

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														
Dynamic warmup						On Water Warm-up						Warm Down													Stretch	
Practice plan/Erg review								Practice pieces/ drills																	Session Review	

Welcome / Intro

- Welcome to the rowing club, introduction of instructors
- Try and have most if not all the names memorized
- Ask for feedback on how people felt after the last session
- Get any stories of aches and pains, nothing brings people together like griping about blisters and sore muscles

Dynamic Warm-Up

- Give enough time for stragglers to arrive and get through the dynamic warm-up
- Emphasis the importance of getting warmed up and limbered up

Practice Plan / Erg Review

- Spending some time on the erg focusing on body position and sequencing on the Drive and Recovery
- Big focus for this session on the water will be holding the knees down until the arms and body are shifted out of the bow and sequencing of the Drive, holding a strong catch position with arms and body as the legs drive off the catch
- Also review the body positions at all the slide positions as it will be part of the warm-up

Launching boats

- Still taking time to ensure equipment is handled properly and the boat is assembled properly with feet adjusted properly for the athletes.
- If you are switching bodies between different seats you may need to re-adjust some people's equipment
- If you took notes about certain people having equipment issues last session be sure to check that they are okay
- Always good to take tools and seat pads with you in the coach boat to make adjustments

On Water Warm-Up

- Starting with arms or Body Swing only work up through progression into $\frac{3}{4}$ slide. As this is the second time on the water allow for some re-acquaintance time as people warm up. There is already a lot going through their minds so we don't need to jump right onto the technical issues.
- General crew focus points will help everyone remember what they should be thinking about

Practice pieces / Drills

- First introduction of Full Slide, be sure to stress control on the slide when approaching the catch
 - The goal is to have the handle moving at a consistent speed but often rowers need to think about decelerating into the catch to avoid not lunging into the catch
 - Spend time describing the catch position and impress on the participants the idea of vertical shins and not allowing the seat to get under the shoulders causing the upper body to lose its forward angle
- For sweep athletes explain the splitting of knees and pivoting out around the pin, for sculling athletes explain the goal of reaching out at the catch and getting the hips through the pin.
- Focusing on Body Sequencing, Posture, Timing, Grip, entry and Exit Timing
 - Use analogies can help people visualize and relate the movements to familiar actions
 - reaching out to shake a hand – movement out of the release
 - compressing a spring on the recovery – compacting the body but ready to explode
 - carrying grocery bags with straight arms – hanging off the handles on the drive to feel the connection to the legs
 - opening the windows up equally (leg and body window) – point out the two windows at the catch and the importance of keeping them equal and on the drive not losing body control

- Spend extra time ensuring that everyone understand the importance of the release and recovery
 - Blades exiting the water together will allow for better boat set
 - The last blade in the water acts as an anchor and the boat will fall to that side
- As they come up the slide remind them to hold the knees down and extend the arms and pivot out from the release position before the knees break
- As the knees come up don't let the seat accelerate into the catch and get under the shoulders
- Once at the catch there should be a flat back, with hips slightly back, heels close to the foot plate, chest up and knees shoulder width apart.
- Using Pause Drills and Air Strokes as drills to help commit the movements to memory

Warm Down

- This can be abbreviated as participant heart rates didn't get too elevated
- Refrain from coaching at this point to allow for athletes to compute the technical changes they've made

Docking

- Before returning to the dock take time to have the crew assess the approach of the dock (other boats, water conditions, wind)
- Come in slow and safely
- You may want someone on the dock to catch the boat has it comes in
- Important to enforce a no talking policy at this point

Stretch

- 5-10 minutes Focus on stretching the back, hamstrings, calves, shoulders. Follow "Rowing stretching guide"

Session Review

- Review what was learned and take time to answer any questions
- Give positive and constructive feedback to individuals or the group
- Hopefully while equipment was being put away and stretching was happening the instructors were able to complete the Level 1 assessment cards
- Distribute the assessment cards to participants
- Give full details about the next level of Learning to Row (Level 2)
 - When is the next session
 - How much it costs
 - Hand out forms
 - Point out and congratulate anyone who has already signed up
- ** send a reminder e-mail to anyone who hasn't signed up for Level 2 between 3 and 5 days post L1 S3

Drills Explained:

Pause Drills – the use of a pause can happen at almost any part of the recovery phase.

- Release, arms away, body over, ¼ slide, ½ slide, ¾ slide
- Pauses can be very slight or a hard pause for a couple seconds, any pause will allow athletes an opportunity to do a mental check that they are achieving the desired body position and coaches can make the check as well
- Use a coxie's, coaches or bow person's command to resume the recovery when multiple people are doing the pause.

Air Strokes – this drill will help people think about the shift of weight from the back of the seat on the front of the seat before breaking the knees on the recovery. It can be done on the square or the feather depending on the skill level

- Once the blade is released have the athlete send the hands away followed by the body pivoting from the lean back to a leaning forward position with knees locked down and arms extended fully. Then without the blade touching the water draw the handle back into the body (taking the air stroke) Then resume the full slide recovery up for the next normal stroke. You can do an air stroke every 2 or 3 regular strokes to allow the rowers an opportunity to apply the skill to regular rowing.
- The goal is to stay controlled and the shoulders shifting from behind the hips, in-front of the hips and back to the release

INTERNAL CLUB NOTES:
