

TEXAS ROWING CENTER JUNIORS PACKET

School Year 2022-23 GENERAL INFORMATION

TEXAS ROWING CENTER

1541 West Cesar Chavez

Austin, Texas 78703

(512) 467-7799

www.texasrowingcenter.com

TRC Paperwork Deadlines: September 1st, January 10th *(Registration Forms, Liability Waivers, and Medical History)

TRC Payment Deadlines: September 1st, January 10th

Fall 2022 Semester Dates: August 16th through December 16th

Spring 2023 Semester Dates: January 4th through May 26th

People to know:

Alvin Cantu

Falesha Thrash

Anna Ohrstrom

General Manager

Team Manager

Head Juniors Coach: Girls Varsity/Competitive

Practice Times:

All squads - Monday through Thursday: 5:00 pm to 7:00 pm

All Competitive – Friday: 5:00 pm to 7:00 pm - Saturday: 9:00am – 11:00am

Recreational Squad - Saturday: 11:00 am – 1:00 pm

TRC Hours of Operation: Every Day: 6:00 am to Dark

TRC Boathouse/Office Phone: (512) 467-7799

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TRC GENERAL SAFETY RULES

(APPLICABLE TO ALL JUNIORS)

1. **NO RUNNING OR HORSEPLAY:** DO NOT RUN OR ENGAGE IN RECKLESS BEHAVIOR ON THE DOCK OR ANYWHERE ON THE TRC PREMISES.
2. **SIGN-IN AND SIGN-OUT:** ALWAYS USE THE SIGN-IN SHEET TO DOCUMENT YOUR DEPARTURE AND RETURN.
3. **LIFE JACKETS:** IF YOU CANNOT SWIM OR ARE UNDER THE AGE OF 13, YOU MUST WEAR A LIFE JACKET IN YOUR BOAT – NO EXCEPTIONS. ALL KAYAKERS MUST EITHER WEAR A LIFE JACKET OR HAVE ONE WITH THEM.
4. **ROWING IN THE DARK:** ALL BOATS MUST HAVE STERN AND BOW LIGHTS IF LAUNCHING BEFORE DAYBREAK, OR IF LAUNCHING LESS THAN ONE HOUR BEFORE DARK. BOATS WITHOUT LIGHTS WILL NOT BE PERMITTED TO LAUNCH.
5. **LIGHTNING OR FOG:** NO BOATS MAY LAUNCH WHEN LIGHTNING OR THUNDER IS IN THE AREA. ALL BOATS MUST WAIT AT LEAST 30 MINUTES AFTER THE LAST LIGHTENING STRIKE/THUNDER CLAP BEFORE LAUNCHING. NO BOATS MAY LAUNCH IF FOG IS TOO DENSE TO CLEARLY SEE THE OPPOSITE SHORE FROM THE TRC DOCK.
6. **TRAFFIC PATTERN:** ALWAYS OBEY THE FOLLOWING TRAFFIC PATTERN RULES:
 - NEVER ROW OR PADDLE IN THE MIDDLE OF THE RIVER.
 - STAY TO THE NORTH SHORE WHEN TRAVELING WEST.
 - STAY TO THE SOUTH SHORE WHEN TRAVELING EAST.
 - WAIT FOR FAST MOVING TRAFFIC TO PASS BEFORE CROSSING THE RIVER.
7. **AVOID ACCIDENTS:** ALWAYS BE ALERT AND BE AWARE OF OTHER BOATS (SCULLS, KAYAKS, CANOES, LAUNCHES, AND TOURIST BOATS). COMMUNICATE (YELL) TO LET OTHER ROWERS OR KAYAKERS KNOW THAT YOU ARE BEHIND OR NEAR THEM. DO NOT WAIT UNTIL IT IS TOO LATE!
8. **CAPSIZED, SWAMPED, OR DISABLED BOATS:** DO NOT ABANDON THE BOAT OR ATTEMPT TO SWIM TO SHORE. TURN THE BOAT OVER, HOLD THE OARS TOGETHER, AND PRESS YOURSELF BACK INTO THE BOAT. IF YOU ARE UNSUCCESSFUL, STAY WITH THE BOAT UNTIL ASSISTANCE ARRIVES, OR PADDLE THE BOAT TO SHORE.
9. **HELPING OTHERS:** ALWAYS STOP TO HELP OTHER BOATS IN DISTRESS. IF NECESSARY, ALLOW THE ROWER/KAYAKER IN DISTRESS TO USE THE BOW OR STERN OF YOUR BOAT AS A FLOTATION AID. STAY WITH THEM UNTIL THEY GET BACK INTO THEIR BOAT OR UNTIL THEY ARE OUT OF DANGER.
10. **PASSING OTHER BOATS:** FASTER BOATS SHOULD MOVE TOWARD THE INSIDE (MIDDLE) OF THE RIVER TO PASS SLOWER BOATS. SLOWER BOATS SHOULD MOVE TOWARD THE SHORE WHEN BEING PASSED.
11. **IF CAUGHT IN A STORM:** DO NOT ATTEMPT TO ROW BACK TO TRC OR TO STAY IN THE MIDDLE OF THE RIVER DURING STORMY CONDITIONS. SEEK SHELTER IMMEDIATELY AT ANOTHER DOCK, UNDER A BRIDGE, OR ALONG THE SHORELINE.

