

Miller, Pamela

Started at: 1/22/2023 05:36 PM - Finalized at: 2/27/2023 10:31 PM

Page: Requirements

Thank you for your interest in the AARP® Purpose Prize® Award.

To complete an application for the award, you will be asked to verify your eligibility and provide the following documentation:

Required Documents

- A resume
- Three letters of reference
- A copy of your organization's IRS tax-exempt letter
- Your organization's annual budget, including both income and expenses
- An organizational chart including names and functions
- List of Board members (including officers)

Optional Documents

- A strategic plan, if available
- External evaluations for Applicant's founded organization's work, if available

Without these documents, you will not be able to complete the application. You will be able to return to your application at any time while the call for applications cycle is open to upload documents. However, all documents must be uploaded and application must be completed prior to the call for application deadline of **February 28, 2023 at 5:00 pm ET.**

Page: Eligibility

Please complete the two sections below. The first is a basic eligibility criteria checklist confirming that you, as an applicant, meet all the fundamental requirements.

The second section is a checklist to determine that the applicant has no possible conflicts of interest.

eligibility

You are 50 years of age or older, You are the founder or co-founder of your organization, Your organization is a registered non-profit (501(c)(3) or 501(c)(4)), You started the work for which you are applying at the age of 40 or older, You are a U.S. citizen, You can clearly document the impact of your organization's work, Your work is based in the U.S. (though it might be international in scope)

Please answer the following questions:

areyouofficerdirector

No

areyouvolunteer

No

areyoufamily

No

areyoupastwinner

No

areyoupastfellow

No

areyouelectedofficial

No

isyourworkreligious

No

isyourorggrantee

No

applyingwithcofounder

No

Page: Biographical Information and Organization Summary**Title**

Operations Manager, Head Coach and Former Board Member

Name of Applicant

Miller, Pamela

Age

55

Gender

Female

Sexual Orientation

Heterosexual

Race/Ethnicity

White

City

Coventry

State

Connecticut

Email Address

coach@coventrylakerowing.com

Phone #

860-449-2724

Summary Statement

My accomplishment is that I am a founding member of the high impact and growing non-profit of Coventry Lake Community Rowing (CLCR). I am proud to reflect on my continued work of this successful rowing program that serves our rural Eastern Connecticut community. The program offers equal opportunity to all in the Coventry Lake region to benefit from the physical and mental health benefits of the sport of rowing.

In 1987, while a sophomore at UConn, I found rowing – or it found me. My GPA was suffering due to stress and depression, and fortunately I joined UConn Crew. This opportunity changed my life by helping me learn that I could do anything I set my mind to.

After a pause while raising a family and focusing on my career, my long-life dream to return to rowing came to fruition.

In 2014, after a few years of “talk”, CLCR was founded. It took years before I became aware of the impact of my passion. Athletes, parents, members, town officials, friends, family and my husband pointed out the affect CLCR was having on the community. I finally opened my eyes realizing this is my legacy. “Beyond Fear Lies Freedom.”

Personal Resume

Download File

(https://www.purposeprize.org/file/9847/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWVpYUlkIjo5ODQ3LCJhbGxvd05vdFNpZ25lZFVybCI6IkhHNIvgxL0diSykUC_W_IE4f5kpBEWxXVrP5kIg0E8?AARP-Resume.pdf)

How did you hear about the AARP Purpose Prize Award?

Other

Other Channels

Social Media

Page: Organization Information**Organization Name**

Coventry Lake Community Rowing

Date organization founded:

6/23/2014

City

Storrs

State

Connecticut

Websitewww.coventrylakerowing.com (<http://www.coventrylakerowing.com>)**Please indicate your organization's nonprofit status**

501(c)(3)

Tax ID number

47-1140512

Please upload copy of IRS Tax Exempt Letter

Download File

(https://www.purposeprize.org/file/7319/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWRpYUlkIjo3MzE5LCJhbGxvd05vdFNpZ25IZFVybCI6IkZhbHNIIiRS%20501C3%20Exemption%20letter%20for%20CLCR%20Scan0005.pdf)

Organization's Mission and Vision

Mission: Founded in 2014, Coventry Lake Community Rowing is a non-profit 501(c)3 community organization dedicated to the belief that the sport of rowing can enhance the quality of life in our community by providing everyone an opportunity to row. CLCR creates an environment where rowing is not only a sport, but also a means of fostering positive relationships and building a stronger community. We envision our program as a place where individuals of all ages and backgrounds can come together to develop their skills, challenge themselves, and experience the joy of rowing on the water. Ultimately, we aspire to inspire a love of rowing and a commitment to healthy, active living in support of our community.

CLCR does not discriminate in its membership, programs and/or activities on the basis of race, color, religion, sex, national origin, disability, age, marital status, citizenship, sexual orientation or status as a veteran or disabled veteran.

Vision: To create opportunities for personal growth, community resilience, and healthy living through the sport of rowing.

Social Issues

Intergenerational work (opportunities for different generations to come together to share their experience, knowledge, and skills) , Public Health (protecting and improving the health of people and their communities by promoting healthy lifestyles, food and nutrition, disease prevention, mental health, etc.), Social connections (reducing isolation among vulnerable community members), Civic engagement and community development (helping people be active participants in building and strengthening their communities), Environmental issues (combatting the challenges facing the planet), Youth Development (programs that are not school-based that serve the needs of vulnerable children and teens)

Page: Impact**Describe Social Problem**

While Connecticut is considered to be a wealthy state, social isolation and individual well-being is inherently challenging in rural communities especially east of Hartford. There have been many studies showing the increase of stress, depression and anxiety amongst peoples of all ages. I am personally aware of specific real-life struggles and our members having isolation, depression and anxiety issues. Based on my anecdotal experiences over the past decade, I estimate that at least 20% of folks I've connected with have shared the sentiment about having mental health difficulties and how rowing through CLCR has made a positive impact for them. Studies have shown that exercise improves mental health by reducing anxiety, depression, and negativity by improving self-esteem and cognitive function. And it has been found to alleviate symptoms such as low self-esteem and social withdrawal. CLCR works hard to develop programs that allow individuals of all ages to get physically active, make connections, share in community activities, and improve their physical and mental well-being. In addition, membership fees are kept low and we offer full and partial scholarships to those who are financially in need. We have grown our membership from 10 initial members to over 80 active members annually (not including those who we impact positively outside of our membership). CLCR will be able to continue to impact more individuals in our community for endless years to come.

Who You Serve

Coventry Lake is located about half way between Hartford and "the Quiet Corner of CT," near the UConn Storrs campus. We are the only community rowing program in Northeastern CT and serve residents of Windham, Hartford, New London counties, with Tolland county representing the core population we serve. Most of the towns within our serve area are considered rural. We serve an aging population with 37% of Tolland County over the age of 50. Tolland County is 80% white. Additionally, 8% of the Tolland county population is without health insurance, and 7% fall within the poverty rate. Eight percent of our population is single-parent and we now have enough returning youth to offer baby-sitting rows for parents of young children. Thirty percent of our population is "housing-cost-burdened"* among other financial concerns, so we offer partial and full scholarships to families in need. (Data sources include Datahaven, Inc. 2021, & 2020 Census)

Service Description

Coventry Lake Community Rowing is located in the northeastern part of Connecticut and is bordered by the towns of Tolland, Mansfield, Columbia, Andover, and Bolton. We have members from towns who don't abut Coventry such as Hebron, Willington, Willimantic, Glastonbury, Manchester and beyond. Our annual members mostly live within a 20 mile radius.

In addition, we host seasonal and guest rowers who may be visiting the area or are attending school at the University of Connecticut or Eastern Connecticut State University. Our home regattas host individuals usually from Central and Western parts of Connecticut and all of Massachusetts.

Clients Served Annually

Coventry Lake Rowing serves about 75 people per year on a continual seasonal basis through our standard programs plus additional special events that occur about 3-5x per year that can serve another 20-150 pending the event. We usually host one or two regattas serving approximately 150-200 participants.

Clients Served Cumulatively

CLCR has served over 1000 individuals since inception.

Sites Served

Our boats are located outside at Patriot's Park which has direct access to Coventry Lake (Lake Wangumbaug). We are able to serve most of our members at this location. Patriot's Park is also home to Coventry Senior Center, Coventry Community Center, Patriot's Park Public Beach, Coventry Parks and Recreation Summer Camp and is 1 mile from Coventry High School where we also host free rowing machine classes. Coventry Lake Community Rowing is able to travel to other locations to introduce rowing in places where there is adequate parking for our trailer, land to accommodate rigging and a water-body that is conducive to introductory programs, including ponds and still-water areas in rivers with a depth of 18" or more. Specialty docks are necessary during the colder months of the rowing season (early spring and late fall).

Metrics and Evaluation

We have been relying on the following:

- Annual membership renewals
- Fundraising Support and Successes
- Returning interest from graduated youth
- Collecting testimonials
- Receipt of support from the Town and community stakeholders
- Health and Mental Wellness survey

Evaluation Results

- 75% of our adults return annually
- 95% of our high school rowers row through graduation from date of start (usually first-year through grade 12)
- Middle School rowers often join the team once they move to HS and either return for spring programs each year while attending middle school or join a summer program.
- Our coaching staff primarily consists of former or current rowers who come back after college to teach and participate in our adult and youth summer programs as well as a handful of exceptional high school juniors and seniors who after mentoring also begin to coach
- Testimonials are attached
- The Town has allowed us to serve our constituency from Patriot's Park (Town owned). Although we do not have a boathouse to date, we have racks, docks and a donated shed to house our boats, equipment and trailer. They have supported our growth over the past 8 years and have increased their interest to our success.
- Various businesses have donated and/or sponsored us
- The Board of Education has accepted our youth competitive team as an official CHS club sport and provides a stipend towards our operating budget that supports this team

Provide an Example

Submitted by the parent of one of my current CHS rowers:

My daughter has been a member of CLCR since 2021 when she tried the "get to know rowing" session for eight graders. She was hooked after that and became a full time high school member in both the fall and spring sessions.

As a parent, never in a million years do you imagine getting to the point where you need to check your teen into a psych ward. But in May of 2022 that is where my husband and I found ourselves. My daughter's anxiety and depression had gotten so bad she felt her only way out was suicide. But we were lucky—she came to us. After 10 days of inpatient intensive therapy and some changes to her medications she was discharged home.

As we navigated through this new "normal" one of the things Katie had to look forward to was crew. It was not only something to look forward to, it was a place she felt safe, where she belonged and where she felt she mattered to a group of her peers. This is the beauty of CLCR—Coach Pam has this ability to take a group of all different kids, teach them to be a part of a team, have them work together and give them all a purpose. They have to work together to be successful and no one person is more important than another. They must work in unison to succeed.

In a way, this organization played an integral part in saving my daughters life, and I thank god for that each and every day.

