

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

Self-Coaching notes for Rowers:

- As a rower, your perspective in the boat is quite different from your coach and from your cox.
- Rowers and coxes can feel the boat and can hear the boat – whereas coaches rely mainly on their sight especially if they are on the bank on bike.
- Therefore as a rower, you can rely on your senses to assess how well you are rowing and how efficiently the boat the running.
- Being mindful about how technical aspects of a stroke should feel/look/sound like, will help you in self-coaching.
 - Pay particular attention to how different parts of the stroke activate different muscle groups when done correctly.
- 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:
 - As a rowers can see the handle from your peripheral vision and there is a sense of drawing the handle up to the rib.
 - Looking at the person in front and stroke/7 to match their timing with the aim of tapping out together.
- FEEL:
 - The boat is level and even because all rowers are finishing together.
 - The abs, quads and glutes feel locked on. Sitting tall through the core so that there is room to tap out. Body weight is distributed evenly over the feet/foot stretcher and seat.
- SOUND:
 - Listen for the sound of the tap out and feather. Hear a single “clunk”.

Fast Hands to Quarter slide:

- Proper sequence: Hands away, then shoulders, then body rock from the hip, and finally break the knees. The break in the knees is slight such that the seat only moves an inch.
- LOOK:

- Anticipating the timing of the person in front as well as stroke/7 with the aim of matching their body sequence.
- **SOUND:**
 - The blades should be off the water and this should allow you to hear the bubbles under the boat, if the boat is travelling well.
- **FEEL:**
 - The arms and shoulders stay relaxed though the sequence while the core remains engaged. Arms away first and then the outside shoulder follows and therefore should feel an extension in that should (for sweep).
 - With body rock from the hips should feel a stretch in the hamstrings while maintaining contact and body weight on the footstretcher.
 - Maintain weight on the handle with body hands to keep the blade off the water.

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:**
 - All blades (including yours) should already be square. (Need to be square when the hands come over the feet.)
 - If bow side, you are looking over the left shoulder of the person in front and if stroke side it's the right shoulder.
 - The handle to should pass over the gunnels as you row around the rigger.
 - As you are placing you are watching the handle with your peripheral vision, it should be rising forward and up.
- **SOUND:**
 - You should hear a single splash as the crew takes the catch in unison.
- **FEEL:**
 - Your body weight shifts to the front of the seat.
 - As you row around the rigger, you rotate with shoulders but stay even on the seat and through your lower/middle back.
 - You are maintaining the arms/shoulders/body set position from the recovery sequence – no going for extra reach.
 - With regards to leg compression the shins should be vertical.
 - As you roll forward you should feel relaxed and you will take the catch as a small movement with the arms and hands. To help maintain that relaxed feeling crew timing needs to be spot on so that everyone gets to the front together.

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 stays the same distance from your eyes. Since the drive sequence is legs, bodies, arms. If the handle is coming closer, the arms are being engaged too early.
- **SOUND:**
 - Can hear the acceleration of the wheels as one sound.
- **FEEL:**

- Should feel the pressure of the handle in your outside hand.
- The shoulders are relaxed but can feel a stretch in the lats.
- There is even pressure with both the inside and outside leg during the drive.
- Your core is strong and connected linking your feet to the handle and the oar.
- You are driving back with the hips to maintain the body rock. "Your body should not feel like a rubber band."