



Training Documents



Developed for ROWONTARIO by Jurgen Schubert.
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Welcome							Shell Anatomy							Boats & Oars											
										Warm-Up															
																				Stretch					

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Welcome							Shell Anatomy														Boats & Oars													
														Warm-Up														Stretch						
Safety Review																												Review						
Basics on the Erg																																		

Recovery Phase



Drive Phase



Handling Equipment

- Show where introductory rowing equipment is stored and how to handle it
 - Carry oars to water
- Review calls for moving a boat
- Carry boat to the dock, show how to install oars and get into a boat safely
 - Discuss importance of stepping in the appropriate spots in the boat
 - Remember some may have issues getting into boat so demonstrate alternate ways to transfer into the shell safely
- Put all equipment away
 - If shells are wiped down be sure to show where towels are kept and explain why the shell gets wiped down

Stretch

- Go through *Post-Workout Stretches for Rowing*

Session Review

- Review what was learned and covered in the first session
- Take time to answer any questions
- Review and confirm next session day and time, give ideas for ideal clothing to wear for rowing
- Make notes on the assessment cards while everything is still fresh in your mind, who would work well together?

Club Notes

Page 1 of 2					Taking First Strokes															Level 1 Session 2											
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2							
Welcome								Launch													Dock										
		Warm-Up																				Stretch									
				Erg Review																											
												Practice Pieces																			
																									Review						

Welcome

- 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 minute 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

Boat Launch

- 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 coxswain or coach refers to their seat number instead of name

Practice Piece

- 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

Level 1 Session 2										Taking First Strokes										Page 2 of 2										
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2						
Welcome									Launch													Dock								
		Warm-Up																								Stretch				
					Erg Review																									
										Practice Pieces																				
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Page 1 of 2						Full Slide														Level 1 Session 3					
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2	
Welcome						Launch						Dock													
Warm-Up						On Water Warm-Up						Warm Down						Stretch							
Plan/Erg Review						Practice Pieces/Drills														Review					

Welcome

- Welcome to the rowing club, introduction of instructors; try and have most if not all the participant's 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

- Take 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.
- General crew focus points will help everyone remember what they should be thinking about, don't jump right into technical issues.

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 though 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 look for a flat back, hips slightly back, heels close to the foot plate, chest up, knees shoulder width apart.
- Using Pause Drills and Air Strokes as drills to help commit the movements to memory

Level 1 Session 3										Full Slide										Page 2 of 2										
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2						
Welcome					Launch																	Dock								
Warm-Up										On Water Warm-Up															Warm Down			Stretch		
					Plan/Erg Review																				Review					
										Practice Pieces/Drills																				

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 as 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

If not adding in L1S4:

- 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

Drill Explanations

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 coxswain, coach 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. 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

Club Notes

Page 1 of 2						Fun with Rowing - Optional															Level 1 Session 4							
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2				
Welcome						Launch															Dock							
Warm-Up								On Water Warm-Up														Warm Down			Stretch			
			Practice Plan																					Review				
										Challenges																		

Welcome

- Welcome to the rowing club, introduction of instructors; try and have most if not all the participant's 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
- In this session you will bring current club members out to mix in with the new rowers. Introduce the new rowers to the club members and assign the crews.

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

- Explain that today is a fun day of team challenges.
- The challenges will use the skills they've learned over the last few sessions. New rowers should feel confident in the challenges as they will be accompanied by experienced rowers.
- Review the challenges with the group and allow for clarifying questions.

Launching Boats

- Take 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.
- General crew focus points will help everyone remember what they should be thinking about, don't jump right into technical issues.

Challenges

Gathering Challenge: This is a boat maneuvering challenge.

- You will need enough blow-up beach balls (or something similar – beach balls can likely be found at dollar stores) for each seat in the shell.
- Scatter the beach balls around your practice area. You don't want to spread them too far, but they should be spread out enough to encourage boat maneuvering.
- Instruct the crew to row to each beach ball so that a crew member can pick it up out of the water.
- Once someone has picked up a beach ball, they may not touch the others.
- Oars should not be used to collect the beach ball.

Gliding Challenge: This challenge encourages the crew to work together, balance, and the finish position.

- The goal of this challenge is to glide for as long as possible.
- Crews will take 5 run-up strokes. Encourage the crews to focus on rowing together as a team, ensuring that their oars enter and exit the water at the same time.
- At the finish of the 5th stroke, have crews hold their finish position for as long as possible.
- Track the time from when the last blade exits the water on the 5th stroke to when the first blade touches the water during the glide.

Standing Challenge: This challenge is focusses on balances, removing the fear of flipping, and building trust in a crew.

- This challenge can be completed by either holding the boat steady or with small strokes on the square.
- Starting at the stroke seat, have the rower stand up. The other rowers will focus on keeping the shell balanced. After a few seconds of standing or a few small strokes on the square, have the rower return to a seated position.
- Repeat this with each crew member.

