

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 discuss the post session gathering

Dynamic Warm-up

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

Practice Plan and Technique review

- Review assessment card with participants and identify 3 key areas of improvement for each individual (write them on tape and stick it on the rigger in-front of each rower)
 - Rowers need to know their coaches/instructors aren't just running through the motions
 - Giving them feedback and specific focuses to improve on are important for development
 - Coach should have the 3 focuses on hand in their boat so they can give feedback
- Allow for 10 minute erg warm-up so you can go around and make one on one technical changes which relate to the 3 focuses
- If there are participants who may not meet the club standard to move on be sure to take them aside to discuss it and give them feedback on why they aren't able to demonstrate properly
 - It's okay to not pass someone but it's more productive to have an open line of communication and let them self assess their progress because they will likely admit their struggles and that they don't feel ready to move on

Launch

- Once oars, water bottles and safety equipment is ready take the boat down and get ready to launch
- Be sure the focuses are taped to in-front of each rower

On Water Warm-up

- Starting the warm up with a pause progression drill going from 4 pauses down to 1 as we have in previous sessions
- If there was a re-occurring issue with several rowers in the boat, try and use a drill that will help them identify the issue and begin to correct it.
- Also do an Air Strokes drill with feet out to establish the finish body angle and shift of weight from the back of the seat onto the front of the seat.
 - Participants can often feel the seat roll back slightly as the weight shifts out of the bow away from the release on the recovery

Pieces and Drills

- Break the session into 6-10 minutes of non stop rowing if possible to allow lots of time for everyone to work on skills
 - Rest for 2-3 minutes and give feed back or do individual drills with specific athletes
 - It is important to give everyone attention (encouragement or constructive coaching)
- Detect and correct all aspects of the stroke keeping in mind what each participant is working on and trying to give them praise when they are improving on their 3 key focuses.
 - If several crew members are working on similar focuses you can use drills to help them but remember that we are trying to give all crew members a practice that allows them to focus on their personal goals
- If you feel you can take simple 30 sec videos with a phone or handheld device to help show rowers what you are seeing after the on water session
- Using coaching tools like the New Way /Old Way is great when working individually on the rests
 - New Way/ Old Way is for when a technical change was made and you have the participant do 5-10 stroked the "New Way" and then 5-10 the "Old Way" so they really feel a difference in how it feels.
 - Go back and forth a few times do let the change set in

- Use the opportunity to view the crew from multiple angles to get a better view of the crew
 - Directly behind to see blade work and timing
 - Left and Right side from a 45 degree angle
 - Left and Right from 90 degree side angle
 - Move back and watch how the boat is moving, looking at the bow cutting through the water and the puddles of the oars travelling past the stern
- Try a couple 10-20 stroke sprints to challenge and excite the crew about taking the next steps in rowing

Warm Down

- Take time to row at a lower intensity to bring the heart rate down.
- Take photos of the crew rowing or waiving or even standing in the boat so you can post them on website or Facebook

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
- Take the time to go and congratulate each participant on a good row, handshakes or fist bumps are good for smiles

Stretch / Session Review

- Review with the crew about pros and cons of the row
- Review and give feedback on the session from a group and individual stand-point
 - This final review of the athletes and the improvement they made on specific focuses is key to setting selling the benefits of the program to the athlete. Participants need to feel they improved and got value out of the session but it is always good to enforce next steps with athletes so they have new goals.
- Hand out assessment cards for Level 2
 - If you have participants who didn't meet the club expectation level be sure to discuss next steps and work with them to stay engaged
 - They may opt to do Level 2 again or offering a 1 on 1 session if the resources are available may get them up to speed
- Discuss next steps
 - Make sure you can speak to what the next program is about, if there is a different instructor for that program, try and have them available to answer questions
- Having a small social activity planned after this session like going out for Breakfast, BBQ for everyone or even a Pub night for the over 19 groups
- Allow for extra time as people will likely have more questions they want to ask in a one on one atmosphere
- Making people feel they are not only rowers but part of the club is hugely important for getting commitment into a membership or into the next program

INTERNAL CLUB NOTES:
