WOMEN'S ROWING

UBC THUNDERBIRDS

Recruitment Package

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Photo credit: oluic4photo
THE UBC EXPERIENCE

The program you’re looking for

UBC consistently ranks among the top 40 universities and among the top 20 public institutions in the world. With 18 faculties that are comprised of 60 undergraduate and masters programs, 52,721 students call the UBC Vancouver campus home, including 12,117 international students from 139 countries.

In addition to its standing as one of the top research-intensive universities in the world, UBC also prides itself on maintaining a vibrant learning environment that features numerous experiential learning opportunities and a 15-1 student-teacher ratio.

The place you want to be

Surrounded by the forested trails of Pacific Spirit Regional Park and sandy beaches of the Pacific Ocean, UBC’s Vancouver campus finds itself nestled in the city’s Point Grey neighbourhood. The United Nations has ranked Vancouver as one of top three cities in the world in which to live for the past decade. Vancouver is renowned for pristine natural surroundings of mountain and sea, year-round mild temperatures, and culturally diverse communities.

THE THUNDERBIRDS EXPERIENCE

Canada’s most decorated athletics program

The UBC Thunderbirds varsity program consists of 25 teams in 13 sports, with affiliations in two inter-university leagues. Historically, UBC boasts the most successful program in U SPORTS, as Thunderbird teams have won over 100 U SPORTS national championships to date and nine in the US-based National Association of Intercollegiate Athletics (NAIA). UBC has also produced countless international competitors and medalists, including 231 Olympians, and hundreds of student-athletes who have been drafted into professional leagues around the world.

Academic and financial supports

The UBC Thunderbirds program employs full-time staff to aid student-athletes in their academic pursuits. An emphasis is placed on the transition of first-year students, for whom one-on-one tutoring and guaranteed housing is offered.

Priority course registration is made available for student-athletes in most faculties. Financial support is provided in the form of athletic scholarships and alumni-supported awards for leadership and academics, as well as a work-study program.

Integrated sport science

To optimize individual and team performance, student-athletes have access to state-of-the-art facilities, technology, hydrotherapy recovery rooms, and massage therapy. They are also supported by experts in exercise physiology, dietetics, and sport psychology. In addition, UBC’s strength and conditioning coaches tailor individual and sport-specific training regimens for student-athletes in the 4,000-square-foot Smith and Laycoe Varsity Weight Room.

Athlete health is a key priority at UBC, with three full-time therapists and strong partnerships with the UBC Student Health and Allan McGavin Sports Medicine Centre all dedicated to keeping athletes in top form, mentally and physically.
THE UBC ROWING ADVANTAGE
Thank you for your interest in the women’s rowing program at UBC

Program success
UBC Thunderbirds Women’s Rowing have consistently finished on the podium at the Canadian University Rowing Championships (CURC’s). This is highlighted by five CURC wins in the eight+ and four Western Canada Rowing Championship titles in the past 10 years. UBC rowers have successfully represented Canada at FISU, U23/Sr. World Rowing Championships, and the Olympics.

Competition schedule & structure
Our team competes year round. The fall season is capped off with the Canadian University Rowing Championships, the spring season with the Brown Cup duel race and at least one international regatta. The summer season ends off with the Royal Canadian Henley Regatta. Athletes are not required to row during the summer season at UBC, but are encouraged to do so because of the brief fall season preceding the national championships. The team trains and races in all boat classes, specifically using small boats (1xs and 2xs) for pre and post-season skill development.

Dedicated facilities
The John M.S. Lecky UBC Boathouse is arguably one of the top rowing facilities in North America. A floating facility, surrounded by kilometres of rowable water in the shadows of the North Shore Mountains, makes our venue not only a training wonderland, but also one of the most scenic locations in Vancouver. The team also utilizes the Smith & Laycoe Varsity Weight Room and the Thunderbird Ergometer Centre, which is filled with top-of-the-line dynamic and static ergometers and stationary cycles.

Coaching & support staff
Our coaches are NCCP certified and have years of rowing knowledge and coaching experience. As part of the integrated coaching and high performance team our Thunderbird varsity athletes are supported by a conditioning coach, sport nutritionist, and sport physiologist.

5 CURC wins the in the 8+ and 4 Western Canada Rowing Championship titles in the past 10 years
BECOMING A THUNDERBIRD

1. GOTHUNDERBIRDS.CA/RECRUIT
   - Thunderbirds recruitment information
   - Prospective Student Athlete Form

2. Ensure that UBC is the right academic and career choice for you. Investigate:
   - Programs offered
   - Academic prerequisites
   - Application deadlines

3. Compile your academic and athletic profiles
   - Academic transcripts
   - Playing history including participation in National, Provincial and Regional programs
   - Participation in other high performance sports
   - Coaches’ recommendations
   - Highlight Videos
   - Recent results

4. Make contact with head coach
   - Make your intentions known
   - Discuss your options
   - Have your questions answered

5. Apply to UBC before the deadlines in your preferred faculty

FOR MORE INFORMATION

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