



## **Easter Term – Sessions & Lectures**

The following sessions are planned over the Easter Term for those looking to Trial for the 2016 Lightweight Men's Boat Race.

**Saturday 9<sup>th</sup> May** – 10am – Emmanuel College Boat House

### **Introductory Meeting**

The meeting will introduce the club, coaches and detail the plan for the summer development camp as well as the year ahead. All potential triallists are strongly encouraged to attend regardless of previous experience or current weight.

**Sunday 10<sup>th</sup> May** – 9am – Emmanuel College Boat House

### **Beginner Sculling Session**

**Wednesday 13<sup>th</sup> May** – 4pm & 5pm – University Sport Centre

### **Soft Tissue Release & Rolling Out**

Exploring techniques for using foam rollers to aid recovery and reduce the risk of injury. There will be two sessions at 4pm and 5pm. Athletes will be allocated to either session.

**Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> May** – 9am – Emmanuel College Boat House

### **Sculling Sessions (Beginner & Advanced)**

**Wednesday 20<sup>th</sup> May** – 4pm – West Cambridge Campus

### **Nutrition Talk**

An introduction into Nutrition and specific considerations for Lightweight rowing.

**Saturday 23<sup>rd</sup> May & Sunday 24<sup>th</sup> May** – 9am – Emmanuel College Boat House

### **Sculling Sessions (Beginner & Advanced)**

**Wednesday 27<sup>th</sup> May** – Individual Slots – University Sport Centre

### **Body Fat Percentage Testing**

Calliper testing to determine your body fat percentage. This session will allow us to identify any individuals that may struggle to make weight early and help provide a strategy to assist.

**Saturday 30<sup>th</sup> May & Sunday 31<sup>st</sup> May** – 9am – Emmanuel College Boat House

### **Sculling Sessions (Beginner & Advanced)**

**Wednesday 3<sup>rd</sup> June** – 4pm – University Sport Centre

### **Psychology Talk**

**Saturday 6<sup>th</sup> June & Sunday 7<sup>th</sup> June** – 9am – Emmanuel College Boat House

### **Sculling Sessions (Beginner & Advanced)**

Session times may change due to room availability.

There will be sessions running in May week prior to the development camp starting. These will typically be held in the late afternoons.