

Practice Timeline																								
0	5	10	15	20	25	30	35	40	45	50	55	60	1.05	1.1	1.15	1.2	1.25	1.3	1.35	1.4	1.45	1.5	1.55	2
Welcome/Intro							Launch							Dock										
																					Stretch			
							Practice plan/Erg review														Session Review			
														Practice pieces/ drills										

Welcome / Intro

- Welcome to the rowing club, introduction of instructors
 - Have name tags for instructors and participants
- Using assessment cards to split into crews
 - Identify groups and explain why people are separated the way they are (height, flexibility)
 - Identify which instructor/coxswains/volunteers will be looking after each crew

Dynamic Warm-Up

- Review which muscle groups we are warming/stretching out in preparation of rowing and why
- Do the "Dynamic Warm-Up for Rowing"

Erg Review

- 5-10 min review on the ergs. Do a quick checklist of body position at catch and release, remind them to hold core tight while driving into the heels and pulling arms in last.
- Emphasis control and sequencing on the recovery
- Take extra time to review the slide positions along the recovery (arms away, body over, ¼ slide, ½ slide, ¾ slide)
- Review the importance of the transfer of weight/body out of the release onto the feet before the knees break

Launching boat(s)

- Review calls for moving the boat and the best way to carry the shells
- Make sure all boats are signed out and safety/coach boats are prepped and running
- Carry the boat to the dock and set into the water
- Show how to install oars and get into the shell safely
- Take a moment to remind people how to get into the boat safely and properly
 - Show where to step and not to step
 - How to hold the handles as you get in
 - Alternate ways to get in if there are body limitations
- Once participants are in seats go through and ensure proper set up.
 - All LTR boats should already be checked for any broken equipment
 - Riggers and Oars should be set using "Ideal Learn to Row rigging chart"
 - Everyone should be able to go to their Release and Catch position comfortably without obstruction
- Spend a little extra time with bow seat or Pair to ensure they can maneuver the boat before pushing off the dock.
 - Everyone in the boat should know how to sit with their blade(s) on the feather to stabilize before leaving the dock
 - Everyone should know how to hold water if they are asked to.
 - All rowers should know what seat they are sitting in incase a coxie or coach refers to their seat number instead of name

Taking first Strokes

- Once away from the dock and shore spend time testing the limits of the boat to get a feel for what amount of movement and instability is acceptable and how to correct and control it.
 - Explaining how to keep the boat stable for those rowing while you aren't rowing
 - Get everyone comfortable with keeping the boat level and where their hands should be
 - Teach the difference between feather and square and how to hold the handle in each position
- With maximum stability start individually(Sculling) or in pairs(Sweep)
 - Set the release position and begin with [Bobbing at the Finish] to get the feel of a relaxed extraction
 - Transfer to arms only rowing with SQUARE blades, backs sitting up straight

- Gradually go from arms only ->body swing ->1/4 slide -> ½ slide -> ¾ slide (heels still down)
 - ◆ All being done on the square
- Rotating through the boat detecting and correcting body sequencing and timing issues
 - ◆ Be aware of how long people are rowing and not rowing, try and keep people moving
 - ◆ At the beginning have people fully stop and stop the boat before starting the next person or pair
- Common first time rowers issues are
 - ◆ Engaging arms too early
 - ◆ Engaging the back too early
 - ◆ Leaning back too far
 - ◆ Pointing elbows down at the release
 - ◆ Tense shoulders
 - ◆ Head looking down in the boat effecting body position
 - ◆ Knees breaking with handle still at the body on the recovery
 - ◆ Handle(s) travelling over the knees due to bad sequencing
 - ◆ Acceleration up the slide and over reaching
 - ◆ Blade pulling too deep on the drive
 - ◆ Blade not getting connected with the water fully
- Remember people at this stage can only focus on 1-2 things at a time so pick some big issues within the boat and tackle them as a crew while enforcing good examples of those specific skills when participants exhibit them.

Docking

- Return to the dock 30mins before the end of the session to allow for extra time putting equipment away and leaving lots of time to de-brief

Stretch

- 5-10 minutes Focus on stretching the back, hamstrings, calves, shoulders. Follow “Post-Workout Stretches for Rowing”
- There are some basic technical issues that can be a result of a lack in flexibility, issues with proper compression at the catch and body position at the release, are major ones
- Injuries such as lower back strains can be connected to a lack of flexibility

Session Review

- Review what was learned and take time to answer any questions, confirm next session
- make notes on the assessment cards while everything is still fresh in your mind, who could be with who?

Drill explanations:

Bobbing at the Finish

- this drill can be used for many technical lessons but for today’s use we are simply using it to identify the movements needed at the release position to extract the blade cleanly and to get a feel for the ideal body position at that release point.
 - Have the rowers sit up nice and tall with legs extended and flexed
 - Ensure the grip is relaxed and start the hands high so the blades are submerged at the desired depth
 - May be the time to adjust oarlock heights is hands need to go too high in order to be buried
 - Individually or in groups have them slowly tap the handle(s) down to the lap and then raise them back up to the starting position while keeping the handles close to the body
 - Looking for blades to stay in control and moving together in and out of the water

INTERNAL CLUB NOTES:
