



Cambridge University Boat Club - Athlete Development Programme – 2014

Cambridge University Boat Club (CUBC) is building towards this year's Boat Race against Oxford on 6th April. The 2014 Cambridge squad consists of twenty athletes from which the Blue Boat and Goldie Crews will be selected.

Of the current squad, eight oarsmen have come through the CUBC Athlete Development Program (ADP). The ADP is intended to help college oarsmen develop their rowing technique and physiology with a view to trialling for the CUBC Boat Race squad and ultimately having the opportunity to beat Oxford in the BNY Mellon Boat Race.

In recent years ADP members have gone on to row in both the Blue Boat (2012) and Goldie (2011, 2012, and 2013). Notably two members of the 2012 winning Blue Boat each learnt to row at college and transitioned into CUBC through the ADP.

The CUBC would like to extend an invitation to any college oarsman with the ambition and drive to trial for the CUBC to sign up for the 2014 ADP.

The first session of the 2014 ADP will be held at the Goldie Boathouse on Friday 6 February 2014 at 1330hrs. Following this there will be 1-2 land sessions per week throughout the Lent term. Water sessions will be organised from our Ely boathouse during the Easter term and training will be alongside CUBC crews.

The ADP squad will have access to the training facilities at Goldie Boathouse; ergos, rowperfects, weights and the indoor rowing tank. All sessions will be coached by the CUBC coaching staff. It is a great opportunity to experience firsthand the set up and structure of the CUBC Boat Race program.

Last year's ADP squad competed at various summer races which culminated in racing in an eight at Henley Royal Regatta in the Temple Challenge Cup.

There is flexibility and scope within the program to develop athletes who have previous school/club rowing experience as well as athletes who started their rowing at college in Cambridge. Trialling for the CUBC is not out of reach. There are two athletes in the current CUBC squad who noviced in September 2013 with their colleges.

We are aware of pressures on students' time and the programme is flexible to enable athletes to participate. If you currently row for your college we want to support this. Training will be structured so that you can participate in the ADP and your college programme in parallel.

For further information or to register your interest, please contact:

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Regards,

Steve Dudek
President CUBC 2013/14