

# Green Templeton Boat Club

## Coxing Requirements

- Take the swim test on **6, 9, or 12 October**
- Attend OURC coxing registration meeting (must be licensed to cox during term!!)  
**10 or 18 October**  
**8.00-9.15pm** (arrive at 7.45pm)  
**St. Catherine's College, Bernard Sunley Lecture Theatre**  
**BRING: £3 & 2 passport photos**
- Attend a GTBC coxing training session with the OURCS captain of the coxes
- Attend regatta coxing meetings (if you are coxing a collegiate regatta - Christ Church, Torpids, Summer VIII's)
- Pay the boat club fees (These are charged to your battles statements)
- Cox all water outings with your crew (Number of water outings depend on your crew)
- Be willing to cox or participate in land training (Ergs, circuits, yoga)
- Be willing to go to training camp with the team (in January and April)
- Eat what you like (thankfully there are not weight restrictions!)
- Have a learners attitude, competitive spirit, and some feistiness

Questions, comments, concerns, please email Suzanne at [suzanne.holsomback@gtc.ox.ac.uk](mailto:suzanne.holsomback@gtc.ox.ac.uk)

