



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.

Senior (Learn to Win)

Year 11/12/13 rowers are expected to be able to achieve the following by the end of the year.

Boat Management

- Understand why you change gate height, spans and blade gearing.
- Be able to and know when to replace worn parts (foot stretchers, back stays, blade buttons etc)
- Be able to organise and direct younger year groups when asked.
- Be able to load a trailer correctly without supervision.

Water Skills

- Train with a rate meter and adjust the stroke rate in a piece when asked to
- Turn a boat in less than 30 seconds
- Understand seat racing, trials and how boats are selected
- Be competent in racing in a single scull
- Steer a coxless boat
- Be able to row any position and discipline when asked and be competent.

Race Management

- Be competent in executing a race plan without a cox
- Be able to adjust a race plan if needed during a race
- Be aware of regatta timetable and warm up procedures
- Medaling in targeted National Schools Championship events.
- Enjoy racing and be hungry for success
- An understanding of the requirements of GB Trials and a desire to perform internationally if of the standard.

Land Training

- Progress your ergo training throughout the year
- Competent in complex weight lifting techniques (Power clean, Hang clean, Heavy squat) and progress the amount lifted throughout the year.
- Learn about the plan for the year as a whole and the primary objectives for each period of time.
- Be competent at core stability and hit target scores for core stability exercises
- Be competent in conditioning, stretching and injury management techniques
- Know what scores to aim for at set rates/training zones (UT2, UT1, AT, AP etc)
- Be able to write and execute a weekly timetable and diet plan to meet both academic and sporting commitments.

15-20 Boys, 15-20 Girls

Coaching Targets

Seniors

- Every member of the squad should be committed to rowing above everything except academic performance.
- Athletes should be managing their own performance and progression, asking for guidance where appropriate.
- National crews and trialists should be preparing well in advance of the date to ensure the best possible performance.
- A clear and detailed structure of the year needs to be created in advance and delivered to the athletes where appropriate.
- All athletes need to be made aware of what they specifically need to do in order to achieve a place in a particular boat.
- Athletes need to understand that Rowing is and should remain to be the top sport at the school, this is achieved by dedication to training.
- Squad mentality should be present at all times. The squad should be pleased at the success of any member.
- Remember that this is a school club and every athlete needs to be valued and individual achievements recognised.

The Year in Summary

Year 11/12/13

- First half term to integrate Year 11 with the Senior squads to improve technique and learn to use paddling effectively as training. To teach Year 11 complex lifts safely. Seniors to be brought back into good training habits using small boats occasionally.
- Second half term to teach Year 11 about UT2 training and about holding splits to not over train. Seniors to be used to help the Year 11s make the most out of land training and everyone to keep building a larger fitness base. Trialists to prepare for Early ID's.
- Third half term to look towards achieving highly at Schools' Head at all levels of the squad, longer harder sessions. Trialists to prepare for February assessments.
- Fourth half term to wind down after Schools' Head in preparation for the Summer season. Trialists doing Spring Assessments should be the priority after Schools' Head.
- Fifth half term to look towards achieving highly at National Schools Regatta using speed work and race specific pieces.
- Last half term to focus HWR/HRR for Seniors, and GB France trials for Year 11. Final Trials to be the sole focus for after HRR.

Main Technical Emphasis

Year 12/13

- 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 last part of the recovery.

- **Stim vertical.** No gap between thigh and body
- **Lower back set** at catch
- **Body** in pre-stretched position

- **Hands** near where they reach to

- **Lead** up the force of the blade in the water



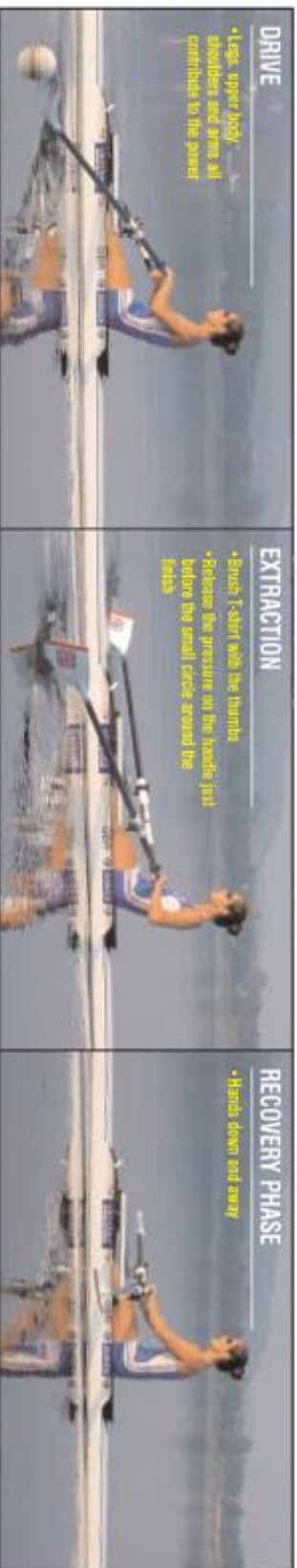
DRIVE

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

- **Engage** and push
- **Legs** 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

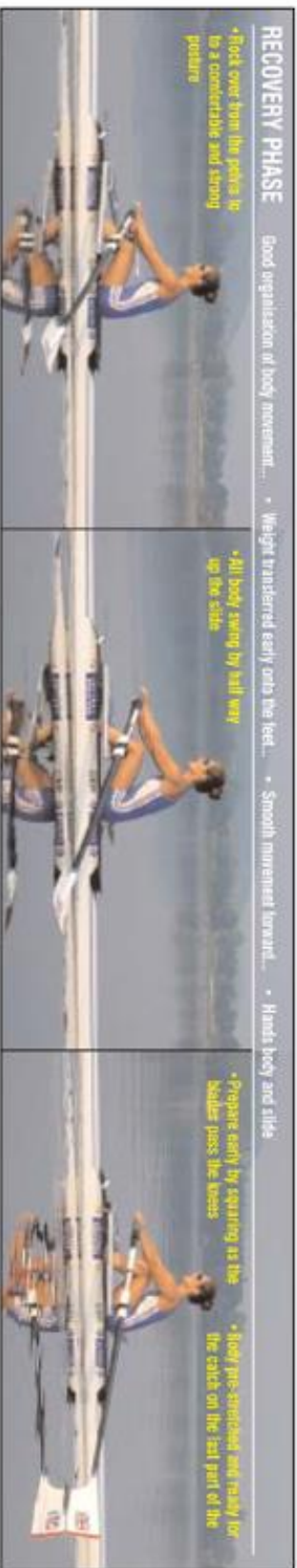
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EXTRACTION

- **Squat** T-shirt with the thumbs
- **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 tiller

- **Rock** over from the pelvis in to a comfortable and strong posture

- **All** body swing by half way up the slide

- **Prepare** early by squaring as the handle pass the knee

- **Body** pre-stretched and ready for the catch on the last part of the