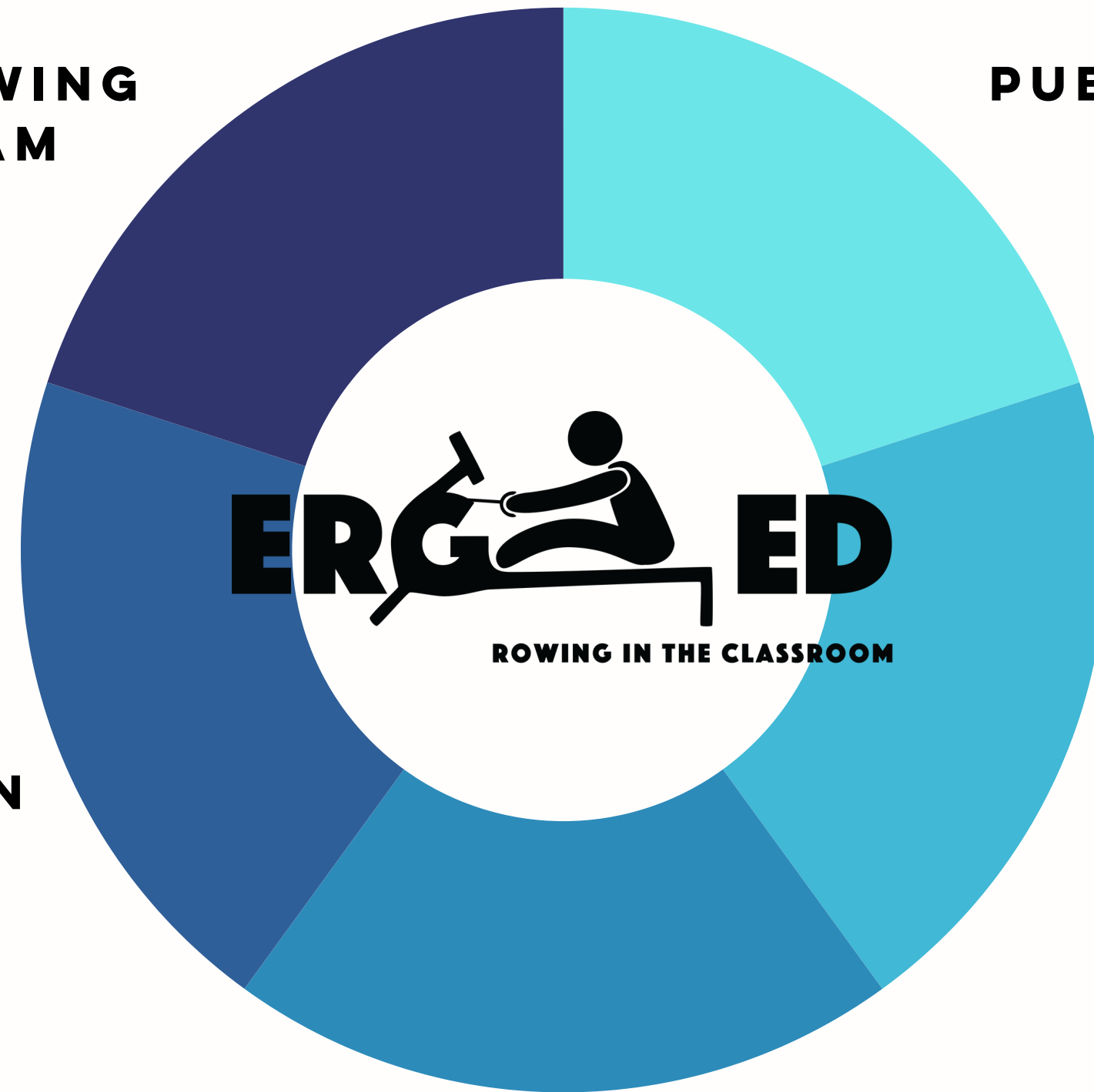
PUBLIC SCHOOLS

GPRF Overview

ERG ED® Overview

COMMUNITY ORGANIZATION

PARKS & RECREATION



PHILANTHROPIC ORGANIZATION







GPRF Overview

ERG ED® Overview

Grant Overview

# ERG ED® Grant Overview



- Why do we have this grant?/This partnership?
  - Approximately 50,000+ students, 400+ C2 ergs, 20 cities, 8 states
  - Pulling Together - ERG ED®, AMBTIF, STEM to Stern
- Main objectives of the grant
  - Help diversify the sport of rowing through bringing the ERG ED® program to two new cities in 2024
  - Leverage the strength of an entire community to benefit youth in each city



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**GPRF Overview**

**ERG ED® Overview**

**Grant Overview**

# ERG ED® Grant Overview

- Where ERG ED® is going
  - Grant Timeline
  - Grant Task Force
  - Grant Application - Necessary items
    - Letters of Support
      - Authorized signer
    - Information on school district and rowing program
    - Erg moving & classroom support

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**GPRF Overview**

**ERG ED® Overview**

**Grant Overview**

# ERG ED® Grant Overview

- Post-application
  - Initial Evaluation
  - Interviews
    - Impact you hope to have on youth rowing
    - What connections/partnerships do you have in your community?
    - ERG ED® evaluation piece
- Resources to help
  - Template MOU
  - Template Letter of Support

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**GPRF Overview**

**ERG ED® Overview**

**Grant Overview**

**Q & A**

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