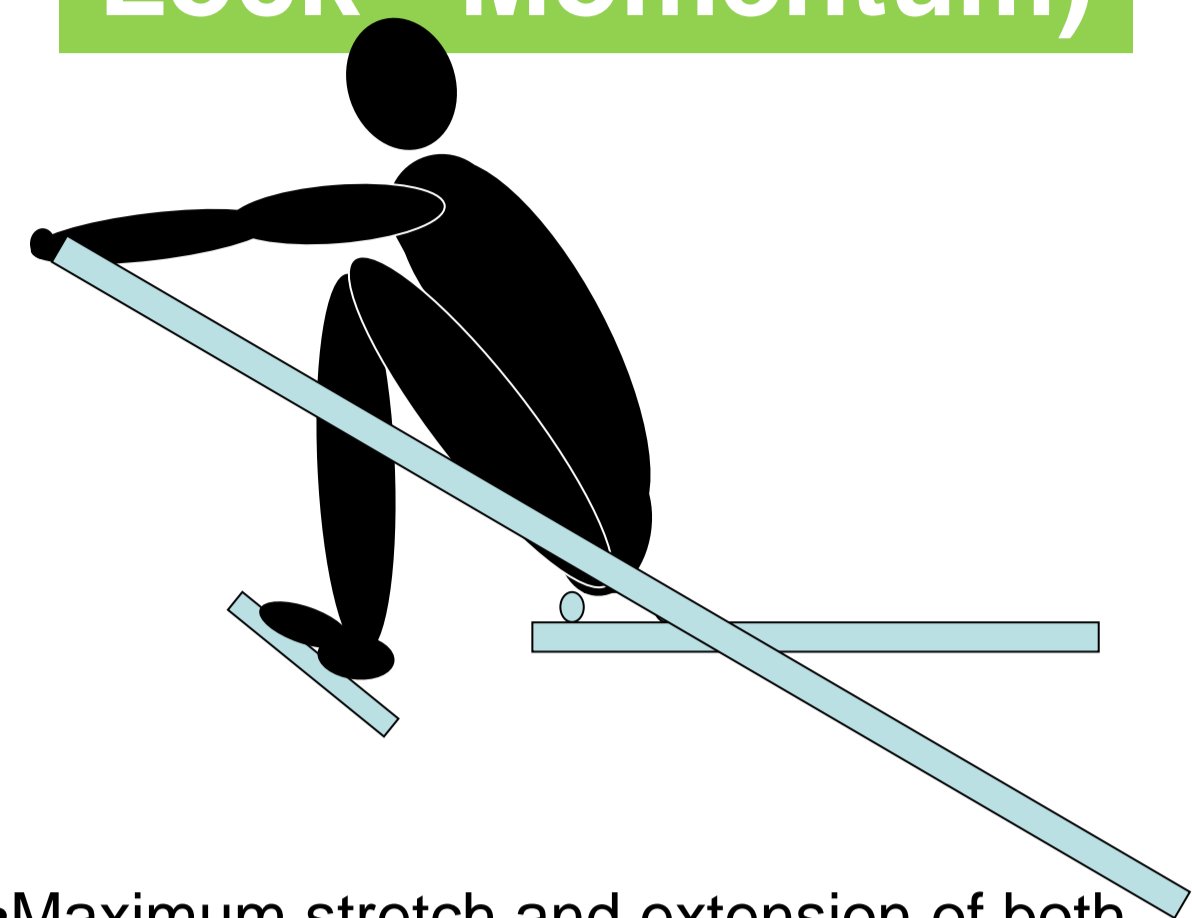


# ROWING IRELAND NATIONAL TECHNICAL MODEL



ROWING IRELAND

## Catch (Place and Lock - Momentum)



- Maximum stretch and extension of both shoulders(scutt); outside shoulder (sweep)
- Shins in a vertical position
- Lift hands independently from body using the deltoide
- Blade is placed at the required level that will be sustained through out the entire stroke
- Lock activating the Grand Dorsal (isotonically) and the Glutes (isometrically) with a simultaneous initiation of leg drive
- Quick smooth movements to ensure continuation of the run of the boat
- Higher boat speed requires quicker movements

