

# Deep Cove Rowing Club

COMMUNITY CORPORATE ROWING CHALLENGE

Coach Lesson Plan –Challenger Quad

## Week One

### Orientation Sessions one and two

Find your team quickly!

- Introductions -about coach, about crew, paperwork, what to do if absent, what to wear, what to do if bad weather
- Orientation -boat house, equipment -include boats, oars (sweep and sculling), bathrooms, security,
- Safety -life jackets, logbook, flow pattern etc.
- Erg -basic rowing motion : -arms out straight away from body- body over - ½ slide - full slide
- Boat handling -picking up, splitting to shoulders, racking
- Equipment -foot stretcher position, height spacers, loose parts
- Team Building Exercise?...
- Refreshments?...

## Week Two

### Session One

- Boat Handling -review from orientation
- Dockside rower -basic rowing motion
- Blade work -entry and release, followed by feather and square
  - explain the inevitable crab
- Tether -rowing dockside with rope attached to stern of boat, in pairs
- Balance -using the blades (rocking the boat), blades always flat on water unless pulling
- Body position -keep it segmented for most of this session, do not allow group to go to next part of stroke until all are together, work in pairs or threes –segments are as follows:
  - arms out straight away from body
  - body over
  - bend knees, move up slide to the catch and bury blade
  - pull to the finish position and lay blade flat on water
- Bow Seat -introduce steering, playing with the rudder, starboard/port pressure, basic commands

### Session Two

- Establish routine-arrival time, blades and life jacket down
- Review -Bladework, body positions
- Blade work -squaring and feathering
- Body position -erg session on swinging out of the finish, pause drill, pushing with the legs first
- Balance -hand positions (keep hands close together), blades on the water
- Timing -with person in front of you (calling together “heave ho”)
- Turning -backing/touching arms only together
- Bow Seat -flow pattern with the map, landmarks to remember, balance awareness

## Week Three

### Session One

- Blade work -squaring and feathering completely to avoid digging or slicing the blade, tapping down at the finish (arms only drill), square blade in pairs, and try three or four for an extended piece
- Body position -swing at the finish (pause drill, arms and back), hand positions –grip, flat wrist, and straight arms at the catch
- Bow Seat -taking over the commands –starting/stopping, putting boat in and out of the water, navigating the course

### Session Two

- Timing -finish and catch –for balance and efficiency.
- Power -legs/back/arms opening up with the legs first, then the back (slow drills, eyes closed), power tens in pairs– feel the connection between the feet and oar, “hanging the weight”
- Body positions -catch –back angle, reach

Bow Seat -awareness of timing differences, confidence to call them

## **Week Four**

### **Session One**

Balance -the use of pulling up at the finish vs. “down and around”  
Ratio -1:2 ratio of drive to recovery, controlling the slide, slow slide drill, power tens –low rate with good ratio  
Timing -blade-seat timing (blade in and then legs on), reaching back for the catch, power tens  
Focus on long interrupted pieces all four (if possible) if not -threes

### **Session Two**

Begin to establish and build a warm up that will become the pre-race warm up.  
Set boating order for the rest of the practices  
Boat run -bringing the rate up slightly while maintaining ratio, not slamming into the front stops, emphasize speed through the water and follow through  
Blade work -pulling action, blade buried, sitting tall, flat wrist  
Bow Seat -docking –angles, boat speed, wind considerations, quick precise commands

## **Week Five**

### **Session One**

Race prep. -bringing the rate up –with ratio and power, 5X20 on/40 off progressively harder  
Power -getting the legs down, blade in the water  
Starts -1/2, ¾, full? –slide length, timing, half slide rowing  
-use for all starts in practice  
Bow Seat -non-disruptive steering, using port/starboard pressure

### **Session Two**

Stretching -on land, go through a routine, rowing specific stretches  
Timing -at finish watch back of person in front then, at catch watch blade of stroke seat, use peripheral vision  
Bow Seat -setting up boat at start –positioning, adjusting and getting course  
-gauging distances and strokes to go  
2 X race distance at solid pressure

## **Week Six**

### **Session One**

Speed work -5X10 on/30 off  
Slide control -awareness of movement up the slide so everyone is reaching the top of the slide and catching together (regardless of body type)  
Connection -taking effective strokes –blade down to the water, follow through, the finish action, hands down and around quickly  
Starts -stroke breakdown  
Bow Seat -developing calls for racing

### **Session Two**

Race plan -concept and suggestions, let crew develop by consensus  
Equipment -be responsible for seat, review from the “Orientation Session” add button tightness to responsibilities  
Race prep. -simulation, what to expect at the start, referee’s directions during the race, stay calm  
Trial racing -race simulation on buoyed course  
Cox -dealing with racing situations i.e. Getting to the start on time, course

## **Week Seven**

### **Session One**

Racing -Review race plan and points learnt from racing  
Situations -How to deal with crabs, popped slide, individual recovery while crew continues to row  
-Collision on the race course; stay calm, use common sense in determining whether to keep rowing, or stop and realign  
Starts -Running starts

Mini races -buddy up with other crews  
Leave them on their own most of the time

**Session Two**

Relaxed day	-try different seats
“Fun” drills	-eyes close, rolling the blade on the recovery
New challenges	-finish to catch drill, blades off the water
Final race prep.	-race day schedule, foods to eat etc.
Trial racing	-pre-race warm up and race simulation
Wrap Up	-Thank you to crew and pass out evaluation forms and program information!