

April 18, 2003

Dear all connected with LGRC:

You may or may not know that in addition to our club programs for our junior and master members, we also offer/plan several outreach programs to various youth and adult groups. Most recently, the club has been working with the Downtown College Prep school in San Jose. They come to row with us one afternoon a week. The students who attend this school are overcoming various adversities, but all have formally signed a declaration that they WILL attend college. I have been so impressed with the positive outlook of students and staff from this school. Recently, we received these unsolicited testimonials from the first group to complete their program, and I thought you might be interested in reading of the effect rowing is having on this small group of kids... (reproduced with their permission).

Shirley

PS If anyone else is interested in helping with ANY of our outreach programs, with either adults or kids, please email Rosemary Adamson (equal3@attbi.com) or Terry Jeffers (tplaw@attbi.com). Thanks!

"I like crew because it is away from the city and when you're away from the city you get away from the drugs, violence, and gangs." -**Alex Angel / 9th grade**

"One positive experience I had on crew was that we all worked together as a team. When we messed up we would not give up but keep on trying. Another thing is that I also got to meet new people and experience some thing new and exciting." - **Ismael Gonzales / 9th grade**

"After joining crew I believe I can do anything. If i really put my mind and strenght into it, crew has taught me that anything is possible. The first day I went, I was ready to quit-- I just couldn't do it. But I went again and I got the hang of it. I'm not strong and dont work out but I know I could do do it. After I finally got it it was fun. It also showed me how to work with other people and to trust people you don't know very well or at all." - **Dulce Torres / 11th**

"As we got out of the boat, with our hands blistered, the great challenge of carrying it uphill was next. This was the event in crew that taught me the most about teamwork. The lesson came through the fact that if even one person let go of that boat, there was a great chance that it would fall becasue of the uneven distribution of weight. Everyone on my team depended on me, and I was forced to learn teamwork." -- **Tejas Banfa / 11th**

"Crew has a positive effect on my life. The way I thought about sports was always with a ball really. I never recognized that people get out in skulls and row. I never knew it was

a sport. Also, the people I met were different than anyone else I've met. They have their own personalities, it was like a different world. At first I felt uncomfortable out there, but then I got used to it and overall it has been a positive experience." -- **Bennet Knigh / 11th grade**

"I never imagined, even in my wildest dreams, that kids like us would be in these long skinny boats, in the middle of nature, actually rowing. It's pretty crazy. It's peaceful too though and in a way it's nice sometimes to be away from the city." -- **Anotino Esparza / 11th**

"Crew was a very good experience for me. I wish I had more oppurtunities and time to do it in the first place. I loved the way it felt when we were on the water. The best feeling was being perfectly in sequence with each other. I loved it." -- **Mike Flores / 11th**

" A bunch of inner city kids out on the water? Who would have imagined? But we did it! I did it. And I'm a girl! " -- **Jessica Esparza**

"The best feeling is gliding through the water without a thought in your mind. It's just you and your crew of 8. All your worries are left at school. It's almost like meditation and it feels like your going about 100 miles per hour!" -- **Chris Garcia / 11th**