

# class of 2019 SENIOR SPOTLIGHT

"Philadelphia City Rowing was an amazing opportunity for my daughters. They participated for all four years of high school and moved from being rowers to coxswains, which is when they really found themselves. Their confidence improved as well as their leadership, planning and autonomy skills. It is an outstanding program that helps young people develop the skills they need to succeed academically and in life. I am very grateful for the opportunities that PCR offered my and I, too, am grateful for the wonderful people I have met."

**Janice LaBella | PCR Parent & Booster Club Leader**

**Christina LaBella | Drexel University (Left)**

**Gianna LaBella | University of Pennsylvania (Right)**



"I joined PCR my freshman year of high school as a last-minute decision. I had no idea it would become such a big part of my life. From 2k erg tests to hours of power on the Schuylkill River, rowing has taken a lot more resilience than I ever expected. It is without a doubt the hardest thing I have ever done, but also the most rewarding. I have learned so much about teamwork, persistence, and myself. It has helped me realize my own strength, build up endurance, and be a team player. These are skills that I will use for the rest of my life."

**Louise Iodice | Pratt Institute**



"Two years ago, I joined PCR as a rower. Due to my height, I was told that I would make an ideal coxswain. I have learned so much from being put in this position and from the many situations through which I have persevered. I now see myself as a more mature young man who is ready to lead when necessary whether it is in a boat or a group setting. I am proud to apply what my experiences have taught me going forward."

**Devon West | Community College of Philadelphia**



"Rowing has been a true-life changing experience for me. Rowing requires learning some of the most difficult values and qualities -- such as hard, relentless work, never giving up, and taking on a challenge even when there's a high chance of failure. Rowing for PCR not only better prepared me for my next four years at Penn State University, but also to meet any life challenge. Rowing is my strength and gives me my never-ending determination to succeed."

**Luca Hall | Penn State Abington**



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