



10th March 2015

Dear Potential Trialist,

I am pleased to announce that invitations to trial for the Cambridge University Lightweight Rowing Club are open for oarsmen and coxes for the 2015/16 season. The primary aim of the club is to defeat Oxford University in the Lightweight Boat Race in March or April 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. Further information about the race and event can be found at www.henleyboatraces.com.

Development Squad

During the Easter holiday we will be holding sculling sessions on **Thursday and Friday 16th/17th April** primarily aimed at those wanting to trial with little or no sculling experience.

There will be an introductory meeting for all those interested in trialling on **Saturday 9th May**. 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 in 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 sign up below) and will try to watch athletes train in their college boats for May Bumps.

The club traditionally runs a 2-3 week development camp, for those wishing to trial in September, after May week. In 2015 the camp is planned between **20th June to 12th July**, culminating with a summer Regatta. Over the summer holiday period we will hold two training weekends in preparation for Michaelmas Term.

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 led by a full-time professional Head Coach. Training is predominantly based in Cambridge during Michaelmas term, to maximise time efficiency and support academic schedules, and then moves to Ely in the Lent term. Along with a full water based program 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 30-50 athletes, at the start of the season in May, is usually reduced to around 20 during Michaelmas Term towards Trial VIIIIs 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 2015 these included racing with London RC, Lea RC, Vesta RC, and Leander Club 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 in the form at: <http://goo.gl/UnMGK4>. I look forward to hearing from you.

Yours Sincerely,

Dan Janes, CULRC Head Coach

Applications are particularly encouraged from people who:

- *Weigh under 82kgs*
- *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*

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:
coach@culrc.org

Signing-up and Updates

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

<http://goo.gl/UnMGK4>