

# University of London Boat Club

## Summer Courses



Improve your technique, knowledge and fitness with the most successful university rowing club in history. Come row and scull at the club that launched Tim Foster, Matt Wells and Frances Houghton as well as more than 130 other full internationals.

In addition to providing on-the-water coaching from ex-internationals (including a recent World Champion) we will be helping you with:

- Race planning and psychology
- Rigging
- Diet
- Land training techniques including core stability

Course Dates: July 27<sup>th</sup> to 31<sup>st</sup> and August 3<sup>rd</sup> to 7<sup>th</sup>

Cost £300 per person, including lunch and light refreshments

Contact:

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