

## HISTORY

New Trier High School rowing 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 calendar rowing 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 row “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
- **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:

2017 CAMDEN, NJ: 1<sup>st</sup> Place--Women's Lightweight Varsity 8+, Women's 2<sup>nd</sup> Varsity 8+ & Women's Freshmen 8+. 2<sup>nd</sup> Place—Men's Varsity 8+ & Women's Junior 8+.

2016 NASHPORT, OH: 1<sup>st</sup> Place--Men's Varsity 8+, Women's Varsity 8+, Men's 2<sup>nd</sup> Varsity 8+ & 2<sup>nd</sup> Women's Varsity 8+. 2<sup>nd</sup> Place--Women's Lightweight Varsity 8+. 3<sup>rd</sup> Place--Men's Freshmen 8+.

2015 CAMDEN, NJ: 1<sup>st</sup> Place--Women's 2<sup>nd</sup> Varsity 8+ & Men's Freshmen 8+. 2<sup>nd</sup> Place Women's Varsity 8+, Men's 2<sup>nd</sup> Varsity 8+ & Women's Freshmen 8+.

### **HEAD OF THE CHARLES REGATTA**

Competing in a field of 85 youth crews:

2016:	3 <sup>rd</sup> Place	Boys Varsity 8+
	8 <sup>th</sup> Place	Girls Varsity 8+
2015:	8 <sup>th</sup> Place	Girls Varsity 8+
	18 <sup>th</sup> Place	Boys Varsity 8+
2014:	13 <sup>th</sup> Place	Boys Varsity 8+
	27 <sup>th</sup> Place	Girls Varsity 8+

## **YOUTH NATIONAL CHAMPIONSHIPS**

**2017 SARASOTA, FL:** 2<sup>nd</sup> Place, A Final Women's Lightweight Varsity 8+. 6<sup>th</sup> Place, B Final Men's Lightweight Varsity 8+. 4<sup>th</sup> Place, C Final Men's Lightweight Varsity 4+. 4<sup>th</sup> Place, C Final Men's Varsity 8+

**2016 WEST WINDSOR, NJ:** 6<sup>th</sup> Place, A Final Men's Lightweight Varsity 8+. 3<sup>rd</sup> Place, B Final Women's Lightweight Varsity 8+. 1<sup>st</sup> Place, C Final. Men's Varsity 8+. 1<sup>st</sup> Place, C Final Women's Varsity 8+.

## **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.

Every spring we host a rowing clinic at our boathouse in Skokie for rising 9th graders interested in rowing at New Trier. It is held on the last Saturday before our spring tryouts start, which usually begin in the end of February or early March. Participants will row in our indoor tanks and on an ergometer, and get a tour of our boathouse as well.

Additionally, rising 9th graders interested in rowing are invited to visit our coaches & rowers at the After the Academics night at Northfield, usually on the 1<sup>st</sup> or 2<sup>nd</sup> Monday night of May every spring.

Throughout the course of the year (all four seasons), New Trier Extension (NTX) offers land-based “ergometer” classes at Northfield that are led by New Trier rowing coaches. The schedule for these classes can always be found on our website link [here](#).

Every June & July we offer separate “Learn To (Sweep) Row” and “Learn to Scull” camps. These are appropriate for rising 9th graders with less than one year of rowing experience.

Fall tryouts are held in the middle of August prior to the start of the school year, with the season running until the end of October. Spring season tryouts are typically held in the first week of March, generally several weeks prior to spring break, and the season ends Memorial Day weekend. Previous rowing experience is not required to joining the team, but participation at all five days of tryouts is mandatory to be considered for the team. Lastly, the first day of practice includes 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 both Northfield and the DRC.

For further information, please contact:

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