

SRC SQUAD TRAINING

Theme sheet - Sliding in the boat

This theme sheet follows on from "Finishes in the boat and Finishes on the ergo."

When sliding think of the following:

- check that the weight has transferred onto the feet and that the core is engaged;
- slide steady and smooth;
- keep the body angle steady and reaching forward as you slide;
- start to square the blade as the blade(s) pass the knees;
- keep the hands level, and stable do not drop them as you square;
- compress until the shins are vertical - no further - do not over compress;
- once you are at front stops with your shins vertical do not reach for more length;
- scullers bring the hands level after they uncross before the catch, do not allow them to exaggerate the "one above the other" as you approach the catch.

Water Exercises

- Backstop rowing (could also be used to emphasise the finish and tap down [release])
With the legs flat, paddle with and without "reach forward" without bending legs. Check the position of the hands at the finish (well into chest) and the sequence: tap down, hands away, reach forward. Do not rush and finish each stroke out. Do not draw the handle down before the end of the stroke.
- Quarter, half, three quarter slide
Extend backstop rowing by rowing 20 or so strokes at each of the above sliding approximately six inches more each set. Work on ensuring stability at the finish, breath out and engage your core at the finish of each stroke and as you start to reach forward. If this is followed by 20 strokes at full slide it will emphasise the timing of the release.
- Pause at "hands away"
This exercise can start as single strokes from the "hands away" position. Once stability has been established the coxswain may gradually decrease the time of the pause between each stroke. It is important to check that you have breathed out and the core is engaged at each pause.