

Deep Cove Rowing Club

COMMUNITY CORPORATE ROWING CHALLENGE

Coach Lesson Plan –Defender Quad

Week One

Orientation Session 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 -review –include life jackets, logbook, flow pattern etc.

Erg -refresher (basic rowing motion)

Team Building Exercise?...

Refreshments?...

Week Two

Session One

Dockside rower -review basics

Equipment -foot stretcher position, height spacers, loose parts

Refresher Row -opportunity to asses ability

Balance -tipping from side to side, hand height awareness(keep hands close together)

Bow Seat -review commands course and hazards

Session Two

Establish routine -arrival time, blades and life jacket down

Blade work -clean entry and release, square blade drill

Body position -swinging out over the knees at the finish, slide breakdown-arms only, arms and back, half slide, full slide

Timing -at finish, watch the person in front, then at catch, watch blade of stroke, use peripheral vision

2x1000 meter pieces non-stop

Week Three

Session One

Body position -erg work on body swing and angles

Power -on water – work on power application one at a time

Session Two

Begin to establish and build a warm up that will become the pre-race warm up.

Balance -blades off the water, finish to catch drill

-subtle changes in finish hand height to set up boat

Timing -at the finish; tapping down together

2x2000 meter long steady pieces

Week Four

Session One

Ratio -1:2 ratio of drive to recovery, controlling the slide, slow slide drill

Speed work -bringing up the rate while maintaining ratio, emphasize speed through the water and follow through, 2X(4X10on/20off)

Start - ½, ¾, full; slide length, timing and half slide rowing

Session Two

Body Positions -pulling action – straight arms at catch, flat wrist pulling straight back

Timing -speed up the slide, timing the same regardless of body type

Balance -the use of pulling up at the finish and completing the stroke, avoid cutting off short, “down and around,” tickless strokes

3X250 meters at race rate with 500 meters off in between

Week Five

Session One

- Timing -reminder-at finish watch the person in front then, at catch watch blade of stroke, use peripheral vision, catch timing together
- Blade work -clean entry and release, square blade in pairs
- Long steady pieces

Session Two

- Stretching -on land, go through a routine, rowing specific stretches
- Race Plan -suggest prototype, let crew develop
- Starts -breakdown, timing, sitting up and pulling up
- 2 X race simulation at ¾ pressure

Week Six

Session One

- Blade work -blade seat timing, reaching back, blade down to the water, follow through – blade handle down and around at the finish
- Body position -sitting centered in the boat
- Speed work -2X(5X10 on/20off)

Session Two

- Equipment -be responsible for seat, review from the “Week One –Session One,” add button tightness to responsibilities
- Race prep. -simulation, what to expect at the start, referee’s directions during the race, stay calm, how to deal with crabs, popped slide, individual recovers while crew continues to row...
- 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 -Collision on the race course; stay calm, use common sense in determining whether to keep rowing, or stop and realign
- Mini races -buddy up with other crews
- Leave them on their own most of the time

Session Two

- Relaxed day -switch seats
- “Fun” drills -eyes close, rolling the blade on the recovery
- New challenges -finish to catch drill, blades off the water, mini races with other crews...
- 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!