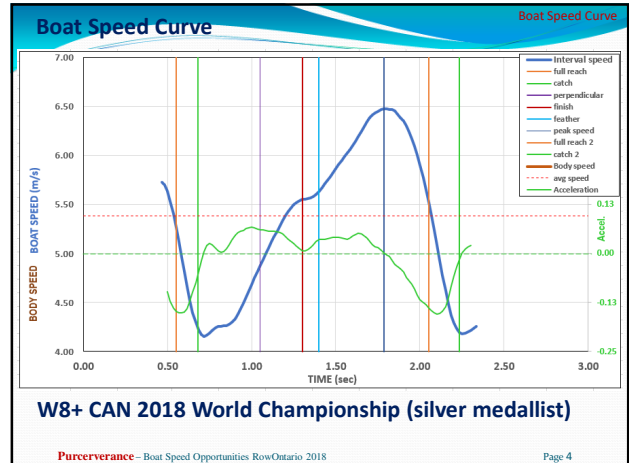


Boat Speed Opportunities

in Rigging and Rowing Technique Efficiencies

(ROWONTARIO 2018)

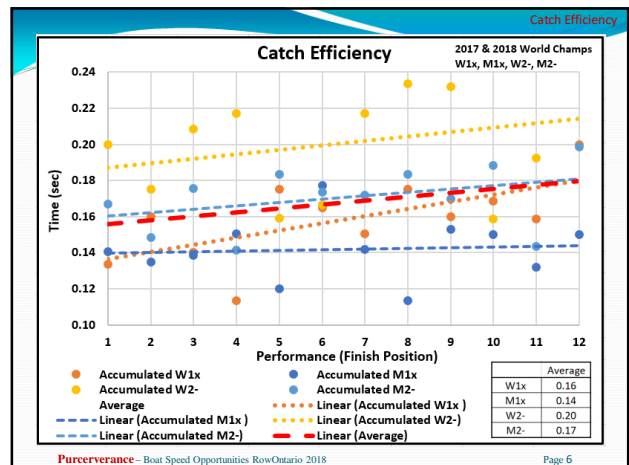
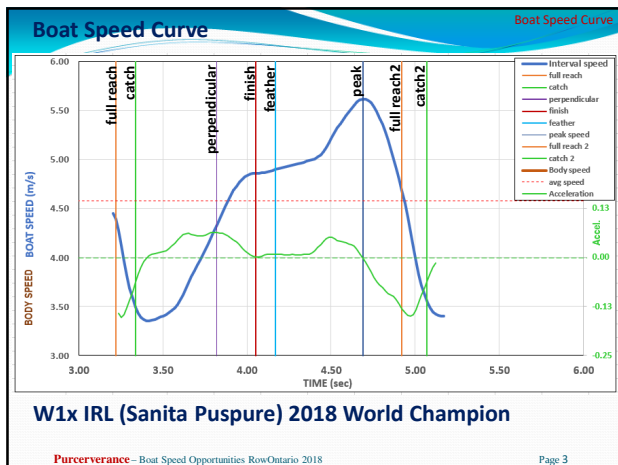
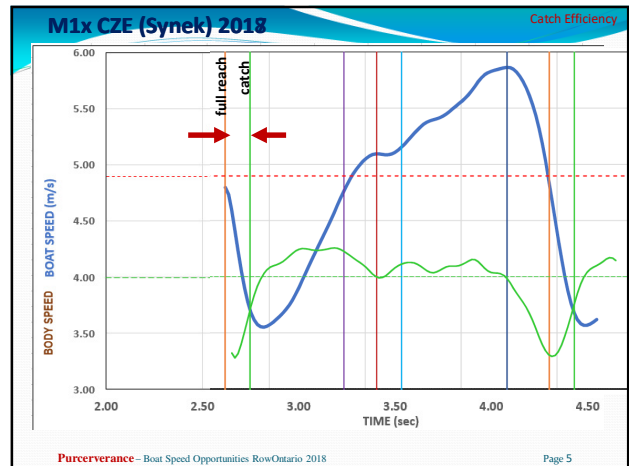


