



NEW TRIER ROWING

Spring/Summer 2017



Photos courtesy of JOSH DREYFUS
PRODUCTIONS

GENERAL INFORMATION

Rowing is a two season sport at New Trier—both fall and spring. Novice rowing includes both freshmen and sophomores during their first year of competition.

We encourage rising 9th graders interested in rowing to attend the 8th Grade Rowing Clinic on Sat., March 4th. Participants will row in our indoor tanks and on an ergometer, and get a tour of our boathouse as well.

Rising 9th graders interested in rowing are invited to visit our coaches & rowers at the After the Academics night at Northfield on Monday, May 8th.

New Trier Extension (NTX) is offering two 2-week Novice on-the-water rowing camps at the Dammrich Rowing Center (DRC) from June 19th-June 30th & July 10th -July 21st. These are appropriate for rising 9th graders with less than one year of rowing experience.

We are also offering ergometer land-based workout classes at Northfield from June 12th-July 27th, which are open to rising 8th & 9th graders.

A Learn to Scull class, designed for rowers as young as rising 8th graders with no prior experience, will be offered June 26th-July 7th and held at both Northfield and the DRC.

Fall season tryouts are from August 9th-15th. Previous rowing experience is not required. The regular season begins August 16th and runs through the end of October. The first day of practice will include a mandatory swim test and a USRowing safety video.

Novice team practices are held six days a week: Monday-Friday after school and Saturday mornings, which are held at Northfield and the DRC.

Registration materials and additional information about our program are available on the New Trier Rowing website at www.newtrierrowing.com.

For further information, please contact:

Hope Poor

Novice Girls Coach

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Novice Boys Coach

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HISTORY

Rowing at New Trier High School started in 2002, and over the past 15 years the program has grown significantly in size and national stature. A two-season sport, we have 130-140 rowers on the team both in the fall and spring. Our team is split up into four different squads—both boys and girls, Varsity/JV and Novice. All rowers that join the team as freshmen or sophomores spend their first year as novices, then move up to Varsity/JV thereafter.

The fall racing season consists of long, “head style” races, typically three miles, where crews race in a staggered start and single file against the clock down a winding river. In the spring, we change to “sprint style” races of 1,500-2,000 meters in length, and boats are lined up six across in a buoyed course. It is fast and exciting, and results are known immediately.

In the fall, New Trier sends our top varsity boys and girls crews to the prestigious Head of the Charles Regatta in Boston. At the end of our spring season, many of our crews qualify for the Scholastic National Championships. We have had great success at this regatta over the years, and even have crews go onto the USRowing Youth Nationals, which pit our varsity crews against the best youth programs in the nation. Our two seasons include 4-5 regattas each, both locally, regionally and nationally.

New Trier Rowing has been a wildly popular sport for many years. Our student athletes enjoy mastering a new and challenging sport most have never tried before, and the sense of camaraderie, accomplishment and fun they have being on our team is significant and meaningful, both during their high school years and beyond, as many go on to row in college.

REGATTA SCHEDULE

FALL REGATTAS

- **Milwaukee River Challenge**
Milwaukee, WI
- **Tough Cup Races**
Chicago, IL
- **Head of the Rock**
Rockford, IL
- **Head of the Charles**
Boston, MA (Boys & Girls Varsity 8+'s)
- **ROWtoberfest**
Chicago, IL
- **Blake Haxton Invitational**
Columbus, OH (novices only)

SPRING REGATTAS

- **Cincinnati Invitational**
Cincinnati, OH
- **Monona Sprints Invite**
Madison, WI
- **St. Louis RC/OKC Riversport scrimmage**
St. Louis, MO
- **Greater Chicago Junior Rowing Championships**
Crystal Lake, IL (novices only)
- **Midwest Scholastic Championships**
Nashport, OH
- **Scholastic Rowing Association of America Nationals**
Must qualify (venue varies).
- **USRowing Youth Nationals**
Varsity 8+'s only. Must qualify (venue varies).



RECENT TEAM ACCOMPLISHMENTS

SCHOLASTIC ROWING ASSOCIATION OF AMERICA

550+ entries from 175+ high schools:

2016 NASHPORT, OH: 1st Place Men's Varsity 8+, 1st Place Women's Varsity 8+, 1st Place Men's 2nd Varsity 8+, 1st Place 2nd Women's Varsity 8+, 2nd Place Women's Lightweight Varsity 8+, 3rd Place Men's Freshmen 8+.

2015 CAMDEN, NJ: 1st Place Women's 2nd Varsity 8+, 1st Place Men's Freshmen 8+, 2nd Place Women's Varsity 8+, 2nd Place Men's 2nd Varsity 8+, 2nd Place Women's Freshmen 8+.

2014 PRINCETON, NJ: 1st Place Men's Freshmen 8+, 2nd Place Women's Junior 8+, 2nd Place Women's Freshmen 8+.

HEAD OF THE CHARLES REGATTA BOSTON, MA

Competing in a field of 85 youth crews:

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| 2016: | 3rd Place Boys Varsity 8+ |
| | 8th Place Girls Varsity 8+ |
| 2015: | 8th Place Girls Varsity 8+ |
| | 18th Place Boys Varsity 8+ |

NEW TRIER COLLEGIATE ROWERS

AMHERST COLLEGE
BOSTON COLLEGE
BOSTON UNIVERSITY
BROWN UNIVERSITY
BUCKNELL UNIVERSITY
COLGATE UNIVERSITY
CONNECTICUT COLLEGE
UNIVERSITY OF CALIFORNIA-BERKELEY
UNIVERSITY OF CALIFORNIA-SAN DIEGO
COLBY COLLEGE
COLUMBIA UNIVERSITY
CORNELL UNIVERSITY
DARTMOUTH COLLEGE
UNIVERSITY OF DELAWARE
DUKE UNIVERSITY
GEORGETOWN UNIVERSITY
GEORGIA TECH UNIVERSITY

HARVARD UNIVERSITY
HOBART & WILLIAM SMITH COLLEGES
UNIVERSITY OF ILLINOIS
INDIANA UNIVERSITY
UNIVERSITY OF IOWA
ITHACA COLLEGE
LEHIGH UNIVERSITY
UNIVERSITY OF MASSACHUSETTS
MASS. INSTITUTE OF TECHNOLOGY
MARIETTA COLLEGE
MCGILL UNIVERSITY
UNIVERSITY OF MICHIGAN
MICHIGAN STATE
MIDDLEBURY COLLEGE
UNIVERSITY OF MINNESOTA
UNIVERSITY OF NORTH CAROLINA
NORTHEASTERN UNIVERSITY
PRINCETON UNIVERSITY
UNIVERSITY OF PUGET SOUND
PURDUE UNIVERSITY
SOUTHERN METHODIST UNIVERSITY
SANTA CLARA UNIVERSITY
STANFORD UNIVERSITY
SYRACUSE UNIVERSITY
UNIVERSITY OF ST. ANDREWS, SCOTLAND
UNIVERSITY OF TEXAS
TRINITY COLLEGE
VILLANOVA UNIVERSITY
UNIVERSITY OF VIRGINIA
UNIVERSITY OF WASHINGTON
WELLESLEY COLLEGE
WESLEYAN UNIVERSITY
WILLIAMS COLLEGE
UNIVERSITY OF WISCONSIN
YALE UNIVERSITY

