



Cambridge Boat Club
2017 Junior Program – Winter Training
Information Sheet

The Cambridge Boat Club offers a selective competitive Winter Training program for high school rowing athletes who are looking to get ahead for the coming competitive spring season.

The program will be based on ergometer training, and improving ergometer scores – but will incorporate coached lifting sessions and other cross training as well. Our plan is to develop familiarity and confidence on the ergometer – as well as general fitness and strength – as a preparation for increased on-the-water confidence and competitive success in the coming spring season.

The Strength Training (Weight) Sessions will take place at the **Boston Sports Club – Watertown (311 Arsenal St, Watertown, MA 02472)**. Participants will be expected to purchase a membership to this club, and maintain it through the end of February 2018. This expense is *not* covered in the CBC Program Fee (details below).

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.

Facilities – CBC, BSC, the great outdoors!

The team is open to pre-collegiate athletes (currently in high school or in a gap year) and have one or more years of rowing experience.

The program will be directed and coached by CBC's Head Coach Greg Myhr, as well as CBC's Certified Personal Trainer (and two-time World Champion) CB Sands-Bohrer.

Applications – Accepted through Monday, November 27, 2017

Please [Click Here](#) to Apply. We will notify applicants of acceptance into the program on or before Wednesday, November 29.

Tryouts – As Necessary (based on program demand).

We currently do not anticipate a need for tryouts, as we have significant capacity in this program. If demand for the program necessitates tryouts, we will announce this to program applicants no later than Wednesday, November 29. The tryout would likely consist of several timed erg pieces (distances to be announced) as well as a timed run (flat or stadiums, also to be announced if necessary).

Program Dates: Monday, December 4 – Saturday, March 10

Cost: \$1100.00 for 6 Day / Week Program (3 Day / Week – erg only – option is also available for \$550.00)

- **Tuition Covers:** CBC Facility Use, Equipment, Coaching.
- **Tuition does NOT Cover:** Boston Sports Club (Watertown) -
(Current Promotion: Sign up before November 30, 2017)
 - Initiation Fee - \$69.99
 - Monthly Membership - \$24.99 / Month (3 months total)
- **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 Schedule / Times:

- Monday, Wednesday, Friday – Cambridge Boat Club, 4:00 – 6:00pm
- Tuesday, Thursday – Boston Sports Club, 4:00 – 6:00pm
- Saturday – Location TBD (CBC or BSC) Depend on Week. 9:00-11:00am (or as announced)

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

- *Oarsman Ski Classic (Strafford, VT) – Sunday, February 4, 2018 (Tentative, dependent on interest!)*
- **CRASH-B Indoor Rowing Championships (Boston, MA) – Sunday, February 25, 2018**

Registration: [Please Click Here](#)

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