## Early Drive (Push)



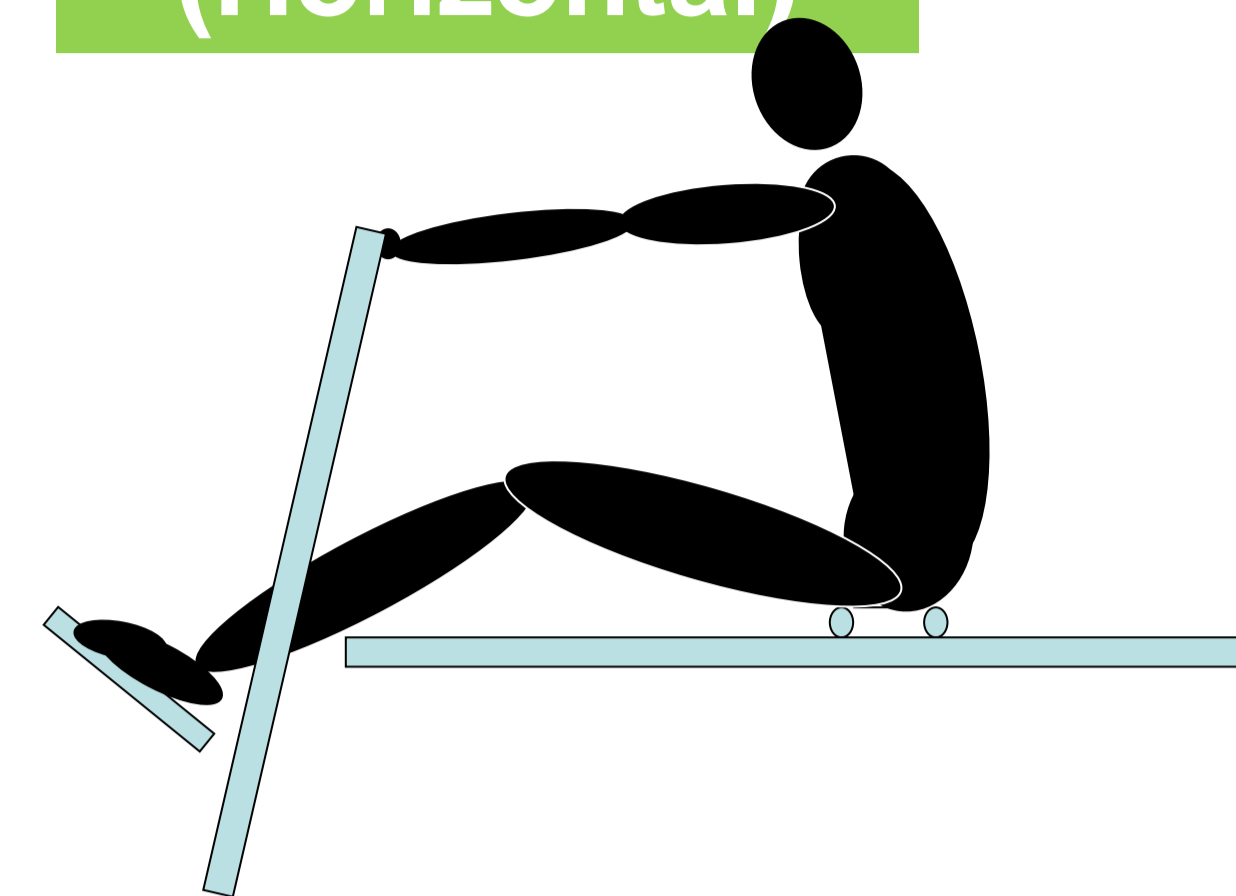
- Primary power source being generated from the legs
- Straight arms using the arms and shoulder to connect and transmit the handle to the power source
- Neck flat pulling back in line with the head and the column. One piece. No anatomical interruption
- Block of the hips. Strong core.
- Constant pressure on hands and the whole feet including the heels (activating the calves)