ADDITIONAL TRC JUNIORS PROGRAM RULES (APPLICABLE TO ALL JUNIORS)

In addition to the General TRC Safety Rules (see above), there are the following Juniors Program Rules that will be strictly enforced with the “consequences” listed below:

1. **No Horseplay:** This Rule applies anywhere at the facility, including dock and boathouse areas. The term "horseplay" will be broadly interpreted to include abusing equipment, cussing, making out, and other more traditional acts of horseplay. If you think it might be horseplay, it probably is.
2. **No Swimming:** This is easy to enforce – if you are in the water, you will likely be considered swimming. See consequences below.
3. **No Crowding the Trail or the Office:** Upon arrival, students should go directly to the dock for stretching, and should not be in the office or anywhere near the trail. If they are caught lingering in the office or on the trail, they will be subject to the consequences below.
4. **No Running at the Facility:** Unless the coaches send students out on a warm-up run, they should not be doing any running. No skateboards or bicycles allowed. All bikes must be locked to bike-racks upon arrival
5. **No Jumping between the Dock and Land (between ramps):** Do not jump between the dock and the shore. Please think safety first!
6. **Participation:** Students are expected to actively participate in the practices they attend in the following ways: A) Students must follow the teaching, coaching, and direction of their Coaches; B) Students must have a good attitude, as well as respect for themselves, other students, and their Coaches; C) Students must attend practice in athletic wear (running shoes and socks, warm-ups or shorts, and tee-shirt); D) Students must bring their own water bottle to practice; D) Students must abide by the TRC Safety Rules, TRC Juniors Rules, and the enforcement policy regarding those rules (listed in the TRC Juniors Packet).
7. **No Alcohol, Drugs and Tobacco:** The use, possession or distribution of any of these substances by TRC athletes is prohibited by local, state and federal laws.
8. **No Personal Contact** – Holding hands, hugging, kissing, or any type of personal contact is not allowed. Only Juniors team members are allowed at practices. Non-team members are not allowed at practices.
9. **Practice Times** – A) Students must arrive on time; B) Students must stay and participate till the end of practice; C) Parental permission is required for any tardiness or early

dismissal from practice. **Students that leave practice without parental permission can be suspended or expelled from the program.**

10. **Trash and Recycling** – Students must clean up after themselves, and use the trash and recycling bins.

CONSEQUENCES FOR VIOLATING JUNIORS PROGRAM RULES

1. **First Violation:** Lose credit and/or expelled for the day. Parents will be notified by phone of the violation.
2. **Second Violation:** Lose credit and/or expelled (no rowing/kayaking/canoeing) for the day, and meet with a parent.
3. **Third Violation:** Lose credit and/or expelled for the six weeks (fail).
4. **Fourth Violation:** Expulsion from the program without a refund.

