



MOSSBOURNE ROWING ACADEMY

Mossbourne Rowing Mission Statement

The mission of Mossbourne Boat Club is to develop personal character, an ethic of cooperation, and physical fitness within the ultimate team sport of rowing. Mossbourne Boat Club is open to all school students from year 8-13 with no previous experience of rowing required. Success in rowing demands personal responsibility and goal setting. Mossbourne rowers literally learn the necessity of teammates pulling together to transcend their individual strengths and weaknesses.

Year 10 (Learn to Train)

Year 10 rowers are expected to be able to achieve the following by the end of the year.

Boat Management

- Be able to adjust their own blades under supervision
- Set a footplate in any boat they go in and know if it is the correct position for them
- Able to adjust their own span under supervision
- Able to adjust their height under supervision
- Understand how to clean a boat after a session
- Able to check and fix the equipment that is checked by marshalls

Water Skills

- Perform a roll up
- Row confidently in a single/double
- Row sweep both sides

- Turn a boat in less than 45 seconds
- Stand up and turn 360 degrees in the boat
- Perform Rigger dips
- Be able switch positions/boats on river
- Be able to carry out parts of a session without direct supervision
- Pause at any point of the stroke with the blades off the water.

Race Management

- Prepare a race plan and adjust it after a race if needed
- Understand pacing and analyse 500m splits of a race

Land Training

- Progress your ergo training throughout the year
- Learn basic weightlifting technique and safety (Squat, Deadlift, Bench Press, Dumbbells etc)
- Show an understanding of different training zones (UT2, UT1, AT, AP etc)
- An understanding of pacing on the ergo, and how to use rate to increase speed
- Should be able to complete circuit training to a high standard
- Introduction to more complex/resisted core sessions, tissue conditioning, stretching and injury management.
- Enjoy pushing yourself hard, staying fit, healthy and exploring what your body is capable of doing.
- Learning how to recover and eat correctly to make the most of training.
- Learning to manage rowing around other commitments especially studying.

Target Squad size 15-20 Boys, 15-20 Girls

Year 10

- Coaches need to develop the athletes to retain numbers where possible, however attendance needs to be more heavily emphasized and correlated to results. Coaches should attempt to help manage other commitments.
- Fair and clear selection methods for races, bearing in mind relative levels of improvement and if squad numbers are high then sometimes not everyone is able to race at every event. Efforts will be made insure that it is not the same athletes that are not selected each time.
- Coaches should attempt to develop the squad mentality at training, and ideally also outside training.
- The athletes should understand that the fastest people now might not be the fastest in the future and they should be encouraged to mix across ability groups.
- Training should become more rowing specific and relevant with clear attempts at progression through the year.
- The main objective is to create competent and committed athletes that will respond well to the Senior training and environment.
- Athletes need to feel that they are in the best possible program. This is achieved by clear session plans week on week and explanations of the objectives.

The Year in Summary

Year 10

- First half term to teach sweep depending on direction from Senior Coaches and weights technique while consolidating conditioning.

- Second half term to learn to use rate on the ergo to increase speed and how to recover correctly both in and between sessions.
- Third half term to learn how to use weights to train and increase training load and intensity.
- Fourth half term to learn how to pace long pieces by developing a strong rhythm and connection to the boat.
- Fifth half term to learn about race tactics for side by side racing and developing explosiveness in the boat.


Main Technical Emphasis

Year 10

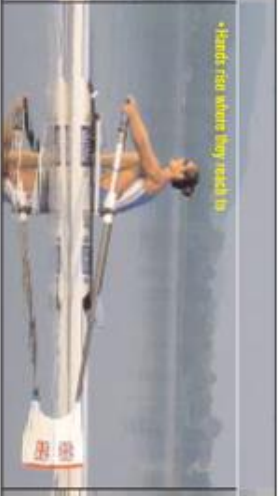
- Sequencing in the drive and recovery
- Body posture at the finish and catch
- Length of stroke
- Maintaining sequence, posture and length as the rate increases
- The left hand should remain in front and slightly above the right hand. Keep this relationship during the drive phase and the recovery
- Develop acceleration from catch to finish
- Minimise catch slip by placing the blade as close to the point of maximum leg compression as possible
- Ensure the blade is being released smoothly and cleanly at the finish to minimise the amount of speed lost
- Ensure the handle has sufficient weight on the recovery to allow for an early square at 7/8ths of the slide as well as good control/stability on the way forward to achieve this.

CATCH • The catch is the first part of the recovery


- Slits vertical, no gap between chest and body
- Lower back set at catch
- Body in pre-stretched position



- Hands rise above the head to



- Lead up the face of the blade in the water



DRIVE

- Legs accelerate through the stroke ...
- Hips suspend body weight on the handle ...
- The connection is low down in the body, not in the shoulders

- Engage and push
- Lean and then body
- Weight suspended on the handle throughout the whole drive phase



- Back opening when the handle is in front of the knees




- Legs, upper body, shoulders and arms all contribute to the power



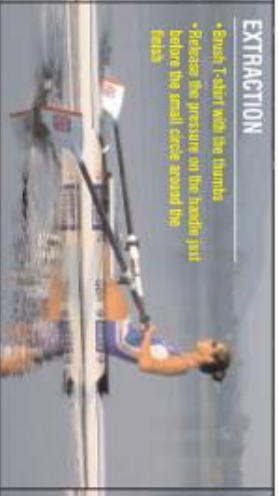
DRIVE

- Legs, upper body, shoulders and arms all contribute to the power




EXTRACTION

- Finish, contact with the handle
- Release the pressure on the handle just before the small circle around the feet



RECOVERY PHASE

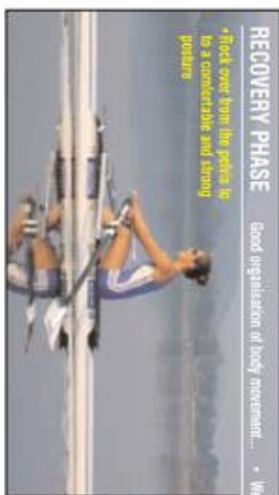
- Hands down and away



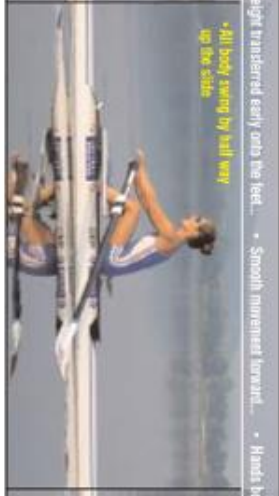
RECOVERY PHASE

- Good organization of body movement ...
- Weight transferred early onto the feet ...
- Smooth movement forward ...
- Hands, body and slide

- Feet cover from the pedals to a comfortable and strong position



- All body swing by half way up the slide



- Prepare early by squatting as the handle passes the knees
- Hand pre-stretching and ready for the catch on the first part of the