OUTLINE

- 1) Boat Speed Curve
- 2) Opportunities for New Speed
 - a) Catch Efficiency
 - b) Finish
 - c) Recovery
 - d) Approach
- 3) Rigging Analysis – 2017/2018 Update
- 4) Discussion

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Page 2



Catch Efficiency

**Video of movement
Full reach to catch**

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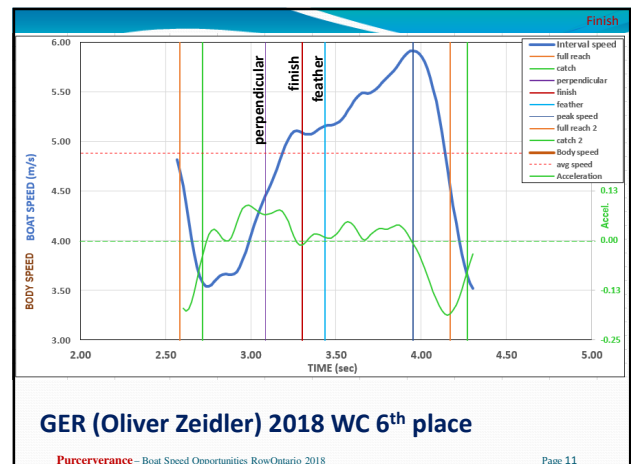
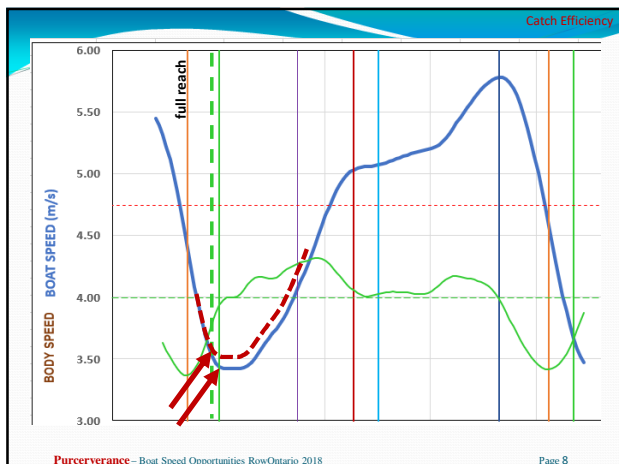
Page 7