TOWN LAKE TRAFFIC PATTERNS AND RIVER RULES (APPLICABLE TO ALL JUNIORS)

Turning Pattern at Red Bud Island

Watch for on-coming traffic before heading up into either the north or south side of the island. Most westbound rowers tend to go into the south side of the island rather than the north. If you do row up to the north side of the island, stop and turn your boat to cross to the south shore and then turn again to proceed east.

Tree between Red Bud and MoPac

The tree is still there but is now 18 inches below the normal water level. This is only an issue for launches. Avoid the area where it is/was when the water level is low.

MoPac

There is a high flow of traffic near the MoPac bridge and little room for boats to travel under the bridge. The middle arch is used for westbound traffic only and the south arch is used for eastbound traffic only. Pay attention to the water level- if the level is low, westbound traffic must hug the pillar to the left (south) of the middle arch; if the water level is high you can row in the middle of the arch to open up more space for other boats. The sandbar is on the north shore and can stretch to the center of the westbound arch when the water level is low.

Race pieces through MoPac should only occur when a launch is present to help look out for other boats. Passing is not permissible westbound under MoPac.

Large boats have the right of way here and on all parts of the river, but be cautious of smaller boats- call out to the boat if needed.

Rowing Dock and UT Varsity Docks

Use caution through this area because the docks are right across the river from one another and is a high traffic area near MoPac.

Lamar

There is a tree just below water line under the southernmost arch. Avoid the southernmost arch and use the two north arches to travel westbound and the other two south arches to travel eastbound.

Lamar, Railroad and Footbridge

These three bridges are close together and the arches of the railroad bridge are narrow. There is no passing, turning or stopping in this area.

1st Street to Railroad Bridge

Westbound traffic move south of the buoy at the power plant and proceed through the third arch from the north side (the pillar without any brush will be on your left). If multiple boats are present, proceed through single file. Eastbound traffic proceed through the third opening from the south shore (the pillar without any brush will be on your left). Be cautious of traffic heading west. No passing, turning or stopping in this area.

ARC to Joe's Crab Shack

The river curves and rowers tend to drift to or across the center to maintain a straight course and ARC is conducting learn to row classes in this area. There is a shallow area at Joe's Crab Shack that extends about 40 feet from the shore and is currently buoyed. There is also a shallow area just east of ARC on the north shore that extends about 20 feet out from the mouth of Waller Creek. Stay to starboard with the curve of the river, no straight-line rowing in either direction except during regattas when the river is divided with buoys. Be alert for classes and novice rowers.

East Island (Bird Island)

Circle the island counterclockwise only (stay to starboard as usual). If not circling the island, stop before the west end of the island.

Fishing

Fishing is permitted in boats with trolling motors and will go out in the dark without lights - watch out for unlit boats.

Right of Way

Rowers stop at various points on the river for water breaks and coaching and other boaters stop under bridges in the shade or on either side of a bridge. Go to the middle of the river to pass. If you need to stop, pull off to the side of the river. Row a safe distance away from bridges before stopping.

Safety Equipment

Bow balls/heel ties (with less than 3 inches of slack) are a must. Bow and stern lights are required by law. Lights need to be affixed to the boat or otherwise high enough above the water line to be visible.

Organizational Responsibility

Each club is obligated to assist any rower, regardless of club affiliation. Rowers docking at a club other than their own for whatever reason will be able to call for rowing or emergency related assistance. They can temporarily store their equipment at that facility if needed. Clubs are also responsible for providing assistance to any person on the lake in need of safety/first aid.

TYPICAL PRACTICE SESSION: 105 MINUTES

Attendance: 5min.

- Students gather around the Coaches on the dock and the boathouse, while the Coaches take attendance.

Warm-up: 15min.

- Under coached supervision students stretch and walk/run for 15min.
- While the Students are warming up, the Coaches create the boat-plans and seat-assignments.
- When the Students return from the warm-up, the Coaches discuss the practice plan, and deliver the boat-plans and seat-assignments.

