



Cambridge Boat Club
2018 Summer Junior Program
Information Sheet

(Please Note: The following is subject to adjustment)

June 18 – August 13, 2018

The **Cambridge Boat Club** offers a selective **High-Performance Summer Rowing Program** for high school athletes. Training will be focused on sculling and small boats, and we will race a full range of events at summer regattas. Our plan is to develop highly competitive athletes and boats, and to race competitively and extensively through the summer, culminating with the Canadian Henley in early August. Our goal is to significantly further each athlete's technical and competitive abilities while simultaneously training for competitive success as a team.

Additional goals for the program will be:

- To develop and improve overall familiarity with the rowing ergometer and to achieve improved times over the 2000m distance.
- To help explain and navigate the college recruiting process and to help best position athletes for success in this realm.

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 with junior status ([as defined by USRowing](#)) who have one or more years of rowing experience. Experience in sculling is preferred, but not a requirement. Our maximum capacity will be 12 boys and 12 girls, and up to 3 coxswains.

Athletes will be coached by Head Coach Greg Myhr, along with a team of experienced Assistant Coaches.

Initial Selection Criteria for Rowers:

- Boys: under 6:40 2K (or coach's discretion)
- Girls: under 7:40 2K (or coach's discretion)

Practice Schedule & Training:

Monday – Saturday: 9:00 – 11:00am
Tue, Wed, Thu: 3:00 – 5:00pm

On-the-Water – The primary focus of this camp will be on-the-water training, emphasizing mileage, technique, competitive pieces, and selection.

2K Erg Training – The secondary focus will be to develop a better understanding and facility on the rowing ergometer, measured specifically over the 2K distance. We will plan to incorporate a three week “mini-camp” on the ergs during the afternoon practices of the mid-summer, which will include several 2K measurements.

Note: Practice Times are subject to adjustment, particularly those leading up to competitions.



Regattas:

Major Competitions (These will be the cornerstones of our summer racing):

- **Independence Day Regatta** (Philadelphia, PA) – Friday, June 29 – Sunday, July 1 (*depart Thursday*)
- **Canadian Henley Regatta** (St Catharines, ONT) – Tuesday, Aug 7 – Sunday, Aug 12 (*depart Sunday*)

Local Competitions:

- **Cromwell Cup** (Boston, MA) – Sunday, July 8 (*date tentative*)
- We will also likely include several low-key scrimmages / local (1-day regattas), depending on schedule.

Program Cost: \$5800

- **Program Fee:** This will cover all travel, regatta entry fees, food and lodging at regattas, uniforms, gear, coaching, equipment, and equipment transportation.
- **CBC 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.

Application Requirements:

- Junior Status.
- Complete Online Questionnaire / Application (including 2K and other relevant erg scores / racing results).
- Submit a recommendation from a member of your school's or club's coaching staff.
- Submit a video of yourself rowing in a boat for at least 10 strokes.

Information and Forms (these will be emailed upon acceptance to program):

- [Updated Program Information Sheet](#) (Information)
- [SafeSport Manual](#) (Information)
- [Registration Form](#) (Needs to be Completed and Returned)
- [Swim Test Form](#) (Needs to be Completed and Returned)
- [Insurance Card](#) (Copy Needs to be Submitted)
- [CBC Junior Membership Application](#) (Needs to be Completed and Returned)



Dates and Deadlines:

- **Application Deadline:** April 2, 2018 (Applicants may be accepted earlier, on a rolling basis).
- **Notification of Acceptance:** On or before April 16, 2018.
- **Deposit (\$1000.00) Deadline:** May 1, 2018.
- **Forms & Payment in Full:** No later than the Initial Meeting
- **Initial Athlete & Parent Meeting:** TBD (prior to the first practice)

Initial Meeting for All Athletes and Parents:

We will have a meeting for all Athletes and Parents the afternoon before the program begins. The purpose of this meeting will be to collect all outstanding forms & fees, to make introductions, provide an overview of the program, and to address questions from parents and athletes.

Registration Questionnaire: [Please Click HERE for CBC Questionnaire / Application](#)

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