

Cambridge Boat Club
2018 Junior Program – Spring 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, to race successfully through the spring, and to qualify all athletes for the Youth National Championships in Sacramento, CA in June.

Athletes will be expected to attend all of the coached sessions, as well as 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 a coxswain for each squad.

Athletes will be coached by Cambridge Boat Club's Greg Myhr and CB Sands-Bohrer.

Tryouts – As Necessary (based on program demand).

We will determine the need for tryouts by Wednesday, February 28, and will publish the tryout protocol (along with dates / times) by Friday, March 2. The tryout would likely consist of several timed erg pieces, and potentially also a timed run (flat or stadiums).

Regular Season - Wednesday, March 14 – Sunday, May 20

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 9:30am – 11:45am

Competitions:

- **Mercer Invitational** (West Windsor, NJ) – Saturday, April 21 – Sunday, April 22 (*depart Friday*)
- **Saratoga Invitational** (Saratoga, NY) – Saturday, April 28 to Sunday, April 29 (*depart Friday*)
- **Lowell Invitational** (Lowell, MA) – Saturday, May 12 – Sunday, May 13 (*practice at course Friday*)
- **Northeast Regionals** (TBD) – Saturday, May 19 – Sunday, May 20 (*practice at course Friday*)

Post Season (pending qualification at NE Regionals) - Monday, May 21 – Sunday, June 10

Additional Cost: Cost is \$TBD + Airfare (*this will be finalized upon qualification*)

Practice Times: Monday to Friday 4:00pm - 6:15pm; Saturday 9:30am – 11:45am (or as announced)

USRowing Youth National Championships (Rancho Cordova, CA)

- **Travel to Rancho Cordova** – Wednesday, June 6
- **Racing** – Friday, June 8 - Sunday, June 10
- **Travel Home** – Sunday, June 10 (evening)

Registration Questionnaire: [CBC Questionnaire](#)

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