

# Learn-to-Row LESSONS

Organized over 4 weeks/sessions of lessons and practice.

## Lesson 1

### Introduction:

- Check new rowers' registration, ability to swim and for any conditions affecting safety.
- Show Club facilities; Supply booklet on rowing for sport; Explain Tweed River rowing course.

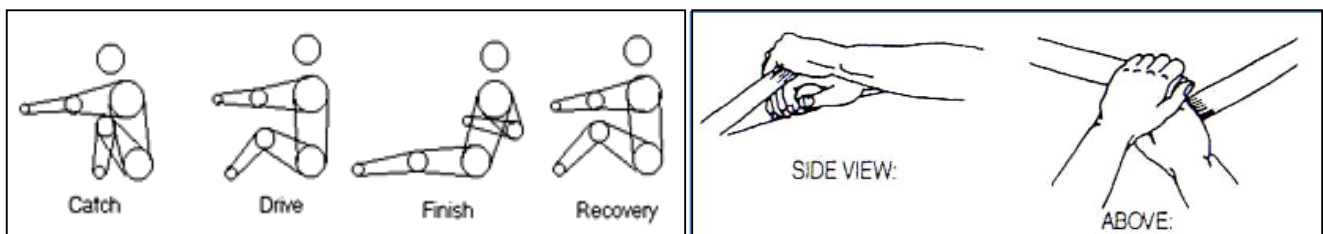
### Show & Explain the following:

- Introduction to boats
  - types of boats eg eights/quads/doubles/singles
  - parts of boats eg gates, slides
  - club boats eg club boats /private boats
- Introduction to oars
  - sweep/skull
  - how to select skull oars (matching set) by palm size.
  - carry & place at water's edge.  
*Preferably start with a quad and at least ONE experienced rower.*
- How to carry boats
  - removing from rack, where to hold, carry upside-down, use stretchers
- How boats enter water
  - bow ball must point towards Mur'bah Bridge
  - roll boat and place in water, seat positions & roles

*Remember: we row on opposite side to the way we drive.*

### Demonstrate & practice the following:

- How to get into boats
  - one hand holds **both** oar handles, - **NEVER LET GO OF HANDLES**
  - foot on **marked** area in boat, - get in on command
- Steadying the boat
  - demonstration of **CORRECT GRIP**
- Resting positions
  - practise feathering, - holding square, - feeling for 'clunk' of collar in gate.
  - 'Easy Oar', blades flat on water - **NEVER LET GO OF HANDLES** (reiterate)
  - importance of having hands level with each other (or touching)
  - show **LEFT hand over RIGHT** movement
- Adjusting & storing
  - foot stretchers, stow water bottles,
- Rowing sequence
  - move in sequence: - LEGS - TUMMY - ARMS -→- ARMS - TUMMY - LEGS
- Handling the oars
  - row a few strokes at 'back-chocks' (ie. NOT using legs – only tummy/arms)
  - alternate 1 or 2 rowers, while others steady boat (they are at Easy Oar)
  - row clockwise circles with one oar only. Then try anti-clockwise circles.
- Slide technique
  - Catch - Drive - Finish - Recover
  - keeping in time
- Finishing
  - exiting boats, - lift and carry, - cleaning equipment, - replacing equipment



## Lesson 2

- Rowers get own oars and boat down to water. Check correct carry and handling.
- **On the water:**
- **Revision of pointers from Lesson 1 and particular practice of :**
- Correct **GRIP**,
- Rowing sequence LEGS – TUMMY - ARMS ->- ARMS – TUMMY - LEGS
- Keeping **IN TIME**. - follow the *seat* of the person in front. Row up and down beach.
- Demo/practice some **REVERSE** rowing. (in case crew gets stuck in reeds)
- Practicing blade, body & grip technique with timing. If timing is off: - try bow pair OR stroke pair only, - or try hesitation rowing. (Row in the general club area - not beyond the overhead wires)
- Check no rower is doing a 'harbour bridge' – handles should be pulled back in a flat line.

## Lesson 3

- **As per lesson 2** and
- Further practise of technique and timing: - hesitation rowing, - one soft, one hard, - calling "IN" at the catch. (Move time-challenged rowers' positions toward the bow)
- Practise '**SLOW the slide**': - rowers move up the slide slowly (towards the rear of boat), then push hard and fast on the power stroke, then slow up the slide again.
- Practice **TAP and TURN**: - at end of stroke, with hands close to chest, TAP the handles down, then TURN the handles to feather the blade.
- If ready, have rowers try 500 or 1000 meters without stopping. Concentrate on one technique per run ...with a mental break in between.

## Lesson 4

- **As per previous lessons** (depending on individual progress) and **also:**
- Move towards using Doubles and or Singles. (these boats are far more twitchy... and do capsize!)
- Explain, if anyone capsizes, stay with the boat (they all float) and swim it to shore.
- Start rowers in a Single with a rope held by the instructor on the beach. The aim is to first become comfortable with maintaining the stability of the boat. Allow plenty of time. Check the effects of (vertical) hand movements on boat. Then tap around left, tap around right. Then progress to half strokes, then full strokes.
- With team boats practice sets of strength strokes: - 3 leg pushes, 3 normal, 3 leg pushes. Move up to sets of 10 leg pushes, 10 normal. (Have one rower call out the count.)
- If ready, have 2 boats start rowing on command to a pre determined point. Concentrate on a particular skill or maintaining a technique correctly.

Our Learn to Row motto: *"Learn a little, laugh a lot."*