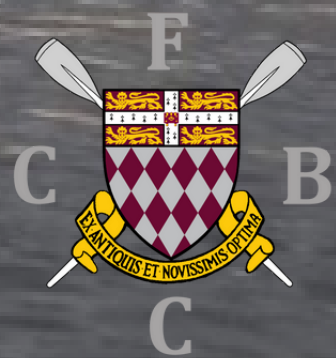
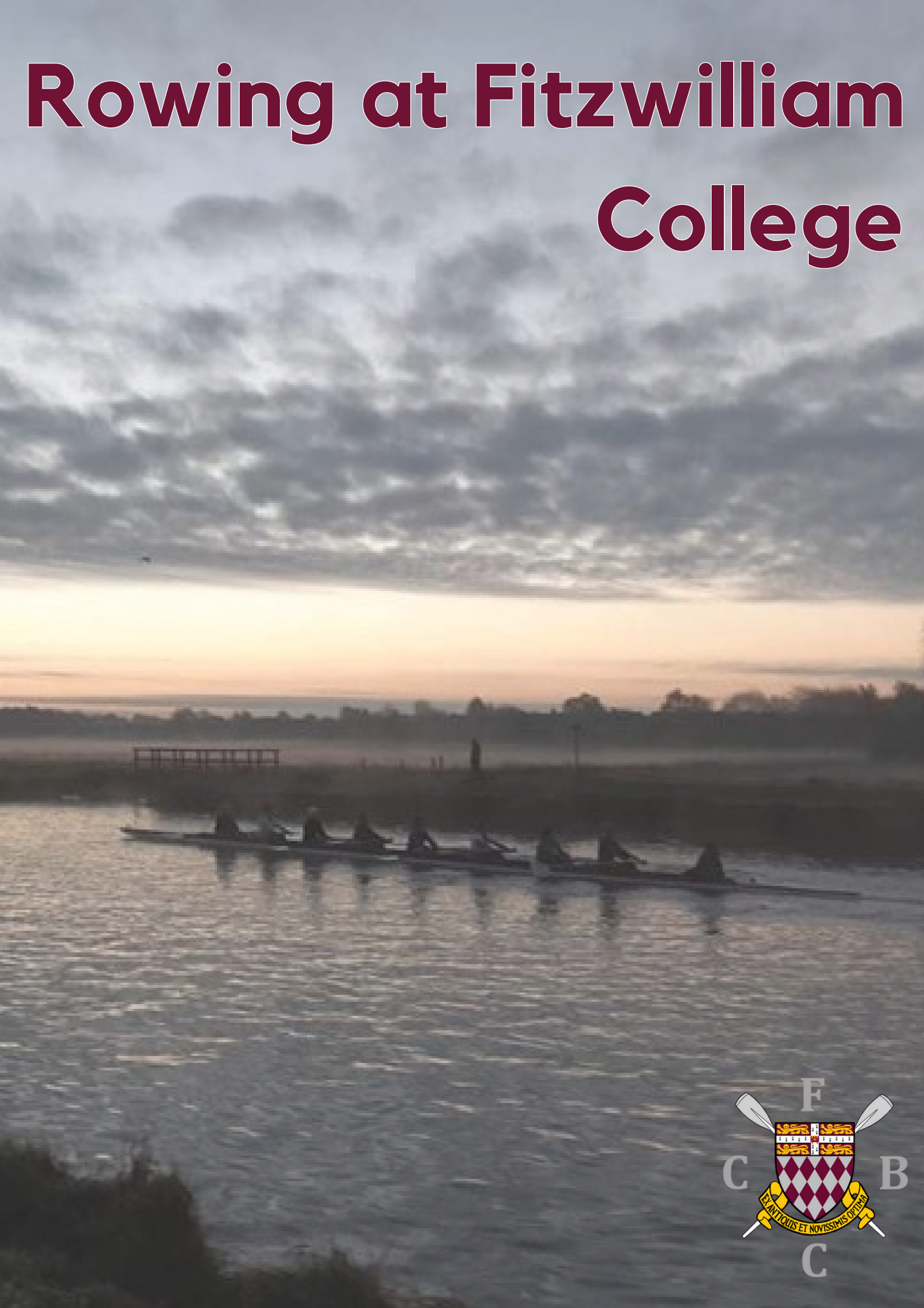


Rowing at Fitzwilliam College



Why Rowing?

- Rowing is the "classic" Cambridge sport!
- Fitz has a successful history, performing well at inter-college competitions and in races outside Cambridge.
- It's a great way to keep fit and spend time outdoors!
- Fitz has its own boathouse on the river, and you'll have access to top-quality resources.
- The boat club is the largest sports club in college, so you'll meet lots of people outside of your course!
- We're a super friendly and inclusive community!



What to expect in your first term



As a "novice" rower, you'll have 2-4 sessions a week, depending on how much you commit to. Most of these sessions will be in a rowing boat on the river, and some will be indoors using rowing machines.

With your crew, you'll be taught by experienced coaches and students. In the second half of term, you'll take part in several races in Cambridge, culminating in the Fairbairns Cup where you'll compete against all the other Cambridge colleges!

By the end of term, you will have:

- Learnt to row
- Made friends with people from other courses and years
- Competed in races (and maybe won something!)
- Celebrated with everyone at the end-of-term Boat Club Dinner



FAQs

Q: Do I need to have rowed before?

A: No! Most people in the boatclub have never rowed before coming to Cambridge. We will train you up from scratch.

Q: How much time will it take up?

A: Each session is between 1-2 hours, normally in the mornings before lectures or on the weekends. You can choose to row in a more casual crew, or if you want to train and compete more seriously in races.

Q: What's the earliest I'll need to get up?!

A: The earliest sessions begin at 7am at the boathouse, but it's worth it to see the sunrise from the river!

Q: Do I have to be tall and sporty?

A: Not at all! College rowing is for EVERYONE, regardless of height or fitness level.

Q: How much does it cost?

A: £20 a term - this covers all coaching and access to the boathouse and equipment.

Q: Are there social events outside of training?

A: Absolutely! We organise lots of events each term for both novices and senior rowers, and finish off the term with a formal dinner for the whole club.



If you have any experience of rowing, sculling or coxing, get in touch with our Captains - you may be able to jump straight into our senior squad!

Already rowed?

Coxing



Not so interested in rowing? Would you like to improve your confidence and leadership while guiding a crew to victory? Then coxing may be for you!

Coxes are in charge of steering the boat and motivating their crew during training and races - they're the most important person in the boat! We will train you up from scratch, no experience required.

Meet the comittee



Aurora
Mens & NB captain



Sam
Mens & NB captain



Han
Womens & NB captain



Molly
Womens & NB captain



Ellie
Captain of Boats
& safety officer



Dina
Coxing Rep



Elizabeth
Novice Captain



Ishaka
Novice Captain

**Novice Captains train up
all beginner rowers!**



Tibor
Grad Officer



Javier
Social Secretary



Daan
Social Secretary



Brodie
Novice Captain



Chloe
Secretary



Alice
Publicity and Alumni



Jakub
Website and Alumni



Emily
Kit Officer



Mans
Welfare Officer



Tony
Boatman

The welfare officer isn't a regular committee member so you can speak to him confidentially about anything!

Tony looks after all our boats and the boathouse