

## Draft Notes v1

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

#### The Technical Focus until camp is:

1. Holding the finishes
2. Fast hands to quarter slide
  - a. Together with holding the finishes this forms the basis of an effective finish
3. Catches
4. Leg Drive

#### Coaching notes for Coxes:

- In the boat you can rely on your senses to assess how your crew is rowing and whether or not they are mastering the technical elements of the stroke.
- Have a look at the coaches' notes and the rowers notes, to help you formulate your coaching calls.
- Each aspect of technique has been describes as follows:
  - What does it LOOK like?
  - What does it FEEL like?
  - What does it SOUND like?

#### Holding the finishes:

- A good finish prepares the rower for a good catch and at the finish the boat is moving the fastest.
- LOOK:
  - In a stern coxed boat: if rowers are holding the finishes, then the blades are fully in the water.
  - If a rower is washing out, a lot of bubbles and white water can be seen.
  - The finish angle, determined by looking at the shaft, should be the same for all rowers. If rowers are tapping out too early, their finish angle will be different from the rest of the crew.
  - Good posture – the rowers that you can see are sitting tall in the boat, even on the feet and the seat.
- FEEL:
  - You can feel the “speed/run” of the boat, since at this point the boat is moving the fastest.
  - There is a feeling of acceleration in the boat.
- SOUND:
  - The boat should be quiet until the tap down which should be a single sound in the boat (a clunk).

#### Fast Hands to Quarter slide:

- Proper sequence: Hands away, then shoulders, then body rock from the hip, and finally break the knees.
- LOOK:
  - The hands are moving away together and should see the blades pivoting quickly.

- The blade heights should be level (no dipping or skying) on bow and stroke side. This reflects level handle heights.
- SOUND:
  - The boat should be quiet. It's noisy if then the blades are slapping or dragging along the water or getting caught in rough water.
- FEEL:
  - The boat should be level and stable. The rowers should be working from a solid platform.
  - If the boat goes "wobbly/touchy", the rowers are no longer maintaining their weight on their feet and their seat.

#### 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.
- LOOK:
  - A good catch should look clean and quick.
  - The shoulder should rotate around the rigger. But shoulder heights should be even. Don't want to drop the inside/outside shoulders or bend the torso.
  - If the arm are over-exaggerated at the placement
- SOUND:
  - A single, splash is indicative of good timing. The movement required to place the blade is precise and small so the catch should be fairly quiet.
  - What else???
- FEEL:
  - The boat should remain level.
  - There should be a smooth and relaxed transition to the front. The cox should not feel any lurching in the boat.

#### 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.
- LOOK:
  - The handle should be level through the drive.
  - The blades stay buried evenly through the drive – the oar don't wash out or dig deep.
  - The boat is running evenly and straight – it's not being dragged around.
- SOUND:
  - There is a single "woosh of the wheels" of everyone driving their legs down.
  - If there are timing issues in the application of power, then the sound loses its distinctiveness.
- FEEL:
  - Feel that the oars are locked to the water and the boat feels stable.
  - There is a surge, changing from deceleration at the catch to acceleration as the drive phase progresses.
  - You should not be slamming into the back of the coxes seat with each catch – this transition should feel smooth. Tell rowers to "accelerate, not stomp or kick the foot stretcher."