M1x GER (Zeidler) 2018

Finish

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Page 10



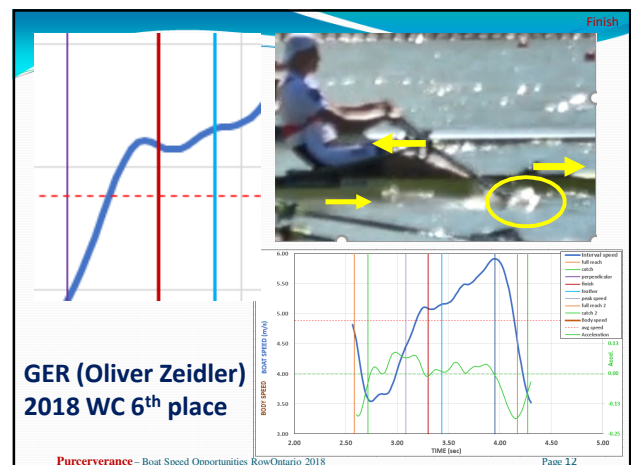
Recovery Pull

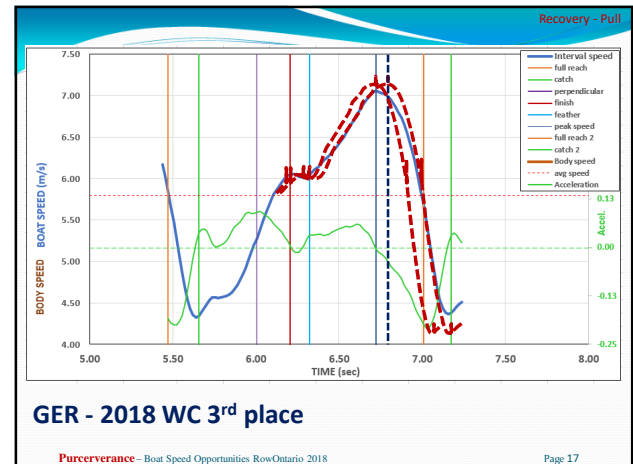
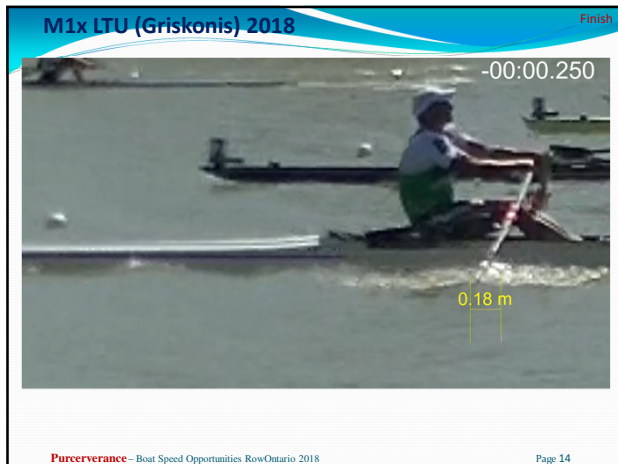
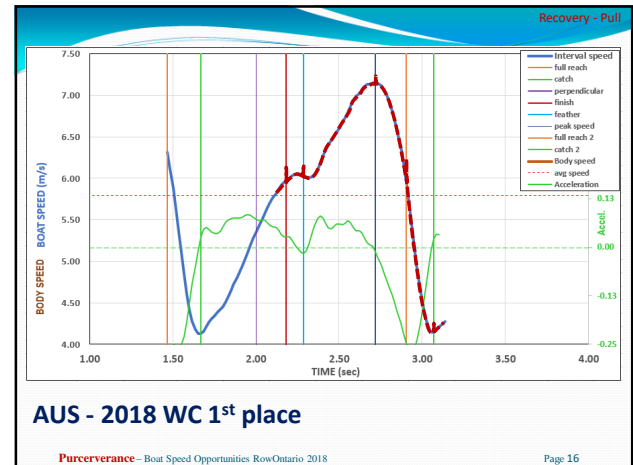
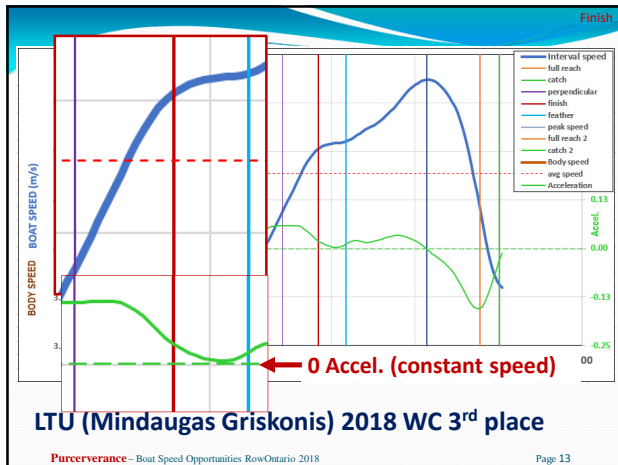
Coaching Catch

- Approach,**
 - Body at catch angle and arms straight as shoulders twist and hands lift as slide approaches frontstops.
 - Blade well above water squares bringing the bottom edge down to water.
- Entry,** Blade touches water at full reach with a quick lift from the hands the blade is buried
- Catch,** Legs engage to connect blade and pressure on oarlock
- Catch Drills?**

