

Dream a Little – Sweat A Lot™

How does being involved in sports benefit you throughout your lifetime? This is the question Mary Mazzio will answer as she addresses local student athletes and their parents the evening of May 9th at the Avon High School auditorium. Mary Mazzio is an award-winning documentary filmmaker whose movies include *A Hero for Daisy*, *Apple Pie*, and *Lemonade Stories*. What does she know about being an athlete? A lot! Mary was a member of the 1992 Summer U.S. Olympics Rowing Team.

On Friday, May 9th from 7 – 9 p.m., the Avon High School's new Rowing Team, in collaboration with the AHS Booster Club will hold a Mother's Day weekend fundraising event to support this first-year team. The event will feature a special screening of Mazzio's critically acclaimed and inspirational film, *A Hero for Daisy*. Hailed by The New York Times as a "landmark film," "inspiring" by TV Guide, and "fantastic" by Sports Illustrated, *A Hero for Daisy* is a 40 minute film about Title IX pioneer and two-time Olympian Chris Ernst, who galvanized her rowing team to storm the Yale athletic director's office in 1976, protesting the lack of athletic facilities for women. Following the screening, Mazzio will address the audience in her inimitable, dynamic style – motivating the students to pursue their athletic endeavors.

A raffle will also be a part of the evening's festivities. First prize is a **Concept II Erg** (rowing machine), second prize is a **Featherlight Classic Kayak** from Country Sports in Canton, and third prize is a signed collection of Mary Mazzio films, in addition to many other raffle prizes suitable to give as gifts for Mother's Day or for the student athletes to keep themselves!

How did Avon attract this renowned motivational speaker from Boston, who has agreed to waive her usual fee for the citizens of Avon? This is where Avon's Coach Eric Rosow comes in. Rosow was a former world-class rower who rowed at Trinity College and has earned several national titles, including a gold medal in the Pan American Games and fourth place at the World Championships. Mr. Rosow has also served as a member of the U.S. Olympic Committee's Sports Equipment and Technology Committee. In addition to coaching Avon's rowing team, he has coached rowing at Trinity College and volunteered at Simsbury High School. While rowing at Trinity, Eric rowed all four years with his good friend, Jay Manson – who later became Mary Mazzio's future husband. Jay, too was a world-class rower and continues to row competitively. The Rosow's have known Mary and Jay for many years and participated in their wedding ceremony which was appropriately held at the Cambridge Boat Club along the Charles River in Boston!

Mother's Day weekend is a very fitting time for this event, considering the theme of Mazzio's films. Mary was inspired to write *A Hero for Daisy* for her first child, Daisy. Her other films, *Apple Pie* and *Lemonade Stories*, center around moms and their children. So, it's not just all about crew – it's about athletes! All student athletes will benefit from Mary's motivational presentation. According to www.50eggs.com, "*Apple Pie*, an intimate film about star athletes and their moms, is a tribute to the often invisible strength, courage and power of mothers. It chronicles extraordinary athletes and their mothers, including NFL quarterback **Drew Bledsoe**; soccer star **Mia Hamm**; NBA star **Shaquille O'Neal**; Baseball star **Kenny Lofton**; NBA Star **Grant Hill**; Indy Car driver **Sarah Fisher**; NHL All-star **Tony Granato**, Olympic gold medalist **Cammi Granato**, among other stories. *Lemonade Stories* is an award-winning film about extraordinary entrepreneurs and their mothers, which highlights the impact mothers have had on igniting the entrepreneurial spirit of their sons and daughters. It features **Eve** and **Richard Branson** (Virgin); **Russell Simmons** (Def Jam) along with brothers Danny and Reverend Run (of **Run DMC**); **Molly**

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and **Arthur Blank** (The Home Depot); **Kay Koplovitz** (USA Network) and her mom; **Jane** and **Tom Scott** (Nantucket Nectars), among others.”

Avon High School Rowing Team is in its first year and therefore, receives no funding from the Board of Education budget. Start-up costs for a crew team run in the tens of thousands of dollars. Avon crew members are required to pay a fee to participate each season, as do many other local high school crew teams. Donations from individuals and local businesses and fund raising events such as this important Mother’s Day weekend event are critical to the operation and future of Avon Rowing. With a team of 80 students last fall and 60 this spring season, the interest in this sport indicates it is here to stay!

Avon’s program would not be where it is today without the generosity and support of many local organizations including: The Simsbury, Farmington, Glastonbury, Burlington and Stonington High School Rowing Programs for providing and making available used equipment and helping transport equipment as needed; Trinity College for providing access for Avon rowers to train in their indoor rowing tanks and on their rowing ergometers; and the University of Rhode Island for selling their used ergometers to the Avon team. In addition, Mike Vespoli and Dave Dickison of Vespoli USA (New Haven, CT) have been extremely supportive in working with the Avon crew and the Friend’s of Avon Rowing (FOAR) to facilitate the acquisition of two new Vespoli 8-person shells for the Varsity boy’s and girl’s crew.

If you are looking for a way to honor your mother this Mother’s Day, give her the gift you both will enjoy - an evening out that leaves you inspired and with something to talk about! The event is open to the community with admission of \$5 for Middle School and High school students and \$10 for adults. Tickets may be purchased by sending a check made payable to Avon High School Booster Club with May 9th written in the memo section and sent to P.O.Box 9, Avon, CT by May 3rd. Tickets will also be available at the door. To find out more about this event and /or to support Avon Rowing, please visit www.avoncrew.org. To learn more about *A Hero for Daisy* and Mary Mazzio and her films, visit www.50eggs.com.