

Learn to Row



SESSION TWO – allow 2 hours

Aim: Timing, rowing and more timing!

Where: water based **use blue blade oars**

Numbers: 6 x 2 one after the other or concurrently if boats/cox numbers allow

Notes: When exercises are included, remember to say what they're for ... so for instance, tapping – why do we do this exercise? How will it help me?

Safety:

- Oar management
- Helping each other
- Crab catching
- Emergency stop – (skim and in)
- Letting the oar go

Routine: sea conditions, weather, wind directions, hazards

Session Two covers:

- Communicating in the boat – cox/rowers
- Re- affirm bow & stroke sides
- Understanding the whole stroke (inc backwater)
- Rowing technique - breaking down the stroke (catch, drive, finish and recovery)
- Beginning to rowing as a crew
- Using legs!
- Stowing oars
- Exiting and holding the bow on the slipway

Exercises:

- Tapping
- Backstops
- Core
- Roll-up from back stop
- Pause at the finish