

# COLORADO JUNIOR CREW



## QUICK FACTS

Number of Rowers	74
Age Range	13-18
School Districts Represented	5 (Boulder Valley, St. Vrain Valley, Adams 12 and Jeffco and Independent)
Schools Represented	20
Largest School Contingent	Fairview HS with 25 rowers
Rowing Home	Boulder Reservoir
Gender Split	44 females, 30 males
Club-owned Boats	10
Organization Structure	501(c)3 nonprofit; ID# 20-4416983

- In the 2015-16 season CJC qualified two boats for the USRowing Youth National Championships – the first time ever sending boats to Nationals.
- In 2016 CJC became the largest junior rowing club in the state of Colorado.
- In 2016 CJC became only the third junior rowing club in Colorado to send a boat to the world-renowned Head of the Charles Regatta in Boston – CJC actually has 3 boats entered

## CLUB HISTORY

Colorado Junior Crew was started in 2007 at the Boulder Reservoir. With no equipment of its own, CJC partnered with Boulder Community Rowing (the adult program that also rows out of Boulder Reservoir) so that it could provide rowing programs for juniors in the Boulder area. In the early years, CJC offered fall, winter, and spring programs culminating in a trip to Oklahoma City, OK to compete in the USRowing Central Youth Championships. Winners of races at OKC earn bids to the USRowing Youth Nationals.

In 2011, CJC started a summer program with 18 kids participating and barely broke even on costs. The 2016 summer program had 81 participants spread throughout four 2-week sessions at the reservoir. Over the past two years, we have grown from a club of 30 athletes to 74 competitors at the start of the current season. Besides local competitions, the club now travels to regional regattas in Park City, UT, Oklahoma City, OK and Wichita, KS.

CJC is on the water at the Boulder Reservoir from April through early November. In the winter, the athletes move indoors to train on rowing machines and continue conditioning so that they are ready for the competitive season in the Spring.

## PROGRAM STAFF

### Marika Page, Colorado Junior Crew Director of Rowing

Marika is both an experienced rowing coach as well as a champion in the sport with wins at the Head of the Charles, the Canadian Henley, and US national championships. She has coached juniors, national team hopefuls and masters at Riverside Boat Club, Bucknell, Brookline High School, MIT, Rocky Mountain Rowing and the Frisco Rowing Center and is the Director of Operations and a founder of Colorado Rowing, providing coaching services to athletes from around the world. She is committed to teaching athletes the skills they need to improve to the highest level they choose, and to empowering athletes to succeed in their small steps on the way to their big goals.

### Veronika Platzer, Colorado Junior Crew Assistant Director of Rowing

Veronika is a former world-class discus thrower and National Team Sculler who brings 16 years of experience to Colorado Junior Crew. Her resume includes successful coaching stints at top collegiate programs (Mercyhurst, Wisconsin, Virginia, Michigan, and UMass-Lowell) as well as top ranked juniors/scholastic teams - Community Rowing Inc., and Phillips Andover Academy. She is grateful to be back in her home state and to help teach and inspire the next generation of aspiring rowers and coxswains.

## THE HEAD OF THE CHARLES REGATTA

The Head of the Charles Regatta (HOCR) is to the rowing world what the Boston Marathon is to running. Many rowers would confess that competing in the HOCR even once is on their “bucket list”. First held on October 16, 1965, the HOCR is the world’s largest two-day rowing event. It takes place every October on the Charles River in Boston and attracts thousands of spectators that line the course during race weekend.

Today, more than 11,000 athletes (ranging in age from 13 to over 80) in over 2,000 boats from 27 different countries compete in more than 50 different race events. In 2016, U.S. athletes will represent 37 different states.

The competitive field in each event is comprised of:

- The top finishers from the same event in the previous year’s HOCR (finishing in the top 25% or the top 50%, depending on the event).
- The balance of the field is filled through a lottery system. In any given year an athlete (rower or coxswain) may compete in only one race.

CJC has entered the HOCR lottery in the past, but was always unsuccessful. In 2016, the club entered the lottery once again, with a total of four entries. Defying all odds, three of our four entries (both 4+ boats and the women’s double) were selected in the lottery draw (with luck like this, perhaps we should buy a Powerball ticket?). So, after finding out in early September that 12 athletes and two coaches needed to find a way to Boston in late October, the club is now focused on training as well as fundraising to help make the trip possible.

CJC considers HOCR a “legacy” competition – the team goal is to hang on to all three entries by finishing in the top 50% in each event so that CJC athletes of the future might have the opportunity to check HOCR off of their bucket lists as well.



Sponsorships and tax deductible contributions will be used to help cover the costs associated with CJC’s travel to HOCR. CJC will also acknowledge your support on the Colorado Junior Crew website. Sponsorships in excess of \$200 will be recognized on the official CJC Head of the Charles Regatta Team T-shirt with a logo or donor name.

If you are interested in learning more about our program, please visit our website. We also offer ride-a-longs with our coaching staff during practices (MUHF 4pm-6pm; Sa 8am-10am). Email us to arrange your own opportunity to see our athletes in action.

*Thank You for Your Support!*