



MOSSBOURNE ROWING ACADEMY

Mossbourne Rowing Mission Statement

The mission of Mossbourne Boat Club is to develop personal character, an ethic of cooperation, and physical fitness within the ultimate team sport of rowing. Mossbourne Boat Club is open to all school students from year 8-13 with no previous experience of rowing required. Success in rowing demands personal responsibility and goal setting. Mossbourne rowers literally learn the necessity of teammates pulling together to transcend their individual strengths and weaknesses.

Year 9 (Learn to Row)

Year 9 rowers are expected to be able to achieve the following by the end of the year.

Boat Management

- Rig and De-Rig a boat
- Safely carry a boat to and from the river
- Tie a boat down on a trailer securely
- An understanding of the requirements of a boat to be able to race and know to check and ask a coach if fixing is required

Water Skills

- Safely perform a capsize test
- Safety on the river and circulation
- Demonstrate correct sequencing in the recovery and drive phase of the stroke
- Understand the concept of low rate paddling and be able to execute consistently
- Turn a boat 360 degrees in less than a minute
- Line a boat up on a stake boat in a cross wind
- Understand the warm up from both ends of the stroke.

Race Management

- Successfully load a trailer ensuring they have all equipment stored in the correct way
- Show basic understanding of a race plan and execution of it
- Bring correct items for a race
- Understand a circulation plan at a regatta
- Enjoy the thrill of a side by side race

Land Training

- Learn how to push yourself to threshold and enjoy being challenged
- Build flexibility and core strength to prevent injury
- Learn correct squat movement
- Tissue conditioning and build robustness
- Progress ergo training throughout the year
- Get healthy and fit
- An understanding that training produces improvement which eventually produces results.
- Learning to work effectively at low rate on the ergo.
- Learn how to warm up and cool down properly.

Target squad size 25-30 Boys, 25-30 Girls

Coaching Targets

Year 9

- Coaches need to develop the athletes in such a way that numbers are retained as far as possible through the year. Obviously some reduction in numbers is expected but this should be minimised keeping training enjoyable.
- Coaches should be aware that none of the athletes will yet understand how to push themselves and so training will not be as difficult or rewarding as the coach expects. Bearing this in mind, utilise the time as much as possible with physical activity.
- Introduce the idea of squad cohesion, training together and results by any individual crew reflect the efforts of the entire squad.
- Athletes need to understand that rates of development are different at this age but the more effort that is invested will result in a better performance for the individual, regardless of relative improvement.
- Training should be enjoyable and not just rowing specific to create a positive and challenging environment.
- The main objective is not to generate a few exceptional athletes but to generate a large number of capable and motivated athletes that will progress as they move on up the squads. No rower should be written off based off limited performance.

The Year in Summary

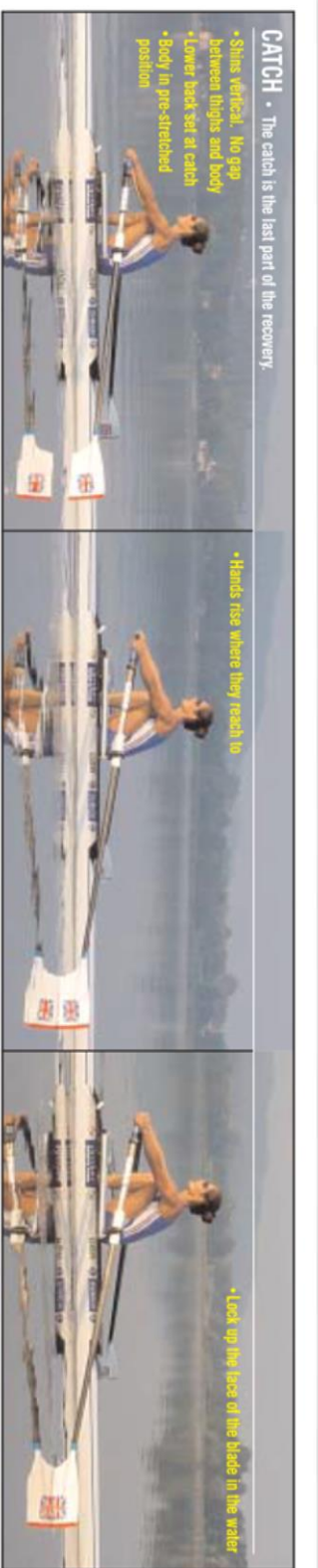
- First half term to learn how to conduct themselves at the Regatta Centre and on the river. Introducing them to the core concepts of rowing: sequencing and timing.
- Second half term to learn how to conduct themselves at School sessions. Long and intensive sessions of circuits, ergos.