Mary Ailes, mother of Katie, age 15

Winning Award

Taking a big breath. Winning the AARP Purpose Prize award would complete our membership's dream for CLCR to solidify its presence in the community by spearheading the final urgent need of a boathouse, protecting all the boats we have worked so hard to obtain. I have dedicated the past 8+ years helping CLCR become a sustainable non-profit that provides a wealth of rowing opportunities that will be available for years to come. Our growth success has been like a snowball, gathering momentum at every turn, but making sure we had the infrastructure to support it. Originally, we relied on volunteer coaches and put our funding towards purchasing boats so we could fill seats. Now, with our diverse fleet able to serve all shapes, sizes and ages, we focus our funding on coaching – assuring that our programs can grow and serve our community safely and professionally. As we approach our 10 year anniversary, we face our hardest hurdle, a boathouse to cover and protect our boats extending each boat's life by 5-10 years by protecting them from UV rays, wind, and vandalism. I am confident that this award would allow us to build a permanent physical location to house and protect our boats signaling our permanence to the community and equality with the other longer-establish teams of UConn Men, UConn Women, and EO Smith HS and provide a home base for our organization. Any leftover funding would be used to support further programming and outreach for those in under-served nearby communities.

External Study

No File Uploaded

Three (3) reference letters for Applicant. References should be written specifically for the AARP Purpose Prize, be relevant to the work of the Applicant's organization, and speak to the Applicant's expertise. The letters should also describe the Applicant's work as it relates to the Purpose Prize.

First Reference

Download File

(<https://www.purposeprize.org/file/11908/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWVpYUlkIjoxMTkwOCwiYWxs3dOb3RTaWduZWRVcmwiOiJGYAARP-Ed-2-23-23.pdf>)

Second Reference

Download File

(https://www.purposeprize.org/file/11909/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWVpYUlkIjoxMTkwOSwiYWxs3dOb3RTaWduZWRVcmwiOiJGYAARP-Ref_TimL-2023.pdf)

Third Reference

Download File

(<https://www.purposeprize.org/file/11910/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWVpYUlkIjoxMTkxMCwiYWxs3dOb3RTaWduZWRVcmwiOiJGYAARP%20reference%20letter.pdf>)

Page: Execution**Organizational Details**

Board of Directors (11 members): Governing body who oversees operations and programming. They guide the vision and make sure our mission in the community is met. Includes a President, Vice President, Treasurer, and Secretary, as well as 7 other members which represent 4 high school youth, and adults who represent a variety of backgrounds throughout our community whether they row or not

Operations: Manages the equipment and designs and implements programs

Coaching: Delivers the safe and professional coaching needed to give guests and athletes the rowing experience of a lifetime

Access Community Action Agency provides accounting services

Communications: Manages outreach, membership communication, fundraising, and community involvement

Volunteer Information

Yes, Coventry Lake Community Rowing relies on volunteers for the following:

Board of Directors - our board is made up of 11 volunteers

Operations Manager - has been a volunteer since inception

Fundraisers - All of our fundraisers are run by volunteers including members both from our youth and adult programs, parents and board members

Most of our "Specialty programs/events" rely on volunteers assisting our coaches. Often these volunteers are our younger rowers who learn leadership skills and begin to learn how to coach and share their own expertise in the sport. Some examples of our specialty programs would be our Middle-school spring intro program and our summer learn-to-row events.

Community events blending both youth and adult volunteer participation such as Memorial Day parade, Farmer's Market, Scarecrow contest, Christmas in the Village.

Annual Budget

Under 100,000

Budget

Download File

(<https://www.purposeprize.org/file/9466/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWVpYUlkIjo5NDY2LCJhbGxvd05vdfNpZ25lZlVybCI6IkhHNIICLR%20Financial%20Report%202022-12-31.xlsx>)

Organizational Chart

Download File

(<https://www.purposeprize.org/file/13787/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWVpYUlkIjoxMzc4NywiYWxs3dOb3RTaWduZWRVcmwiOiJGYA6NvUFIVYHg2Lt5MuEzslD6SPubPy8wKDPWmPPM?OrganizationChart-names.pdf>)

Board Chart

Download File

(<https://www.purposeprize.org/file/13788/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWVpYUlkIjoxMzc4OCwiYWxs3dOb3RTaWduZWRVcmwiOiJGYAFGFhrgm8BGmSSZXOanA?OrganizationChart-names.pdf>)

Growth Plan - Next Year

Set the stage for boathouse expansion by developing building plans and securing funding

Grow existing programs by at least 10% and summer programs by 20% coordinated learn-to-row events with town events, offering baby-sitting nights and after installing the town's adaptive dock by expanding learn-to-row events specific to our senior population working with the town's human services director (this was started last year)

Re-instate Parks and Recreation Camp Fridays (these were canceled during COVID)

Grow our free winter indoor training (rowing machines) program by adding dates

Growth Plan - Next Five Years

Build a boathouse/boat-port to cover boats

Extend programming to off-site areas or work on transportation to the lake for our closest under-served neighboring population in Willimantic, CT (we have done this in Manchester pre-covid and hope to do so again post-covid concerns)

Equipment rotation: retire 1 or 2 singles and replace with newer versions

Purchase 2 more used ergs (rowing machines) to give us a full "boat-worth" of 8 ergs

Continue to explore opportunities for community engagement and outreach and fulfill our potential

Strategic Plan

Download File

(https://www.purposeprize.org/file/13743/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWRpYUlkIjoxMzc0MywiYWxsY3dOb3RTaWduZWRVcmwiOiJGYXtc70Ws8E?AAPR_CLCR_Plan.pdf)

Page: Personal Story

Decision

CLCR came to fruition when I met a few others who shared my passion and wanted to create a community rowing organization. Although I had thought of creating it myself for years, I was intimidated to do alone. In keeping with the community that rowing creates, we rowers found each other and voila! The timing was perfect as both my children were emotionally struggling in middle school, often exasperated by disappointing experiences participating in mainstream sports. Admittedly, when CLCR began, I was not thinking much beyond providing a new outlet for my kids and their classmates. I knew from my experience in college when rowing redirected me in a positive direction, that this was a worthy endeavor. Coventry lake is a resource that most people in the area do not get to experience. Rowing was only available to UConn and EO Smith HS athletes from our wealthier neighboring town of Mansfield, continuing the perception that rowing was only for the elite. One year later, when I started the Coventry HS team, my understanding of CLCR's value grew. Seeing the positive change in kids, hearing parents express gratitude, and watching the adults row singles religiously with smiles on their faces, I realized the importance of expanding our programming reaching more of our community - meeting our mission. Due to the start of the HS program, we now had the ability to expand the adult singles program into group sweep opportunities - making rowing affordable and social. The rest was history.

Effect

Volunteering for Coventry Lake Community Rowing and creating CHS Crew Club has been one of the most rewarding things I have ever done (besides raising two kids and being a devoted wife). The coaching aspect has kept me young in both health and mind as I continue to think and feel like I am 35 at the age of 55. I have learned a level of patience that was not there before and I understand that goals deserve time to achieve. I appreciate my privilege that my choices and luck have afforded me and I want to pay it forward, by not only building opportunities, but by making sure these opportunities are found. I look forward to each new rowing season, meeting new people and continuing fostering friendships that I have made. Through the many growing pains CLCR has had to overcome – including a pandemic – I have learned to not stress the small stuff. And to quote a great movie, "if you build it, they will come."

Age

Wiser and most definitely more patient. Experience has honed my skills significantly. I am more sensitive to "reading the room," helping me be a better coach, leader and/or friend. Making mistakes are opportunities to improve. When working with adults, especially those who are also over 50, I am sensitive to any physical limitations they may have whether they admit to it or not. For all students, I spend a lot more time working the whole body in preparation for a row. This includes stretching, meditation, and adjusting workouts that consider the weather and water conditions (heat, winds, etc.). My time in the field has put me in so many varied situations, that my ability to think out-of-the-box has become quite remarkable. Foresight is an additional skill that I did not have when I was younger and it has helped modify many of the choices of boats, programs and equipment we have purchased or offered over the years. This has allowed Coventry Lake Community Rowing the flexibility to accommodate persons who need additional support whether because of a handicap, body shape, emotional challenges or just being not taught to swim. There are very few rowing organizations that can boast this diversity in their equipment and offerings. Reflecting on my age and understanding how fortunate I am physically and mentally because I row also keeps me inspired and I know it inspires others - so not stopping! A body in motion, stays in motion.

Page: Innovation

Organizational Uniqueness

Sports have always been around to help people physically and mentally. Rowing takes this to a new level, yet without setting restrictions on who can participate. CLCR has capitalized on diversifying its boats to allowing for us to teach people as young as 9 to well over 70. We have created opportunities to mix up age groups and let them feed of each other inspiring new feelings of pride and respect between the generations.

Wangumbaug Lake (Coventry Lake), is a natural lake located in Coventry, CT that covers 378 acres with a circumference of 5 miles. It is an amazing resource that is enjoyed by too few in our community. CLCR taps into this resource, allowing members to feel the energy nature provides. We have several mated pairs of Blue Herons, at least one mated pair of Osprey and there have been increasing sightings of bald eagles among other wildlife. We provide all the equipment necessary, including safety equipment and coaching, for everyone to enjoy. I can only try to describe to you what being on the water in a shell is like, and it is like nothing else I have ever done. CLCR is sharing this experience to all who want to try.

"For the rest of your life, you will always be able to say I was a member of a very special team whose whole was greater than the sum of its parts, and it was one of the greatest experiences of my life."

We are not only an organization of individuals, who sometimes row as a team, we are a family.

Approach

Our approach mimics the natural progression of learning the sport. Even elite programs do not introduce the sport until middle-school age at the earliest. People come to us for a variety of reasons unique to the individual. These may include the desire to try something new, to meet people, my parents want me to do a sport and I don't like any, I need to get in shape, I want to meet new people, I used to row in college or high school and I miss it, etc. To learn to row is first very much about the individual, at the pace appropriate for them. As desires and skills increase, new challenges can be added such as rowing in a double, four or an eight. Camaraderie happens naturally even when individuals row in singles. We have a group set up so people can find a buddy and row anytime they want. No one "fails" at learning to row because they can learn at their own pace. This is powerful in breaking down fears and building confidence. The sport naturally grows with the skills. For those who have mastered the sport, the feeling of a boat gliding is priceless. I would like to say that our organization is taking an approach, but instead it is capitalizing on a gift of a sport.

Innovation

As a coach for over 25 years (I started in skiing), I know that queuing for success often guarantees success. When we started out, we did not have the boats we do now. There was a day when I had a lesson who was very nervous about falling into the water. The boat we had is considered a beginner/recreational boat, but like any boat, it can be tippy. Although having two oars spanning to each side from center over 9' long (making it hard to flip), to add some extra confidence, I tied 2 liter coke bottles to the riggers. These acted like training wheels! We started at the shore, in about 12 inches of water and stayed there learning and practicing until she was ready to be let go. She never looked back, literally since she was rowing backwards, true success! On a regular basis we focus on manageable progressions so that success is found each step of the way. An interesting fact, many people actually row better on their first day while they are talking and sharing stories!

Page: Equitable Social Purpose

Broad Service

Coventry Lake Community Rowing does not discriminate in its membership, programs and/or activities on the basis of race, color, religion, sex, national origin, disability, age, marital status, citizenship, sexual orientation or status as a veteran or disabled veteran.

