



CULRC Development Program 2011

Following the win of the Halladay Trophy and defeat of Oxford at the Head of the River Race 2011, Cambridge University Lightweight Rowing Club is now recruiting for the 2011/2012 season.

We are looking for people with:

- ⇒ Demonstrable rowing ability or potential
- ⇒ Strength endurance (natural or trained)
- ⇒ Mental toughness
- ⇒ Weight between 70-80 kgs

Passion, drive and commitment are a must. Next season we are aiming to build on this year's success, primarily at the Henley Boat Races, but also at a national level at BUCS regatta and Henley, and beyond that at the European Universities Championships and the World Student Games.

Two of our mantras are '*take on anyone*' and '*never give up*' and it is predominantly these characteristics that we are looking for in new members of the squad.

Our development programme sets out to:

- ⇒ Assess your potential
- ⇒ Give you the chance to train with the squad
- ⇒ Allow you to meet our team of support staff and coaches
- ⇒ Select a development crew to race at Henley Regatta and/or the National Championships.

In terms of standard, we would envisage that, with training, most of next year's selected crew will achieve a 2000m ergo time of 6.30 or better, with the top athletes breaking 6.20. However we place no expectation or limit on the current 2k time of triallists.

Initial testing has been set for **Thursday 5 May**, where all athletes will be measured and weighed and asked to complete an ergo test sustaining a 1.39 split at r32 or higher for the maximum possible distance (drag factor 110). After that there will be further training and assessment, culminating in the selection of the development crew to race at Henley Royal Regatta.

Please note that participating in the development programme should not preclude you from training with your college for May Bumps.

If interested, then please fill out your contact details at the following online form so we can get in touch closer to the time:

<https://spreadsheets.google.com/a/culrc.org/viewform?formkey=dGdRb2RaYXZQTETpiWThEZf8tc3Rydmc6MQ>

If you have any questions then please do not hesitate to contact our president:

Chris Bellamy, President@culrc.org

