



Dear all those interested in CUBC Women's Dev Squad,

I would like to invite you to the next series of ergo sessions starting from next week. In order to attend a session you will need to sign up on the google sheet attached below.

The first race event for Dev Squad is BUCS regatta (30th April - 2nd May). We will be doing a 2K test on the 15th March which will determine who will be invited to our 'pre-bucs' camp. This camp will be a combination of ergo and water training for those who are being considered for BUCS crews. The dates for this camp are tbc but will be running over the Easter break in the lead up to BUCS regatta.

Ergo session dates:

Training erg: Wednesday 9th March & Thursday 10th March

2K Test: 15th March (if you cannot attend on this date please contact me and we can organise an alternative arrangement so that you can still trial for BUCS).

I look forward to seeing you all soon!

Sign up sheet:

https://docs.google.com/spreadsheets/d/1_bzY5n0HfyVJdtXmRU3wrj0rePq-3Mrv9n65xCnJ7kA/edit?usp=sharing

Best wishes,
Autumn Mantell
CUBC Women's Assistant Coach