We are working on creating better infrastructure to support our neighboring towns which are more diverse (specifically Willimantic to start). After piloting a program just before COVID that taught 8 underprivileged youth from a group home, we realized we needed to adjust to accommodate 4 important factors: 1, These children either had weak swimming skills or none; 2, they were unfamiliar with wildlife and lake water; 3, cost was an issue; and 4, transportation to the lake was a challenge. Since that experience, we have purchased two more extremely stable boats for learning, several low profile life jackets that can actually be worn while rowing (usually life jackets are just kept nearby), increased our coaching staff to continue to be able to offer 1:1 instruction which is important for safety, added kayaks and paddle boards to use when coaching so that we can be closer to our students, without an engine, and to be front facing which adds to the comfort level of the student. When we create these niche programs, we have to date been able to solve the transportation issue despite not having public transportation available.

D&I Policies

All CLCR decisions and practices are governed by the US Rowing Safe Sport guidelines (www.coventrylakerowing.com >About Us >CLCR PSH) and our stated mission statement which reads: Founded in 2014, Coventry Lake Community Rowing is a non-profit 501(c)3 community organization dedicated to the belief that the sport of rowing can enhance the quality of life in our community by providing everyone an opportunity to row. CLCR creates an environment where rowing is not only a sport, but also a means of fostering positive relationships and building a stronger community. We envision our program as a place where individuals of all ages and backgrounds can come together to develop their skills, challenge themselves, and experience the joy of rowing on the water. Ultimately, we aspire to inspire a love of rowing and a commitment to healthy, active living in support of our community.

CLCR does not discriminate in its membership, programs and/or activities on the basis of race, color, religion, sex, national origin, disability, age, marital status, citizenship, sexual orientation or status as a veteran or disabled veteran.

The above stated mission is founded in #Article IV, Section of the CLCR Board of Directors By-Laws, which states: The Corporation does not discriminate in its membership, programs and/or activities on the basis of race, color, religion, sex, national origin, disability, age, marital status, citizenship, sexual orientation or status as a veteran or disabled veteran.

Equity Assessment

Coventry Lake Community Rowing has occasionally sent out conduct surveys to gather feedback from our membership regarding our staff and volunteers. More often, comments have been offered by clients giving us an ongoing knowledge of our strengths and calls out areas that need improvement.

Our board meetings are open to the public. They include operations and coaching reports which touch upon all of the successes and hurdles during key times of the active season. Members may contact any member of our board or coaching staff should any issues arise.

It's important to note that assessing success in the areas of diversity, equity, and inclusion is an ongoing process, and we are committed to continuous improvement and learning. It is also important to recognize that progress in these areas may be slow and incremental, and that there may be setbacks and challenges along the way. Nonetheless, we intend on regularly re-evaluating our programs and processes to stay focused on their goals and make progress towards an even more diverse, equitable, and inclusive organization.

Page: Conclusion

Thank you for your interest in the AARP Purpose Prize. Please save and finalize to submit your application!

You will be able to edit this form even after it is has been submitted until February 28, 2023, at 5pm ET.

February 24, 2023

59 Oakwood Drive
Coventry, CT 06238

To Members of the Selection Committee

It is with great pleasure that I write this letter of recommendation on behalf of Mrs. Pamela Miller, a founder of the Coventry Lake Community Rowing program, as she is potential nominee of the *AARP Purpose Prize Award*. I have had the opportunity to work with Pam on many projects in the community to include the local Lions Club, Economic Development Commission, and various ad hoc committees over the last 15 years.

Pam's passion, grit and determination for helping others has resulted in a project which provides a meaningful impact to our local community. Although Pam actively volunteers for social causes and concerns, such as at COVID vaccination sites, food and nutrition for the homeless and underserved, and healthy living through fitness. Her most visible impact project (thus far) has been through the Coventry Lake Community Rowing (CCLR) program.

Founded in 2014, Coventry Lake Community Rowing is a mission driven organization that has a direct impact on the community of Coventry. Using the natural resources and the sport of rowing as a medium, Pam's program has provided for an enhancement to the quality of life, not only for the participants, but the volunteers, stakeholders and residents in our community.

There is something to be said when you watch a shell glide by with a group of young adults who are trying rowing for the first time. They all seem to be smiling as for many, it is the first time they have been in a boat, or on our lake.

From my prospective, CCLR strives to provide fellowship, leadership, teamwork and challenge for the young and old, for the abled and disabled, novice to competitive through the sport of rowing.

Developed by Mrs. Miller, the program has evolved from an idea to operating program with coaches, board members, participants, sponsors and the necessary boats and equipment. Her passion to help others, the development and execution of the program, and her desire to have an impact on the community will be felt in our home area for years to come.

Based upon the work that Pam has done, I believe that she would be strong candidate for the *AARP Purpose Prize*. As Pam's nomination moves through the process of consideration of this award, please feel free to reach out to me with any questions regarding her program, or my prospective on her impact within our community.

Sincerely,

A handwritten signature in black ink, appearing to read "Timothy Liptrap". The signature is fluid and cursive, with a large initial "T" and "L".

Timothy Liptrap, Ed.D.
Chair, Coventry Connecticut Economic Development Commission
President, Lions Club of Coventry Connecticut

STEVEN A. SIMKO

February 25, 2023

To Whom It May Concern –

It is with great enthusiasm that I write this letter of reference for Pam Miller regarding her tireless work done on behalf of Coventry Lake Community Rowing (CLCR) and her Coventry community as a while. I first met Pam when our kids were in preschool and she was chairperson of the school's golf tournament fundraiser committee. It was an incredible and successful undertaking on her part and this was when social media was only in its infancy.

I next ran into Pam several years later after discovering CLCR, which at the time, had just recently been formed. My wife and I met at Northeastern University where we were both part of the school's rowing programs. My wife was a coxswain on the women's team and I was a rower on the men's team. After moving to Coventry, we would often comment, as we drove by Coventry's lake, that it was a shame that there was no club that called it home. It was much to our delight when we found out about CLCR. Our son, then in eighth grade, joined the learn-to-row program that spring and summer and quickly found it to be a great confidence building experience. Rowing and community are so important to our family that my wife and I coordinated through the Harry & Sylvia Livingston Philanthropic Fund, a grant to help with CLCR's initiatives. The Fund, created in the memory of her grandparents, and is meant to help local non-profits realize their goals.

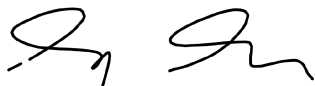
Yale Women's Rowing coach, Will Porter, once described the teamwork, concentration and discipline needed in rowing the following way - "Imagine lining up eight golfers and having them each draw their driver back, swing through and strike their ball at precisely the same time, all while balancing on an unstable surface. That is one rowing stroke in an eight-person shell. Now imagine doing that two hundred sixty times in six minutes."

Rowing, while it is both an individual sport and team sport, depending the size of the boat being rowed, is largely a team sport at the community rowing level. Individuals have the opportunity to try something new, meet new people from different cultures and become part of something bigger than themselves. As a member of the CLCR Board, I am well aware of our mission, which states, in part, "We envision our program as a place where individuals of all ages and backgrounds can come together to develop their skills, challenge themselves, and experience the joy of rowing on the water." This is exactly what CLCR provides to the community.

Even with both of her kids now out of the local school system, Pam continues to fight tirelessly for the youth of our town, CLCR and the sport of rowing. With Pam at the helm, essentially running the day-to-day operations of CLCR, the high school-aged program has advanced from a few boats rowing as small community organization to a Coventry High School recognized club. This has opened the doors to an otherwise foreign sport to a population that may have thought they would never be able to participate in a sport like rowing, which often times are those who do not fit into the traditional high school sports like football, basketball and baseball. Rowing provides a truly unique opportunity for many and does not stop with youth. At CLCR adults of all ages are either getting back on the water again after taking many years off or learning a new sport, developing confidence and making new friends.

Pam's efforts are ongoing, working with the Town to provide programs and access to rowing for the community, working non-stop to seek funding and to obtain and maintain equipment to keep CLCR moving forward. Put simply, Pam is CLCR. Bringing the sport of rowing to as many youth and adults as possible in Coventry and surrounding towns is her passion.

Sincerely,

A handwritten signature in black ink, appearing to read 'Steve Simko', written in a cursive style.

Steve Simko

February 23, 2023

To Whom it May Concern:

In 2015 along with Ron Cotterill, a retired professor, Pam Miller, avid rower and I helped found a community rowing club, Coventry Lake Community Rowing. Our initial program was limited to sculling in singles. Our program catered to youths and adults and provided intergenerational experiences among both groups as they learned the skills required to master sculling.



We particularly stressed the intergenerational aspect of our club.

It's an important developmental task for teens to mix with older adults and share the experience of learning something difficult on equal terms with seniors. It helps them to become young adults and move beyond being just "kids". CLCR is also one of few clubs nationally that operate in a rural area, giving access to this healthy life-long sport and entree to college opportunities through crew that are usually only available to those in urban or metropolitan areas. Participation in CLCR has led to several students winning acceptance to colleges, like URI and Temple in Crew.

After 2 years I retired and relocated to Vermont leaving the club in Ron and Pam's hands. Initially, Ron and Pam worked together sharing operational duties and continuing lessons for all ages. Later, as Ron's role diminished, Pam was able to secure a grant for over \$10,000 which took the club to the next level. As she assumed a greater leadership role, the club reached its full potential. Pam continued acquiring new larger boats including quads to open up seats for more people – both in numbers and a wider range of ages - to partake in programming. This initiative allowed over time for Pam to organize a Board of Ed recognized rowing team at Coventry High School and expand opportunities for Middle School-aged children and adult group sessions. She continues to promote the virtues of rowing as a low-impact, life-long, healthy sport, with cardio benefits for men and women, boys and girls, teaching life lessons to local students and Masters Level adults. Participants in the club have the opportunity, due to Pam's efforts, to pursue rowing as a recreational activity or at competitive regattas throughout New England and explore a variety of boats both sweep and sculling.

Pam has also cultivated good relations with the many constituencies that have access to the busy lake front, including the Town of Coventry, UConn men's and women's rowing teams, EO Smith High School Rowing Team, Coventry Ski Club, homeowners and businesses.

I have watched the club evolve from afar through occasional visits, but also through Facebook posts and the club website which Pam designed and developed and continues to keep fresh in between work and her devotion to helping CLCR prosper. She is a multi-talented individual whose attributes enable her to keep the many balls one must keep in the air to run a fully functioning club.

I look back on my role as a co-founder of this organization as one of the best things I have done during the 25 years I called Connecticut home. I am doubly proud to see something I helped launch to continue to develop and foster into a thriving asset for Coventry and nearby communities throughout Tolland and Windham Counties. The fact that it is thriving is a direct result of Pam Miller's inextinguishable enthusiasm and commitment taking her love for "her sport" and sharing it with others.

Ed Keagle,
CLCR Co-founder, Age 72
3640 VT Rte 22a



Coventry Lake Community Rowing

Change your perspective. Row.

COVENTRY

CLCR **CREW** **CHS**

www.coventrylakerowing.com

Mission:

Founded in 2014, Coventry Lake Community Rowing is a non-profit 501(c)3 community organization dedicated to the belief that the sport of rowing can enhance the quality of life in our community by providing everyone an opportunity to row. CLCR creates an environment where rowing is not only a sport, but also a means of fostering positive relationships and building a stronger community. We envision our program as a place where individuals of all ages and backgrounds can come together to develop their skills, challenge themselves, and experience the joy of rowing on the water. Ultimately, we aspire to inspire a love of rowing and a commitment to healthy, active living in support of our community.

