



Cambridge Boat Club
2017 Junior Program – Fall Season
Information Sheet

The Cambridge Boat Club offers a selective competitive rowing program for high school athletes, focused on sculling and small boat racing. Our plan is to develop highly competitive athletes and boats, and to race successfully in several fall head races, culminating with the Head of the Fish Regatta in Saratoga, NY.

Athletes will be expected to attend all coached sessions, as well as to complete any requested additional cross training sessions on their own, outside of the CBC setting.

The team is open to athletes who are currently in high school and have one or more years of rowing experience. Experience in sculling is preferred, but not a requirement. Our maximum capacity will be 6 boys and 6 girls, along with up to two coxswains.

Athletes will be coached by Cambridge Boat Club's Head Coach, Greg Myhr. Assistant Coaches will also likely be involved.

Tryouts – As Necessary (based on program demand).

We will determine the need for tryouts by Monday, August 28, and will publish the tryout protocol (along with dates / times) by Friday, September 1. The tryout would likely consist of a timed piece in a single scull, a timed erg, and potentially also a timed run (flat or stadiums).

Fall Season - Monday, September 11 – Sunday, October 29

Cost: \$1800.00

- **Tuition Covers:** Equipment, Coaching, Equipment Transportation to Regattas, Racing Uniform, Entry Fees, Hotels and Food (for team and chaperones) at Regattas.
- **Tuition does NOT Cover:** Athlete Transportation to Regattas.
- **Junior Membership:** Athletes who are not CBC members will be charged Annual Junior Membership Dues of **\$300.00** in addition to the Regular Season Tuition amount.

Practice Times:

- Monday to Friday 4:00pm - 6:15pm
- Saturday 9:00am – 11:15am.

Competitions (*this is a tentative listing – subject to adjustment*):

- **Green Mountain Head** (Putney, VT) – Sunday, October 1
- **Head of the Housatonic** (Shelton, CT) – Saturday, October 7
- **Head of the Quinobequin** (Cambridge, MA) – Sunday, October 15
- **Head of the Charles** (Cambridge, MA) – Sunday, October 22
- **Head of the Fish** (Saratoga, NY) – Saturday, October 28 to Sunday, October 29 (*depart Friday*)

Registration Questionnaire: [CBC Questionnaire](#)

For More Information: Please contact Greg Myhr at headcoach@cambridge-boat-club.org