Level 1 Session 4										Fun with Rowing - Optional										Page 2 of 2											
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2							
Welcome					Launch															Dock											
Warm-Up										On Water Warm-Up															Warm Down					Stretch	
					Practice Plan																				Review						
										Challenges																					

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 as 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

Club Notes

Page 1 of 2					Release & Recovery Part 1															Level 2 Session 1				
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2
Welcome								Launch												Dock				
Warm-Up										On Water Warm-Up														
					Plan/Erg Review															Warm Down			Stretch	
										Practice Pieces/Drills												Review		

Welcome

- 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 vice 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 & 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
- Before handling boats, athletes should get out the oars, grab water bottles and ensure any required safety equipment is ready.
- 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 & 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 ¼ feather
 - Be sure the blade is only rotating ¼ - ½ 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.

Level 2 Session 1										Release & Recovery Part 1										Page 2 of 2															
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2											
Welcome							Launch														Dock														
Warm-Up														On Water Warm-Up														Warm Down				Stretch			
Plan/Erg Review																												Review							
												Practice Pieces/Drills																							

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 Part II: 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

¼ 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 ½ - ¾ slide mark
- Allowing rowers to use the ¼ 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

Club Notes

Page 1 of 2					Release & Recovery Part 2															Level 2 Session 2														
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2										
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										Practice Pieces/Drills																								

Welcome

- Welcome participants by name as they come, take attendance so you know if anyone is missing

Dynamic Warm-Up

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

Practice Plan & Technique Review

- This session focuses on a linear handle path, feather and squaring, grip, body position coming up the slide, speed into the catch
- Start the erg warm-up rowing $\frac{1}{4}$ slide enforcing the strong body position at the release from the previous session. As they come up the slide talk about holding the knees down and having a linear path of the handle coming from the body towards the cage, thinking of the body shifting forward out of the release before the knees break.
- Increase slide movement to $\frac{1}{2}$ slide, $\frac{3}{4}$ slide and full slide while controlling the handle speed as they travel further on the slide.
- Erg and oar handles are different it helps to review the grip on the erg to look for overly tight grips and the angle of the wrist.
- Discuss the use of the feather and square, show grip change. (don't use the erg handle due to the tension of the chain)

Launch

- Before handling boats, athletes should get out the oars, grab water bottles and ensure any required safety equipment is ready.
- 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 on the square with feet out carrying over the idea of the release position from the last session.
- This warm-up time is a great time to do individual focuses on skills that were covered in a previous session

Pieces & Drills

- With feet in, you can now do a multi pause drill to focus on the sequencing of the recovery. Having pauses in the recovery forces control of the legs and allows the coach and athlete to do a check to see if the proper body angle is maintained
- Finish to catch drill for individuals or pairs will reduce the boat instability as other hold the set.
 - It gives rowers time to focus on the speed they are travelling up the slide and the height their blades are travelling off the water.
 - Individually or in groups start with bobbing to get the clean movement happening at the release then using a coxswain or bow person have them call the roll up
- Now it's time to introduce the feather, try and find a calm and quiet place where you can send time sitting without risk of drifting into shore or a flow pattern
 - With the boat stopped have the rower(s) with blades off the water have them go from feather to square without placing the blade in or on the water.
 - Then have them start with their blade(s) buried, tap out of the water, go to the feather, square back up, and place back in the water.
 - Now progress with the finish to catch drill using 3-5 bobs at the release, release the blade, place on the feather travel up the slide and place in the water at the catch without taking a stroke.
- Starting at $\frac{1}{2}$ slide begin to row using the feather making the time spent on the feather very short. As they get comfortable have them go further up the slide but still squaring up early in the recovery
- As the feather gets more comfortable bring in an Air Strokes drill to help tie in the handle speed and pivot of the body out of the release with the feather.
 - Have them do an air stroke every 2/3 strokes
 - Have them do the air strokes on the feather and the square (alternating every 10-15 strokes)
 - Make sure the out and back of the air stroke is done in a controlled manner
- Spend time rowing with no drills just letting them think about using the feather
- If grips are getting tight and blades are going in and out at bad angles bring in a Piano Fingers Drill

Level 2 Session 2						Release & Recovery Part 2																Page 2 of 2					
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						Plan/Erg Review																				Review	
												Practice Pieces/Drills															

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 during the session

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

- 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

Session Review

Drill Explanations

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

Piano Fingers: Intentional loosening of the grip and the wiggling of fingers off the handle while on the recovery

- This drill is used when grip is too tight and the rower has lost the feeling of the sleeve within the oarlock
- When on the feather or square have the rower wiggle fingers enough that they are visibly off the handles as handle is pushed away from the body on the recovery
- Very effective for sculling but good for sweep as well especially for the inside hand
- Be sure the wrists stay flat and the rower isn't trying to wave but the fingers are still pointing down