CLCR does not discriminate in its membership, programs and/or activities on the basis of race, color, religion, sex, national origin, disability, age, marital status, citizenship, sexual orientation or status as a veteran or disabled veteran.



Index:

- CLCR Snapshot Timeline
- Operations Overview
- Operational Goals
- Programming Goals
- Testimonials
- Gallery



CLCR Timeline

2012-2013 the idea of a crew club was tossed around amongst some rowing advocates



2014 Coventry Lake Community Rowing was established as a 501c3



2015 CLCR expands rowing options by adding sweep rowing (two oars, more seats in boats). Coventry Collision donates paint job to take our "new" 20 year old boat and make it look new!



2016 CLCR begins to regularly go to regattas to compete in both youth and adult events around CT and MA



2019 Community donations afford us a shed that we placed on town property near our boats to protect our gear, electronics, and erg machines!



2018 CLCR gets more involved in community events such as the Memorial Day parade, Farmer's Market and Scarecrow Contest



2020 CHS Crew is officially accepted as a Board of Education Club Sport (just as the pandemic hits ☹️) – we went hiking socially distanced and eventually offered rowing in singles after being accepted by State of CT as an "Essential Service"



2022 Medaled at New England Jr & HS Championships in Worcester, MA with a U15 quad



2023 CLCR working with Town to solidify our "home" at Patriot's Park and be able to expand programming and improve our supporting equipment





OPERATIONS

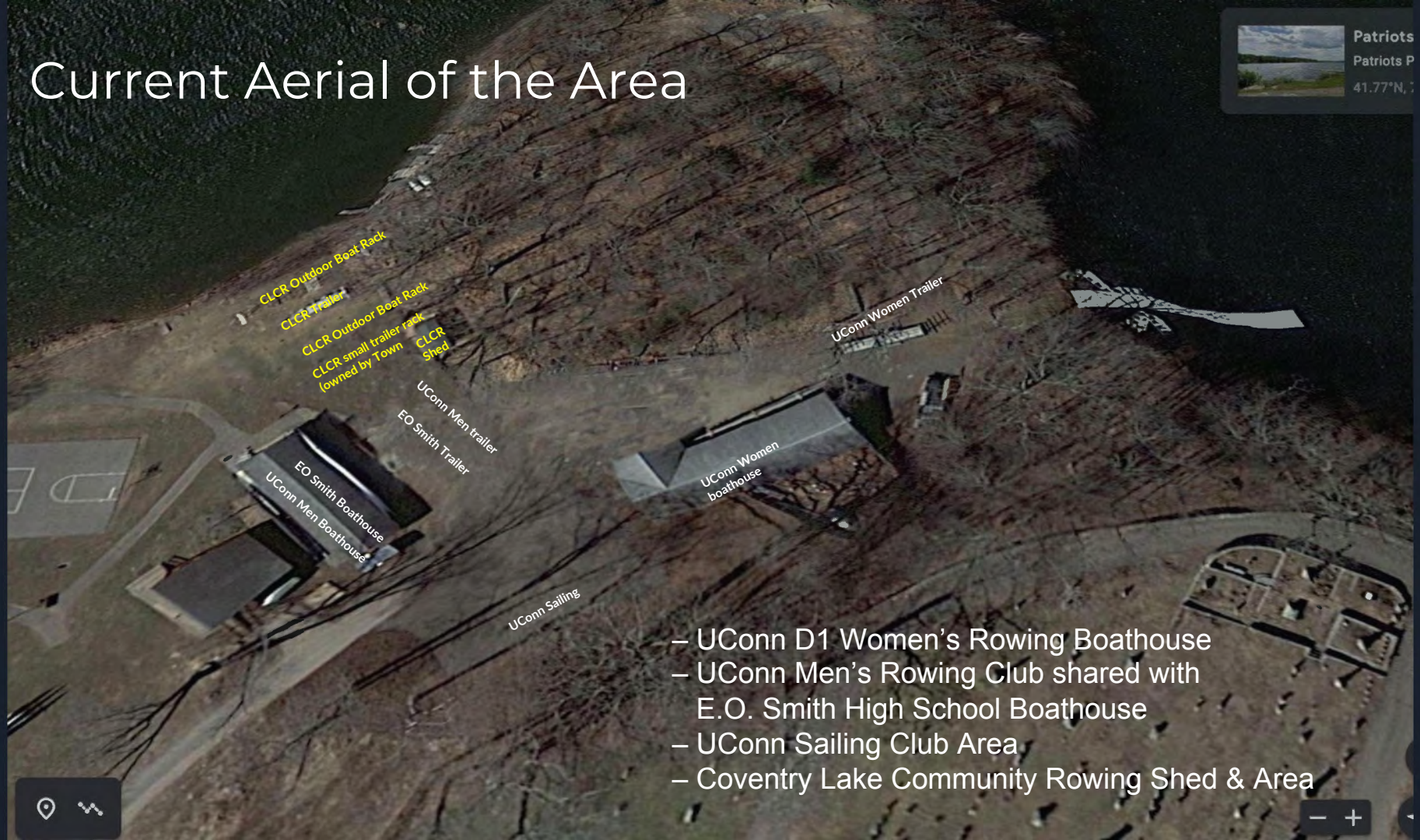
Equipment Locations

CLCR equipment is currently occupying the following spaces at Patriot's Park:

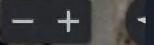
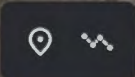
- Boats are stored on 2 racks, one moveable trailer used as a rack which is owned by the Town and our CLCR trailer.
 - 14 singles (3 loaned)
 - 2 doubles
 - 7 4s/quads (pending on rigging)
 - 1 eight
- The shed houses all of our supporting equipment (coxboxes, walkies, tools, ergs, etc.)
- An outside boxes houses life jackets, tools, & first aid kit in season for easy access
- 4 launches (including Boston Whaler) are located by the Police Dock. These docks were a collaborative effort between CLCR & UConn Men
- Winter storage trailer is located at Football Field and stores all of our boats with the exception of the eight boat which is 60' and too long for the trailer



Current Aerial of the Area

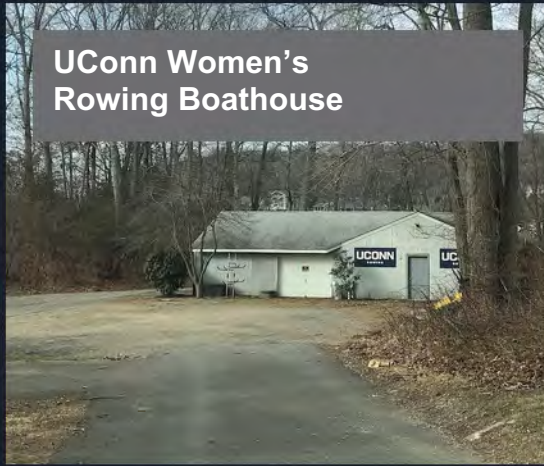


- UConn D1 Women's Rowing Boathouse
- UConn Men's Rowing Club shared with E.O. Smith High School Boathouse
- UConn Sailing Club Area
- Coventry Lake Community Rowing Shed & Area



Currently

UConn Women's
Rowing Boathouse



UConn Men's and E.O. Smith
High Shared Boathouse



In the picture to the above, you can see the existing boathouses for UConn Women's Crew and the boathouse that is shared by UConn Men's Crew and E.O. Smith High Crew (they split the space down the middle). Unfortunately, there isn't adequate room to house CLCR's boats in the current space and they are kept nearby and unprotected outside nearby to the other boathouses (see left picture). Our boats are kept on 3 outside racks and trailer. At any given time, some could be out on the water, so this picture does not reflect our entire fleet.

CLCR Boat Area



Our future:

Our largest need is to protect and house our equipment from UV rays and fallen tree branches. The boats alone are valued around \$85,000 despite their ages which range from from 1990s-2018.

Over the next few slides, you will see a variety of ideas to modify our rowing footprint in consideration of our neighboring rowing programs, sailing and Coventry Parks and Recreation.

NOTE: Funding for any future plans will come from donations, grants and CLCR. Currently the Town of Coventry allows Coventry Lake Community Rowing and Coventry Water Ski Team to use their space at Patriot's Park rent free. UConn Women's Rowing, UConn Men's Rowing, E.O. Smith HS Rowing and UConn sailing all pay rent for their space at Patriot's Park. We are unable to secure further funding from the town budget for CLCR, as their budget already provides a rent-free space to conduct waterfront activities.



Solution 1: Add an additional enclosed bay and storage to the existing boathouse

Highlights:

- Bay for CLCR to store all their boats (including the eight-man boat)
- 2 CLCR Outdoor racks removed freeing up park space for patrons
- Solar Panels to supply park with electricity
- Extra room for growth

Features:

UConn has near term plans to tear down & rebuild existing women's building; CLCR may receive permission to use leftover materials and retired racks that UConn Women will dispose that could be donated to UConn Men to help move existing racks around to accommodate the high school and adult programs. Back area would have staircase for all programs and town to be able to access to store equipment and rowing machines. Storage area could be used in emergencies to escape bad weather. Upstairs roof area would be used for equipment, rowing machines, etc.. Shed would be available for Coventry Parks & Rec or Sailing. Solar Panels could go onto roof to supply electricity to the park.



Proposed new construction rendering



Current structure

Solution 2: Extend the roof of existing boathouse to create a boat “Carport”

Highlights:

- *Less expensive*
- *Could use materials From existing UConn*
- *Women’s building teardown and remodel*
- *2 CLCR Outdoor racks removed*
- *Fix current drainage issue of this boathouse at no cost to Coventry*

Features:

Additional bay added for CLCR using materials from the UConn Women’s old building when they start their new construction. EO Smith outside rack would move to the outside of this pavilion style “boatport” which could have an overhang to protect those boats too. Floor would be pea stone. Racks that UConn Women dispose of could be donated to UConn Men to help move racks around to accommodate the high school programs.



