

# CORPORATE CHALLENGE

## THE HINT SHEET...

Thank you for joining this year's Corporate Challenge Program with the Deep Cove Rowing Club! We hope you and your teammates come to enjoy the sport as much as we do! As many of you are new to the sport, a few helpful hints can often go a long way. Therefore, below are some basic pointers and terminology of rowing. Following that, we have included YouTube rowing video addresses so that you can see how the sport is supposed to look. (Simply knowing what rowing looks like, when done correctly, is often half that battle!)



**THE CATCH:** The beginning of the stroke cycle. Rower is reaching as far forward as possible, with hands outstretched and blades

*squared* and buried in the water.



**THE DRIVE:** The “work” aspect of the stroke. From the *catch*, rower pushes down with the legs, swings body back slightly, and pulls the

hands to the side of the body.



**THE FINISH:** The end of the *drive*. At this point, the rower proceeds to *feather* the blade.

**THE RECOVERY:** The motion of traveling from the *finish* to the *catch*. Opposite motions of the *drive*: hands and arms reach out straight, body swings forward, legs crouch forward until rower has returned to the *catch position*.



**Bow:** the front of the boat

**STERN:** the back of the boat

**PORT:** Rower's **right hand**

**STARBOARD:** Rower's **left hand**

**FOOTSTRETCHER:** The piece of equipment the shoes are anchored to. Adjustable part for individual preferences. (Based on athlete's height.)

**OARLOCK:** The part of the rigger oar is attached to. Should always be pointing to *stern* of the boat upon entry, with oars perpendicular to the boat.

**BLADE:** The part of the oar that is placed in the water for each stroke.

**HANDLE:** The part of the oar rower hangs on to. Grip should be loose and in fingers.

**SQUARE:** The *blade* is perpendicular to the surface of the water.



**FEATHER:** The *blade* is parallel to the surface of the water.



## HELPFUL HINTS...

- 1) **Rowing is a legs sport.** The legs are an athlete's largest muscle grouping, and therefore we use them to generate 85% of our power application. When applying power, remember to push the legs first, letting the arms "hang" – feeling as though they are stretching – off the handle. Ideally, power is applied from the ball of the foot, rather than with back or arms.
- 2) Try to **avoid "up/down" motions.** Remember – you are traveling horizontally. Therefore, vertical movement is only sapping your energy, and making it harder to keep control of the blade.
- 3) **Don't worry about having your blades "off the water" on the recovery.** The higher the blade is off the water, the more unbalanced the boat will become. Having the blades run along the surface of the water (during the recovery) is a good place to start, as the oar then acts as a giant outrigger. You will see more experienced crews traveling with their oars about 6" off the water on the recovery – avoid this when first starting out, as it takes months to gain the balancing skills necessary to accomplish this effectively.
- 4) **Ratio is key.** Often, new athletes travel from the finish to the catch in an uncontrolled and extremely fast manner. Remember – as the boat is traveling "backwards", the faster you go up the slide to the catch is only serving to slow down the boat, as you are traveling against the boat's direction of travel. Ratio therefore refers to the time spent on the drive (pulling) VS the time spent on the recovery. Ideally, at any pressure/speed, this ration should remain 1:3.
- 5) **Don't be afraid to ask questions!** Your coaches are extremely knowledgeable within the sport of rowing, and can answer just about any rowing-related question. They have all competed at extremely high levels, and understand the physics and biomechanics of the sport intimately.

## SOME VIDEOS TO WATCH

- 1) **2007 World Championships, Womens 4x** (quad)
  - <http://www.youtube.com/watch?v=gHICfh0A9QA>
  - *watch Lane 4 (Great Britain)*
- 2) **2007 World Championships, Mens 1x** (single)
  - <http://www.youtube.com/watch?v=IVzjaNKYIPc>
  - *watch lane 4 (New Zealand) and lane 5 (Germany)*