



Walbrook Teddington

ROWING CLUB JUNIORS

Learn To Row 2018

By the end of each course participants should have:-

- mastered the coordination of the slide
- mastered the main part of the stroke (hands body slide) and be able to row/scull in pairs/ alone whilst someone else sits the boat
- be able to scull/row square blade and feathered whilst someone sits the boat
- get in and out of the boat unaided
- be able to adjust unaided
- know how to set up an ergo
- know how to handle boats correctly

Session	Aims – by the end of this session participants should be able to:-	How this is achieved
1	<ul style="list-style-type: none"> • Register on paysubsonline and have completed the health and safety/swimming declaration • Introduction to the boathouse and types of boats • Introduction to boat handling – lifting, adjusting and naming parts • Use the ergo and have mastered the coordination hands and slide • Put a boat on the water • Get into a boat with help • Know how to hold the handles • Be introduced to take a stroke, backdown, the safe position on the landing stage • Get out of the boat and lift it out of the water • Know how to look after a boat after an outing – washing down outside, slides etc. • Re racking 	<ul style="list-style-type: none"> • Ergo work – • Start by just using the legs – no holding handle arms out stretched. Ask permission to place hand on base of back to give the idea of holding the core and the back straight and pushing with the legs. holding the handle, legs only rowing – no arms • Hold the handle and introduce legs only - don't be tempted to add in arms yet – this is for next week!!! • Slide gradually introduced to get participants coordinating slide ie legs only work – no body or arms at this stage. • Explanation of the boathouse plus Health and Safety in the boathouse. Boats to use • Get a boat out and name the parts, adjustment. H and S and heel restraints • Checking a boat before putting on the water

		<ul style="list-style-type: none"> • Put the boat on the water and getting in • Sitting on the landing stage and taking a stroke – legs only square blade • Possibly use of Virus boat in the creek to learn skills/tub pair • Explanations of washing down boats etc – hull and slides
2	<ul style="list-style-type: none"> • Put a boat on and off the water • Get in and out of a boat • Be able to take a stroke square blade and back down with explanations • Learn some new terminology 	<p>10 mins on ergo</p> <ul style="list-style-type: none"> • Recap on legs only and then introduce body and then arms. ie legs flat then open body up. Stress that the stroke sequence is legs ...body...arms followed by arms ...body...legs and that the blades are put in using the hands not by a big lift of the shoulders. Keep the shoulders still and quiet. • Recap on how to get boat out and help adjust • Help get in • Square blade rowing (don't be tempted to introduce feathering!) in pairs or individually, initially fixed seat, legs only (no arms) so that the idea of the stroke as being legs body arms....arms body legs is stressed. This will also teach that lifting hands over knees is not correct. Possible introduction of arms and body
3	<ul style="list-style-type: none"> • Be able to take a stroke square blade and back down with explanations • Learn some new terminology • Be able to row square blade paddling 	<ul style="list-style-type: none"> • Ergo 10 mins to teach exercises to be introduced – stress legs body arms and that hands must be past the knees before they bend. • Square blade paddling – no feathering yet • Explanations on backing down and turning • Exercises - slap catches, poises to back stops and hands away, legs only rowing – all this needs explaining before go on water
4	<ul style="list-style-type: none"> • Be able to take a stroke square blade and back down without explanations • If square blade going well introduce feather • Poises – 3 sorts 	<ul style="list-style-type: none"> • Ergo – 10 mins teach new exercises • Introduce feather on bank and stress no wrists – make pastry! • Revisit all from last week • Introduce feather • Exercises as last week

	<ul style="list-style-type: none"> • Slap catches 	
5	<ul style="list-style-type: none"> • As last week • Improve feathering technique to make sure that this is done before participant reaches front stops – square very early 	<ul style="list-style-type: none"> • Ergo 10 mins – check stroke sequence – no lifting arms over knees • Go over exercises • Go over feather on bank •
6	<ul style="list-style-type: none"> • Repeat all sequencing from last week • Still half the participants sitting the boat with the others working • Repeat square blade work and then introduce feather again • Introduce pushing with the legs • Be aware of what options there are to follow this course 	<ul style="list-style-type: none"> • Ergo to reinforce previous work and check sequencing • Boat work – feathering and squaring – go through each exercise and explain why we are doing it – ie what it is hoping t achieve • At the end of the session talk about progression
7	<ul style="list-style-type: none"> • Feathering and squaring • Keeping blades off the water 	<ul style="list-style-type: none"> • Ergo to reinforce previous work and check sequencing • Boat work – feathering and squaring – go through each exercise and explain why we are doing it – ie what it is hoping to achieve
8	<ul style="list-style-type: none"> • Whole crew rowing together and whole crew carrying out exercises • To decide what the next steps are 	<ul style="list-style-type: none"> • Progression from this course