

## Rowing Stroke

by Frank Cunningham

*Reach* as far as you can.

Begin the stroke by *leaping* from the stretcher.

Drive evenly off both feet throughout the stroke.

Work your back against your legs until the handle touches your shirt.

Start your body sternward head first, while maintaining pressure on the blade with your shoulders.

Send your handle ahead of you while your legs are down.

Keep your feet pressing against the stretcher until you recover your balance.

Achieve the body angle of your catch position as quickly as possible.

Continue toward the front stops with no loss of momentum or change in body angle.

Push your seat behind you as you approach the catch.

Manage your oar without gripping it. Use your fingers rather than your wrist to turn the handle.