

Purpose:

Raising awareness of competitive **youth rowing** targeted principally to **DISD youth and families** ideally with access to **Bachman Lake or White Rock Lake**, **to provide on-the-water high school,** collegiate and 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."** Annually, there are sometimes **unclaimed collegiate scholarships available**, especially for **competent women rowers**.

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 **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©3 (filed, awaiting issue) operating a **fleet of 13 Hudson rowing shells, (3) quads, (4) doubles and (6) singles** to be housed at the **Bachman Recreation Center on Bachman Lake**. **Eighteen (18) "RowERG" machines** are located inside the Rec Center. The Rec Center has a **heated indoor pool** with swim instruction and rowing swim tests. **Equipped with Row ERGs, rowing shells, oars, a coaches' launch and dock, BachmanROC launched its program in 2024.**

Desired Participants

BachmanROC is seeking 9th to 12th grade students interested in rowing at the **Bachman Recreation Center. Workouts will likely be 5:00 to 6:30 pm Mon-Thu and Sat 7:00 to 9:00 am**. We are also seeking collegiate and adult rowers, donors and volunteers of all ages.

For more information contact:

Patrick F. Hamner, President, BachmanROC (214) 679-5034 Hamner@ServantCapital.com
www.BachmanROC.com (website under construction) **(DISD students may apply for scholarships).**

BachmanROC Rowing Club - Fall 2026
Mini Learn to Row Clinics
Bachman Recreation Center
2750 Bachman Dr., Dallas, TX 75220

Learn to Row Clinics

Clinic 1 Spt 27th **Clinic 2 Oct 21st**

Clinic 3 Nov 14th **Clinic 4 Dec 8th**

Clinic 5 Dec 18th

All Clinics held (2:00 to 4:00 pm) at **Bachman Rec Center**

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

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

Contact: BachmanROC Rowing Club **www.BachmanROC.com**

Flo Elkins
Head Coach
(424) 261-LIFE (5433)
flolifefitness@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 available if needed

BachmanROC Rowing Club Rowing Clinic & Membership Application

www.BachmanROC.com



First Name _____ Last Name_____

Email _____

Cell/Text number_____

Grade for Fall 2025 _____

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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BACHMANROC ROWING CLUB LIABILITY WAIVER

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:

_____

Date: _____