



**Cambridge Boat Club**  
**2017 Summer Junior Program**  
**Initial Information Sheet**

**June 19 – August 13, 2017**

The Cambridge Boat Club offers a selective competitive rowing program for high school athletes. We will focus on sculling and small boat training, but will race a wide range of events. 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.

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 (those who do not turn 19 in the current calendar year) 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.

**Regattas:**

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

- **Independence Day Regatta** (Philadelphia, PA) – Friday, June 30 – Sunday, July 2 (*depart Thursday*)
- **Canadian Henley Regatta** (St Catharines, ONT) – Tuesday, Aug 8 – Sunday, Aug 13 (*depart Sunday*)

**Local Competitions** (We'll likely compete at some, but not all of the below):

- **Cromwell Cup** (Boston, MA) – Sunday, July 9 (*date tentative*)
- **Sweeps and Sculls** (Providence, RI) – Saturday, July 15
- **Methuen City Sprints** (Methuen, MA) – Saturday, July 29 (*date tentative*)
- **Others?**

**Practice Schedule:**

**Monday – Saturday:**            9:00 – 11:00am  
**Tue, Wed, Thu:**                4:00 – 6:00pm

***Note: Practice Times are subject to adjustment, in particular those leading up to competitions***



**Program Cost:** \$5800 (the same is in 2016)

- The Program Fee will cover all travel, regatta entry fees, food and lodging at regattas, uniforms, gear, coaching, equipment, and equipment transportation.
- **Note:** Athletes who are not CBC members will be charged Annual Junior Membership Dues of \$300.00 in addition to the Regular Season Tuition amount.

**Application & Deadlines:**

- **Application / Questionnaire Deadline:** April 10, 2017 (Please Note: We will continue to accept applications for an additional two weeks – until April 24, 2017)
- **Invitations Announced (for those that applied by April 10):** April 15, 2017 (For those that apply after April 10, Invitations will be announced on a rolling basis until May 1)
- **Deposit Deadline:** May 15, 2017 (This has been extended by two weeks, as well)

**Application Requirements:**

- Junior eligibility (born in 1999 or later).
- 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.

**Other Requirements (Forms will be sent with Invitations):**

- Submit a completed "Swim Test Card."
- Complete and Submit SafeSport Form.
- Sign and Submit Waiver.

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

**For More Information:** Please contact Greg Myhr at [headcoach@cambridge-boat-club.org](mailto:headcoach@cambridge-boat-club.org)