

Easter training camp 2023

Fitzwilliam College Boat Club

On the evening of Wednesday 19 April, around 25 of the most enthusiastic FCBC rowers, coxes, and coaches descended upon Henley-on-Thames for a three-day training camp hosted by Upper Thames Rowing Club. After a solid effort re-rigging the entirety of the Fitz fleet, we regrouped in the local Wetherspoons for a whole club social which was fantastic for integrating both sides.

The first full day of rowing began with a bright and early start for our rowers, with three sessions led by our current coaches Jo and Tony, and special guest appearances from our talented Billygoats, Carole and Ian C. We all found it refreshing to have outsider perspectives on our rowing technique, and the impact this has had on our training back in Cambridge is remarkable. Despite the tough conditions, we managed to put out two eights, with Tony leading land training sessions for those not on the water. Both the men's and women's/NB sides concluded such a tiring day with a homecooked meal in our respective AirBnBs; a big thank you to the Billygoats Society for funding this accommodation!

Friday began with an equally early morning with Billygoat coaching from Ian H, Fabien, Ian C, and Carole divided up between two eights and various small boats. The much more pleasant conditions provided a welcome change from the previous day, and the sculling expertise of our volunteer coaches was useful for our more senior rowers wanting a change from the usual crew boats. As the weather warms up in Cambridge, we'll be sure to put these coaching points to good use with a number of small boat sessions. Once again, the day ended with a homecooked meal in the crew AirBnBs and the men's/NB side entertained themselves with a trip to Spoons.

On the final day of the training camp, after having had a look at everyone, Jo and Tony decided to try out prospective lineups for Easter term with competitive side-by-side rowing. In the afternoon, we concluded three days of hard work with some technical exercises. Namely, the calm weather conditions allowed Fabian and Jo to introduce a few of the rowers to sculling, by taking them out in a double and singles, while Ian H spent some more time working with the men on their position at the finish. We then wrapped up the day by de-rigging the fleet and spent an hour figuring out how to best load the eight boats on the trailer, before driving back up to our beloved Cambridge!

We would like to thank the Billygoats for supporting this training camp, and in particular Carole Burton, Fabien White, Ian Clarke, Ian Hall and Sarah Winckless for being insightful coaches and incredibly generous hosts!

We hope to see you at Bumps!

Alice, Aurora, Brodie, Clark, Dina, Elizabeth, Ellie, Emily, Ilia, Javier, Jon, Lauren, Måns, Marian, Maurits, Molly, Octave, Sam, Sam, Seb, Shannon, Tibor and Tom









