

Learn to Row



SESSION FOUR – allow 2 hours

Aim: To bridge the gap between Learning to Row and becoming a rower

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: This is essentially a revision session. It will be up to the cox and the crew to collaborate and decide what they would like to concentrate on, although there will be new exercises introduced.

Safety:

- [Recap and test knowledge – plus](#)

Routine: [Sea conditions, weather, wind directions, hazards](#)

Session Four covers:

- Ask the rower – refine, row, review, feedback, row, repeat!
- It's all about confidence – go through the boat – asking questions, answering questions, filling in any gaps

Exercises:

- One arm rowing
- Feathering
- Skimming
- Eyes closed - use all senses!