

## FCBC Norwich Training Camp 2026



Norwich Training Camp rounded off a successful weekend of sunshine, mileage and torn up hands. Seven sessions across three days of training left rowers successfully tired out, but still smiling!



Day 1 started off with a bang, with four eights across both sides getting back into the swing of rowing. This strong turn out allowed us to field a first and second eight on both the men's and women's sides across the rest of the weekend, with the Captains beginning to trial prospective crews as we head into Easter term. We focused throughout the weekend on having a strong finish, with a clear tap down and separation between arms and bodies in moving up the slide to create a stable platform. Thanks to the longer and wider stretches of water in Norwich, crews were able to practice many 1500m pieces across the weekend to test their endurance while maintaining their efficiency, showing off their hard work in holiday land training.

The weekend was especially beneficial for the second eights, where a mix of Lent second and third boat rowers on both sides of the club rapidly improved their technique across the

weekend. Camp was the perfect opportunity for rowers and coxes to gain new skills in sculling and coxing - M2 rower Daniel developed into an unsung hero in coxing both M1 and M2!



May Bumps is set to be a very exciting campaign, with triallists and returning rowers coming back to race and create competitive first and second boats, along with the return of the Beer Boat. We are set to hopefully enter three women's boats and four men's boats into bumps - the largest number of crews for a long time!

Many thanks to coaches Tony, Lianne and Andrew for all their support over the weekend, to Billygoat Robert Doe for his talk to the club about the incredible community that is the Billygoats society and the importance of rowing, and to Alex Fitzgerald for his patience and helping everything run so smoothly.

Finally, thank you to the continued support from the alumni for the Training Camps as they allow everyone to come together and build momentum for the start of term!