Inside-Outside Hand Drill (sweep only): As we start to teach the feather often the idea of a flat outside wrist is lost in the focus of rotating the handle from feather to square

- On the square just have the outside hand on the handle and row lightly having the rower think about the hand as a stiff hook that pulls from the fingers, pushes down from the top of the palm and leads away from the crook of the thumb
- On the feather with the inside hand only take a light stroke then extract the blade and feather only using the inside hand
- It may work better to have the outside hand acting as a guide for the inside hand but only allow the outside hand to push down with a flat palm to enforce the notion of only the inside hand doing the feathering

Club Notes

Page 1 of 2												Catch										Level 2 Session 3										
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2								
Welcome					Launch															Dock												
Warm-Up										On Water Warm-Up															Warm Down					Stretch		
					Plan/Erg Review																									Review		
												Practice Pieces/Drills																				

Welcome

- Welcome participants by name as they come, take attendance so you know who you are missing

Dynamic Warm-Up

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

Practice Plan & Technique Review

- This session is focused on proper placement of the blade at the catch. Although the feeling of placing the blade can't be simulated on the erg we can look at the approach to the catch and the feeling of finding immediate connection at the catch.
- Use a strapped handle or someone holding the handle to get rowers to hang off the handle at the catch. Arms should be extended, shoulders relaxed, core engaged so that when leg pressure is applied the upper body stays solid and the bum rises off the seat.
- The rower should be hanging off the handle with bum slightly off the seat in an ideal catch position (shins vertical, chest out, back flat, heel close to the foot stops)
- Once able to hold their upper body angle allow them to row freely thinking of that immediate connection and pressure on the catch
- Explain the idea of a gunwale/ leg tap drill and how it helps with the raising of the handle into the catch once it's been squared up

Launch

- Once oars, water bottles and safety equipment is ready take the boat down and get ready to launch

On Water Warm-Up

- Starting individually or in pairs do a pause progression warm up with pauses occurring every 3rd stroke
- Pauses at arms away, body away, $\frac{1}{4}$ slide, $\frac{3}{4}$ slide. Start with all 4 pauses then gradually reduce pause at arms away.
 - Not pausing at the release to encourage fluid movement of the hands
 - Pausing at $\frac{3}{4}$ slide to remove the lunge and acceleration into the catch
 - Do this with feet in and on the square
- Follow that with either an Air Strokes drill or an outside hand only drill.
- This warm-up time is a great time to do individual coaching on parts of the stroke that were focused on in previous sessions

Pieces & Drills

- Begin the session rowing at a moderate rate 20-22 working to get the entire boat rowing together on the feather
 - As they row together try and keep the rate low
 - Explain the concept of check in the boat and that the quicker they rush into the catch the more the boat will slow down
 - Have them row with a slight pause at $\frac{1}{2}$ slide to break up the weight transfer into the stern
 - In smaller boats or boats without coxswains the people in the stern can see this effect the stern as it gets lower to the water as people shift to the catch.
- Pause: bobbing at the catch drill to have everyone focus on the movement of raising and lowering the handle(s) at the catch
 - This movement should come from the shoulders not from bend elbows.
- Bring in a gunwale tap/leg tap drill to get the feeling of rising handles into the catch for maximized arch connection
 - The tap will also act as a pause to break up the recovery and reduce the acceleration into the catch
 - If they are on the feather have them square up after the tap to be sure blades are off the water and ready for entry
 - It will take some time to get the feeling of rising into the catch but constant feedback is good for this drill
- From here we are going to find a place out of the traffic pattern to so a backing and loading drill.
 - This is a carryover from the erg drill where we hung off the handles
 - The Backing and Loading drill really emphasizes the feeling of a solid connection to the water at the catch and how to hold the core tight to connect the drive of the legs to the handle.
- Once they have done the backing and loading drill have them row for a while thinking of the handle(s) moving up in the last $\frac{1}{4}$ of the recovery to allow the blade to meet the water at the apex of the recovery.

Level 2 Session 3												Catch										Page 2 of 2							
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2					
Welcome						Launch															Dock								
Warm-Up									On Water Warm-Up															Warm Down			Stretch		
Plan/Erg Review																								Review					
												Practice Pieces/Drills																	

- A natural progression from here is to start doing the back splash drill to really feel the water at the maximum arch.
 - The back splash drill brings all the lessons of the day into one action, the handle rising to the catch, blade entering the water at the apex and the immediate connection at the catch
- Row at a lower rate to better focus on these skills for the remainder of the on water time

Warm Down

- Take time to row at a lower intensity to bring the heart rate down as you head back to the dock

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

- 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

Session Review

Drill Explanations

Backing and Loading (square blades): Getting rowers to get the feeling of a strong catch position

- In pairs or individually take 2-3 strokes backward (get the boat travelling backwards) and on the 2nd/3rd backing stroke hold the blade in the water for a slight pause to allow blade to be dragged towards the bow
- Then take a full stroke watching for blades staying submerged and backs not collapsing as power is applied on the legs
- Athletes who have issues getting their hips through the pin should feel them pull up the slide but when the desired catch position is achieved they need to hold firm and resist the water from pushing them further

Bobbing at the Catch (square blades): Gives rowers and instructors an opportunity to focus on the movement needed to place the blade in at the catch cleanly without compromising the strength of the catch position

- Getting a feel for the handle height difference between buried and clear of the water
- Enforcing the placement at the catch is a movement from the shoulders and not an opening of the back or bending of the arms

Back-Slashing into Rowing (square blades): Using the idea of over exaggerating the blade placement will help rowers learn how their hands need to move in the final ¼ of the recovery and will fight the tendency to sky the blade before the catch.

