

Draft Notes v1

AUGUST: Technical Points & Coaching Notes as outlined in JL's HoTY Program

Defining the finish: includes handle into the body, the tap out and fast hands to quarter slide.

Holding the finishes:

- A good finish prepares the rower for a good catch.
- At the finish the boat is moving the fastest.
- *Exercises for holding the finish:*
 - *Tapping - Sitting at finish and tapping the handle down and away repeatedly. Concentrating on handle placement, timing and maintaining body posture.*
 - *Square blade rowing or delayed feather*
 - *Quarter slide work: Quarter slide work with squared or feathered blades is good for coordinating the finish. Starting at 1/4 slide and progressing down the slide to full slide is also a good exercise for this coordination. All 1/4 slide work will improve the stability at finish if done correctly. Quarter slide work is also good for improving feathering skills.*
- Coaching the finishes (sweep boats):
 - Finish together, draw handle to the 2nd rib,
 - Tap out together using the outside arm to tap out
 - To have a strong and stable finish: keep the knees locked, squeeze the glutes together, think about keeping your body weight at the bow end of the seat, and apply pressure to the foot stretcher.

Fast Hands to Quarter slide:

- Hands away, then shoulders, then body rock from the hip, and finally break the knees.
- This sequence is important for setting up the catch properly.
- *Exercises for fast hands to quarter slide:*
 - double hands away
 - double hands/bodies away
 - double hands/bodies/¼ slide away.

Catches:

- A good catch is a smooth transition between recovery and power phase. It is the hardest part of the stroke. A good recovery sequence is needed to get a good catch.
- The catch is the last phase of the recovery. At the catch, the boat is moving the slowest.
- Catch position:
 - Shins vertical and chest to thighs to get good compression and length
 - Maintaining the body rock at the hips and sitting tall
 - Rotate with the shoulders around your rigger (if sweep rowing) keeping the mid and lower back parallel with the slides.
- Correct catch position is necessary to facilitate blade entry. To place the blade, use arms and hands independent of shoulders. **The catch is a small deliberate movement and the rower should stay relaxed while placing the blade.**
- Aim for blade entry at maximum leg compression. Don't initiate drive until you feel locked on.

- When you are locked on at catch: the blade holds its position in the water and you are trying to row the boat past the blade.
- *Exercises for good catches: ???*
- How to prepare for the catch:
 - Similar finish angles for the whole crew
 - Focus on correct recovery sequence - including quick hands to ¼ slide
 - Early squares = blade should be square before hands come over the foot stretcher, so initiate the square once the hands are over the knees.

Leg Drive:

- The seat can move faster or slower than the boat, however the goal is to have the seat moving with the boat and to have the whole boat driving together.
- More on the legs:
 - The legs must initiate the drive. In a crew boat this initiation must be in unison.
 - The legs drive the seat backwards and the back muscles hold against the legs connecting the handle/oar with the feet/foot stretcher
 - The legs and the back should maintain catch pressure. Maintaining the same pressure translates to greatest boat speed.
 - The leg drive should be such that you can still maintain body position with your back/core and avoid shooting the slide. That's why core strength is so important.
 - Trying to increase the pressure during the leg drive is ineffective and usually means that the rowers are pulling with their arms.
- The blades should be parallel to the water during the drive. They should not pop out or dig in during the drive.
- The rest of the body: body movement is minimal just after the catch, increases once the legs are on and the boat accelerates. Arms finish the drive once you are done with the legs and the torso.
- *Exercises for a strong leg drive:*
 - ½ slide: this improves quickness of the legs at the catch.
 - ½ crew rowing.
 - Legs only: concentrate on timing the legs with the movement of the boat. Also a good exercise for not shooting the slide.
 - Power bands