

Sagamore Rowing Association
2018 Adult Learn to Row – Day 3

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Overview:

- Day 1: Safety, Carrying Equipment, Getting Into/Out of the Shell, Holding the Handles, Comfort in the Boat, Basic Technique
- Day 2: Release, Steering and Stopping
- **Day 3: Recovery, Relaxing the Hands, and Backing**
- Day 4: Entry, Letting the Blade Float, and Spinning the Shell (backing and rowing)
- Day 5: Drive, Level Hands, and the Two Ways to Steer
- Day 6: Rhythm, Swing from the Hips, and When to Look Ahead

Curriculum:

Day 3

Recovery, Relaxing the Hands, and Backing

Note, please be sure to remind all athletes to spray out the inside of the shells at the end of the row to remove any sand.

- **Recovery**
 - Review of the release sequence from Day 2.
 - It's important to stagger your hands one behind the other (right knuckles touching left palm), instead of stacking the hands one on top of the other.
 - As the hands come apart, keep both hands at the same level. Level hands equal a level boat.
- **Relaxing the hands**
 - For relaxing the hands on the recovery, allow the handle to roll more out into the fingers with little or no wrist bend.
 - A helpful drill is to scull with open palms on the recovery. Another drill is to laying the piano/wiggling your fingers to the recovery to loosen your hands.
 - A relaxed hold with little or no wrist bending is key!
- **Backing**
 - We teach backing by keeping the blade in the regular squared position.
 - It's good to start backing with arms and body only by: 'pushing the hands away'; 'then roll your knuckles away from you (to feather the blade)'; and 'then bring the hands back'. Then square the blade and repeat.
 - The trick is to only feather the blade slightly, say 30 degrees, and skim the blade on the water.

Agenda

- 6:30 - Brief meeting
- 6:35-6:40 - Oars down
- 6:40 - Assign groups and meet with your coach
- 6:50 - Launch shells
- 7:00 - On the water
- 7:40 - Land
- 7:40-7:45 - Shells/oars up
- 7:45-7:55 - Wash and rack
- 7:55 - Meet and Stretch
- 8:00 - Done

HANDS AWAY

Jane Ritchey

“To let your wrists drop under the handles is fatal to a clean release. Your blades have already turned enough to maintain a solid grip of the water and are ready to slip out when your handles are struck away. As the blades leave the water, your fingers allow the handles to roll, laying the sculls on the feather. The best way to ensure a perfect release is to feel the handles trying to pull themselves out of your hands as you change direction. A proper release will eliminate trapping your blades in the water, washing out your finish, striking your thighs with your wrists on the recovery and depressing the bow of the boat”. Frank Cunningham, *The Sculler at Ease* (p. 37)

Today’s recommended reading (and viewing) is an article with many links to short videos by Jane Ritchey, a coach from a west coast rowing club Rat Island Rowing. We recommend taking a moment and viewing the site listed below. Enjoy!

Read More and View Video Clips!

<https://tinyurl.com/talk-on-hands>