- Rowing on the square have the rowers try and splash backwards as they come up to the catch
- With closed eyes, eyes forward or watching the blade which sweeping can all be opportunities for the rowers to think about the path of the blade as it comes to the catch.

Gunwale – Leg Tapping: Takes the thought of a linear handle pathway from the release and adds a drop of the handle which will force the rower to lead the handle up towards the catch. Great for reducing skying at the catch.

- rowers raising the hands into the catch after the blade is squared up
- Blade should be on the feather as handles pass over knees; at the body over position, the handle is lowered to the gunwale or legs, after the tap the blade is squared; the rest of the recovery is done with the handle on a consistent trajectory upwards to the catch.
- Scullers will tap their knees and sweep rowers will tap the handle on the gunwale

Club Notes

Page 1 of 2												Drive										Level 2 Session 4											
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2									
Welcome						Launch																Dock											
Warm-Up						On Water Warm-Up																Warm Down						Stretch					
						Plan/Erg Review																						Review					
												Practice Pieces/Drills																					

Welcome

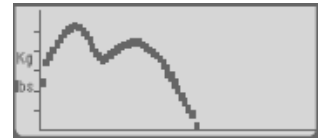
- Welcome participants by name as they come, make small talk and engage them in conversation

Dynamic Warm-Up

- Start dynamic warm-up and allow any stragglers to join as they come

Practice Plan & Technique Review

- This session is focused on the Drive portion of the stroke; we are now getting more critical of body sequencing as the body opens through the drive and trying to maximize the power output.
- During the warm-up on the ergs consider going back and forth doing 5 strokes at low intensity and 5 at high intensity with the rate staying the same. While they do this have the watt graph displaying the power output graph. This will show how quickly max power is reached in the drive and that the power doesn't have any waves.
- The power graph is a great tool to illustrate the importance of the drive sequencing
- Peaks and Valleys in a power graph show that the sequencing isn't smooth and ordering is wrong
- This is also a good time to enforce a straight draw of the handle into the body



Launch

- Once oars, water bottles and safety equipment is ready take the boat down and get ready to launch.

On Water Warm-Up

- Starting individually or in pairs do a stroke progression from body swing, ½ slide and Full slide. Always being conscious of the arm hanging off the handle feeling the shoulders engage and hold the connection.
- Use one of the drills from the last couple sessions to re-enforce the lessons learned
- 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 & Drills

- Get the crew rowing for a while at a moderate pace (10 minutes) this will allow you to observe and coach
- Detecting and correcting body sequencing through the drive
 - Watching the Leg window and Body Window to analyze how quickly they open, windows shouldn't close at any time
 - Legs should engage first with body holding tall with no back curve
- No arms rowing drill in pairs or individually (engaging legs off the catch)
 - Enforce the feeling of the core holding tight and the arms connecting the power of the legs into the handle/water
- Foot pressure drill to feel equal pressure on the foot-stops
 - Driving equally with each foot and being aware of any body lean from side to side will minimize set issues going into the release and recovery
- Using tape on the blade shaft identify issues with blade depth
 - A round of colored electrical tape at 30cm from the blade on the shaft will give you an indicator for depth
 - Maintain blade depth through the drive will help maintain consist acceleration and keep the boat level
- Row with feet out focusing on accelerating the handle into the release
 - Keeping the blade engaged and pulling into the body with power will allow the blade to pop out clean and easy while reducing the chance of the boat falling onto one side once the blade exit the water
- Outside of doing drills if you are giving participants a specific technical change to work on remember they can only focus on 2-3 items for a single practice without being overloaded

Warm Down

- Take time to row at a lower intensity to bring the heart rate down.