Proposed Aerial



Share Launch Area

CLCR Outdoor Boat Rack
CLCR Trailer

EO Smith Trailer

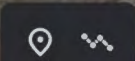
CLCR Shed now available for additional uses

UConn Women Trailer

UConn Men trailer

CLCR Boathouse or boat port
EO Smith Boathouse
UConn Men Boathouse

New UConn Women boathouse



Resulting Benefits:

This project's benefits go beyond elongating the life of Coventry Lake Community Rowing's fleet and establishing us a true base of operation. Some additional benefits would include (but not limited to):

Donate our old outdoor racks to Coventry Parks and Recreation for use for their kayaks, canoes and Paddle Boards for their camp

More open space for patrons of Patriot's Park (we are currently in the way of an entrance to a nice walking path)

Reduce attraction nuisance of boats and oars as well as risk of concussions when walking near the boats (safety issue)

Protection of our members when sudden storms pop up

A place where we can share storage with the Town of Coventry and run our rowing machine programs in the winter

An indoor area to fix equipment out of the elements (I currently repair boats only when I can guarantee the weather is perfect)





PROGRAMMING

Adult Sweep & Scull

Highlights:

- *No experience necessary*
- *Group Coached Sessions*
- *Singles Coached Sessions including privates*
- *Buddies GroupMe*
- *Captain's Privileges*
- *All necessary equipment is provided*

Goal:

To expand our membership by offering more nights for groups sessions including babysitting, dry dock entry into boats (utilizing an adaptive dock), and expanding opportunities for competitive racing. Please find details on our website at <https://www.coventrylakerowing.com>



Youth

Highlights:

- *Competitive and recreational programs for Spring, Summer & Fall seasons for Middle School-aged rowers, High School-aged rowers and Collegiate-aged rowers*
- *Private lessons, Learn to row sessions and*
- *Captains Privileges available for more advanced HS and older youth*
- *Off-season programs to support UConn Men and EO Smith HS*

Goal:

Currently we have met our goals and we would like to maintain them at the level of success we are at with the possibility of improving our most competitive boats by replacing them with newer ones. Boats are share by adults and youth alike, benefiting all members. For more program details, please go to our website at <https://www.coventrylakerowing.com>





TESTIMONIALS



Parks, Recreation and Sports Consulting

Wendy L. Rubin, CPRP, CYSA
24 Mott Hill Rd. East Hampton, CT 06424
wrubin24@gmail.com (860)368-7980

February 16, 2023

To Whom It May Concern,

I submit this letter in support of the Coventry Lake Community Rowing's application for the AARP Purpose Prize. Prior to my retirement, I served as the Town of Coventry Director of Parks and Recreation in the years from CLCR's inception through 2021. During my tenure I was fortunate to have had the opportunity of working closely with Pam Miller and the Coventry Lake Community Rowing Club.

Historically, Coventry Lake has a long-standing tradition of boating. Since 1989, the Parks & Recreation Department has leased storage facilities to the University of Connecticut Women's Crew team. We also host the E.O. Smith High School Crew Team, UConn Men's Rowing Club and the UConn Sailing Club at Patriots Park. We rented canoes, kayaks, and paddleboards to the public.

In 2014, seeing the need and potential of a program where no opportunities existed, a few college alums, with a continued interest in rowing, approached me to discuss possibilities for a community rowing program. Although a great idea, without the knowledge, leadership, ingenuity and resourcefulness of Pamela Miller, the dream would have faded away.

Pam has always been unwavering in reaching her goals, and her positive people skills were effective. With no funding to speak of, she managed to turn this little start-up program into a full-fledged rowing organization serving the entire community, contributing so much to the recreational opportunities and healthy lifestyle options available today.

Pam's creativity and innovation was unending, as she recruited support at many levels. Capitalizing on a tight knit rowing family already in place, Pam realized that there were overlapping roles in many of the programs served. She was able to garner a symbiotic relationship with the high school and college crew programs in the area, including hiring some of the coaches from the other teams.



Parks, Recreation and Sports Consulting

Since their incorporation in 2014, their impact on the community continues to grow stronger. CLCR has participated in many community events, including entering a scarecrow in our annual competition, staffing an educational booth at our Farmer's Market, and marching in the Memorial Day Parade. They helped organize a first ever Boating Community meeting, opening doors between the other boating programs on the lake. During the Covid pandemic, it was one of the only activities able to continue to provide outdoor recreation for people when they needed it most. They have worked diligently to successfully start a competitive high school crew varsity team and summer middle school program.

Pam collaborated with our staff to provide our summer day campers an opportunity to row every Friday, introducing the sport to Middle School aged youth, thus developing an interest they could take into their future high school and college years.

They provide leadership skills and sportsmanship to youth that are not traditionally sports oriented. They are working to reach more people. With the town Senior Citizen Center being located at the same park, plans to provide more opportunities to our seniors are being pursued.

I have been so impressed and inspired by this program that I nominated them for an Award from the Connecticut Recreation and Park Association. As a recent retiree and member of AARP, I am familiar enough with AARP's work to strongly believe that Pam Miller and the Coventry Lake Community Rowing program are best suited and fitted for the AARP Purpose Prize.

Thank you for your consideration. Please contact me if I can be of further assistance.

Sincerely,

Wendy Rubin
Wrubin24@gmail.com
(860) 368-7980



Wendy Rubin
*Coventry Parks
& Recreation Director
(retired)*

What rowing has meant for me - Everything!

I was looking for something new. Something different something I had never done before. Something that I could do to meet new people and find a little peace that I desperately needed. My whole life had been turned upside down, losing the closest people that I love and moving back to a town I hadn't lived in over 40 years.

One of my new friends, in her compassionate way, told me of the adult rowing introductory class that the CLCR (Coventry Lake Community Rowing) was offering. I was hesitant, but her encouragement prevailed. She was planning on attending and wanted me to attend with her. It was the best thing I could have done for myself.

I always wanted to be in a long boat rowing. I've seen the dragon festival and other collegiate teams on and off throughout the years. My husband had never been very comfortable in the water and when I jokingly said I wanted to row in the long boats he basically said "good luck" as he shook his head in disbelief. Which at the time was fine by me.

But now I was unexpectedly by myself, and I had a chance to try it. The introductory class was great and I signed up for the season. I'm a detail oriented person so I tried very hard to accomplish what was taught and I still have a lot to learn.

I love the time on the lake by myself practicing and trying to improve upon my new found love of skulling. The tranquility of rowing itself is a God given gift that could not even be imagined by those who never had the chance to try.

My class was early in the morning and it was thrilling to arrive and see the different moods of the lake. To imagine how the row would be this day...

I found, as I knew I would, that because of my respect for the water, I had to concentrate hard on what I was doing and immerse my mind completely to relax and enjoy Gods new place of tranquility for me. A respite for my mind and body away from everything else going on in my life, a time of outdoor exercise, fresh air, relaxation and enjoyment of the new people I've met. All of which I desperately needed during that second season of COVID-19.

I find it so rewarding to be able to drop into the lake and think of nothing but what I'm doing and thoroughly enjoy myself doing it.

The feelings I have experienced on the lake are like no others: when you slip quietly into the calling of a lake as smooth as glass... as you dip your oars into this serene environment bathed in the warmth of the early morning sunlight... with the occasional bird flying by or a duck closely ignoring you as you float by him... with everything so quiet you can hear the strength in the swan's wings as he overtakes you from in front of you... and after the catch just gliding with nary a sound heard except a few droplets of water slipping off your wooden arms...

I never thought I would ever be able to row in a long boat. I thought that chance in my life that passed me by. I was amazed to actually find that Coventry had a rowing group and especially that they had one for adults-even for seniors that were adventurous enough to "get on board" with this program. At this time in my life I had had no idea of what I would be able to do or if something like rowing, would be anywhere close enough for me to participate in.

We are very blessed that Coventry has made this available to the whole community. Rowing seems to be thought of as one of those sports only for the young but it's not true, and I think that's wonderful. I have been out there sculling and I've been able to try the quad a couple of times at the end of the season. It was all fantastic!

Pam Miller has been such a wonderful, knowledgeable and understanding Coach and I just think the world of her. I can't wait to get back there again and row this summer. It has been so good for me in a myriad of ways. Everyone should have the chance to row in the long boats!

Roberta Banks



Roberta
Adult Member
Age 69

As an avid kayaker, I was intrigued when several years ago I learned of an opportunity to try rowing right in my own town with the Coventry Lake Community Rowing (CLCR) organization. I was looking for something to do that combined my love of the water with physical exercise and meeting new people. I was instantly hooked! Coach Pam was welcoming, and I remember boarding an 8 person boat with a bunch of strangers thinking we were never going to get off the dock! We did, and we learned to row together as a team!

I've been rowing single, double, and quad boats ever since. Many of us have continued to row for years now, and every season new people join us. The experienced rowers help the inexperienced rowers. It is very rewarding to see a new rower learn and have that "I'm doing it!" experience.

Sometimes we take individual boats and row quietly, enjoying the early morning sun and the quiet lake. During these introspective rows, I often stop in the middle of the lake, listen to the quiet, look up at the sky, and think "how lucky am I to be able to do this!" Sometimes we compete and encourage each other to row harder, faster, and get a good workout. Either way, rowing and CLCR has been good for my physical and mental health. During Covid, I so missed the camaraderie, exercise, and that wonderful feeling I have when rowing. When we were finally allowed to row single boats, we all felt so fortunate to be back together and out on the water.

During the winter, we continue to exercise and be together indoors rowing in the high school gym on rowing machines. We work on our form, work out, compete, and continue to be together during the off season.

I often say there are only two activities that I willingly get up early to do: skiing and rowing. I am currently dealing with a back injury, and I'm honestly not sure if I will be able to row come spring. I've been contemplating what spring will be like without the anticipation of early morning rows, without seeing my rowing friends, without the exercise, without the mental break rowing gives me, without enjoying the beautiful resource that is Coventry Lake. It is hard to think about this. CLCR and the sport of rowing has become an extremely important part of my life and my mental health, physical health, and sense of well-being.

Sincerely,

Janet Brown (age 60)



Janet
Adult Member
Age 62



I encouraged my daughter last winter to attend the intro (Zoom) meeting, because she missed the meeting at school, to hear about Coventry Lake Community Rowing Club and the opportunity to row with them. She was interested but unsure and a bit reticent to commit, doubting her skills and thinking it would be something beyond her comfort or skill level. As soon as the meeting began, I was struck by the energy and enthusiasm of Coach Pam. I knew almost immediately that here was a rare and special opportunity and the best and most special part about it was the very dedicated woman and mentor that this Coach could be for her. I just felt it! I could see my daughter feeling it too, being drawn in by Pam's boundless energy and love for the sport and for helping people enjoy it and allowing herself to be open to the possibility of joining and seeing how it went, as Coach Pam said kids could try the practices with no commitment and see how it felt and what they thought. It was clear she had a lot of experience, was kind and open with parents and kids, and that she made it sound fun and like something very different from other sports. Now after so many early evenings on the lake with many practices and a few regattas, including competing on the CT River after a storm and during the time of a full moon which increased the current, here we are, a year later... my daughter Elsa has now been with the Club and Coach Pam for two seasons and they've already experienced so much together.

Being out on the lake and coordinating movement together with her peers is an experience that is almost meditative on some level. It feels like a sacred space when the kids are out on the lake practicing and I am on the shore waiting, at first nervously and now just happily excited for what they are doing, knowing they are in good and safe expert hands. Physically, her body strengthened and having had many years of swimming under her belt, the physicality of rowing wasn't horribly intimidating but was challenging at times.

Mentally, I could see the difference after practice with her demeanor more relaxed and the night now became easier. It was lovely many times to see her talking with Coach Pam at the end of practice as they all put the boats and oars and equipment away for the night, and then walking up from practice talking and laughing with newfound friends, some from other high schools, an additional bonus of the Club. I recall her fear of rowing in an "8" and she was practically in a panic before that practice... then after she said that it wasn't as bad as she thought, that it was actually easier and through all of the learning, practicing, and "doing," Coach Pam is there to support each kid every step of the way. This has been the only sport/practice activity where she got ready to go, packing the stuff she needed for practice and was ready and in the car before I had a chance to tell her to get ready... because she was LOOKING FORWARD to it. That is what Coach Pam does to people, to kids/teenagers. She lets them work out their issues and assists and guides where needed but she values them all for who they are, always gently encouraging and always making things extremely fun and worthwhile. We are so fortunate to have found Coach Pam and her passion and care for Coventry Lake Community Rowing Club and all its participants, which has now become very important to us too. A better coach and mentor cannot be found, and now our daughter is excited to start the new season. Coach Pam has been a huge blessing in our lives, rowing through this Club with this extraordinary coach has made a very positive difference in our daughter's life, and continues to, and we are all truly grateful for her.



