

# What does PCR mean to program participants?



"I love the amount of support PCR offers and how it is such a diverse group of people. It's fun to be pushed both physically and mentally as well."

- PCR Student-Athlete

"PCR is important because it encourages positive behavior, learning great skills and encourages academic excellence. This program has helped my daughter with her self-esteem and self-confidence. One thing I appreciate is that it's 100% culturally diverse. What an amazing example of acceptance to learn as a youth."

- Novice Team Parent

"My favorite thing about PCR is the atmosphere. Even though it was harder this year, it is nice to have a space where people my age can talk about things that affect us equally."

- PCR Student-Athlete



"Philadelphia City Rowing has helped in the overall development of our child. The program is important and has played an essential role in the development of his character and confidence. Additionally, PCR helped improve his social skills and teamwork and has given him the opportunity to meet children from across the city. Rowing is an excellent outdoor sport that is healthy and adventurous. It is a great Cardiovascular workout that is responsible for my son's love of fitness and the water."

- Varsity Team Parent



"PCR has given me more of a purpose. I love the sport itself, I love having a connection with coaches and other athletes because it makes the challenging parts of rowing enjoyable, and I love being a part of a team. I think that the friends I've made are the most valuable aspect, those friendships could last a lifetime."

- PCR Student-Athlete

"My daughter LOVED this program and it was priceless to get her out - to exercise and socialize safely. She has had an exceptionally rough year and this saved her emotionally. I just can't thank you all enough."

- PCR Middle School Parent

**Note:** The names of individuals have been removed to protect the privacy of our program participants.