



If you need some rowing inspiration or you would like to see a snapshot of what New Trier High School Rowing looks like, click on the link below and check out these videos:

<https://youtu.be/dUDeyOYhV7I> Credit to New Trier graduates Zack Blickstein and John Dolan

<https://www.instagram.com/p/B-0lDHsBF35/?igshid=13un3j4n1s2oh> Credit to New Trier student Lindsay Falk, Class 2020

GENERAL INFORMATION

Rowing is a two-season sport at New Trier, both fall and spring, although you don't have to row both seasons. Novice rowing includes both freshmen and sophomores during their first year of competition. A prerequisite for trying out for the team and a mandatory safety requirement is to be able to swim four lengths of the pool and tread water for 10 minutes.

Tryouts for the team are held every season with the purpose of identifying and selecting the talent pool of future NT rowers and coxswains. 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 on Memorial Day weekend.

Previous rowing experience is not required, however it is recommended for all participants to have strong aerobic conditioning - for example being able to run three miles. Rowing is a cut sport as there are a limited number of boats that can row on the water. It is also expected that everyone participates in all five days of tryouts. The first day following tryouts, all new rowers and coxswains are required to take a mandatory swim test and watch the USRowing safety video.

Planned tryout dates for the Fall 2020 season are Wednesday, August 12th - Tuesday, August 18th. The registration information and all details about the tryouts and the Fall 2020 season will be posted on the [New Trier Rowing website](#).



Photo by Josh Dreyfus

ROWING SEASON

During the season, novice team practices are held six days a week: Monday-Friday after school from 4-6:15pm, and Saturday morning from 8-10am for girls and 10am-12pm for boys. The practices are held at NTHS Northfield Campus and at the Dammrich Rowing Center (DRC) in Skokie. There is a weekday shuttle service provided by NT that runs to and from NTHS and the DRC.

Rowers are expected to participate in all practices and regattas (competitions). Regattas are always held over the weekends and sometimes include Friday's. They can be one or multiple day events, and can last from several hours to a full day.

Fall Regatta Schedule:

- 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

Spring Regatta Schedule:

- Cincinnati Invitational
Cincinnati, OH
- Monona Sprints Invite
Madison, WI
- Judge Dunne Invite
Chicago, IL
- Midwest Scholastic Championships
Nashport, OH
- Scholastic Rowing Association of
America Nationals
Must qualify (venue varies).
- USRowing Youth Nationals
Qualifying Varsity crews only and
held outside of regular HS season
(venue varies).