Level 2 Session 4						Drive																		Page 2 of 2							
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2							
Welcome						Launch																		Dock							
Warm-Up						On Water Warm-Up																		Warm Down				Stretch			
Plan/Erg Review																								Review							
Practice Pieces/Drills																															

Dock

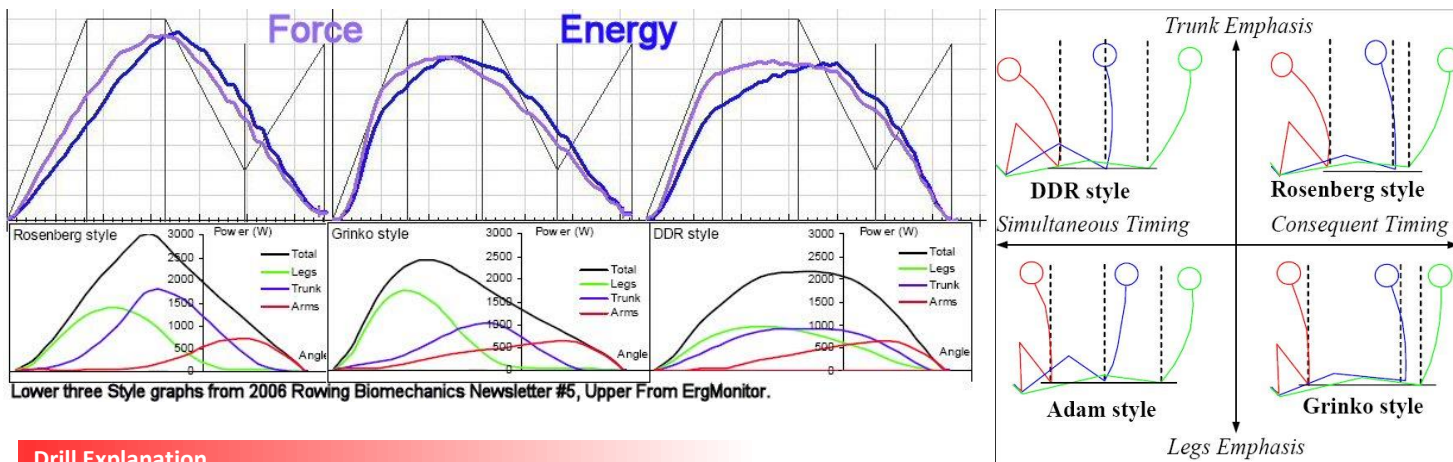
- Coming in slow and enforcing who has control of the boat and that only one person should be giving direction
- Encouraging everyone being quick and efficient on the dock

Stretch

- 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

Session Review

We aren't trying to encourage the use of one specific style of rowing. Rowing Canada has recently released its latest version of the RCA Technique which can be found as a PDF online by searching rowing technique – Rowing Canada. Some diagrams below show different techniques that are currently being coached. One observation is that the Power curves which are similar to those on the Erg have one single peak instead of multiple peaks.



Drill Explanation

No Arm Rowing Drill – keeping the arms straight and focusing on the initial leg drive and body opening of the drive

- This is a great drill to correct the tendency many have of engaging the arms off the catch or rowing the blade in with bent arms
- Low rate and in pairs or individually to allow for heavy boat feel

Foot Pressure Drill – making people aware of how they are driving the legs down can help with boat set and sequencing issues

- As a crew have them row 10 strokes normally, 10 strokes only driving with the Left Leg, 10 strokes only driving with the Right Leg, and then 10 strokes again with both legs.
- Crew should feel the boat lean on the pressure leg side and then stay balanced (better balanced) when using both legs
- Also have them press into the heels instead of the balls of the feet on the drive

½ Blade Depth Drill – when coaching and tape marks aren't working for correcting blade depth try a ½ blade depth drill

- In pairs or individually have them row and ask for them to only use the bottom ½ of the blade in the water
- If that isn't sinking in ask for only a ¼, you can let them watch the blade, constant feedback is important

Club Notes

Page 1 of 2					Boat Agility															Level 2 Session 5														
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2										
Welcome					Launch															Dock														
Warm-Up										On Water Warm-Up															Warm Down					Stretch				
					Plan/Erg Review																									Review				
															Practice Pieces/Drills																			

Welcome

- 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 & 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 & 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 leveraging 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 coxswain 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

Level 2 Session 5												Boat Agility												Page 2 of 2								
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2								
Welcome					Launch																	Dock										
Warm-Up										On Water Warm-Up															Warm Down						Stretch	
					Plan/Erg Review																									Review		
										Practice Pieces/Drills																						

- 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

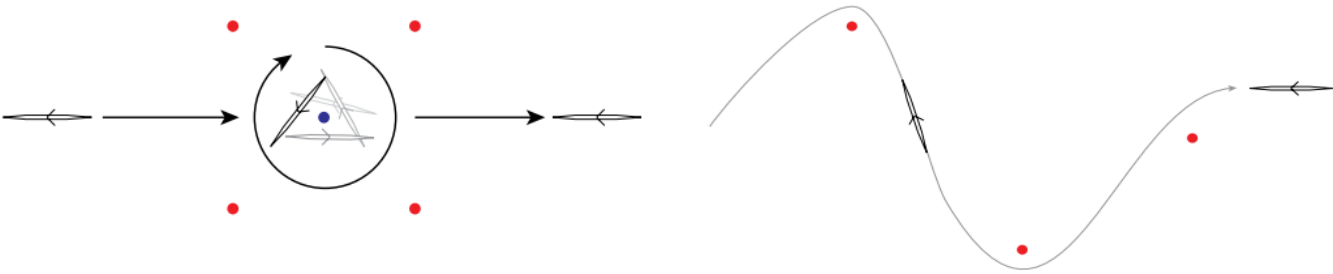
- Coming in slow and enforcing who has control of the boat and that only one person should be giving direction
- If it is safe have the crew back the boat into the dock or landing area, a coach should be on the dock in case of a missed call
- Encouraging everyone to be quick and efficient on the dock

Stretch

- 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

Session Review

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.