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Page 9



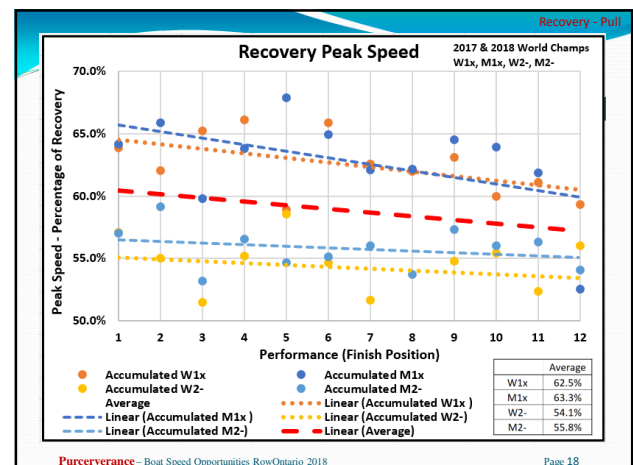


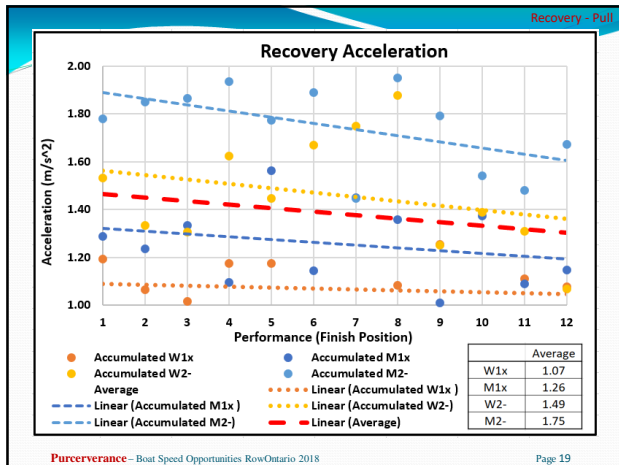
Finish

Coaching Finish

- 1) Legs are down as oar crosses perpendicular to boat. Body perpendicular and arms still straight.
- 2) Body continues to pull as arms engage after oar passes perpendicular.
- 3) Body at finish angle as arms accelerate oarhandle towards finish keeping blade buried as long as possible.
- 4) Finish Drills?
- 5) RIGGING?

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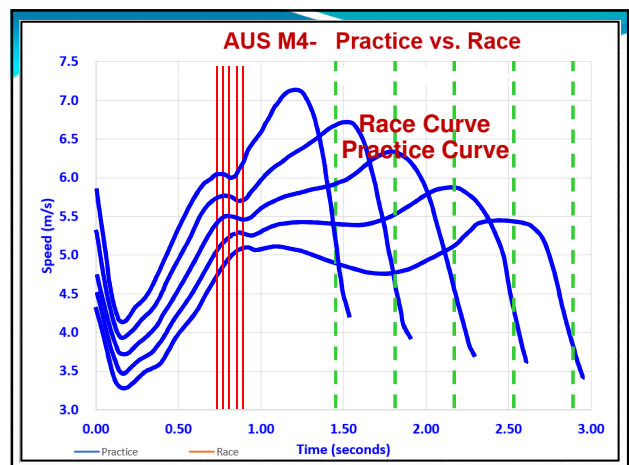
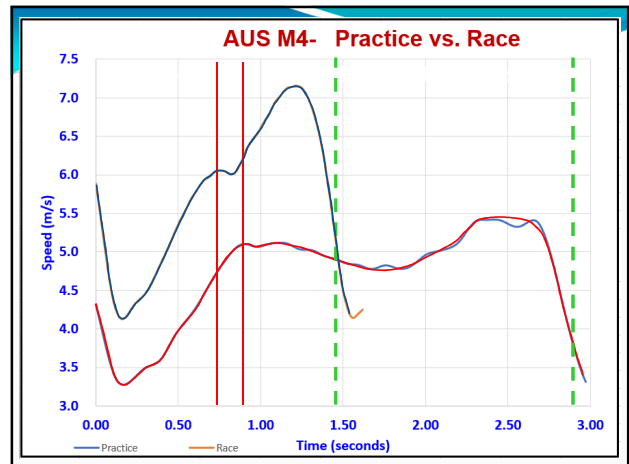
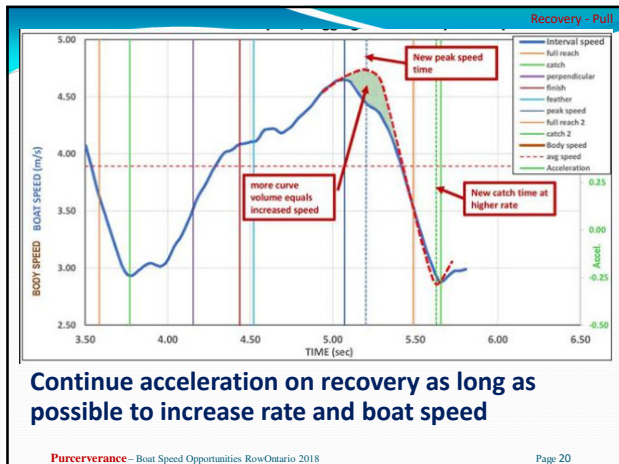


