



Invitation to Trial 2014/15

Cambridge University Lightweight Rowing Club

5th April 2014

Dear Sir,

I am pleased to announce that invitations to trial for the Cambridge University Lightweight Rowing Club are open for oarsmen and coxes for the 2014/15 season.

The primary aim of the club is to defeat Oxford University in the Lightweight Boat Race in March of each year. Since its inception in 1975 the race has taken place in Henley-on-Thames over a 2000m course. The race is open to crews from each University with an average weight of 70kgs or less and an individual maximum weight of 72.5kgs. In recent times, Cambridge University has won 4 of the last 6 races, and won the 2014 Lightweight Boat Race by 3½ lengths. Further information about the race and event can be found at www.henleyboatraces.com.

Development Squad

Over the course of the Easter term we will be running a series of lectures on nutrition, psychology, the GB rowing pathway and the CUL trials process. There will also be a small number of weekly water based sessions, aimed at introducing athletes to small boats and sculling, and for more experienced athletes to receive coaching in small boats. The coaches will keep tabs on athletes who have expressed an interest in trialling (see google document link below) and will ask to watch athletes train in their college boats for May Bumps. The club traditionally runs a 2 week development camp, for those with less than 3-4 years rowing experience, after May week. In 2014 the camp is planned between **28th June to 12th July**, culminating with racing at a summer Regatta. Over the summer holiday period we will hold two training weekends in preparation for Michaelmas Term on the **16th -17th August** and the **6th -7th September**.

The Program

The current program has a strong emphasis on developing skills and racing experience in small boats during the Michaelmas term. We actively encourage all squad members to scull and where possible to have gained experience of small boats in Easter Term and over summer. Training is varied and incorporates cross training, weights, core strength, running, circuits and yoga. The purpose of the program is to create a fun environment to train with an enjoyable mix of sessions whilst keeping things competitive.

The coaching team includes former international oarsmen and coaches, past club members, other support coaches and is lead by a full-time professional Head Coach. Training is predominantly based in Cambridge during Michaelmas term, to maximise time efficiency and support academic schedules, then moves to Ely in the Lent Term. Along with as a full water based program the the club also has support coaches in nutrition, psychology, strength & conditioning, yoga and body composition.

Selection Process

Selection is an ongoing process and a group of around 40 athletes at the start of the season is usually reduced to around 20 during Michaelmas Term towards Trial VIIs in December. A group of 10-12 athletes and 1-2 coxes are usually identified to attend a warm weather training camp in January which is subsidised by the club. The selected crew usually competes in several private fixtures, in 2014 these included racing with Nottingham RC, London RC, Imperial, Star and Leander Clubs among others.

In addition to the Lightweight Boat Race the club also prepares athletes for the GB trials process, several past members have been selected for the GB senior & U23 teams and past members have competed in the last two Olympics. The club also competes at other national events and races at the British Rowing Championships, BUCS Regatta, Head of the River and Henley Royal Regatta.

If you're interested in trialling please submit your details to:

<https://docs.google.com/forms/d/1oK9AcNXA57OvaSkaUkG32A0TGyI-LpQXFbWNE4IHQ0o/viewform>

Yours Sincerely,

Dan Janes, CULRC Head Coach

Applications are particularly encouraged from people who:

- Weigh under 80kgs
- Want to represent the University against Oxford
- Have previous experience of School or University rowing/ coxing
- Have a strong background in other sports
- Have a strong work ethic and desire to improve

Important Dates:

31st April - 18th June: Workshops & Introductions to sculling (approx 1 per week)

28th June - 12th July: Development Camp

12th July: Kingston Regatta

16-17th August: Weekend Camp

1st September: All athletes expected to start full training.

6th -7th September: Weekend Camp

20th September: Pre-season Training Starts

4th October: Cambridge Small Boats Head

7th October: Term Starts

18-19th October: British Rowing Championships (1st GB Trials Assessment)

For those athletes with up to 3 years experience attendance on the 2 week development camp from 28th June -12th July is strongly encouraged. The camp will cater for all levels of ability. The emphasis will be on enjoying developing boat skills in a relatively relaxed environment.

It is expected that ALL athletes intending to trial will attend the weekend camps on the 16th-17th August and 6th-7th September and will be back in Cambridge from 20th September for pre-season. Allowances will be made for students matriculating in September 2014 and in some other extraordinary circumstances.

Further Information

For further information and updates please see:

Website: www.culrc.org.uk

Twitter: twitter.com/culrc

Event Website: www.henleyboatraces.com

Promotional Video: <https://www.youtube.com/watch?v=tX9r9oEQOHs>

If you have any further questions about the program or trials process please direct any queries to: president@culrc.org or coach@culrc.org

To register your interest in rowing for the lightweights and to receive dates, times and locations for events please sign up at:

<https://docs.google.com/forms/d/1oK9AcNXA57OvaSkaUkG32A0TGyI-LpQXFbWNE4IHQ0o/viewform>