Club Notes

Page 1 of 2						Individual Focus Day														Level 2 Session 6																	
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2													
Welcome						Launch																				Dock											
Warm-Up						On Water Warm-Up																				Warm Down						Stretch					
Plan/Erg Review																				Practice Pieces/Drills						Review											

Welcome

- 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 & 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 feel the seat roll back slightly as the weight shifts out of the bow away from the release on the recovery

Pieces & Drills

- Break the session into 6-10 minutes of nonstop rowing if possible to allow lots of time for everyone to work on skills
 - Rest for 2-3 minutes and give feedback 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

Level 2 Session 6						Individual Focus Day																		Page 2 of 2			
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2			
Welcome						Launch																Dock					
Warm-Up						On Water Warm-Up																Warm Down				Stretch	
Plan/Erg Review																						Review					
										Practice Pieces/Drills																	

- 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 waving 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

Club Notes

Page 1 of 1				Boat Agility												Level 3 Session 1							
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30					
Welcome				Launch													Dock						
		Warm-Up			On Water Warm-Up													Warm Down/Stretch					
Session Focus													Practice Pieces/Drills									Debrief	

Welcome

- Welcome participants, introduce instructors and Club Mentors
 - Integrating Club Members into the group as mentors will help bridge the gap and establish connections to allow for a better transition into general membership

Session Focus Briefing

- Discuss the “On water warm-up” this should be a 10-15 minute plan that will get athletes warm and allow for some key technical drills to enforce the ideal stroke. This will also be used at the beginning of each session to establish a routine.
- Today’s focus will be the Skills Course which includes 360 spin rowing, 360 spin backing, 5 stroke and glide, figure 8, backing to a fixed point, square blade rowing, emergency stop. It may be best to do this at the water’s edge with a diagram or white board to maximize understanding.

Dynamic Warm-Up

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

Launch

- Before handling boats, athletes should get out the oars, grab water bottles and ensure any required safety equipment is ready.

On Water Warm-Up

- Start the new “On Water Warm-up” being sure you are using the mentor in the boat to echo the focus of the drill and giving immediate feedback to the athletes.

Pieces & Drills

- Allow crews to run through the skills course the first time with minimal direction except to clarify the skill or tell them to move to the next skill. After the first attempt review the good and bad parts of their first attempt.
- On the second attempt give them constant feedback and coaching, communicating good and bad as they go; review at the end.
- Third attempt is done again with no communication except to move to the next skill. The 3rd attempt you will grade them on their performance with an overall crew de-brief on water.
- Depending on how long the skills course attempts took you may have time to go back and focus on specific skills or allow the crew(s) to row for a period of time before their Warm Down.

Warm Down

- To cool them down bring the pressure and rate down gradually, maybe including some pause at the release drills.

Dock

- If dock space and conditions allow for it try having the crew back into the dock as a continuation of the skills theme.

Stretch

- After everything is put away have everyone stretch following the set stretching guideline

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

Club Notes

Level 3 Session 2				Sending the Boat at a Low Rate													Page 1 of 1		
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30	
Welcome				Launch													Dock		
Warm-Up				On Water Warm-Up													Warm Down/Stretch		
Session Focus																Debrief			
							Practice Pieces/Drills												

Welcome

- Welcome participants try and engage in casual conversation

Session Focus Briefing

- This session is focused on maximizing power through the water and sending the boat at low rates. A big portion of this is technique through the drive and an acceleration of the handle through the drive.

Dynamic Warm-Up

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

Launch

- Before handling boats, athletes should get out the oars, grab water bottles and ensure any required safety equipment is ready.

On Water Warm-Up

- Spend the full 15 minutes doing the warm up and take time to correct any errors in body position at the catch and placement of the blade at the apex of the catch.

Pieces & Drills

- Workout for the day is a 20 minute rate castle with 2 minute changes, rates will alternate between 18spm, and 20spm.
 - Rates can be monitored by the coxswain with a cox box, stroke person with a stroke coach or coach with a rate watch
 - If you don't have the technology or the rate is too hard to maintain, alternate first rate at 50% pressure with the second rate slightly higher at 75% pressure.
- Once the 20 minute piece starts try not to stop so plan your course, and instruction in a way that will limit interruption of the piece to allow for an effective workout.
- On the rests between pieces discuss the importance of things like blade depth and connections, acceleration of the handle and pressure into the footplate from the heels
- As a coach/instructor you are watching for the distance the puddles are travelling, also the size and colour of the puddles.
- Ideally we have large puddles which are dark in colour and don't dissipate quickly as they travel past the stern.

