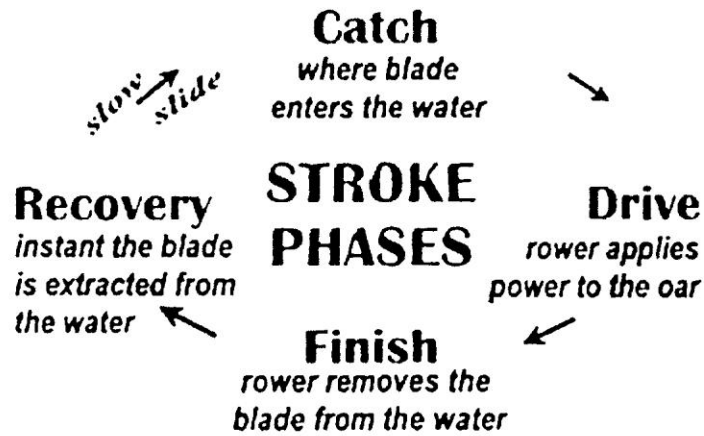
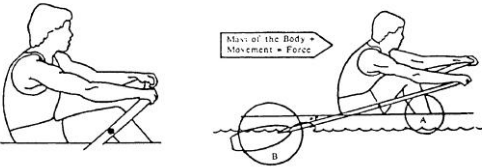


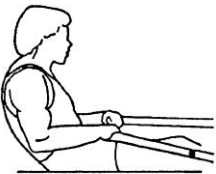
The Basics of the Rowing Stroke



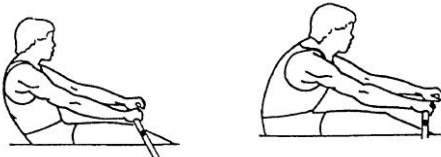
Catch - The point where the legs are compressed in a 90 degree angle, the arms are stretched out, the body is angled forward and the blade enters the water.



Drive - the part of the stroke where the legs are pressing down, then the back and arms swing backward, sending the body to the bow.



Finish - the point where the rower pushes down on the handle of the oar to pop the blade out of the water and begins to push the arms out of the bow.



Recovery - the time spent pulling the body **back up** to the catch; first the arms extend, then the body angle is achieved, finally the legs are pulled up to the catch.

Proper Posture

Straight back

Keep your back as straight as possible without being stiff. Sit up tall – try to feel as though the handle is well below your ribs. Try to keep your chest full, but relaxed.

Let the back have only one joint - at the hips.

- Better connection between back and legs
- More room over thighs and legs to feather
- More room in rib cage for lungs
- A stable platform against which the arms can draw for a steadier finish

Steady Shoulders: The blade should be inserted with just the hands, and the boat should be picked up with leg drive – therefore, try to hold the shoulders steady throughout the drive – make sure they are in a horizontal plane.

- Steady shoulders keep the body weight moving horizontally which allows the boat to run at "trim".
- Steady shoulders keep the legs strong and quick.

Holding yourself upright

Shoulders down chest up.

The Head

Try to keep the head moving in the same horizontal plane throughout the stroke cycle. Keep the jaws and face relaxed.

Proper Body Control at the Catch

Starts with proper body angle established at the finish. Hands away, body angle (pivot at the hips) while the legs are still down, come up the slide to about 1 1/2 inch before the forward stops, anticipate your set, stop the forward momentum of your slide and reverse direction.

Proper Connection at the Catch

Set against the legs in the lower back at the catch... like doing cleans or dead lifts. Brace back and use the legs as prime movers throughout the drive. For every inch you drive, you move the oar handle a corresponding inch

Proper Control at the Finish

Open back sharply and quickly after the legs are used up (not more than 10-1 P past perpendicular). Use your abdominal muscles.