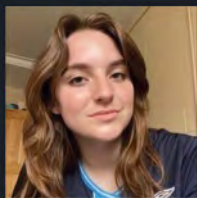
Jennifer
Parent





Denise
Parent

Coventry Lake Community Rowing has been an incredible experience for my family. I have watched my daughter grow so much, both as a rower and as a person, from her experience with this sport, this club, and its inspiring coaches. When she joined the club four years ago, she had no experience rowing and was shy, unsure and not very social. Now, as a senior, and with the positive and encouraging atmosphere that this club provides, she has not only gained skills and confidence as an athlete, but she has also developed social and leadership skills from the opportunities to help coach and become a team captain. She is willing to take on new challenges and experiences, not only in sports, but also in school and other areas of life. I am very proud and thankful for CLCR and how it supports our community youth and how it has helped my daughter flourish.



Emily
Coach &
Rower
Age 20

I row because I love it. The long, painful hours and blistered hands are completely worth it for the feeling of a boat running underneath me, perfectly calibrated with my every movement. I've never felt more at peace than I have in a rowing shell, gliding over the water.

Rowing has also taught me perseverance, focus, and essential time-management skills. When the COVID-19 epidemic disrupted our lives, rowing provided structure and gave me a vital outlet. Being able to row with CLCR brought me a sense of peace that was incredibly welcome during this difficult time, and the support of my team was similarly crucial. By nature, sweep rowing is a uniquely collective sport, something that I believe is reflected in the strong bonds I've formed with my teammates over the years. The community I've built through rowing has been essential for my well-being, and I'm sure it will continue to be in the future.

Now, in my capacity as a coach for CLCR, I get to share my love for rowing with others. It brings me so much joy to see kids getting involved with this sport that has given me so much. I hope that I can continue to learn and build community with others in this sport for years to come.

--
Thank you,
Emily Wells (she/they)
emilywells09@gmail.com
(860)-576-3211





Kendall
Coach, Coxswain,
Rower
Age 20

I began my journey with Coventry Lake Community Rowing brand new. I had never held an oar, never been a part of a team sport and never been able to make a serious commitment to fitness. My first year of highschool I joined our youth team and by the end of the first season I was competing in our varsity women's 4 boat. For a kid who was never considered athletic, this absolutely turned my world upside down. CLCR gave me my first chance at building a better relationship with my health through functional fitness, a reason to build a stronger body and a passion for movement that has stuck with me to this day.

But rowing is more than a physical exercise or an outlet, it's an environment that facilitates learning, leadership, the development of life skills and the building of meaningful long lasting relationships. Beyond being a part of the youth team, I served as a member of the Board of Directors for two years, as a coach for youth and adult private lessons, our middle-school and summer youth programming and adult women's team. These experiences taught me patience in teaching others that I apply to my job as a Teaching Assistant at my current university. I've learned that the key to success in high pressure situations is strong communication and working cohesively as a team within individual roles, skills that help me daily as an Emergency Medical Technician. Navigating complex situations and relationships while on the Board of Directors has prepared me for everything from diffusing workplace conflict to better understanding world politics.

In this organization I was given the opportunity to assume responsibility, to further my own learning through the education of others, and to make connections with individuals from incredibly diverse backgrounds who I might never have met or developed friendships with in other circumstances. Coventry Lake Community Rowing hasn't just been important to our community, it has **been** my community for the past six years, and I cannot imagine living the life I do today without its influence.



My name is Emma Powers, I am a senior in Industrial Design at the Rhode Island School of Design. I have been rowing and coxing for 9 years, was recruited to Drexel University's D1 women's team, and am now the acting Fleet Manager and a Coxswain at Narragansett Boat Club. Yet before all of that, I began my rowing career in Coventry Connecticut as part of EO Smith Crew and Coventry Lake Community Rowing (CLCR). I was one of the founding members of CLCR, serving as Vice President on the board of directors while in high school as well as coxing, coaching youth and masters rowers and sculling alongside them.

I have watched CLCR turn from a small group of high school students eager to learn more about rowing to a much larger community-based and driven organization. Through my time at CLCR, I have made lifelong personal connections with those I've coxed, rowed with, and coached. CLCR is, and always will be home to me. Rowing is a difficult sport, early wakeups and grueling workouts make it hard to commit to, yet what I have discovered over the years is that the community fostered is what either brings people back or drives them away. I have played many different roles in CLCR's organization, in each I have met fantastic people, seen my love of the sport spread to others, and watched those who I have taught teach others not only about rowing but also about community and what it means to be a good person. Coventry Lake Community Rowing has changed my life for the better, and I will always be one of its strongest advocates. Please feel free to contact me if you would like to discuss this further.



Emma Powers
Rower, Coxswain, Coach
Age 22



Feb 16, 2023

To whom it may concern,

Over many years I have watched many people, including my daughter, benefit from Coventry Lake community rowing. Pam Miller has been the heart and soul of this club from the very start.

My daughter became involved with the club at the very start at 15 years old. She was a coxswain for her HS team and Pam encouraged her to begin sculling. Over her time with CLCR Emma was a rower, coxswain for the master's rowers, boat repair person, coach, and Vice President of the BOD. We watched her develop friendships with older adults that impacted her self-esteem, and confidence in a way nothing else did. The confidence the members placed in her made her a strong, disciplined, confident teenager well beyond her years. She continues with the sport as a young adult and Coxed a team of women in their 70's at the Head of the Charles Regatta this year!

Pam has grown the club from a few adults to a thriving club within the community. She worked with the local Board of ED to start a crew team for the high school. Pam has always volunteered her time to coach and last year they have begun to place well at bigger regattas. The club now has a robust master's program with adults involved in many ways benefitting the younger members as well as themselves. People commit to the club in a big way. The teenagers rake leaves, bake, clothing drives, whatever it takes to earn the money to purchase equipment.

Pam had a vision to make CLCR not just a sport but a means to connect people, develop strong relationships and positively impact the community. So much so, despite my child having graduated and away, I was inspired to become a board member and eventually president of the BOD to support her work.

The club continues to be an important resource for our area. Being awarded this grant form AARP will allow Pam and the BOD to wrap up needed infrastructure and thus be able to concentrate solely on the programming that provides such amazing benefits to the people of this community.

Laura Powers
Member Board of Directors CLCR



Laura Powers
Parent, Board member



I'd be lying if I said I loved every part of rowing. But while I didn't love running laps at the beginning of practice or mini races from one end of the lake to the other, it was all very rewarding in a way I don't believe other sports or club activities could achieve. Rowing with my teammates of all ages from 7th graders to seniors in highschool gave me perspective on how a sport can bring people together. Over the course of about 5 ½ years I watched shy, sad, and seemingly unathletic kids blossom into friendly extroverts that don't care about what others think, and athletes that compete because they enjoy it. They feel gratitude for all the hard work that went into achieving these new skills. My mother: Pam Miller was the head coach. So for me the dynamic was a bit more complicated. It wasn't always perfect but even as the coach's daughter I never felt favored, or beaten down, which I find impressive. It's hard to separate the coach from mom, and I applaud her for her performance. I also gained a lot of respect for my mom(coach Pam) while on the team. To this day I've never witnessed someone put as much time and commitment in their passion like my own mother, especially as an unpaid volunteer. It's because of her love for rowing that I was able to find a connection with the sport. When I rowed there was nothing like it, I felt free in a way I imagine only flying can compare too. On a good day, gliding across glassy water was its own heaven. I believe this should be an opportunity available to everyone which is why I'm glad to be a part of CLCR's family, as they have encouraged and enforced inclusivity. As a college student I gained skills from CLCR that have not only ensured I will succeed in college with my drive to finish every race even if I feel like I'm dying, but it's also ok when I make a mistake, as my head crew coach once said, "it's only giving up when you stop trying".



Ainsley
Rower, Assistant Coach





Phoebe

Adult Member,

Former Board Member

Age 58

I always wanted to row and even considered doing so in college at Rutgers. In fact my father said I was built to row as I was strong legged and athletic. However, I was very shy and insecure and could not face the social aspect of being on a team. And so my opportunity to row passed and I never thought it would come again. Luckily I heard about CLCR and right away signed up to learn to row. At the time I was 50 and so I had outgrown my insecurities of my youth and was ready to have a second chance at what my father - now long deceased- always wanted me to do. And it turns out he was right- I am built to row and even though I am not as strong as I was then, I am much more social and have found great friendships and personal growth in and from our rowing club. In fact, for the first few years as a club member, I also served on the board -one that is unique in allowing young people to play a key role. This is a sport and a way of life that I plan to continue doing for the rest of my life and I hope CLCR can help make that possible.

Phoebe Godfrey, 58

--

Phoebe





Chris

Adult Member

Age 63

Crew was always one of those things I wanted to do but didn't really think I would ever do. It came into my life after a year of work from home isolation, losing my mother, separating from my husband, selling the home my children grew up in and moving to a part of the state I knew little about and that felt somewhat isolating. I stumbled upon CLCR on Facebook one cold winter night. That first summer rowing really saved me. I found a group of women that "looked liked me". I made friends, learned that I didn't have to do it all myself, and that I did have something to offer. I learned that it didn't matter if you weren't so graceful getting into the boat - and that you could laugh when you made a mistake (or fell in). When I lost my brother in the middle of that summer, I found that when I was in the peace of the middle of the lake, that I could silently mourn the loss. I continue to find comfort in rowing. The rhythm of knowing that I'll be starting the day with a team of friends whose help I need to get on and off the water to then use my own strength to propel myself across the peace of the lake.

Thank You Pam.

When I think of Pam, my first thought is the winter day in 2021, when she offered to take my elderly parents (ages 97 & 98) to get their covid shots. When I hopped into her truck, there was a steaming cup of coffee for me, and we sped off to pick up them up in their rural home- during a snowstorm! She got us to their appointment, and thanks to her, they never got Covid! Pam gave up most of her day for this adventure. All through the pandemic, Pam has volunteered her time at vaccine clinics, even though she has almost no spare time, but does have a job and children to raise.

Pam Miller is the most generous and skilled woman I know, all in one whirling Dervish of a package. Her visions become reality. Back in 2014, she decided to make her passion for crew into a passion for kids and adults. My son and I are both beneficiaries of her plan. Pam brought the sport of crew to Coventry and surrounding towns by procuring boats, getting out the word to several towns, raising money, coaching, and teaching others to coach. The organization she co-founded is Coventry Lake Community Rowing (CLCR). She takes care of the boats, including the motor boats that accompany the crew boats. I have spent many hours scratching my head, wondering how she knows how to fix motors, raise a shed to store boats, and load and unload shells from racks, which involves taking the boats apart to some degree.

The time Pam has devoted to this venture is huge. During peak months, she gives 25 hours a week, with no compensation. Pam donates about 1,000 hours per year to crew. Her fundraisers all go to the crew club, and not a dime to her. She has raised over \$40,000 for CLCR since inception. Her fundraisers include having the high school kids make homemade apple pies to sell and raking lawns. She has also been successful in getting grants.