Warm Down

- To cool them down bring the pressure and rate down gradually, maybe including some pause at the release drills.

Dock

- If dock space and conditions allow for it try having the crew back into the dock if not come in normally.

Stretch

- After everything is put away have everyone stretch following the set stretching guideline

Session Review

- Review with the crew about pros and cons of the row
- Give specific feedback how each person was able to maintain the engagement of the water and accelerate the boat.
- Take time to answer any questions and then make notes on the assessment cards while everything is still fresh in your mind.

Club Notes

Page 1 of 1					Rate Pyramids										Level 3 Session 3								
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30					
Welcome			Launch															Dock					
Warm-Up			On Water Warm-Up															Warm Down/Stretch					
Session Focus															Debrief								
							Practice Pieces/Drills																

Welcome

- Welcome participants, introduce instructors and Club Mentors

Session Focus Briefing

- This session is focused on applying power at a variety of rates. While rowing at low rate have the crew focus on efficiency on the recovery by making the release clean, weight transferring quickly out of the bow, and blades staying off the water. As the rate increases so should the boat speed as the perceived effort on the stroke should always be at a consistently high level. As the rate comes back down the crew needs to focus on not letting the power drastically diminish.

Dynamic Warm-Up

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

Launch

- Before handling boats, athletes should get out the oars, grab water bottles and ensure any required safety equipment is ready.

On Water Warm-Up

- Spend the full 15 minutes doing the warm up and take time to detect and correct any errors in catch and release timing and focusing on maintaining boat balance on the recovery as well as proper blade engagement in the water.

Pieces & Drills

- Workout for the day is 4 x 9 minute pyramids with 1 minute changes & 3 minutes rest
- Rates are 2x (16, 18, 20, 22, 24, 22, 20, 18, 16) + 2x (18, 20, 22, 24, 26, 24, 22, 20, 18)
- Alternative: Pressure pyramid (3 minutes at 50%, 2 minutes at 70%, 1 minute @ 90%, 2 minutes at 70%, 3 minutes at 50%)
- Focusing on puddles and time spent on the slide
 - Trying not to rush into the catch at the higher rates, maintaining boat speed when the rates starts to come back down
 - 3 minutes rests should consist of 30 second paddle down, 1.5 minutes rest, 1 minute paddle up.
- Between the pieces try and give small technical suggestions for the crew or rowers to focus on
- Technical issues that will greatly affect this workout are catch and finish timing, slide control, blade depth and balance.

Warm Down

- To cool them down bring the pressure and rate down gradually, maybe including some pause drills to help enforce slide control or pivot out of the bow.

Dock

- If dock space and conditions allow for it try having the crew back into the dock if not come in normally.

Stretch

- After everything is put away have everyone stretch following the set stretching guideline

Session Review

- Review with the crew about pros and cons of the row
- Give specific feedback how each person was able to maintain the engagement of the water and accelerate the boat.
- Take time to answer any questions and then make notes on the assessment cards while everything is still fresh in your mind

Club Notes

Level 3 Session 4					High Rate Ladders												Page 1 of 1				
0	5	10	15	20	25	30	35	40	45	50	55	1	1.05	1.10	1.15	1.20	1.25	1.30			
Welcome				Launch													Dock				
		Warm-Up			On Water Warm-Up													Warm Down/Stretch			
Session Focus																		Debrief			
							Practice Pieces/Drills														

Welcome

- Welcome participants, introduce instructors and Club Mentors

Session Focus Briefing

- This session is focused on increasing rate and boat speed through 4 minute pieces with increasing rates. As the rate gets higher be sure to enforce good technical rowing. The tendency will be to shorten the stroke, not hit the catch at the apex of reach, allow the knees to pop up early and a rushing into the catch.

Dynamic Warm-Up

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

Launch

- Before handling boats, athletes should get out the oars, grab water bottles and ensure any required safety equipment is ready.

On Water Warm-Up

- Spend the full 15 minutes doing the warm up and take time to detect and correct any errors in catch and release timing and focusing on the square up timing so that the blade is squared early and ready for entry

Pieces & Drills

- Workout for the day 6 x 4 minute ladders with 1 minute changes and 4 minutes rest
 - 2 x (20, 22, 24, 26) 2x (22, 24, 26, 28) 2x (24, 26, 28, 30)
- Focusing on body posture at higher rates
 - Enforcing the drive into the heels and drive into the legs
 - 4 minute rests should consist of 1 minute paddle down, 2 minutes rest, 1 minute paddle up.
- Between the pieces try and give small technical suggestions for the crew or rowers to focus on
- Technical issues that will greatly affect this workout are catch and finish timing, slide control, and clean blade extraction

Warm Down

- To cool them down bring the pressure and rate down gradually, casual rowing at a 20-22 SPM will allow any lactic acid to move away from large muscle groups.