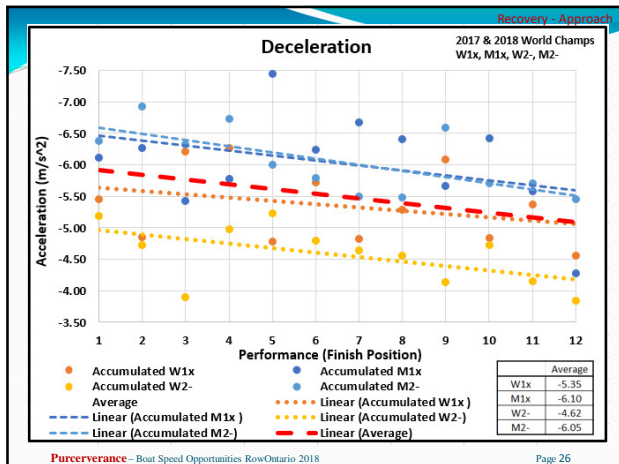
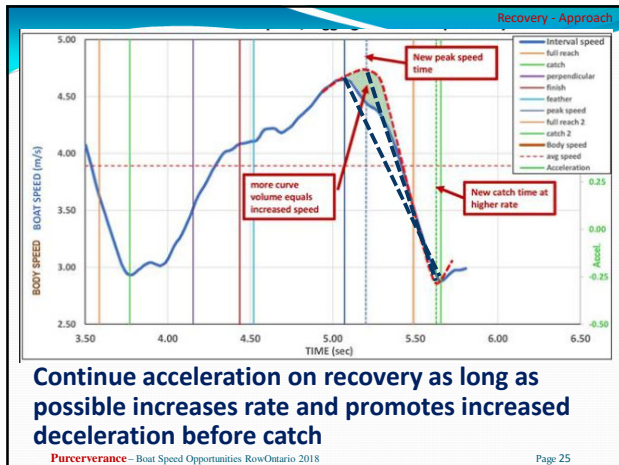
Recovery Pull

Coaching Recovery Pull

- 1) Hands and body start out of the bow (together) anchored by leg pull on footstops.
- 2) Legs start to pull the footstops towards the seat as the hands approach the knees.
- 3) Hands and body continue as legs accelerate footstops towards on the recovery.
- 4) Hands (arms) at full reach, body at catch angle as shoulders twist towards catch and legs slow on approach.
- 5) **Recovery Pull Drills?**

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Deceleration

Coaching Approach (deceleration)

