

# THE COMMITTEE

say hi 🙋



Ben  
Men's  
Captain



Tak  
Captain of  
Boats



Laura-Jane  
Women's  
Captain



Toby  
Men's  
VC



Silas  
Lieutenant



Isabella  
Women's  
VC



Camilla  
Social  
Secretary



Luke  
Treasurer



Saz  
Social Media  
Manager

# welcome to the club

~ EST. 1828 ~



## Get in touch



[corpus@cucbc.org](mailto:corpus@cucbc.org)



[fb.com/corpusboatclub](https://fb.com/corpusboatclub)



[@cccbc1828](https://www.instagram.com/cccbc1828)

#peliCANS  
[www.cccbc.org](http://www.cccbc.org)



# WHY ROW?



## 01 COMMUNITY

You'll be part of one of the friendliest and close-knit sports clubs on the River Cam and in Corpus.

## 02 GET FIT

We cater for everyone, from those that believe #rowingislife to those who have never touched a boat before.



## 03 TAKE PART IN BUMPS

Famous in Cambridge and dating back to the 1820s, these are legendary races involving canons and (controlled) crashing.

## 04 BCDS

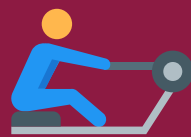
Boat Club Dinner is known to be one of the highlights of each term, and a fun celebration with your crew.



## 05 TIM

Get to know Tim, our lovely Boatman.

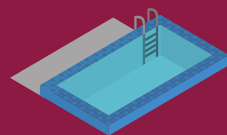
# NOVICE TRAINING



ERGS (land training)  
for building fitness  
@ Leck



OUTINGS (water time)  
rowing  
@ Boathouse (BH)



TANK (simulator) for  
refining technique  
@ Downing BH

# 3

sessions a week  
(average)

## Michaelmas term

Week 1   Week 4   Week 6   Week 8

Taster sessions   Setting crews   The grind   Race & BCD

## Lent term + beyond

If you're hungry for more, Lent Term is when we have our first set of bumps races. More socials, another BCD + training turns up a notch.

## Experienced?

If you have rowing/coxing experience, get in touch with our captains, Ben and Laura-Jane, for information on senior training (see overleaf).



# STASH



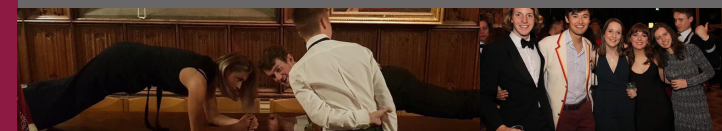
Get yourself some spicy pieces of kit, guaranteed to turn heads on the river.



# SOCIALS



- Club drinks & sit downs
- Socials with other colleges
- Wholesome brunches



# THE FLEET



Thanks to our alumni, CCCBC has some of the best boats out there. The club owns 6 eights, 3 fours, a double and a few singles for those who wish to scull. Our Hudsons (1st boats) ↓