Dock

- If dock space and conditions allow for it try having the crew back into the dock if not come in normally.

Stretch

- After everything is put away have everyone stretch following the set stretching guideline

Session Review

- Review with the crew about pros and cons of the row
- Give specific feedback how each person did at the higher rate and get feedback on how the workout was run
- Take time to answer any questions
- It's time to give people the thumbs up for completing this level and encourage them to continue rowing. It may be advisable to have other program coaches/coordinators available to answer questions and encourage membership or joining a set crew of some sort.

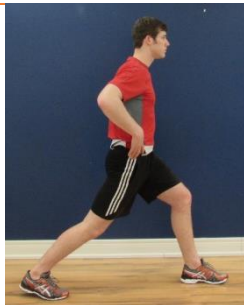
Club Notes

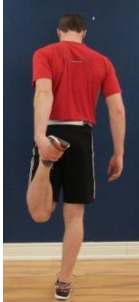
It is best to minimize the time spent between the Dynamic Warm-Up and getting into the work out. The Dynamic Warm-Up should take about 10 – 15 minutes to complete.

Activity	Duration	Description	Page 1 of 2
Aerobic Activity (Jogging or Skipping)	5 minutes	Split the time between moving forwards and backwards. Incorporate legs criss-crosses and sculling arm movement (reaching out and in) into your jog or skip.	
Jumping Jacks	10 reps	Start with legs together and arms by your sides. Jump to spread legs apart, and clap hands overhead.	
Squat Jumps	10 reps	Make them quick and explosive while ensuring full depth, good posture, striving for a good focus on the drive off the ground through the feet.	
Sumo Walk	20 steps	Step up and out from hip as if stepping sideways over a fence, trying to keep the butt low and the hips opening wide.	
Lawn Bowlers	10 reps	Walking forward have the front foot with toes pointed up, back foot flat and a half stride back. Pulling the front foot back while pointing the toe up and shifting weight onto the back leg bend over and swing the arm down on either side of the front leg. Try and sweep lower each time to extend the stretch.	

Activity	Duration	Description	
Walking Lunges	5 reps forwards 5 reps backwards on each leg	Begin with moving right arm and right leg in sync. Continue with left arm and left leg. Complete 10 reps of each leg.	
		Then bring the opposite elbow to the opposite knee. Complete 10 reps for each leg.	
		Next raise arms until they are parallel with the ground. Bend elbows to 90°. With each step, bring elbows together and then out.	
Arm Circles	1 minute	Start with small circles with the arms straight out to the side, slowly let the circles become bigger then let the elbows bend and the thumbs go under the arm pit and continue to make circles with the elbows trying to pinch the shoulder blades together.	
Neck Rotations	20-30 seconds	Rotate neck from left to right, then up and down. Do not rotate too far back. Keep movements controlled.	

It is best to minimize the time spent between the work out and stretching to ensure that the muscles are still warm during the stretch. The stretching portion can be completed during the lesson debrief. It should take between 5 – 10 minutes to complete the stretch. If a stretch cannot be completed comfortably, find an alternate stretch for your participant.

Stretch	Duration	Description	Page 1 of 2	
Hamstrings	30 seconds per leg	Stand with your feet together. Step your right foot back about two feet and bend forward your hip joint, keeping your back and both legs straight. After holding for 30 seconds, switch sides.		
Lats	30 seconds	Stand up tall and put one arm overhead, use the other arm to grasp the elbow or wrist and gently pull down toward the opposite shoulder. If you do not feel enough of a stretch here, you can bend toward the pulling arm to stretch more deeply. Hold the stretch for at least 30 seconds before switching to the other side.		
Hip Flexor	30 seconds per leg	Standing tall, take a large step forward with one leg. Slowly lunge forward by bending forward leg. With chest high, straighten hip of rear leg by pushing hips forward. Hold stretch for 30 seconds. Repeat with opposite side.		
Calf	30 seconds per leg	Take one large step forward. With both feet flat on the ground, transfer your body weight to front foot to feel the stretch in the calf. Hold for 30 seconds.		

Stretch	Duration	Description	
Gluts	30 seconds	Come down as far as possible into a squat while keeping heels on the floor. For a deeper stretch, rest an ankle on the opposite knee and begin to squat. Switch legs.	 
ITB	30 seconds per leg	Stand upright and cross your right leg behind your left. Lean slightly forwards and to your left side until you feel a stretch on the outside of your right leg. Hold for 30 seconds and switch legs.	 
Quads	30 seconds per leg	Grab your left foot with your left hand and pull toward your butt. Do your best to keep your chest upright, and don't worry about how close your foot is to your butt. Keep your focus on getting a good stretch in your quad. Hold for 30 seconds, and then stretch the other leg.	 



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