Set-up: 20min.

- Under coached supervision, students carry equipment from the boathouses to the dock for assembly.

Practice: 45min.

- Under coached supervision, students practice on the water. The students are in single and tandem boats. The Coaches are teaching from launches, which double as rescue boats.

Break-down: 20min.

- Under coached supervision, students disassemble the equipment. Afterwards, the students clean the equipment, and properly return it to the boathouses.

5. **Abide by all flight rules** and listen to your flight attendant.
6. **Keep voices at a reasonable volume** (no shouting or screeching to bother other passengers).
7. **No throwing objects.**

Hotel rules:

1. **Sleep in your assigned rooms.** Boys and girls do not share rooms.
2. **Do not vandalize the hotel or rooms in any way.** If you break something you will be billed.
3. **Do not make any outside calls on the hotel phone.** Please borrow a teammate's cell phone or a coach's cell phone.
4. **Do not take anything from the hotel** - pillows, towels, sheets, etc. They do provide shampoo, soap, and a continental breakfast.
5. **There is a 10:00pm curfew** Be in your rooms by 10:00 pm.
6. **Respect your roommates and their privacy.**

Alternate travel plans: Under extreme or special circumstances an athlete may be granted permission by the head coach to pursue alternate travel plans, but travel plans other than those with the team are generally discouraged and are not always approved.

1. **Written Request:** A written notification/request must be presented to the head coach 2 weeks prior to the event for review.
2. **Adult Supervision:** If approved, the plans must involve travel with their parents only, unless another adult is approved.
3. **Revocation:** If an athlete abuses this privilege, it will be immediately revoked.

Failure to travel to a regatta: If an athlete is unable to travel to a regatta by their own decision after lineups and trip dues have been arranged and announced, they will be expected to pay for a portion of the trip. This is not applicable when the decision is made by their coach.

1. **Race Fees:** Race fees are a fixed amount and cannot be adjusted or changed.
2. **Trailer Costs:** Trailer costs are a fixed amount and cannot be adjusted or changed.
3. **Transportation:** Transportation costs are a fixed amount and cannot be adjusted or changed.
4. **Hotel Arrangements:** If hotel arrangements can be adjusted, the athlete will not have to pay for these costs.

COMPETITIVE ROWING – A TEAM EFFORT

The three main groups that comprise our competitive team are the athletes, the coaches, and the parents. Each group's role is different, but plays a vital part in forming a cohesive team.

Athletes are expected to:

- Adhere to the rules stated in the handbook.
- Treat all teammates, opponents, coaches, officials, and TRC members with respect.
- Seek feedback from the respective coach.

Coaches are expected to:

- Provide clear communications on all steps necessary to make TRC a successful program.
- Supply feedback to the athletes so they understand any strengths and/or weaknesses and what needs to be done to see improvement.
- Make fair assessments to achieve the fastest lineups and communicate the assessments openly.

Parents are expected to:

- Support the athletes.
- Support the efforts of the coaches in preparing the participants.
- Accept the coaches as the final authority on boat selection and rowing matters.
- Understand that coaches seek only to create the fastest lineups possible. While decisions are somewhat subjective, they are not personal.

The parent is a critical ally to the coach in helping to develop the athlete into a successful rower. We want the athletes to establish a constructive relationship with his/her coach regarding rowing to ensure the best results for the rower and the team. When questions arise about the program or student athlete, the parent should contact the coach immediately. The coaches are the final decision-makers in matters of rowing schedules, rower development, and participation in regattas.

Although TRC encourages our coaches to have good communication with parents, a coach has the discretion to choose not to discuss "coaching decisions" including, but are not limited to, specific boating lineups (who rowed when, who was stroke, etc.). The boat and seat assignment of any given athlete is the result of a complex determination based on a number of factors such as: erg scores, race experience/past performance, active participation at practice, attitude, consistency, and attendance and punctuality. In addition, we instruct coaches not to discuss other athletes (athletes who are not the child of that parent), or the actions of any other TRC coach. If the parent has a legitimate concern about a coach other than their athlete's coach, or with an athlete other than their own, that parent should address that issue with the head coach, general manager, or owner.

