

Calendar of Events

September 22, 2019

Dollars for Scholars @ Lucky Finns

Lucky Finn Cafe
206 Front Street
Scituate, MA 02066
Info@rowcmi.org,
Info@rowcmi.org

After a wonderful summer on the water, we closed this season with a warm and joyous coxswain appreciation night at the Cohasset Sailing club on August 13th. This evening was not only an appreciation for our summer coxswains but a special scholarship award ceremony in which CMI doubled the scholarship amounts given out and expanded the number of senior award recipients from a few to nine.

This class of seniors helped propel CMI youth crews to record breaking times in the Weir River race three years in a row, won valedictorian and salutatorian awards and helped coach and cox many crews of youth and adults. They have been some of the best and the brightest students to come through our program so CMI decided to honor them with as much financial help as our small but mighty organization could give. We are also hoping to use this as our new base line in providing support to our future seniors as they head forward in their lives. We would like current and new rowers to reach for their oars, embrace the spirit and lessons from rowing, not only on the water but in their everyday lives. You can help us achieve this goal by joining us as we replenish our scholarship fund with a Dollars for Scholars fundraiser at Lucky Finn Café on Sunday September 22nd at 6:30pm.

Not only will this event be full of good bites and spirits (liquid and the sunny attitude kind) but you will also get the first peak at our new CMI Collection! All funds raised at this event will be committed to the scholarship fund.

We would love to have you join us at the event, but if you cannot make it, please consider still making a donation to our scholarship fund as we would really like to begin the creation of seed money for CMI's scholarship fund for its future generation of talented seniors.

December 2, 2019

Youth Winter Indoor Rowing

You can sign up for a Mon, Wed and/or Thurs time slot and choose to erg once, twice, or three times a week. Once a week will be for novice rowers who will develop their technique and build some endurance. Twice a week will be for more experienced rowers who want to improve their performance, higher intensity, and more technical drills. Three days a week will be for those who want to prepare for the C.R.A.S.H.-B Sprints on March 1st which this year Boston is hosting the World Indoor Championships.

December 2 through Feb 28 (C.R.A.S.H. B's Indoor Rowing Championships on March 1st)

Mon, Wed, Thurs 3:15-4:30 and then 4:45-6

1X week \$125 10 weeks

2X week \$200 10 weeks

3X week \$250 10 weeks

Cohasset Maritime Institute's Coach John Liffman and Coach Karen Shusterman will lead these training sessions. John is one of the founders of CMI and its Director of Youth Programs. He is an active rowing coach and beloved mentor to CMI athletes for years. Karen has coaching youth athletes at Cohasset Maritime Institute since 2015. Prior to joining CMI, Karen coached at Duxbury Bay Maritime School and at the Hingham Maritime Institute. Not only does Karen train CMI's youth for the exciting yet grueling Crash B Indoor Rowing Competition, but she has also taken on this Competition as well as others herself.

Click below:

[REGISTER YOUTH WINTER ROWING](#)

Coming Soon

Adult Fall Registration Open!!!

Fall Adult Rowing 2019

CMI is pleased to announce we will be offering Fall Adult Rowing again this year.

The season will consist of 6 weeks- starting 9/7 running through 10/15.

Sessions will be offered Sat AM, Sun AM, Tues AM and Tues PM.

Pre-organized crews of 4+ will be able to register starting after August 14th.

Any rower may join the Pop-Up Boat email list and then pay \$20 per one-off row.

[CLICK HERE TO REGISTER](#)

Coming Soon

CMI Cohasset Races

Coming soon... a day of mixed racing made up of youth, adults and cox'ns. Bring it on!