The distinctive thing about CLCR is the breadth of ages it covers, and the sense of community it engenders. The kids involved are almost all high school students, and the adults range in age from their 20's to 70's. Often, when there are tasks to do, the kids and adult members work together. Very few endeavors in my experience mix ages to this degree. CLCR creates a sense of community and a deep sense of pride.

I believe Pam Miller, without hesitation, is the most deserving recipient of the AARP Purpose Prize.



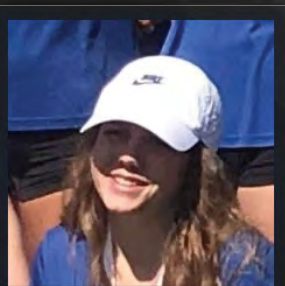
Andrea
Coach, Rower
Age 64



I have been with Coventry Lake Community Rowing for the past five years. I joined the spring season during my freshman year. I only had two friends on the team at the time, I was super shy, and quite honestly wasn't all too physically active at the time. I was looking for something to do in my free time and thought this would be interesting to do. When the head coach: Pam Miller, told me "You're going to be a coxswain!" This left me shocked. I was fourteen at the time and was super shy, so when I was told I was going to be sitting in the stern of an eight boat, I was honestly a little scared. When I got into that boat I had acquired eight new friends, all of them taking me in like I was one of them even though I had met them the week prior. Within the next few months, I became less shy, made more friends, and gained a new love for crew.

Joining the CLCR rowing team can be a highly impactful experience for high school students, middle school students, and adults. It creates new experiences for people of all ages. I have been coaching the high school team for a year and a half, the middle school team for two years, and I have helped run a few adult programs since 2018. Rowing in general is such a collaborative sport, it involves a lot of teamwork, communication, and everyone plays a critical role while on the team. I have seen many people from all types of backgrounds become friends and have had a great time bonding over a sport they truly enjoy. Especially coming from a high school experience I believe that this rowing team has made a profound impact on the student's mental, physical, social development, and having a sense of belonging somewhere.

Rowing is a highly beneficial form of exercise for adults of all ages. The primary benefits that rowing has are that it is very low-impact and a major full-body workout. This is terrific for older adults who have some type of joint pain and for some that aren't as physically fit. This also means that it is a sport that you can do your whole life, and increase longevity. I have personally



Leah
Coach, Coxswain, Rower
Age 20

seen the mental health benefits from the adult programs, a few of the women on our sweep and sculling team have taken up yoga and meditation. They love to take a break on the water, connect as a team; mediate and breathe for a few minutes.

Joining this team has benefited me in ways I cannot even describe. I have made many new friends (of all ages), I have found a love for physical fitness which has made me pursue my college degree in physical health. This sport and the people made me who I am today, and I am nothing but thankful for everyone that I have met along the way.

Brenda *Parent*

My son started rowing in spring of 2022 coming out of the COVID pandemic after starting high school in quarantine, no sports for 2 years and limited social interaction. We didn't have much expectation other than trying a new sport and getting more physical activity.

CLCR welcomed my son and opened a whole new world of crew that we didn't know existed so close to home. Crew challenged my son physically and mentally and instilled a new level of self-discipline. He was adamant on going to every practice and on time, excited to work out on days practice was canceled due to the weather. Over the summer, he committed to going to back to back practices (novice and experienced) because he wanted to get the most rowing in as possible. By the end of summer of 2022, his physique completely transformed.

CLCR allowed him to try something new and make new friends from all different ages (middle school to high school seniors) and from other surrounding towns which boosted his confidence. His boost in confidence encouraged him to explore other activities i.e. Model UN and indoor track. Much of our son's positive experience is driven by the support and commitment of his coach who has instilled a supportive and caring environment where it's not all about competition but it's about teamwork, community, leadership, learning and having fun.

Brenda Kaushal





Sam

Graduated Rower

Age 18

“I joined Coventry crew at the end of my eighth grade year, and i stayed on the team all the way through high school and I still stick around now. Ive grown and changed alot for the better since then, and much of that change came from my experience with the team. I tried my hand in several other sports teams before crew, but crew was the first sport where I really felt like I had a place. Once you’re put in a boat with three other people, you become an essential part that cant be replaced, which compels you to give the best you can do and not worry about if you’re doing better than someone else. The team is always tight knit, and I found myself coming back every season not just to stay in shape, but to be a part of the big friend group that is the team. Having a group like that to be around is important, especially for kids like me who didn’t have alot of friends in school. Of course not everyone gets along on the team at first, but I’ve found theres no better way to learn how to compromise and work with other people then getting put in a boat with someone you don’t necessarily like. Not to mention coach Pam of course! Ive had experience with many different coagulants over my years in sports and none of them quite managed to capture the essence of what it means to be a coach quite like coach Pam. She strikes a perfect balance between rigidity and flexibility, tough enough to keep you in line but compassionate enough to never overstep and hurt anyones feelings. I learned more from coach Pam over the years about life in general, not just crew, than I could possibly mention here. Now I find myself coming back to coach at practices to help other local kids get what i got out of crew, I think its very important for kids to have a sports experience like that. it doesn’t just keep you in shape, it’ll build your self confidence, help you make friends, and teach you how to work with just about any kind of person.”



CHS Gift to Coaches

A picture book was given to me by the students.
This is what they shared, makes me

What crew means to me is that it's the first team style sport that ever caught my interest. One main thing I have learned is how to row with a team and how to deal with high-stress situations which turned out great for my first race. Not to mention the second race had very well the first race. One thing Coach Pam and Coach Courtney has done is they helped me learn the proper way to row and encouraged me on the house during practice. My favorite inspirational quote is by a unknown author the quote is "A little progress each day adds up to big results" which can be used in rowing if you get put into a new boat.

-Morgan Bratton

Crew is hard work sometimes, adrenaline racing through me getting the feeling of rush at the start. Crew means spending time with friends and achieving a goal with them. Something that I have learned from crew is how to be a better leader and coach to others. Coach Pam has done so many wonderful things for me and the whole team, she spent all summer teaching adults how to row and helping me personally how to make myself a better rower and swimmer. Coach Courtney has been rowing all summer with adult women as well and has help me become a better rower and make

Courtney

With my second family, my favorite teachers, and best critics. Both helped to make myself and every other member of our team feel like I gave me self confidence, the opportunity to meet so many great friends of memories I will never forget, and the drive to push myself to be an instant look forward to all week and I cannot wait for crew each year for being such strong role models and mentors, for accounts health on through our challenges!

I have always said I would do crew but every time it was offered to me I said no because honestly I didn't want to actually work. My mom signed me up for crew races and I went with it and I'm grateful for it for when still being a coach. It was a great coach and the coach things to row. Plus I'm better at rowing now which will help with a lot of other things I do.

-Ashley

Crew means teamwork and working on team skills. Having fun and making a great bond with friends. Working hard to achieve goals with others. I have learned how to row in crew, as well as be steady and smart. I was just grateful for being on the team.

-Gerritt

Crew has taught me to keep persevering, even when I think I'm at my breaking point. Coach Pam and Courtney taught me skills through practices, and the regatta. I am very grateful to them for this, because this has taught me how to keep going through tough times.

Alex DeLeon

The summer and season overall better. Coach Pam and Coach Courtney have greatly impacted my life by making me involved in things I may not have been interested in. They talk to me about improvement that I can make and they hear what I'm saying and overall made me a better person. (We also love our summer gear!)

-Leah Mackin

John Henry
Crew, to me, means having fun and being able to get out on the water as a team. One thing that I learned from crew is the value of teamwork. You have to work together to keep the boat out and to get the best timing. Coach Pam and Coach Courtney were always very accommodating with my crazy schedule and even offered me rides to regattas and practices which I appreciate extremely! My favorite inspirational quote is said by Wayne Gretzky and it's "You miss 100% of the shots you don't take" this is my favorite quote because it always inspires me to just go for it, like I did with crew and I'm so glad that I did!

Thank you for all you do
Crew makes me feel so happy when we are out on the water and working together, and when the boat is moving with grace and stability.

The team in a whole makes me happy, everybody is so kind and welcoming. I have learned a lot of patience and understanding with others.

I am so grateful to Coach Pam for putting her everything into this team and for working so hard to make sure we can be our best. To Coach Courtney, I am so grateful for your kind and fun personality that has made rowing with Courtney so much more fun.

-Gabriela

September 2023
Thank you!
Autumn K
Cristina Leal

To me, crew is a place to work together with close friends, and just have fun. Through my time in crew, I have learned to better trust myself and others. I would like to thank Pam for writing me a recommendation letter, and would like to thank Courtney for always being so far anything and stopping in to help the team out. My favorite inspirational quote is, "You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens." (I really like it)

Carson Guines

When our voices started, the nerves were still there, but our coxswain talked to us and helped us calm our nerves.

(although we still have a long way to go). And then, the day of our first regatta. All of the newbies were so nervous, but Pam and Courtney calmed our nerves and told us to pretend that it was any other crew practice and we were just rowing on Coventry Lake. When our voices started, the nerves were still there, but our coxswain talked to us and helped us calm our nerves.

is crucial, if everyone is at their own pace the boat won't glide fast enough. Coach Pam and Courtney have done an amazing job integrating the novices into our practices as well as the most recent regatta. Both have also helped me grow as an individual rower and I'm very grateful to have their help and support. My favorite quote is "Rowing provided a place to go, a community where people cared about what I did and what I achieved." It reminds me of how we treat each other and why we all come back every week. I'm so glad to be a part of such a strong team of rowers.

-Carrie Jones

Quotes We Love:

"The only time I set the bar low is for limbo!" - Michael
Gary Scott

"She believed she could so she did!"

"Don't just exist, live!"

Love you guys in Ariel!
Love you most
-Gabriela + Leah
Kendall + Carson
Courtney Sharp

We love you so much!
-Zava + Michael
Thank you!
Carrie

Love you,
your life
is the best -Amey
Thank you!
Autumn K

Thank you
-Lauran
for a wonderful year
Cullen
Cristina Leal

Thank you
Alex S
Hauptenber
Dwiny Miller
September 2023
Thank you

Thank you for all you do
Crew makes me feel so happy when we are out on the water and working together, and when the boat is moving with grace and stability.

The team in a whole makes me happy, everybody is so kind and welcoming. I have learned a lot of patience and understanding with others.

I am so grateful to Coach Pam for putting her everything into this team and for working so hard to make sure we can be our best. To Coach Courtney, I am so grateful for your kind and fun personality that has made rowing with Courtney so much more fun.

-Gabriela

September 2023
Thank you!
Autumn K
Cristina Leal

CHS Gift to Coaches

A picture book was given to me by the students.
This is what they shared, makes me

This year we joined the Coventry Crew Team. We heard a lot about the team and thought it was a good idea to try something new. The first day of practice was a blast, although the water was a bit cold. It was also very fun getting to meet and hang out with all of the new team members. We felt at home because everyone was so inclusive and welcoming. Every practice was something new and exciting, and ranged from taking our foot stretchers off and rowing without them to using boards and planks so we did not touch the lake. Pam and Courtney were so helpful with our form and taught us that even the big mistakes are fixable. One thing that stuck with us was that Pam and Courtney kept on working on our mistakes until we fixed them. Our form progressively looked better throughout the season.