The support of the parent is always crucial to any athletic performance. We encourage offering positive reinforcement. Examples: "There's always next time" or "Now you know how to handle that situation in the future". Of course, parents are encouraged to help support the crew on regatta days with various food/beverage requirements.

P.E. PROGRAM GOALS

Introduction and Education:

- Introduce and educate the students to the basics of the sport of Sculling, Kayaking, and Canoeing.
- Introduce and educate the students to the concepts of Dependability, Teamwork, and Discipline.
- Introduce and educate the students to being good caretakers of the Park (River and the Hike and Bike Trail).

Safety:

- Students will learn how to safely navigate single and tandem sculls, kayaks and canoes.
- Students will learn how to use the equipment as flotation devices.
- Students will learn how to navigate the shoreline, bridges, and hazards of the river.
- Students will learn about when it is safe to participate in outdoor water-sports, and when it is unsafe to do so.

Technique:

- Students will learn from repetition and drills, about skills that are not self-intuitive.
- Students will learn how to use their bodies most efficiently and effectively, to move boats.
- Students will learn how to take advantage of the boat-engineering, to move the boats.
- Students will learn how to enter and exit, as well as launch and dock all boats.
- Students will learn how to row/paddle, turn, stop, and reverse all boats.
- Students will learn how to navigate alongside and amongst other boat traffic.
- Students will learn about tactics and strategies for racing.

Equipment:

- Students will learn the proper methods for caring and handling all equipment.
- Students will learn about docks and boathouses.
- Students will learn how to carry equipment on their own and as a team.
- Student will learn the proper names and functions of all equipment parts.
- Students will learn how and why to adjust the adjustable boat and oar/paddle parts.

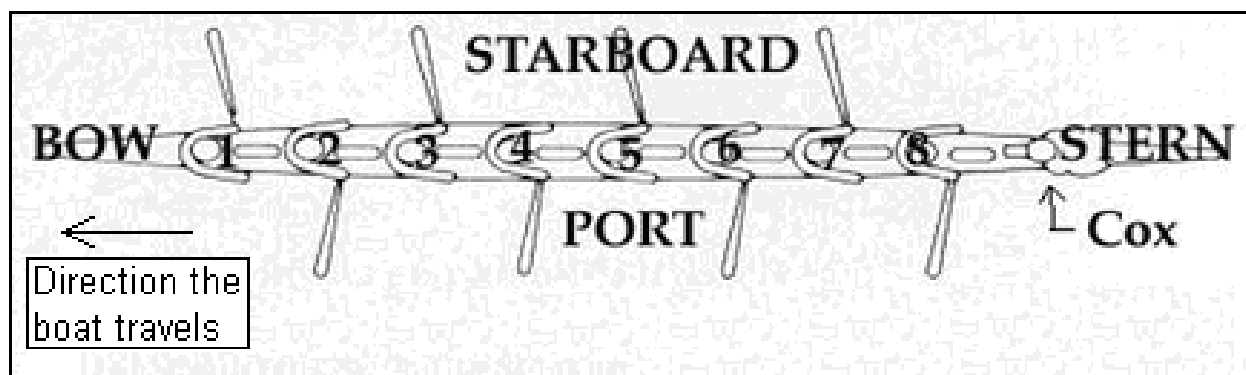
Teamwork:

- Students will learn about the importance of having good attendance, being on time, being prepared, following directions, setting goals, working together, leading, following/supporting, and working until the last piece of equipment is cleaned put away properly.

The Park (River and Hike and Bike Trail)

- Students will see the beauty of the River, the Hike and Bike Trail, the trees, and the plants and animals of the Park.
- Students will learn to appreciate the Park.
- Students will learn about the importance of keeping the Park clean and beautiful.

Appendix B: PARTS OF THE BOAT



Shell- another term for a boat.

Stern- the “back” of the boat where the coxswain sits.

