

## Rowing Skills, LWRC Programs and Classes

To graduate from LTR lessons, i.e. participate in Rowing or Sculling 1.

### **Move and handle a boat safely, protecting both equipment and rowers.**

- 1.) Know the nomenclature of boats and gear.
- 2.) Approximate the proper coordination of back, legs and arms.
- 3.) Recognize most commands and what is expected of the rower.
- 4.) Carry boats and oars properly to and from the rack and to and from the water.
- 5.) Know the procedure for recognizing and reporting equipment damage.
- 6.) Maintain an awareness of position and course, correcting while rowing.
- 7.) Know the necessary rules of the road.
- 8.) Be able to enter and leave all boats by stepping into them and out of them, maintaining control of both boat and oars.
- 9.) Demonstrate competence in taking a boat away from the float and returning to same, without using the oar as a setting pole.
- 10.) Know the technique of backing a boat of any size.
- 11.) Stop the boat at speed (not by backing the blades against the water) and perform a backing stroke.
- 12.) Turn the boat by dragging one blade, controlling rigger height.
- 13.) Row ten strokes in small boats without looking around and keeping blades clear of the water most of the time.
- 14.) Know boathouse etiquette.

To qualify for Rowing or Sculling 2:

### **Row competently, confidently, and in unison in a team boat. Be prepared for race training.**

- 1.) Demonstrate the proper holds for sculls and oars.
- 2.) Ply the blade at the proper depth consistently.
- 3.) Row with correct timing of entry and release, and body movement coordinated with the crew.
- 4.) Row over the keel.
- 5.) Push equally with both feet from catch to release.
- 6.) Make turns in any boat without destroying the set.
- 7.) Understand how to balance a boat, correcting and preventing rolling.
- 8.) Row forward and backward alternately with no pause in between.
- 9.) Pull an erg time equal to or better than the 50<sup>th</sup> percentile of world rankings for either 1K or 2K.
- 10.) Perform the bow oar steering and command duties of a pair/double, straight 4 or quad.
- 11.) Perform a racing start and a finishing sprint in-synch with crew.
- 12.) Demonstrate basic rowing rhythm
- 13.) Row any boat sideways.

Practice session goals of Rowing or Sculling 2:

**Maximize propulsion, minimize resistance with proper technique and effective conditioning.**

1. Maximize effective length of stroke
  - a. Catch at full reach quickly.
  - b. Maintain pressure, proper blade depth and angle for full arc.
  
2. Avoid disturbing run and set of shell
  - a. Minimal vertical movement of body and oars.
  - b. Quick transfer of weight toward stern to keep hull on design line.
  - c. Minimize stern check.
  - d. Maintain constant rigger height off water.
  
3. Maximal physiology
  - a. Proper set of lower back.
  - b. Quick, hard leg drive to initiate stroke.
  - c. Relaxation of all muscles not in use for driving the boat forward.
  - d. Engagement of all drive muscles immediately, finishing legs, back, shoulders and arms at approx. the same time.
  
4. Subtleties
  - a. Counter-motion at release.
  - b. Sculler's catch, light hold.
  - c. "Pause" before catch, i.e. rhythm.
  - d. Standing shove-off.
  
5. Conditioning
  - a. Achieve erg score equal to or better than 75% percentile for 2K.
  - b. Employ weight lifting, Pilates, cross-training, training cycles, proper rest.