

Molesey Boat Club



High Performance Programme

- 2 Full Time High Performance Coaches
- Free Membership for athletes involved in 2008 Junior and U23 Team, half price for Coupe and European Championships
- One of the best stretches of non tidal Thames
- Only High Performance Heavyweight Men's Program in London
- 2008 athletes involved in Senior A, U23 and Junior teams (Andy Triggs-Hodge, Tom James, Tom Solesbury, Acer Nethercott, Simon Fieldhouse in Senior A Team)
- Large club support base for part time work opportunities
- Competitive Club stream to push the High Performance Squad
- Latest equipment available to the High Performance Squad – Empacher and Filippi
- Athlete mentoring program by ex-international athletes
- Encourages the balance of work, study and train
- Easy access to all London universities



Molesey Boat Club Elite Coxed Four 2007– Andrew Triggs-Hodge, Tom James, Tom Solesbury, Simon Fieldhouse, Acer Nethercott winning the Fours Head

Interested?

Tom Courtney – Director of Rowing
tom.courtney@moleseyboatclub.org;
Tel: 0796 084 3246

Ed Green – Development Coach
ed.green@moleseyboatclub.org;

Andy Hodge – Captain

www.moleseyboatclub.org