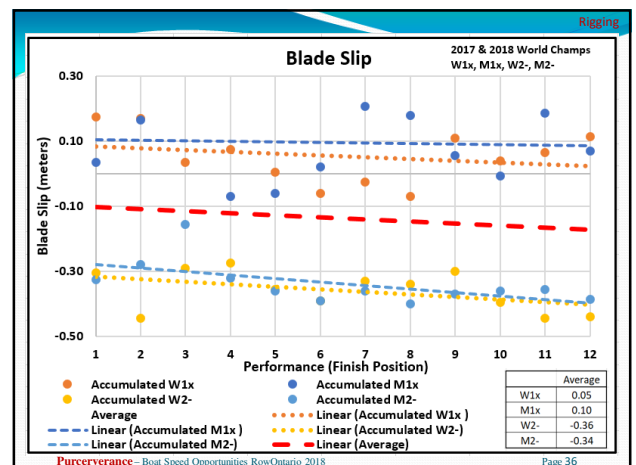
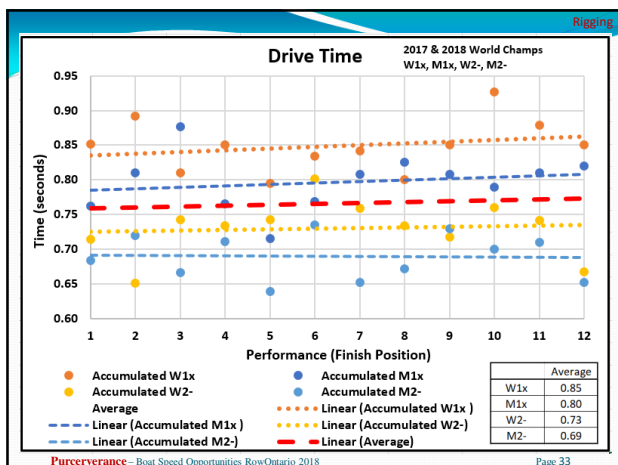
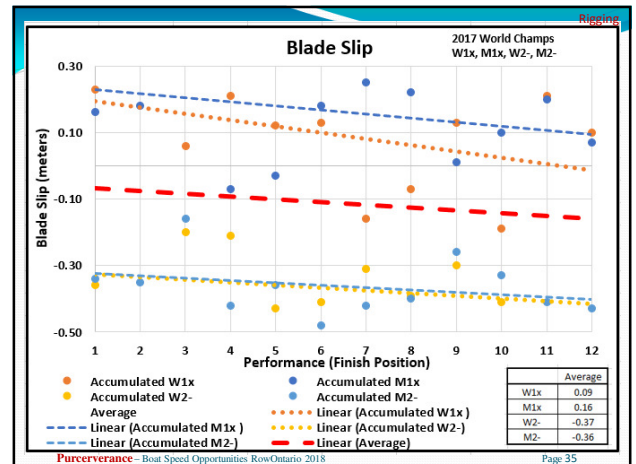
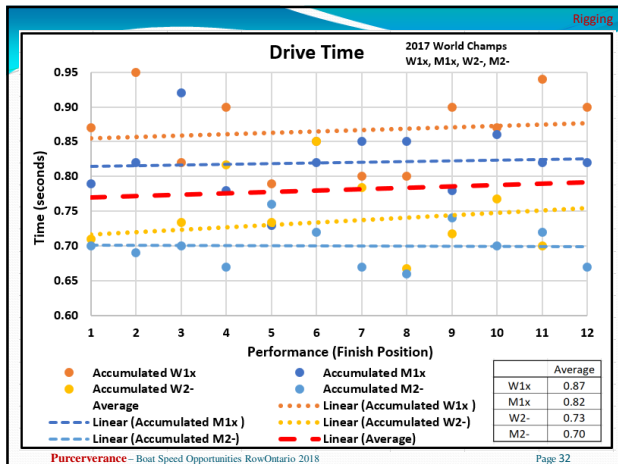
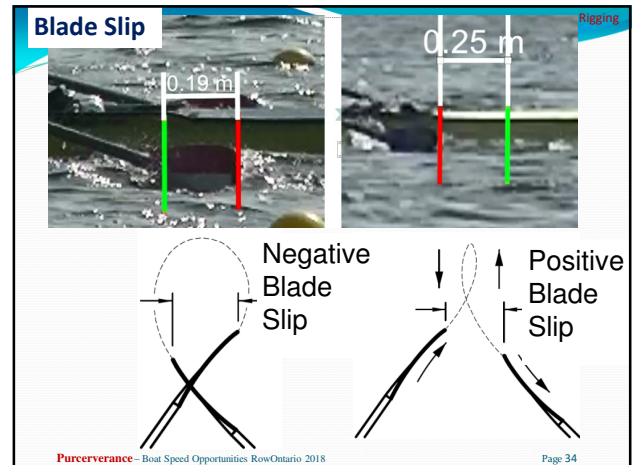
- 1) Body at catch angle and arms straight as shoulders twist and hands lift as slide approaches frontstops.
- 2) Blade well above water squares bringing the bottom edge down to water.
- 3) Entry and connection must be as quick as possible to reduce loss in boat speed.
- 4) **Approach Drills?**

