



BachmanROC Rowing Club “One Pager” (3/6/26)

Purpose:

Raising awareness of competitive **rowing** among **Dallas ISD youth and families** with historically limited access to this sport, ideally residing near **Bachman Lake**, and otherwise within the Dallas ISD, for the purpose of **“connecting”** prospective athletes to local rowing programs (i.e. **BachmanROC Rowing Club, Dallas United Crew, Dallas Rowing Club** and **White Rock Rowing**) offering **on-the-water high school, collegiate** and/or **masters rowing programs**.

“Mantra:”

Inspired by **Arshay Cooper’s** book & movie, **A Most Beautiful Thing**, the story of the **first all-black high school rowing team in America**, BachmanROC’s “mantra” is **“Learn to Swim*, Learn to ERG, Learn to Row, Go to College.**”**

* **DISD** recently received a **Center for Disease Control (“CDC”)** grant to address the #1 cause of death among high school students – **drowning** – by offering **(8) day (30 min/day) swim instruction to non-swimmers** in pools near select DISD campuses or YMCAs starting in 2026.

** Annually, there are **collegiate athletic/need-based scholarships** available from **~130 colleges/universities**, especially for **competent high school women**.

Illustration of our “Mantra:”

Flo Elkins, a US Rowing Level 2 Certified Rowing coach and **UCanRow2 & Concept2 In-door Rowing Instructor** recently moved to **Dallas** following work with **RowLA’s Erg Ed and OTW program**. **RowLA** is a **Marina Del Ray, CA-based** rowing program that was developed to make rowing more inclusive, and in doing so, to allow girls in middle and high school from low and middle-income households to **use the sport as a stepping stone to college scholarships**. Approximately **98%** of the girls who have graduated from **RowLA’s competitive team** have gone to college on **academic or rowing scholarships**. See **RowLA news clip**: <https://youtu.be/UORQ4MyO2EY>

Facilities

BachmanROC (Rowing Club) is a **501(c)3** operating a **fleet of 14 Hudson/Vespoli rowing shells, one eight+, 3 quads, 4 doubles and 6 singles** housed at the **Bachman Recreation Center** on **Bachman Lake**. **~40 “RowERGs”** machines are based at the Rec Center for use there and in **DISD schools** under our **George Pocock Foundation “ERG Ed”** program. The Rec Center has an **indoor pool**. **Equipped with ERGs, rowing shells, oars, a coaches’ launch, dock and boat trailer, BachmanROC commenced operations** in 2024.

Desired Participants

BachmanROC primarily seeks 9th to 12th grade students interested in launching a new on-the-water rowing program at the Bachman Rec Center. Through its **George Pocock Foundation ERG Ed** program scheduled at DISD schools from 2024 - 2028, in which **~40 ERGs** are deployed to PE classes for (2) weeks each, **BachmanROC** is simultaneously **raising awareness of rowing** and seeking to refer students to rowing programs within the vicinity of where the students and their families reside.

Workouts at the Bachman Rec Center will likely to be held **5:00 to 6:30 pm Mon-Thu and Sat 9:00 to 11:00 am**. **BachmanROC** will also seek **collegiate and adult rowers, donors and volunteers** of all ages. **Patrick F. Hamner, President, BachmanROC** (214) 679-5034 Hamner@ServantCapital.com www.BachmanROC.com

**BachmanROC Rowing Club
Bachman Recreation Center
Summer 2026
Learn to Row Clinics
2750 Bachman Dr.
Dallas, TX 75220**

Learn to Row Clinics

Clinic 1 June 1st – 5th

Clinic 2 June 8nd – 12th

Clinic 3 June 15th – 19th

All clinics held (9:00 am to 12:00 noon) at **Bachman Recreation Center**

Goal: Learn to Swim, Learn to ERG (rowing machine), Learn to Row on the water, Go to College!.

Next Steps: Submit application (following page) for **BachmanROC Rowing Clinic & Membership Application**

Contact: BachmanROC Rowing Club www.BachmanROC.com



Flo Elkins
Head Coach

(424) 261-LIFE (5433)

flofitness@gmail.com

Patrick F. Hamner
President

(214) 679-5034

hamner@servantcapital.com

*Swim Testing at Town North YMCA, Park Cities YMCA or Bachman Rec Center and Swim Lessons likely available if needed

BachmanROC Rowing Club Rowing Clinic & Membership Application

www.BachmanROC.com



First Name _____ Last Name _____

Email _____

Cell/Text number _____

Grade for Fall 2026 _____

School Attending: _____

Academic Focus – what subjects are you passionate about?

Athletics Interest – what sports, if any, are you interested in?

How did you hear about Rowing?

Thanks for your interest, BachmanROC Rowing Club will respond with additional information soon.

BachmanROC Rowing Club

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Head Coach

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flolifefitness@gmail.com

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President

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BACHMANROC ROWING CLUB LIABILITY WAIVER (2 6 26)

In consideration of the services of BachmanROC Rowing Club, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "BachmanROC Rowing"), I hereby agree to release, indemnify, and discharge the BachmanROC Rowing, on behalf of myself, my children, my parents, my heirs, assigns, personal representatives and estates as follows:

1. I acknowledge that rowing as well as any activity on the BachmanROC Rowing dock and/or property, entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. The risks include, among other things: your boat could turn over and/or you could have to swim risking entanglement in trees; exposure to the natural elements could be uncomfortable and/or harmful; exposure to excessive heat could cause sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps; exposure to excessive cold elements could result in hypothermia; exposure to potentially dangerous wildlife, insects, plants; and accidental drowning is also a possibility. Furthermore, BachmanROC Rowing personnel have difficult jobs to perform. They seek safety, but they are fallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. This participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless BachmanROC Rowing from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of BachmanROC Rowing equipment or facilities, including any Claims which allege negligent acts or omissions of BachmanROC Rowing.

4. Should BachmanROC Rowing or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume - and bear the costs of - all risks that may be created, directly or indirectly, by any such condition.

6. In the event that I file a lawsuit against BachmanROC Rowing, I agree to do so solely in the state of Texas, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect. By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against Texas Rowing on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant: _____

Print Name: _____

Address: _____ City/State/Zip: _____

Phone: _____

Email: _____

Date: _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION

(Must be completed for participants under the age of 18) In consideration of _____ (print minor's name) ("Minor") being permitted by BachmanROC Rowing to participate in its activities and to use its equipment and facilities. I further agree to indemnify and hold harmless Texas Rowing from any and all Claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: Signature _____

Print Name of Parent or Guardian: _____

Date: _____