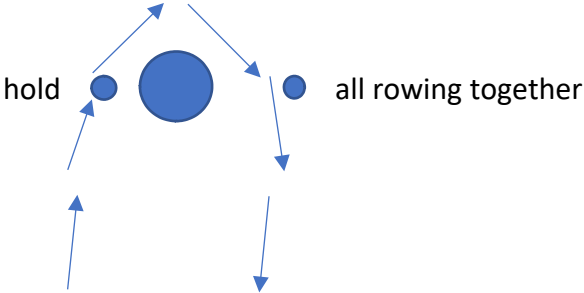


## Rowing – Technique and Protocols

<b>First Considerations</b>	
Balance	Position 2 and 3 – the engine of the boat Position 1 – weight and strength Position 4 – rhythm and length
Trim	Fore and aft Beam
Posture	straight back Bottom on edge of seat Knees slightly bent Head up Heels on footrest (or where allows a comfortable and powerful position) Arms fully extended, not over extended, not rolling shoulders Eyes on stroke shoulder, eyes in the boat
<b>Action</b>	
Stroke	long and steady Push through heels, quads, core, back Straight arms all the way through until the end, jerk in, elbows into side Pause <b>Slow, controlled recovery</b> Pause 23/24 strokes per minute
Breathing	In on recovery Out on pull back
Oars	Depth – full blade but no more Recovery – no more than 6" above water Pressure – as much pressure through the water that is comfortable to maintain but enough to pick up when necessary; 70-80%, 20% in reserve
Team	Swap positions to find the most effective position for all; experiment, move people until the crew gels Positivity One person affects all Cox pay attention to crew Everyone has equal responsibility Speak to each other Position 3 passes information from stroke/cox to 2/3

## Rowing – Technique and Protocols

<b>Racing</b>	
Start	Oars out of the water 10-15 strokes; $\frac{3}{4}$ length, full power, move to longer stroke, 70-80% power
Buoy turn	<p>approach buoy at angle when bow seat reaches buoy, starboard hold both oars hold on starboard hold – oars pushed away, keep oar in water position 3 becomes stroke 4-5 strokes around the buoy, keep strokes long and strong starboard side – oars have remained in water on turn, join in with stroke while oar in water, first rejoining stroke is shorter, all rowing together, 10 hard away from the buoy</p> <div style="text-align: center;"> <p>4-5 strokes round buoy</p>  <p>hold                      all rowing together</p> </div> <p>Count into turn – 15m, 10m</p> <p>Language of turn - ready - ready - hold - ready (to come in) - away</p>
Language/ commands	Port Starboard Hold Back water Easy oars (equivalent of 'let it run', but more dynamic, less passive for race situations) More power/ harder/ more pressure (not faster) Pressure - half pressure (manoeuvring, slip way etc) Hard 20 As hard as you can Oxygen in now (before full burst/ final sprint etc) When training for starts – attention, attention, go/row

## Rowing – Technique and Protocols

<b>Race Structure – 450 strokes in a 2km race</b>	
Line Up	<p>Row <b>onto</b> hand held buoy, bow grabs and passes, hold in opp hand to tiller</p> <p>Don't go onto buoy too early/ late; 3-5 minutes before start</p> <p>Once onto buoy, get mark on shore; cox get mark at turn; bow rower get mark behind cox, bow rowers adjusts position to maintain mark; cox look behind at bow's mark. This becomes transit for return leg</p>
Start	<p>10 <math>\frac{3}{4}</math> length strokes</p> <p>5 lengthening into full length</p> <p>strokes counted by cox or 3 – taken from pace set by stroke</p> <p>stroke shouts 'going long'</p>
RELAX	<p>Get into rhythm</p> <p>Cox watching rowers, pace/ stroke, concentration</p>
400-500m	<p>Pick up for 20</p> <p>Depends on race around you</p> <p>Pick your race, target a boat, race within a race</p> <p>Be clear about distances, don't underestimate</p>
COX	<p>Keeps talking</p> <p>Get crew thinking about breathing, Stroke rate, Catch, Praise etc.</p> <p>Keep talking</p> <p>Stay calm</p>
Into Buoy	<p>Announce 30m from buoy/ mark/ turn</p> <p>20m/15m from mark</p> <p>15m – starting to turn, moving rudder</p> <p>10m – attention, attention, row</p>
Starboard turn	<p>Stroke and 2 holding, oar pushed away</p> <p>3 becomes stroke – long and hard; bow follows</p> <p>4-5 strokes round mark</p> <p>approx. 30° round – bring crew in, rudder to bring boat in</p> <p>Stroke and 2 coming in, push oar half way forward, smoothly</p> <p>Half pull</p> <p>Full pull</p> <p>Hard 10 away</p>
SETTLE	<p>40-50 strokes</p> <p>hard 20 (everything depends on the race around you)</p> <p>relax, breathing, need effort at the end</p> <p>pick up again 500-600m from end</p> <p>watch boats around, hold those that are close</p>
Last 200m	<p>Oxygenate -reminder/preparation for drive</p> <p>DRIVE</p> <p>Give everything for last 40-50 strokes</p> <p>Reminders to breath</p> <p>Where are marks along the bow/shore</p> <p>Count down the boat – 10 for each position, including cox</p>

## Rowing – Technique and Protocols

Training	
Race course over 3-4 km, triangular course	
Sprints	500m sprint row back, sprint again etc
30 sec full power 30 sec slow	5 repetitions 10 repetitions...
Pyramids	10 hard, 10 easy 20 hard, 10 easy...
360° turn	Port Starboard Easy turn, how many strokes, how long
Air rowing	Core Height of oar Strengthen core, back, triceps