Although we still have a long way to go. And then, the day of our first regatta. All of the newbies were so nervous, but Pam and other crew practice and we were able to pretend that it was just when our races started, the nerves were still there, but our coaches talked to us and helped us calm our nerves. During our races, our coaches were so motivating and helped us push through the pain of our hands and bodies while we were rowing as fast as we could. When the race ended, we were so proud of ourselves for rowing that long. Overall, the crew season was such a blast because of the people we met and the close friendships we made. We are definitely going to come back next season because of this great experience.

Love Michael, Ava, and Collen

Maddy Austin
I have been curious about what crew is ever since one night I slept over Pam's house and she told me that she had a regatta to go to in the morning. I was so confused so she explained what it was and I have wanted to do crew ever since. Also she has been telling me I would be perfect for it because my family is so tall and everytime I would see her she would say your almost there

"Until you spread your wings, you have no idea how far you'll fly" "Alone we can do so little, together we can do so much"

"Follow your heart, but take your brain with you"

Ever since I stepped on a boat, I knew I was not going to regret joining. Crew never fails to uplift my mood because it makes me feel good to see myself and others improve & challenging themselves while also having fun. My dedication to crew will never end because of the family environment it provides. My amazing coaches have taught and mentored me well. They've been so thoughtful-kind to being hard asses because in their hearts, they just wanted me to improve. I've always been the taller girl so I would usually feel out of place but Coach Pam didn't care about my size, she loved it (BIG CREWM GIRLS=WIN). She is a great role model in which she teaches me that it doesn't matter what age you are or size, anyone can row. Coach Pam is also really generous with her time, helping others for the sole purpose of wanting a person to succeed. Coach Courtney has helped boost my confidence and always lightens the mood before regattas when I'm really stressed while also giving really good tips. In general, crew has always been my second home and being able to lead my peers to victory is exhilarating. - Janel -3

Crew is not a another way to grow my social life, get exercise, and add to my college transcript. In other words, it's a way for me to break out of my comfort zone. I have learned many things from crew, but perhaps the most crucial and important was that finding other extracurricular activities can be valuable in many ways. I am grateful to our coaches for many things as well, but I am especially grateful to my mom for her unwavering push for me

to join crew and do everything crew related with her, and to Courtney for making delicious pumpkin chocolate pans. On top of all of this, my favorite inspirational quote, which is not very related to crew, is by Bruce Lee, "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." -Drew Miller

Crew is such an amazing sport and I'm so glad that I joined the team. Crew has helped me grow as a person and meet so many great people and friendships that I lost a friend and for that I'm so grateful. One thing I learned from crew is that you can learn new things from the people around you. Coach Pam and Coach Courtney helped me step out of my comfort zone and try new things which I'm also so grateful for. "Forget the past because today is a new day" - Erik Austin

"Keep your eyes on the stars, and your feet on the ground"

-Theodore Roosevelt

"When you think you have nothing left to give, you've only given 60% of your energy" (or something like that) - Carson

"Every champion was once a give up!"

-Rocky Balboa

Crew this past season has been performing, thanks to the coaches and team captains we all improved as individuals and as a whole. Our team is like a family and I am so glad to be a part of it. In crew I learned that teamwork is crucial, if everyone is at their own pace the boat won't glide fast enough. Coach Pam and Courtney have done an amazing job integrating the rookies with our practices as well as the most recent regatta. Both have also helped me grow as an individual rower and I'm very grateful to have their help and support. My favorite quote is "Rowing provided a place to go, a community where people cared about what I did and what I achieved." It reminds me of how we treat each other and why we all come back every week. I'm so glad to be a part of such a strong team of rowers. - Camryn Jones

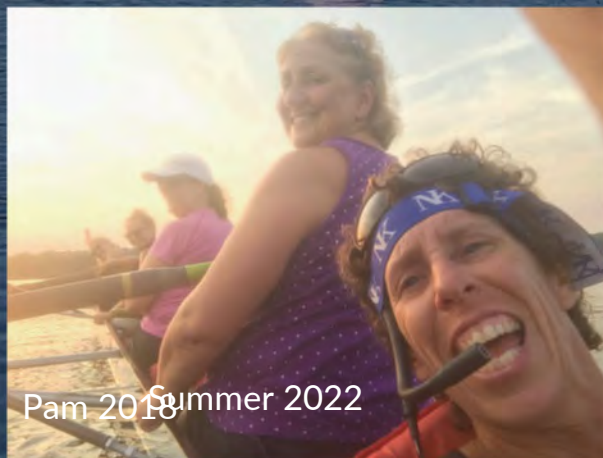
Crew means a lot to me, it's a great team sport where you rely on your teammates and they rely on you. I have learned teamwork and discipline in crew. If one person is slow but isn't putting their full effort in then everyone else in your boat will be affected. Coach Pam and Coach Courtney have taught me so many different skills. They have helped me become a better rower and person. Without them I wouldn't have improved as much as I did from the beginning of the season. My favorite quote is

Gallery

High School, Adults, Middle School, Collegiate,
Grant Programs for the Underserved, Mixed-aged Workshops



UConn Crew, 1987 – When it all started



Pam 2018 Summer 2022



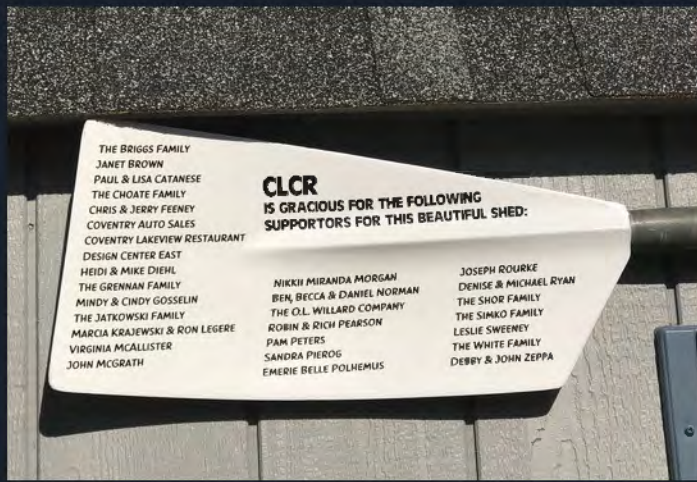
Pam 2022











Coaching/Teaching Experience

Volunteer Head Coach and Operations Manager, Coventry Lake Community Rowing (CLCR) Coventry CT

Head Coach of the Coventry High School (CHS) Crew Team. Head Coach for CLCR Adult, High School and Middle School spring/summer/fall programming. Develop programming, design workouts, coordinate regattas/competitions, hire and support assistant coaches and run practices. Maintain and purchase equipment. Coordinate and run fundraising events, develop new initiatives, set and manage budget, hire and oversee summer staff, maintain equipment, coach and work with the Board to meet objectives. Successes include, but are not limited to, creating the CHS team and establishing it as an official Board of Education-sanctioned club sport. Collaborated with Coventry Parks and Recreation offering Friday rowing days for youth attending town camp. Provided equipment for UConn Rowing during COVID to allow them to continue rowing in singles when programs were shut down due to only having access to large boats. Established working relationships and support from the Town of Coventry, Coventry Board of Education, Parents, and Community. Increased membership from 20 participants to over 75. Currently working on final stages of our sustainable business model for ongoing success and growth of this community-serving 501c3.

Certifications: CIAC Coaching Certification, CT Boating License, US Rowing SafeSport, First Aid and CPR Certified

Ski Professional, Vail Resorts, Mount Snow West Dover VT

Coach Alpine skiing to beginners thru advanced-zoned guests of all ages in both private-guest settings and group lesson settings. Flexible to work in all departments including Snow Camp (ages 4-6), Mount Camp (ages 7-14), Adults, and Development Program (a specialized program for children ages 6-18).

Certifications: Professional Ski Instructors of America (PSIA) Level III and Park & Pipe Level I

Assistant Swim Coach, Eastern Connecticut State University

Assistant coach for collegiate men's and women's D3 college. Improve swimming styles and/or strokes to athletes to improve performance. Educating swimmers on water safety and provide additional eyes for safety at practices and meets. Using a range of activities to improve water confidence. Review recorded training sessions in order to analyze strokes, techniques, and monitor progress.

Coventry Public Schools Substitute Teacher

Substitute teacher for CNHMS and CHS. Former Future Problem Solvers (FPS) mentor and evaluator

Eastern Connecticut State University Web Team, University Relations

Served a diverse pool of departments, schools and offices at Eastern Connecticut State University during their redesign and development of their new website by supporting content creation, page design and dissemination. Led workshops for training groups in managing their Cascade CMS landing pages

A2E (Access to Employment) Mentor (Volunteer)

Mentor serving those under-employed for the Access Community Action Agency A2E program

Professional Experience

University of Connecticut Program Assistant (August 2022-Present)

Office of Diversity and Inclusion Support the ODI and Rainbow Center with a variety of projects including but not limited to event planning, administrative duties, website and social media outreach and approve student timecards.

School of Engineering Graduate Programs Support the Associate Dean for Research and Graduate Education in addition to the graduate program directors, developing agendas, scheduling meetings, taking minutes, planning and executing recruiting and supporting events, support current graduate students including processing fellowship payments and manage part-time student employee staff.

Freelance Web Design & Development, Social Media, Graphic Design, Search Engine Optimization (SEO) and Project Management (April 1994-Present)

Website design and development using Wordpress, Social Media Marketing, Project Management, Administrative Duties, Print, Media Production, Data Analysis and SEO for Non-profits, Higher Education, Public Schools, Corporations, Small Businesses and Ad Agencies. Software/Platforms: Adobe Creative Suite, Microsoft Office, Final Cut Pro, Wordpress, Cascade, Mailchimp, Facebook, YouTube, LinkedIn, Pinterest, Instagram, Google Adwords.

Short list of clients include Eastern Connecticut State University (ECSU), Tunxis Community College Foundation, Peace at Home Parenting Solutions, Blue Star Advertising, CLCR, Travelers, and The United Way.

Eastern Connecticut State University (January 2019-June 2020)

Web Developer – University Relations

Team web developer for Access Community Action Agency, Eastern Connecticut State University's new website created in Cascade CMS. Developed landing and interior pages for various departments and offices. Provided training and support for a diverse pool of faculty, staff and student interns.

Coventry Lake Community Rowing (2014-Present)

Volunteer Operations Manager and Head Coach

Develop programming, set and manage budget, hire and oversee staff, maintain equipment coach and work with the Board to meet objectives. Successes include increasing support from the Town of Coventry, Coventry Board of Education, Parents, and Community. Increased membership from 20 participants to over 75. Working on sustainable business model for ongoing success and growth of this community-serving 501c3.

Direct Response Inc. (April 1998-March 2001)

Print Project Manager/Art Director

Coordinate production of political direct mail from concept to mail drop. Include art direction, prepress, printing, and managing staff of six. Responsible for all mail pieces through all aspects of production from start to finish. Coordinate printing vendors with mail houses. Hire, train and manage staff. Additionally did graphic design and web design for corporate clients.

Education

University of Connecticut, Storrs, Connecticut

Earned Bachelor of Fine Arts in Graphic Design with Business focus.

CLCR Organizational Chart