- Third half term to learn about control using conditioning and how to use the ergos to train hard.
- Fourth half term to learn about how to use the recovery on the water successfully to improve speed and technique while trying to up the distance rowed in sessions.
- Fifth half term to learn about starts and sprint racing technique in preparation for National Schools.
- Last half term to use small boats and learn to sweep depending on direction from Senior Coaches.

Main Technical Emphasis

Year 9

- Sequencing in the drive and recovery
- Body posture at the finish and catch
- Length of stroke
- Maintaining sequence, posture and length as the rate increases
- The left hand should remain in front and slightly above the right hand. Keep this relationship during the drive phase and the recovery.

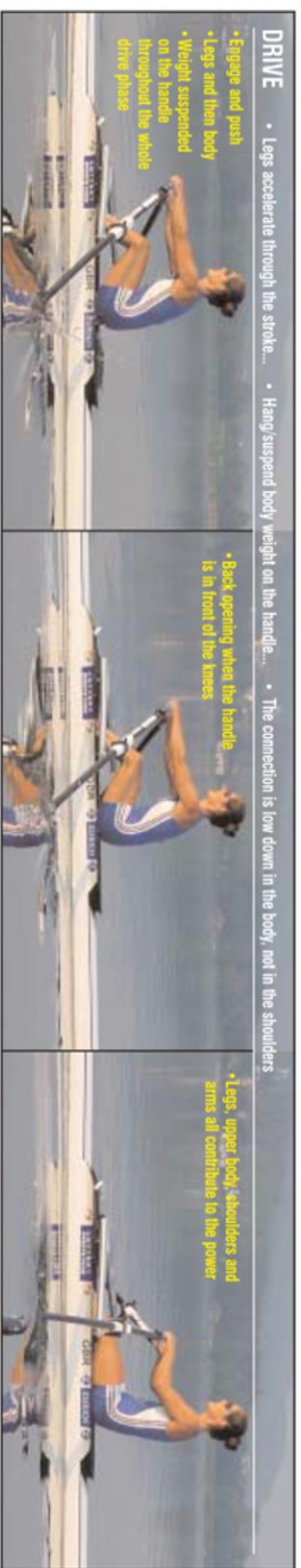


CATCH • The catch is the last part of the recovery.

- Slits vertical. No gap between thighs and body
- Lower back set at catch
- Body in pre-stretched position

• Hands rise where they reach to

• Lock up the face of the blade in the water



DRIVE

- Engage and push
- Legs and then body
- Weight suspended on the handle throughout the whole drive phase

• Legs accelerate through the stroke... • Hang suspend body weight on the handle... • The connection is low down in the body, not in the shoulders

• Back opening when the handle is in front of the knees

• Legs, upper body, shoulders and arms all contribute to the power



DRIVE

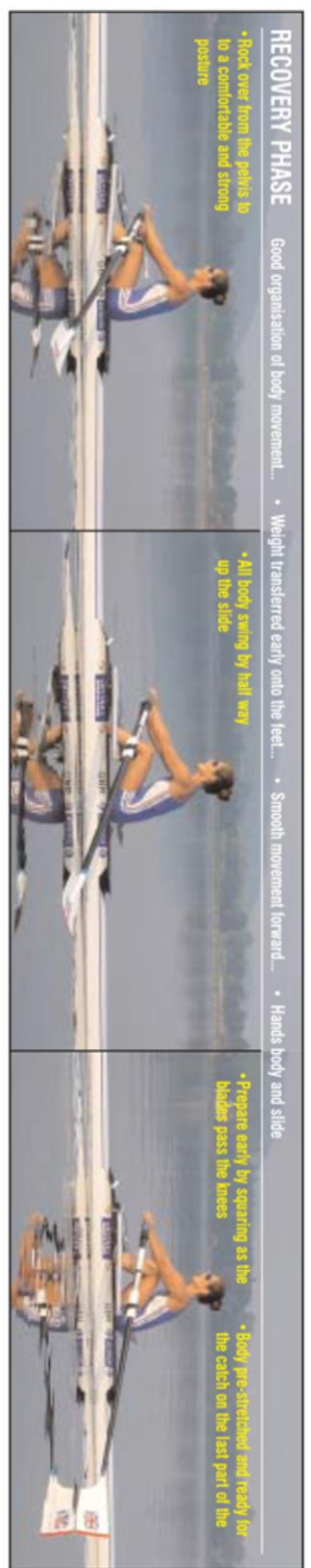
- Legs, upper body, shoulders and arms all contribute to the power

EXTRACTION

- Brush T-shirt with the humbols
- Release the pressure on the handle just before the small circle around the finish

RECOVERY PHASE

- Hands down and away



RECOVERY PHASE

- Rock over from the heels to a comfortable and strong posture

Good organisation of body movement... • Weight transferred early onto the feet... • Smooth movement forward... • Hands/body and slide

• All body swing by half way up the slide

• Prepare early by squatting as the blades pass the knees

• Body pre-stretched and ready for the catch on the last part of the

