###  Zoe Wible - WLBC

In 2014-15, I was the French lectrice at Trinity College, and next year I am going to have the same position at Corpus Christi. This means that I am lucky to have a very limited number of fixed hours to do (about 6 per week), and that these can be made flexible. I took full advantage of this flexibility this year, and I intend to continue taking part in First and Third's life even though / especially as I won't be part of Trinity any more.

First and Third has been an integral part of my Cambridge experience as an expat, and the welcoming atmosphere I found when I arrived meant the world to me. I am keen to create that for the new generation of novices.

**Experience :**

Michaelmas Term 2014 :
Bow, FaT NW1

Lent Term 2015 :
Training camp in Newcastle / 2 seat and then 4 seat for FaT W1 / bow seat for CUW's beginner's VIII for BUCS

May Term 2015 :
3 and bow seat for FaT W1

### Aims

#### Recruitment

* Chaplain's Squash, Grad Bar Night: Great opportunity to get people to try it and get hooked like I did
* Emphasise that there is no commitment at this stage, and that the timetables are flexible should they wish to commit
* General: Use the success of previous boats, especially Mich 2014 novice boats, to let them know that it is possible (and awesome!) to win things as novices

**Novice Training**

* Organisation and outing management : be flexible on timings, but insist it is important to show up !
* Create a consistent training plan with coaches, and get novices set in crews so that they can improve together more rapidly
* Encourage novices to come to training camp, which could kickstart their rowing for Lent term

**Female-specific adjustments:**

* Use the success of Mich 2014 NW1 and Lent 2014 W1 to inspire the younger generation, and insist on the strength and legitimacy of the Women's Boat Club
* Address potential doubts about body image in a tactful and respectful way (especially the question « Does rowing make you bulky ? » Answer : « yes, a bit, and that's not a bad thing! »).
* Gently promote land training (ergs, weights) to young women who may not be familiar with it, and set an example by doing it ourselves !
* Encourage trialling : for W1 / W2, but also, later on, for CUW. Explain that commitment and motivation can get you far. Give examples of former novices who have done it.
* General : Create an inspirational and friendly atmosphere by encouraging socialising between the Senior Women and the novices

#### Social Events

* Emphasis on socialising within the boat club : with Men's Lower Boats, and between novices and seniors. Liaise with the Social Secretary.
* Organise crew events to encourage team spirit with an emphasis on retaining novices. Secret Santa FTW !

Proposer: Robert Shearme
Seconder: Alexander Strange