

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 excellent technical coaching on the water we will be helping you with:

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

Course Dates: July 20th to 24th and July 27th to 31st

Cost £300 per person, including lunch and light refreshments

Contact:

ULBC Summer Courses, 81 Hartington Road Chiswick W4 3TU

ulbcsummercourses@hotmail.co.uk

07768 211880