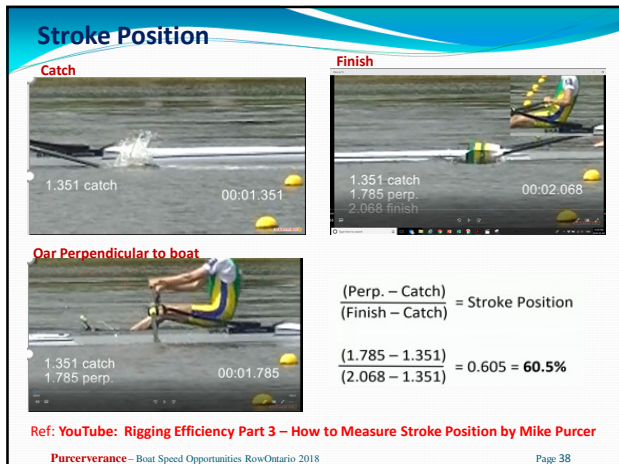
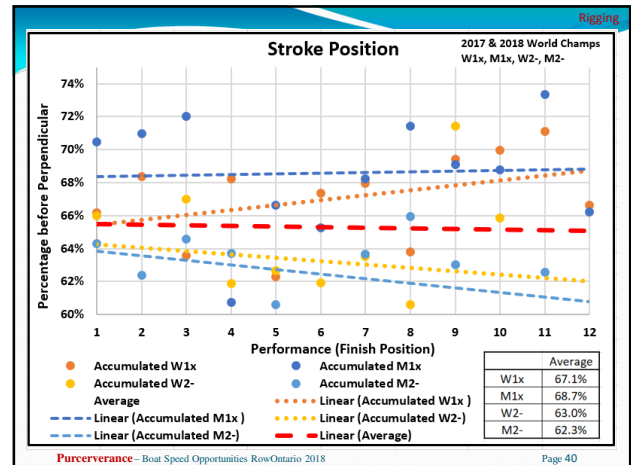
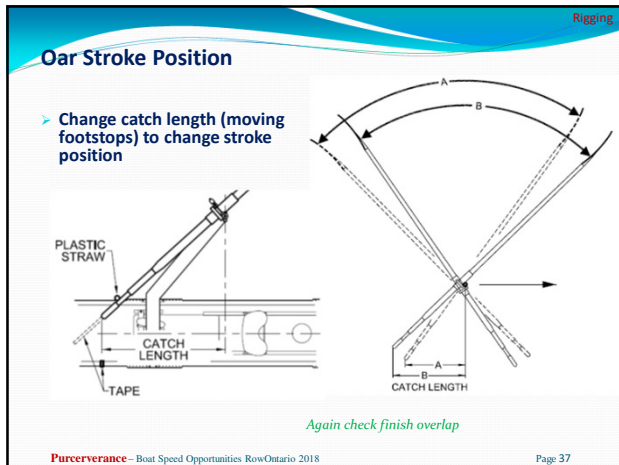
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**RIGGING
UPDATE**

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DISCUSSION

Questions/comments to:
purcerverance@gmail.com
 Facebook group: **ROWING PURCERVERANCE**

Purcerverance – Boat Speed Opportunities RowOntario 2018 Page 41

