

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												Session Review																	
Practice pieces/ drills																													

Welcome Participants

- Welcome participants and talk up the end of level 2 gathering or BBQ

Dynamic Warm-up

- Start Dynamic Warm-up and allow any stragglers to join as they come

Practice Plan and Technique review

- Revise the skills the crew is going to attempt and the different ways each rower can affect the movement of the boat
 - Show on the white board how holding, touching, backing, spiking can maneuver a boat
 - Explain boat momentum, and how to account for and use the wind or current
 - Course corrections while stopped should come from the bow when moving forward and backing should come from the stern to maximize effectiveness

Launch

- Once oars, water bottles and safety equipment is ready take the boat down and get ready to launch
- Make sure that either the coach boat has all the required buoys and anchors loaded or that they have already been set

On Water Warm-up

- Starting individually or in pairs do a stroke progression from body swing, ½ slide and Full slide Feet Out.
- Spend some time doing a body over pause drill as well as some finish to catch placement drills to get slide control top of mind.
- In the warm up make frequent rower rotations to ensure everyone is tuned in to listening and reacting to their seat numbers
- This warm-up time is a great time to do individual focuses with people so you can give them key focus words or cues that will help maintain a consistent opening of the body and acceleration of the handle.

Pieces and Drills

- As a large portion of this practice will be done in one smaller area take time to row and get everyone engaged and thinking about the stroke, this will also give you time to get to a calm bay or area out of the flow pattern
- Working on maximizing blade arch, getting the hips through the pin
 - Sweep rowers coming around the pin with outside arm going through the legs and levering around the pin, scullers focusing on chests out and arms reaching outward and opening up at the catch.
- Re-visit key points of rowing on the feather, flat outside wrist when sweeping, flat wrists and using the fingers when sculling
- Once on feather do a pause at ½ slide every 3rd stroke and square up after the pause and continue up the slide
- Find the area you can do the spinning and backing and drop buoy(s) for turning around
- Review and practice spinning both directions using reverse feather
 - Explain how using a reverse feather and letting the blade skim the water will keep the boat more stable
 - Scullers can start with arms only, blades should be applying pressure at the same time and then be on the recovery together, start with just one hand backing, then one hand rowing then try and sync them together
 - Sweepers can start with arms only but may need to use a ½ stroke both backing and rowing to turn quicker
 - Some club traffic patterns allow rowers to spin in one direction by habit so it is good to practice both directions to be competent and confident in any situation.
 - Try spinning with the hull of the boat very close to the buoy and then try doing it without letting the oars touch it

- Practice backing with reverse feather
 - Have the boat make a serpent shape backing stronger on one side then the other
 - When backing the direction are not given by the bow person or coxie they are now given by stroke seat
- Row a few strokes to get the boat up to speed and then call Emergency stops (Let it run-HOLD WATER)
- Once rowing again practice letting it run and holding on one side to better understand using boat momentum to turn
- Review and practice spiking the boat sideways
 - Having sweep rowers hand off their blades to the person in-front and scullers grip the shaft closer to the oarlock and spike their own blade
- Finally have the crew try and maneuver to collect items such as balls or small buoys to practice the skill

Warm Down

- Have the crew row with minimal coaching so you can watch them and observe any final technical issues that may be focuses for the final session

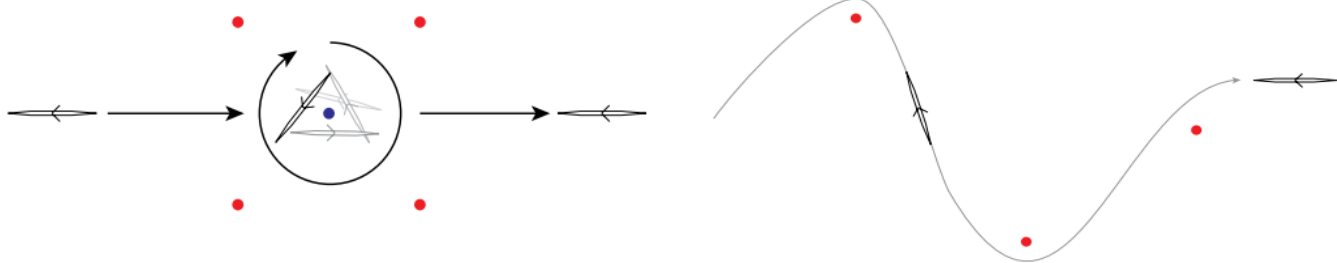
Dock

- Coming in slow and enforcing who has control of the boat and that only one person should be giving direction
- If it is safe have the crew back the boat into the dock or landing area, a coach should be on the dock in case of a missed call
- Encouraging everyone to be quick and efficient on the dock

Stretch / Session Review

- Review with the crew about pros and cons of the row
- Take time to answer any questions and then make notes on the assessment cards while everything is still fresh in your mind
- Important to take notes of which were the main nagging technical issues each rower is struggling with leading into session 6

Using tools like the Can Row Skills document from Rowing Canada can give you great ideas about how to set up skills to practice



Session 1 of the Level 3 will be a full skills event and evaluation so there is no need to go through that process at this point.

INTERNAL CLUB NOTES:
