



To those interested in racing for the CUBC Women's Dev Squad at BUCS Regatta,

The BUCS regatta (29th April - 1st May) will be the first race event for the 2023 Women's Dev Squad. We will be doing a 2K test on the 14th March which will determine which rowers will be invited to race. The sign up sheet for the 2K test is below.

Coxes should submit a 1 minute long race recording to autumn@cubc.org.uk by the 14th March should they wish to be considered.

In order to race you will also need to be available to attend the 'pre-bucs' camp. This camp will be an opportunity to train on the water in Ely in racing crews. The dates for this camp are the 22nd-28th April. If you haven't already heard about the weekly technical ergo sessions currently running at Goldie boathouse there is a separate sign up sheet below. These sessions provide a useful introduction to the technical model that we will be working on at the Pre-BUCS Camp, so attendance is recommended (but not mandatory). In order to attend these ergo sessions you will need to sign up on the google sheet attached below. The sheet is updated every Friday so you will only be able to sign up a week in advance. Please only sign up for one session per week.

Ergo session dates:

Training ergo: Every Thursday afternoon up to 2nd March

2K Test: 14th 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!

Training ergo sign up sheet:

<https://docs.google.com/spreadsheets/d/1iwgb7DX3URvamfgnGUlsbEj-LIp-8FkPwl8SFj9tjVU/edit?usp=sharing>

2K Test sign up sheet:

<https://docs.google.com/spreadsheets/d/1bKMiue6PLM1XKJw4A1lueiJ1nHxgkZhDAjQY6j95Skg/edit?usp=sharing>

Best wishes,

Autumn Mantell

CUBC Women's Assistant Coach