



Session 1
Module 1
Duration – 30 min

New Skills

Introduction to Safety & Equipment
Basic Positions & Movements

Prep

Consult master checklist. This session should be conducted on erg in its entirety. Have ergometers available. Maybe try ergs outside near the water if there are not too many distractions. This guide can be printed as a checklist, and you could use the pictures to show the rowers.

Alternative Plan

If ergs are not available a bank tub or boat secured at the slip could be used.



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Session

Crew Brief – Gather the group together if possible, then:

- Welcome the rowers and get them to share what their experience is with the sport. Make sure they are properly clothed and, if nervous, reassure them that rowing is a safe sport.
- Introduce yourself and other coaches/helpers and encourage the rowers to ask questions at any time.
- Make sure 1 coach has collected necessary paperwork and has advised all other coaches of any special needs/concerns. Advise parents of collection time
- Explain the goal of the session is to learn posture, grip and the basic movements of the rowing stroke (arms, body, legs) on the rowing machine, which is a safe learning environment.

Skill Introduction & Practice – Sequence – The initial demonstration & explanation of the basic rowing stroke should be done on the erg. The rowers will be less distracted than if on the water, and be encouraged to move around the erg and see the stroke from different angles. Make sure rowers can see and hear you throughout. You can experiment with the order of teaching this, and for example starting with straight arms using legs only can avoid bad habits like lifting the shoulders and pulling.

Ensure the erg is set up properly, with resistance set very low. This is about technique, not power.

Give a brief introduction to the stroke, stressing the proper sequence of the stroke (arms, body, legs, legs, body, arms).

Using a proper (loose) grip, demonstrate the arms only portion of the stroke. Stress sitting tall on sit bones, keeping the arms and shoulders relaxed, loose grip.



Grip on erg handle from near feet

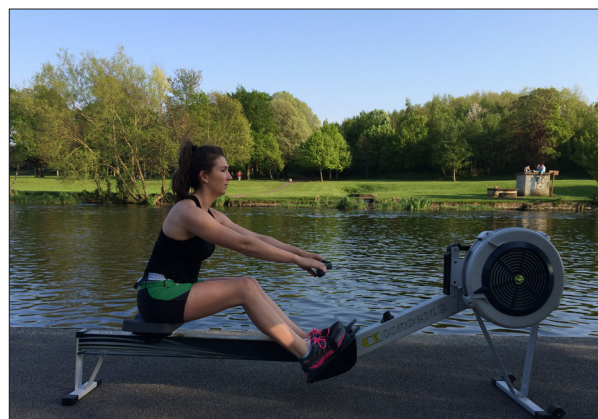


Backstops



Rotate rowers on the ergs until everyone has had a turn, making corrections to posture and grip as needed. **Stay positive, focus on the good.**

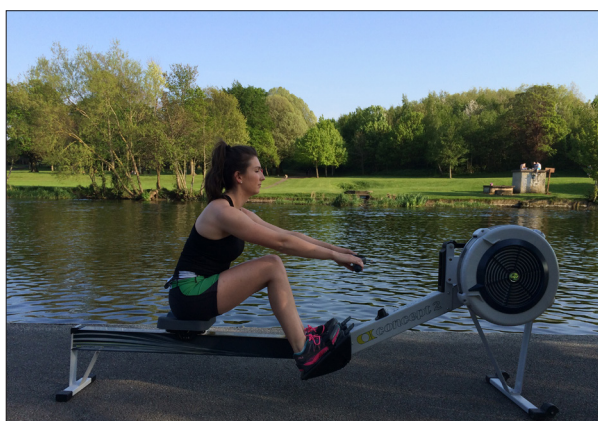
Give a brief introduction to arms and body, stressing reaching from the hips to the 1 o'clock position, not rocking forward until arms are straight.



Demonstrate arms and body, encourage rowers to move around erg so they see it from the side, front and back.

Rotate rowers on the ergs until everyone has had a turn, making corrections to body position as needed. **Stay positive, focus on the good.**

Give a brief introduction to bringing the legs into the sequence. Stress the arms are past the knees before the knees rise, at full slide the shins are vertical, body stays at 1 o'clock.



Demonstrate arms, body and legs – encourage rowers to look from different angles.

Rotate rowers on the ergs until everyone has had a turn, making corrections to sequence as needed. **Stay positive, focus on the good.**

Encourage rowers to ask questions, once questions are finished the session is over.

It can be useful to teach legs only first, then introduce body swing, then arms.

Crew Debrief – The rowers had a lot of information and new skills to absorb in this session. Thank them for their time, effort and attention. Encourage them to share their thoughts on the session, dig for information from them. (Make sure they leave/are collected promptly and they know when the next session is scheduled and any special instructions, or move into Module 2).

Conclusion

At the end of the module the rowers should be able to

- Explain and demonstrate the basic sequence of the rowing stroke – arm/body/legs, on the erg.
- Leave the session smiling; the introduction to the sport should be an enjoyable one as we want them to continue.