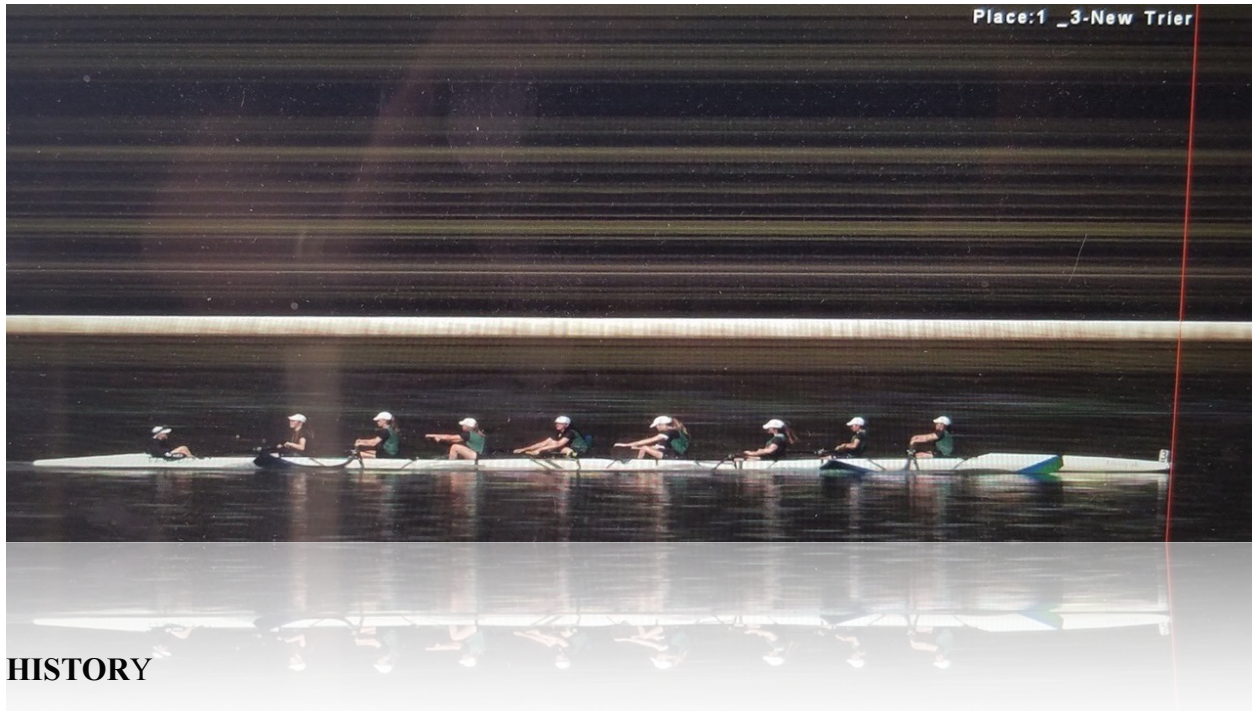
Photo by Josh Dreyfus

OFF SEASON

In the off-season, New Trier Extension (NTX) offers land-based “ergometer” classes at NTHS that are led by New Trier rowing coaches. In addition, “Learn To (Sweep) Row” and “Learn to Scull” on-the-water camps are offered in June and July.

These all are appropriate classes for the rising 9th graders with less than one year of rowing experience. They provide an opportunity to get exposed to the sport and to NT coaches. Participants learn basic rowing technique and vocabulary, how to handle the equipment on and off the water, and have a chance to train and improve their rowing specific fitness.

The schedule for these classes can always be found on our website [here](#).



HISTORY

New Trier High School rowing started in 2002, and over the past 18 years the program has grown significantly in size and national stature. Rowing is offered as a two-season sport for both boys and girls. There are typically 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 make the team as freshmen or sophomores spend their first calendar rowing year as novices, then tryout for 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, crews row “sprint style” races of 1,500-2,000 meters in length with boats lined up six across and race down a buoyed course, the same as in the Olympics. 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 qualified crews to compete at the USRowing Youth Nationals, which pit our varsity crews against the best youth programs in the nation. Our two seasons include about 4-5 regattas each, both locally, regionally and nationally.

New Trier High School Rowing has been a very popular sport for many years. Our student athletes enjoy mastering a new and challenging sport most have never tried before, learning life lessons and developing very strong bonds of camaraderie through hard work. Rowing provides a meaningful and fun experience during their high school years and beyond, as many go on to row in college.



RECENT TEAM ACCOMPLISHMENTS

SCHOLASTIC ROWING ASSOCIATION OF AMERICA NATIONALS

550+ entries from 175+ high schools:

2019 NASHPORT, OH: 1st Place — Women's 2nd Varsity 8+, Women's Freshmen 8+, & Men's Freshmen 8+. 2nd Place — Women's Lightweight Varsity 4+. 3rd Place 3rd — Men's Lightweight Varsity 8+.

2018 CAMDEN, NJ: 1st Place — Women's 2nd Varsity 8+, Women's Lightweight Varsity 4+, & Women's Freshmen 8+. 2nd Place — Men's Varsity 8+ & Men's Junior Varsity 4+.

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

2016 NASHPORT, OH: 1st Place — Men's Varsity 8+, Women's Varsity 8+, Men's 2nd Varsity 8+, & 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+ & Men's Freshmen 8+. 2nd Place — Women's Varsity 8+, Men's 2nd Varsity 8+, & Women's Freshmen 8+.

HEAD OF THE CHARLES REGATTA

Competing in a field of 85 youth crews:

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|-------|------------------------|------------------|-------|------------------------|------------------|
| 2019: | 13 th Place | Boys Varsity 8+ | 2016: | 3 rd Place | Boys Varsity 8+ |
| | 25 th Place | Girls Varsity 8+ | | 8 th Place | Girls Varsity 8+ |
| 2018: | 4 th Place | Boys Varsity 8+ | 2015: | 8 th Place | Girls Varsity 8+ |
| | 22 nd Place | Girls Varsity 8+ | | 18 th Place | Boys Varsity 8+ |
| 2017: | 3 rd Place | Boys Varsity 8+ | 2014: | 13 th Place | Boys Varsity 8+ |
| | | | | 27 th Place | Girls Varsity 8+ |

YOUTH NATIONAL CHAMPIONSHIPS

2019 SARASOTA, FL: 3rd Place, A Final Women's Lightweight Varsity 4+. 1st Place, B Final Men's Varsity 8+. 5th Place, C Final Women's Varsity 8+. 2nd Place, D Final Men's Lightweight Varsity 8+. 6th Place, D Final Women's Varsity 4+.

2018 RANCHO CORDOVA, CAL: 4th Place, A Final Women's Lightweight Varsity 8+. 6st Place, B Final Men's Varsity 8+. 2nd Place, C Final Men's Lightweight Varsity 8+.

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

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



All of the above, and more, can be found on the [NTRowing website](#). This is the best source for up to date information about our program.

Please contact our novice coaches for any inquiries about joining the New Trier Rowing team.

Go New Trier!

Hope Poor
Novice Girls Coach
hope.poor@gmail.com

Josip Stolar
Novice Boys Coach
coachstolar@gmail.com

