

Sagamore Rowing Association
2018 Adult Learn to Row – Day 6

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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: Recovery, Relaxing the Hands, Entry, and Backing
- Day 5: Letting the Blade Float, Drive, Level Hands, and Spinning the Shell
- **Day 6: Rhythm, Swing from the Hips, the Two Ways to Steer and When to Look Ahead**

Curriculum:

Day 6

Rhythm, Swing from the Hips, the Two Ways to Steer and When to Look Ahead

- **Rhythm**
 - On the recovery:
 - The trunk swing from the hips is the pronounced characteristic of this phase.
 - Trunk is erect yet relaxed.
 - Trunk moves with the shell.
 - Trunk angle changes.
 - Head is up.
 - The body sits lightly on the seat.
 - No need to hook your toes to bring the seat forward. Trunk swing does this.
 - Shell slides under the body as the recovery is done.
 - The body is in a state of recovery and relaxation.
 - Non thinking, automatic action.
 - On the drive:
 - Integrated drive from the entry to the release.
 - Arms, trunk and legs are a whole application for each segment of the drive.
 - “Pull what you can handle.”
 - Blade at blade depth and maintained throughout the drive.
 - Legs move together as you go back on the slide. Leg work is symmetrical.
 - The arms are a smooth transition from extension to flexion. The other two movements of the legs and trunk also transition smoothly.

- **Swing from the Hips**
 - There is importance on how we sit on the seat.
 - Feel your weight shift fore and aft on the seat through the stroke.
 - Stretch, not strain.
- **Two Ways to Steer**
 - The two ways to steer are:
 - To push off harder with one leg on the drive.
 - Or to reach out farther with one hand at the entry.
 - It's good to try both methods and begin to see which athletes are getting a feel for how to steer while sculling.
- **When to Look Ahead**
 - For scullers the best time to look while sculling is just after the entry.
 - The motion of looking ahead should have a rhythm to it.
 - Look ahead at the entry, but have your head straight again before the release.

Agenda

- 6:30 - All athletes and coaches bring down the launch(s)
- 6:35 - Assign groups and meet with your coach
- 6:40 - Oars down
- 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 - All athletes and coaches bring up the launch(s)
- 8:00 - Done

The Wonder of Sculling

By James C. Joy

A child's world is fresh and new and beautiful, full of wonder and excitement. It is our misfortune that for most of us that clear-eyed vision, that true instinct for what is beautiful and awe-inspiring, is dimmed and even lost before we reach adulthood.

– Rachel Carson, *The Sense of Wonder*

INTRODUCTION

The search for the correct movements in the sculling stroke must begin somewhere. It deserves so many questions and I am so filled with wonder and awe over the magnitude of this sport and this particular endeavour. Many of these questions were answered during my first session with Robert Fitzpatrick, as he took me through the journey of the 32 movements of the cycle. It left me with a huge headache for my 5 mile bike ride to home in West St. Catharines.

What are we looking for when we are observing someone out on the river in a single shell? For me, whether the person is a sculler or a slugger depends on two major qualities. Does the shell pause momentarily in its sliding forward and does the bow sink below the horizontal at the release. These are two important tell tale signs of something that is not efficient is occurring with the run of the shell. The correction method for the stop in the shell run is simply eliminate the pause above the water at the entry point: the blade should just drop in. Eliminating the bow drop is equally damaging to the shell run because now you have a vertical component. This is eliminated by sitting slightly beyond the perpendicular and imaging that the bow is running level at the release. So, you have both a physical and mental aspects to the correction. This approach is attempting to analyze the sculling before us. It is not assuming that the successful scullers in the world today are good boat movers. It is using information both from the past and the present to make these judgements. It is giving full weight to man and his ability to move a shell effectively and not simply rely on his training numbers on the erg, with the weights or any other tests. It is purely how the organism interfaces with the shell and is able to get the boat to slide effectively through the water.

The philosophy of the sculler begins with trying to achieve two things, a smooth muscle action, and a sound, clear mind over the course of the training. We can observe the muscle action and should become sensitive to whether it is fluid or not. The observation of the mind is an aspect that takes some training to perceive. In our immediate viewing of the sculler, we can observe if the facial features show strain. Keep in mind the 100 meter dash runners have no strain on their faces: they are totally relaxed.

The mind begins its work by focusing on the smallest muscular action. If the small part is fluid, then the whole will be fluid. It is the free, smooth, muscle action that is the goal. This smooth movement is the precursor for Flow. In sculling, we try to have flow in the body and in the mind and spirit in the shell. The body actions are directly connected to the workings of the mind. This is a wonderful composite action when all of these components are present and come together. Integrative action is beautiful, inexplicable and a wonder to behold.

Read More

<https://tinyurl.com/wonder-of-sculling>