Bow- the “front” of the boat. A ball is always on this end of the boat to serve as a minor bumper but is very small and will not prevent damage in collisions. When in a race, your boat number is placed on the bow.

Port- side of the boat to the left of the coxswain and the right of the rower.

Starboard- side of the boat to the right of the coxswain and the left of the rower.



Gunwal- the rim of the boat.

Hull- the main body of the boat.

Rigger- on the gunwal of the boat and holds the oar.

Oarlock- latch on the rigger that holds the oar in place.

Tracks- what the rower’s seat slides on in the boat.

Footstrecher- where the rower’s shoes are attached.

Skeg- attached to the bottom of the boat under the coxswain’s seat, helps to keep the boat straight.

Rudder- a small fin attached to the skeg that the coxswain or bowman controls to steer the boat.

Steering cables- the strings the coxswain or bowman uses to control the rudder in order to steer the boat.

Appendix C: PARTS OF THE STROKE

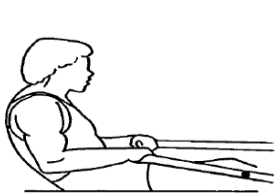
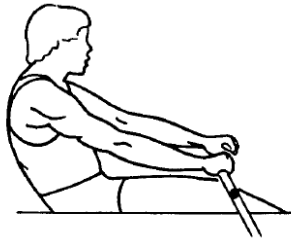
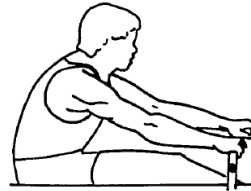


Figure 6 - Finish and Release

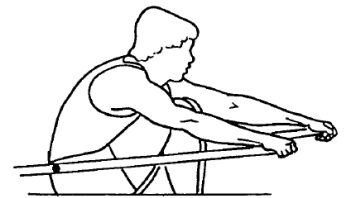
Finish



Arms Away



Body angle forward



Catch

Catch- when the blade enters the water, whether the rower is at full compression, $\frac{1}{4}$ slide, $\frac{1}{2}$ slide, or $\frac{3}{4}$ slide. The catch should be quick with a little splash on the back side of the blade.

Finish- when the rower sits with legs stretched out and as close to the bow as possible, slightly laid back, and with the oar handle close to the body. The finish should be quick and clean, not splashing up water.

Drive- part of the stroke when the blade is in the water and the rower is pushing with the legs.

Recovery- part of the stroke when the rower slides up towards the stern and the blade is out of the water.

From the finish the stroke sequence is as follows: arms away, body angle forward, slide toward the stern until the shins are vertical and keeping the arms outstretched. Once fully compressed the rower puts the blade in the water and then pushes away first with the legs, then lays back slightly and finally pulls in the arms finishing the stroke and bringing the blade out of the water.

Appendix D: GLOSSARY OF ROWING TERMS

Weigh enough - When you want the crew to stop rowing or moving (if you are walking with the boat). If you need your rowers to stop in a hurry you yell this loud and clear and if you are on the water call “Check it down”.

On the square- rowing with the blades perpendicular to the water on the recovery.

On the feather - rowing with the blades parallel to the water on the recovery.

Set - the boat is off-set when it leans to either port or starboard.

Check it down - square blades in the water to stop the boat.

Let it run - stop, with arms away and blades off the water, awaiting you to say “And Down”- the rowers smack their oars on the surface of the water altogether.

Heads up - tells everyone around that your boat is coming.

Hold water - keep blades squared in the water to keep the boat from floating. This is useful when the wind and/or current are strong.

Back the blade in/ backslash - a small amount of water splashed up on the back side of the blade (towards the bow) as soon as the blade begins to enter the water at the catch.

Down to waist...and down - call boat down to waist.

Up to shoulders....and up - call boat up to shoulders.

Up and over heads....and up - call boat up over their heads....difficult position; do not make them hold the heavy boat over their heads longer than necessary.

Power ten - count 1..2..3..4..5..6..7..8..9..10. Power tens are used as “moves” and can be designated in your race plan. Power tens are often broken into power fives to focus on passing a boat next to you in a race or during a piece.

