

How to get to the boathouse-

Directions

Start at college...

At the main road turn right, and at the traffic lights turn left- head straight down Victoria Road



go right to the end and you get to a one way system roundabout thing with a staples on, follow the roundabout around, staying on



the inside lane until you can see HSBC- then you turn off left on **Chesterton Road**

When you see the

light blue cycle shop turn right down **Hamilton Road**

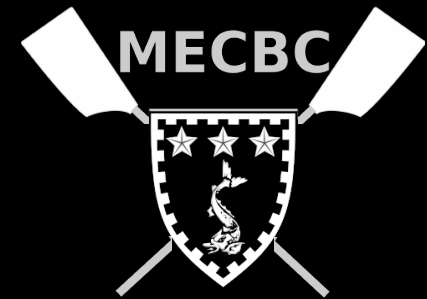
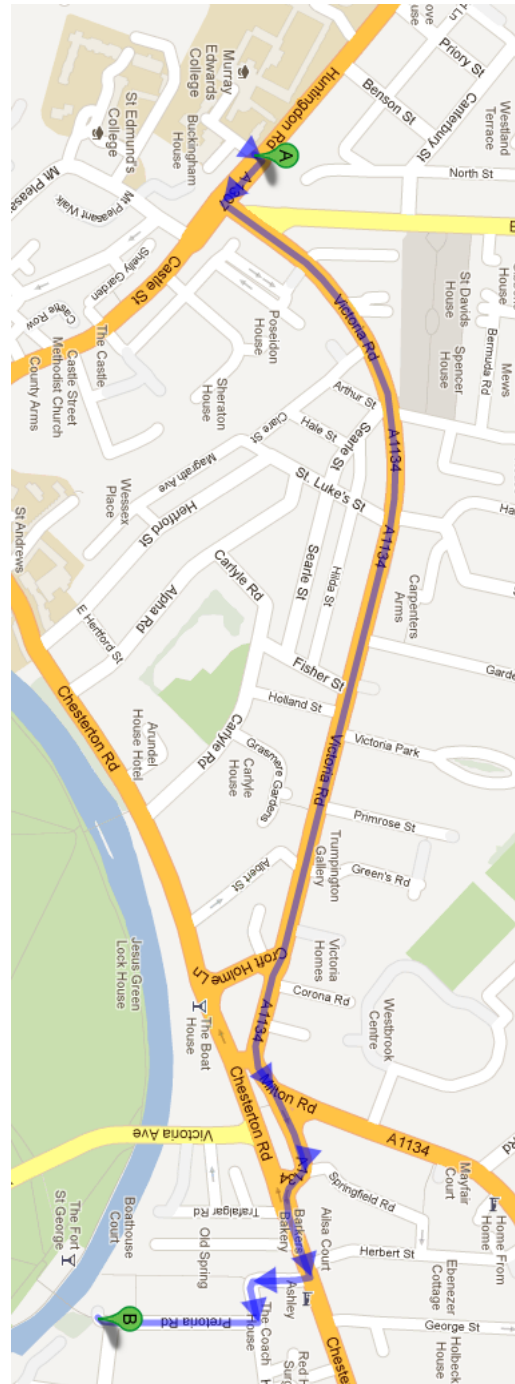


Follow the road around to the left, and then turn right down **Pretoria Road**

At the end of the road is the boat-house :)



How to get to the boathouse- Map



MECBC

WELL HARD

Join the best society in college...

Rowing...



Rowing has a long history in Cambridge and it is one of the most participated in sports within the university with almost 1/3 of students having a go at some point during their time here.

As well as being excellent exercise, rowing is a very sociable sport, by joining the boat club you will meet loads of new people from all years, all colleges and all subjects.

We train regularly throughout term and compete in races between colleges. No previous experience is necessary as we will offer coaching.



HOW TO ROW... (the basics)

1 BACK STOPS



- Leant back slightly
- Elbows tucked in
- Shoulders relaxed

2 TAP DOWN



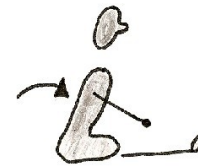
- Keeping the same position
- Tap the blade down to the lap

3 ARMS AWAY



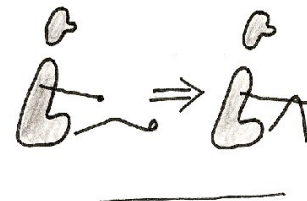
- Keeping the same position
- Push the arms away

4 ROCK OVER



- Rock from the hips - up and over

5 SLIDE FORWARD (Recovery)



- Back remains in the same position
- FRONT STOPS

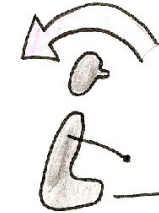
6 DRIVE



- Push the knees down

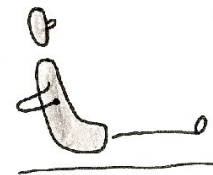
KEEP THE BACK ROCKED OVER !

7 SWING BACK THROUGH



- Keeping the arms extended

8 FOLLOW THROUGH WITH ARMS



- Back to the beginning!

9 Now all that is

left is to get down to the boat house.

Contact us on
boatclub-lbc@murrayedwards.cam.ac.uk

Find out more...

If you have found these pictures mildly confusing but reckon that you would like to give rowing a go, then sign up for a taster session and see for yourself what the difference is between the drive and the recovery and what a blade is!

If you have any questions do get in touch at the address above, check out our website <http://mecbc.soc.srccf.net/> and hopefully we will see you on the water :)