



12th February 2016

Dear Sir(s),

I am pleased to announce that invitations to trial for the Cambridge University Lightweight Rowing Club are open for oarsmen and coxes for the 2016/17 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.

Learn to Scull Sessions

During the Easter holiday we will be holding sculling sessions on **Saturday and Sunday 16th/17th April** primarily aimed at those wanting to trial with little (under 10 sessions) or no sculling experience. The sessions will introduce sculling and provide a platform to continue sculling on the development squad program. All athletes wanting to attend the Easter term development program and camp are heavily encouraged to attend the learn to scull sessions if they don't have prior experience.

Easter Term Development Program

During term there will be a Introductory Meeting for all those interested in trialling on **Saturday 23rd April**. Over the course of the Easter term we will be running 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. We will be running a weekly Strength & Conditioning session providing qualified coaching for weights. There will also be stand alone sessions on Foam Rolling. Nutrition and % Body Fat testing.

Development Camp

The club traditionally runs a 2-3 week development camp, for those wishing to trial in September, after May week. In 2016 the camp is planned between **13th June to 9th 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.

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 16-20 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 2016 these included racing with Nottingham RC, Newcastle University, Edinburgh University and Upper Thames RC 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.

Coxing

Applications from coxes are heavily encouraged and coxes are also encouraged to learn to scull on the 'learn to scull' program and term time development camp to improve boat awareness. The development camp offers opportunities for coxes to enhance their coxing skills in the boat. Coxes on the development camp are also encouraged to develop as coaches and improve knowledge of boat moving from outside the boat. The Michaelmas term gives coxes the chance to learn to cox in a competitive side-by-side environment with weekly weekend sessions in Ely.

Facilities

The club is entering an exciting phase in it's development with the planned opening of the new Ely Boathouse due in October 2016. The boathouse will provide world class facilities for the club along with CUBC & CUWBC. Athletes trialling in 2016/17 will be the first group to have use of the new boathouse facilities. Land training typically takes place in Cambridge at the recently built University Sport Centre where the club has access to one of the best strength & conditioning training venues in the UK and a recently purchased set of ergos. Small boats sessions run out of Emmanuel College Boathouse where the club also has racking.

More information about our training facilities can be found here:

Ely Boathouse: <http://www.culrc.org.uk/?p=7>

University Sport Centre: <http://www.sport.cam.ac.uk/facilities/CambridgeSportsCentre/index.html>

General

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

Facebook: <https://www.facebook.com/culrc>

Event Website: www.henleyboatraces.com

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/1htUMHQkFNRQpC2k4Rv4stXNHWWZ-YDeISyAtqm1qpM/viewform?usp=send_form

Yours Sincerely,

Dan Janes, CULRC Head Coach