Power twenty- count from 1-10 twice, DO NOT COUNT 13....14....it drags the stroke out and discourages your boat.

Focus ten- just like calling a power ten, but you focus on set, or catch timings, or finishes, etc. A focus ten on the finish should be called while the rowers are at the finish. This should be the only count that is made on the finish.

Engine room- rowers 3, 4, 5, and 6 of an eight. These four rowers are usually the strongest in the boat.

Run- the distance the boat moves between strokes. While rowing, look at the distance between puddles made from your two seat and the next stroke taken by your stroke seat.

Rating- how many strokes are being taken per minute according to the stroke seat. There is a magnet under the stroke seat which reports to the Cox-Box what the rating is.

Appendix E: ROWING DRILLS

Here is a brief list of some drills the coaches will have your rowers execute. It is important for you to know these drills, as your calls will direct the rowers what to do and when.

Pic drill

This drill essentially builds the stroke up from arms only, to a full stroke. The sequence:

Arms only, add backs, $\frac{1}{4}$ slide, $\frac{1}{2}$ slide, $\frac{3}{4}$ slide, full slide (depending on coaches' preference).

Pause Drill

For the drill, the rowers pause their movements just after pulling their oar out of the water and pushing their hands away.

The pause drills will usually be done by rowing with a pair sitting out (not rowing). Your coach will let you know how often to switch out pairs. For example, you have stern six (seats 3-8) rowing and bow pair (1 and 2) are sitting out. Your coach wants you to rotate pairs every two minutes. After the stern six have been rowing for two minutes you let everyone know "On the next pause, bow pair in and stern pair (8 and 7 seats) out. Stern pair will take the pause and when I call 'and row' stern pair will drop out and bow pair will add in". You will probably have to remind them of how they will be switching in and out for an entire rotation so that everyone knows how it is done and there is no confusion. Also, by making the call this way there is little or no disruption in the set.

-arms away- with slight lay back like at the finish

-body over- start squaring up coming out of the pause

-half slide- should be on the square on the pause

*Purpose every other stroke: On regular stroke try to copy what you are doing on the pause stroke.

*Purpose every third stroke: Get momentum up in the boat on two strokes before trying to pause and balance on third.

*Your coach can tell your crew to pause at any part of the slide.

Finish to Catch Drill

Sit at finish, blades buried in the water. "Ready to row...and row". Go up the slide, drop blades in at the catch and DO NOT TAKE THE STROKE, they just sit there at the catch. You're looking for one firm catch, not 8 sloppy ones. Then "sit back at the finish. Ready...and row"

Chop drill

Sit at the finish, blades buried. "Sit ready at the finish ready to chop...and row". Push handles up and down together, clearing the blades from the water and getting them all the way in the water, THE BLADE, NOT THE SHAFT OF THE OAR while keeping the boat set.

Air Stroke

Similar to Finish to Catch, but the blades are feathered on the water the whole time, and when they reach the catch, they DO NOT SQUARE, but still drive with the legs.

Quick Catch

Similar to the finish to catch drill. Sit at the finish, blades buried in the water. “Ready to row...and row”. Rowers go up the slide and catch wherever the coach says ($\frac{1}{4}$ slide, $\frac{1}{2}$ slide, $\frac{3}{4}$ slide, etc.) When the oar catches the water the rower pushes the blade back in the water until the rower reaches full compression. Your coach will teach you this drill when the time comes to learn it.

Cut the Cake

Sit at the finish, blades buried in the water. “Ready to row...and row”. The rowers go up the slide and take one full stroke but when they reach arms away on the second stroke they return to the finish, then go back to arms and body and then back to the finish and then take the next full stroke and repeat. When the rower goes arms and then arms and body the oar does not go into the water. The oar stays off of the water, in the air and on the feather (or square depending on what your coach wants). The only time the oar goes into the water is when the rower is taking a full length slide stroke. Your coach will explain this drill when the time comes to learn it.

Other Drills:

Rowing with outside hand only

Rowing on the square

Rowing legs only

Rowing feet out