

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

Welcome Participants

- Review Facility layout, Safety Protocol
- Ensure all appropriate forms are complete and have Name tags for everyone
- Make note who has what experience, you may need to do Level 1 assessment during first session to satisfy that the participant have the required basics skill to do this level
 - You may find that people who have done a learn to row in the past or who are currently rec rowers may want to do this program as a re-introduction into the sport or a transition from Sculling to Sweep or vise versa.
- Explain what is expected of member rowers (safety, sign in/out, traffic patterns, water rules)

Dynamic Warm-up

- Take extra time to review each of the exercises and explain the importance of the warm-up and how it relates to rowing
- This warm up will be incorporated in every session and will be a repeat from Level 1

Practice Plan and Technique review

- This session focuses on body position at release, tapping down of the handle, hands moving away from the body, holding knees down on the recover until the arms are extended.
- On the Erg we are going to re-enforce these skills by starting with Feet Out rowing slide progression being mindful of our body angle at the release and maintaining contact with the foot stretchers.
- We will then add a pause at the release to touch on where the handle is being drawn into then switching to a pause at arms away to think about the fluid movement of the handle towards and then away of the body. Finally switching to a body over pause to focus on the sequencing of the arms then the body coming out of the release position.
- Use a white board or paper to show the side view of a handle to illustrate the movement and linear pathways

Launch

- If you haven't already established crews and equipment that is being used this is the time to do so
- If you have not done so already establish a practice flow pattern for the boats going on the water
- Have the athletes get out the oars, grab water bottles and ensure any required safety equipment is ready before putting hands on their boats.
- Trying to keep this process quick is important as the rowers are now warm and ready to row.

On Water Warm-up

- Starting individually or in pairs start a stroke progression with feet out carrying over the idea of the release position being tall with the handle staying engaged and accelerating into the body.
- Starting from arms only and working in more movement and power will allow rowers to stay in control of their feet and give them a feeling of having the weight shifted back onto their feet before the knees come up.
- If any adjustments to equipment need to be made to allow rowers to row properly now is a good time to make those changes

Pieces and Drills

- Spend some time bobbing at the finish to look at timing, body position at the release, having the handle pulled high into the body and then tapped down with movement from the elbow
- With feet in you can now do a multi pause drill to focus on the sequencing of the recovery
 - Start with the 4 pauses and every 15-20 strokes remove a pause

- After a few hundred meters of just rowing introduce the $\frac{1}{4}$ feather
 - Be sure the blade is only rotating $\frac{1}{4}$ - $\frac{1}{2}$ rotation to still force the hands to stay low on the recovery
 - This should be done at a lower rate 18 – 20 spm, fight the urge to let the rate creep up
- Remind participants to keep the hands moving at a consistent speed, also a low linear path so that blades stay off the water

Warm Down

- As this session wasn't overly strenuous this can be abbreviated but it's a good time to just allow rowers to row without coaching and try and process the feedback they received.

Dock

- Coming in slow and enforcing who has control of the boat and that only one person should be giving direction
- Encouraging everyone being quick and efficient on the dock

Stretch

- Using the Stretching guide, allow participants to mingle and stretch as you go through the Session Review

Session Review

- Review with the crew about pros and cons of the row
- As level 2 is only passed after a successful assessment this would be a good time to review those assessment cards and answer any questions people may have about these cards
- Take time to answer any questions and then make notes on the assessment cards while everything is still fresh in your mind

Drill Explanations:

Feet Out Rowing – placing the feet on-top of the shoes or foot straps so eliminate anything holding the feet to the boat.

- This will force the athlete to engage the core and sit up at the release in order maintain foot contact at the release
- Athletes who lay back too far, have a weak core or don't pull their arms in at the finish with power will lose foot contact

Multi Pause Drill – taking the current pause drill and adding multiple pauses in a recovery to exaggerate the correct sequencing

- Starting with 4 pauses (1/2 slide, body over, arms away, release) and one by one eliminating the pauses in that same order every 15 strokes will leave you only pausing at the release with athletes aware of the stages of the recovery

Bobbing at the Release – on the square with flat wrists and relaxed shoulders bob the blade in and out of the water with movement only coming from the elbow.

- Be aware of the grip and wrist angle each rower has. Sweep athletes can remove their inside hand to emphasize the movement needed from the outside hand

$\frac{1}{4}$ feather Drill – when the blade is removed from the water the blade slightly feathers to allow for the water to pass under it easier

- This will allow crews to feel less choppy on the square and will force them to be aware of the handle rotation
- Just like of the full feather, athletes should square back up by the $\frac{1}{2}$ - $\frac{3}{4}$ slide mark
- Allowing rowers to use the $\frac{1}{4}$ feather will also make it more comfortable for them to pull in at the right handle height as they learn how to extract the blade cleanly without getting caught in the gut

INTERNAL CLUB NOTES:
