

# Learn to Row



## SESSION THREE – allow 2 hours

**Aim:** Understanding the structure of the stroke – ‘The whys & the wherefores plus development of technique’

**Where:** water based

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

**Plus:** opportunity for trainee cox in seagull

**Notes:** Timing should be starting to come together and this session is also about understanding how the boat moves and why and how a crew can positively or adversely affect that movement.

### Safety:

- Awareness of other water users
- Swimmers / swimline
- Who gives way to whom
- Coming out of the channel
- Moorings

**Routine:** Sea conditions, weather, wind directions, hazards

### Session Three covers:

- Session warm-up
- Perfecting manoeuvrability without using the rudder
- Introducing ratio rowing
- Reaffirm the importance of stroke length
- Using power – bums off seats, using the stretchers (not relying on ropes!)
- Backwatering
- Pairs rowing

### Exercises:

- Snake courses
- Zig Zag
- Spin turn
- Backwater down to a buoy