**CUBC SUMMER DEVELOPMENT SQUAD PROGRAMME 2011**

The CUBC Summer Development Squad will begin the first week of the May term. The Dev squad is intended to help college athletes with the potential to trial for CUBC develop their rowing technique and physiology, giving them the best opportunity to trial successfully in the 2011/2012 Boat Race Campaign.

Students in the CUBC dev squad will have access to the training facilities at Goldie Boat house (ergos, rowperfects, weights and the indoor rowing tank) as well as receiving coaching from the CUBC coaching staff. It is a great opportunity for those thinking of trailing to experience firsthand the set up and structure of the CUBC rowing programme.

If you would like to be considered for the CUBC 2011 Summer Development Squad, then you will need to complete registration form available from the Assistant Coach and make yourself available for the first 2km Ergo test on the date specified below.

CUBC Development Squad registration forms need to be sent to [mark@cubc.org.uk](mailto:mark@cubc.org.uk) by 30th of April at the latest.

The 2km ergomoter test will take place on the Thursday 3 May 2011. The 2kms will be from 17:00 onwards at Goldie Boathouse.

It is intended that training for the CUCB Development Squad will take place on the following days in Ely beginning Saturday 5th May:

* Tuesday Land Training @ Goldie Boathouse 16:00- 17:30
* Wednesday Depart Goldie for Ely @ 13:30 / Return to Goldie @ 17:00
* Thursday Land Training @ Goldie Boathouse and or Water session in Ely
* Saturday Depart Goldie for Ely @ 08:00 (two sessions) / Return to Goldie @ 14:00
* Sunday Depart Goldie for Ely @ 08:00 (two sessions) / Return to Goldie @ 14:00

It is intended that the CUBC Development Squad will compete in the following regattas:

* The Metropolitan Regatta
* The Marlow Regatta (TBC)
* Henley Royal Regatta Qualifying Races (if not already pre qualified)
* Henley Royal Regatta

Where ever possible college athletes will be released to race in the May Bumps. The details of this can be discussed in further detail once the squad is set.

In return for the support given by college athletes and clubs to the CUBC Development Program, the coaching staff will endeavour to make themselves available to assist with coaching college M1 8+ in the lead up to May Bumps.

We are aware of the time constraints of students in the final term, and we are happy to discuss individual requirements that will enable the right athletes to take part in the CUBC Dev Squad Programme.

For further information or a Development Squad registration form, please contact:

Mark Beer

Assistant Coach

Cambridge University Boat Club

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