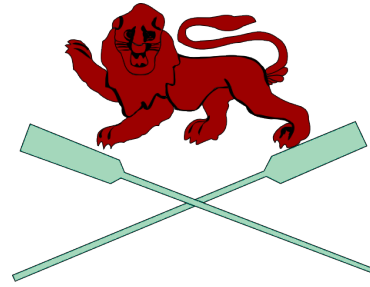


10 April 2012



Dear Rower

### **Cambridge University Lightweight Rowing Club**

Invitations are open to rowers and coxes who wish to trial for the Cambridge University Lightweight Rowing Club for the 2013 season.

The primary aim of the Club is to defeat Oxford in the Lightweight Boat Race in March each year.

Since it started in 1975, the race has taken place in Henley-on-Thames over 2000m. The race is open to crews from each University with an average weight of the crew is 70kg or less, and an individual maximum of 72.5kg. Cambridge has won 3 out of the last 4 races, including a win in 2012 by a  $\frac{3}{4}$  length margin.

The season begins in July each year with a 2-week development camp in Cambridge. Training boats depend on group size, but include all types of boat class depending on the needs of the group and the individual athlete. There is a strong emphasis on individual development, with talented beginners often racing alongside former junior internationals in our final crew.

The coaching team includes former international rowers and coaches, past club members, and other support coaches, and is headed by a full-time professional coach.

Training is mainly based in Cambridge during Michaelmas Term, and then moves to Ely after Christmas, and as well as a full water-based programme, the programme includes yoga, psychology and visualisation.

Selection is on-going, with a group of around 40 at the start of the season, reducing to around 20 to prepare for the Trial 8s race in December. The group is normally cut to 12 for the January training camp in France, and the final crew is normally selected in early February.

For the selected crew, side-by-side fixtures in recent years having included Imperial College, London Rowing Club and Goldie, and the final week of preparation is based at Leander Club in Henley-on-Thames.

In addition to the Lightweight Boat Race, the Club often competes in the GB trials process, Eights Head and Henley Royal Regatta. Recent successes have included the Halladay Trophy in 2011, and silver in the coxless four at the European University Championships in 2010. Past members have also competed at the last 2 Olympic Games.

Applications are encouraged from people who:

- Weigh under 80kg
- Want to represent the University against Oxford
- Are team players
- Have a strong background in sport

For those with up to 3 years' rowing experience, attendance is strongly encouraged at the development squad camp from 2-14 July, where the emphasis is on enjoyment and developing boats skills, and regatta racing is included at Kingston and Molesey Regattas.

For others, the season starts in mid-September, although there are other opportunities for coaching and development throughout the summer, details of which can be provided on application.

Yours sincerely

**John Thicknes, CULRC Head Coach**