

SRC SQUAD TRAINING

Theme Sheet - finishes in the boat

In the Boat

Recovery first

The key to Core Rowing is for the body to be stable in the correct position at the catch. Whilst it may seem odd to start from the finish of the stroke the finish and recovery set you up for the next stroke. The blade(s) are extracted square from the water. This is achieved through downward pressure on the outside hand (rowing) both hands (sculling) keeping the wrists as flat as possible. For sweep oars (rowing) the inside hand/wrist does the turning and the blade turns within the outside hand. Scullers should release the blade handles and allow them to turn within the hand. This is even true for coastal scullers in rough water. It is possible to compensate slightly for rough water by turning the thumbs under the handle rather than keeping them on the end. It is also normal to breathe out during the latter part of the stroke and during the finish. As the hands come down and away tilt the pelvis to bring the body upright and start to rotate the body forward into the "hands, body" position. This is where "core rowing starts engaging core muscles. As you rock over keep the back neutral in a strong comfortable posture. Engage your core muscles in the same way as you do in core strength exercises, you have already breathed out. You are now in a strong stable position and ready to slide.

Water exercises

- Rowing in pairs
This is probably the most commonly practised exercise at Southsea RC but how many realise its true value of marking the position of the hands during and at the end of the stroke with the boat sat level by the non-rowing crew member? Emphasis should be on position of hands, tapping down with the outside hand then feathering with the inside hand once the spoon is clear of the water. Do not try to work hard during this exercise!
- Tapping down and away exercise
With the boat stationary, repeatedly tap the hands down and away in time with the crew, pushing down with a flat outside wrist and turning the blade with the inside hand.

- Square blade rowing

This is often difficult in coastal conditions. However, it is valuable as a means of developing tap down and feathering skills. For novice crews or if the water is choppy, try this exercise as an extension of rowing in pairs. Once mastered it is useful to introduce alternate square blade and feathered rowing to emphasise the tap down when feathering. Square blade rowing has a tendency to make you shorten the finish to avoid being caught in the water. It is important to develop the confidence to think "full length" at the finish whilst rowing square blades.