



Fourth Lesson – Team Boats

The Fourth Lesson is an opportunity for beginning rowers to expand and enhance their rowing skills, improve technique, and gain familiarity rowing in a group setting. The Fourth Lesson provides the conceptual foundation for working and rowing as a member of a sculling team boat.

Prerequisite: All rowers must complete their 1st, 2nd, and 3rd Lessons prior to scheduling & attending the fourth (Team Boat) Lesson!

The Fourth Lesson:

- On-water coached experience
- Free to Members
- Builds competence & confidence as a team rower
- Fun! Fun! Fun!
- Bridges beginning rowing lessons to a team approach
- Available Two Sessions a Week
- Provides an opportunity to meet other new rowers

FOURTH LESSONS ARE HELD: EITHER SUNDAY OR MONDAY MORNINGS

TEAM LESSONS ARE SCHEDULED BY APPOINTMENT
WITH COACH DIANE McDIARMID

Learning Outcomes: At the completion of the Team Lesson, rowers will be able to:

1. Increase knowledge of rowing equipment, including team boats, oars, ergs, etc.
2. Increase knowledge of personal settings for team boat equipment
3. Define basic rowing terms.
4. Gain familiarity with handling /carrying / caring for team boats
5. Gain understanding of body position and it's importance towards effective sculling
6. Increase blade work skills, including square blades & feathering
7. Improve slide control and understand the rationale of slowing a slide
8. Row in synchronicity with other rowers on the water, in a team boat
9. Practice and complete a river-turn
10. Practice applying power with legs to move the boat
11. Participate in on-water skill building drills

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(Please Print Clearly)