## Mid Drive (Suspension)

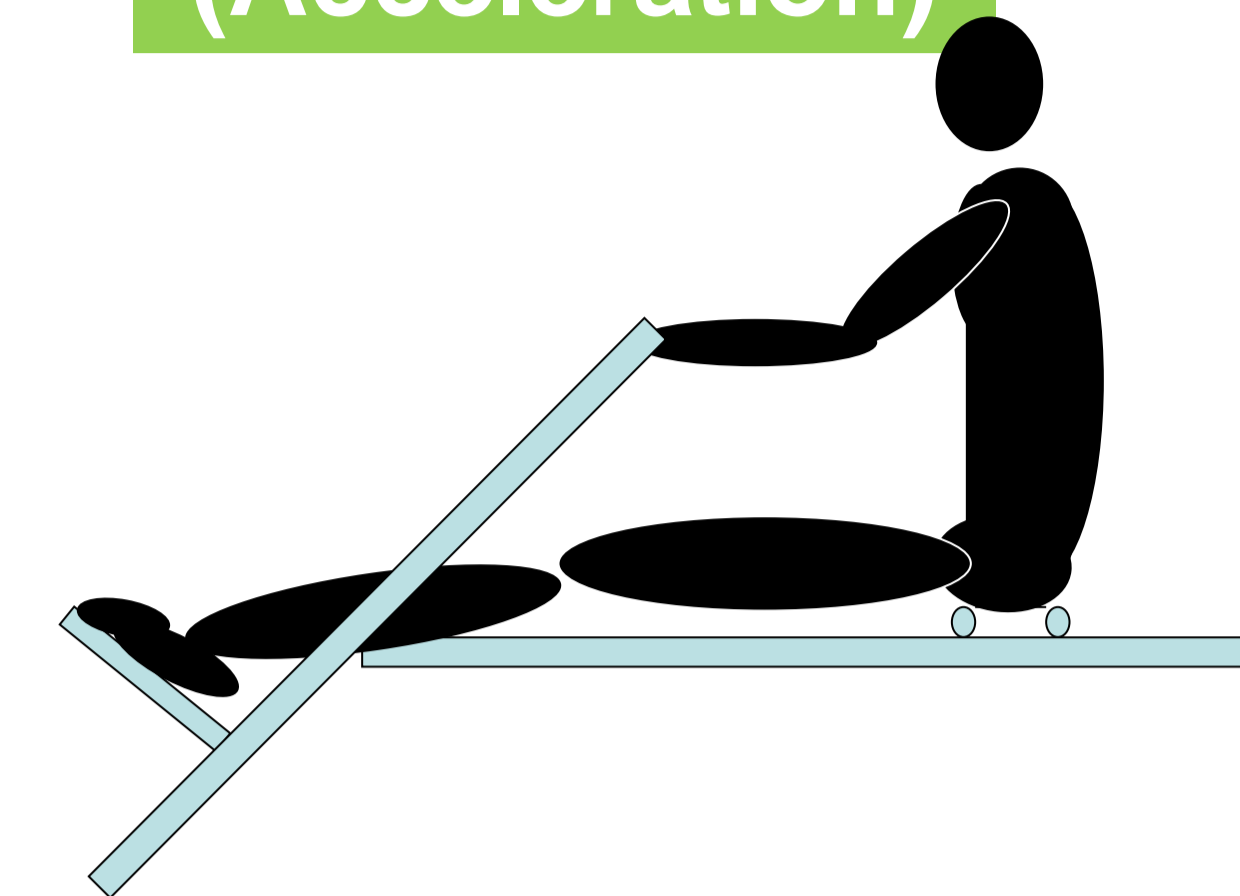


- Maintain light seat feeling suspended
- Shoulder in front of the seat keep the block of the hips and the isometric activation of the gluts
- Strong body position with straight back
- Body working off the legs.
- Neck pulling back flat
- Accelerate the handle towards the body
- Low shoulders with a flat draw
- Maintain handle acceleration on even high/level set at the catch

## Mid Late Drive (Horizontal)



## Late Drive (Acceleration)



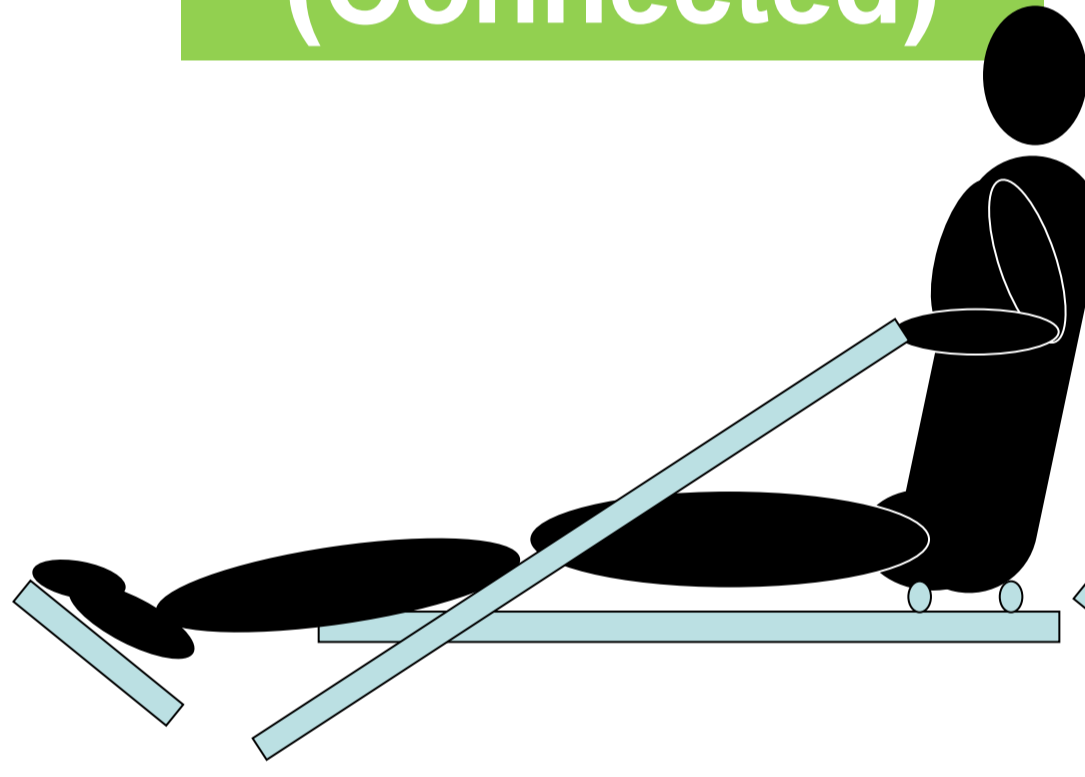
- Open the body position from the hips and lower back activating isotonically the gluts
- Strong and accelerated leg drive pushing with the whole feet including the heels (calves)
- Arms to accelerate towards the body – scull: both edge of the elbows in line with the hands – sweep: outside elbow in line with the outside forearm; inside slightly closer to the body
- Neck pulling back flat. Shoulders flat.

## Finish (Connected)



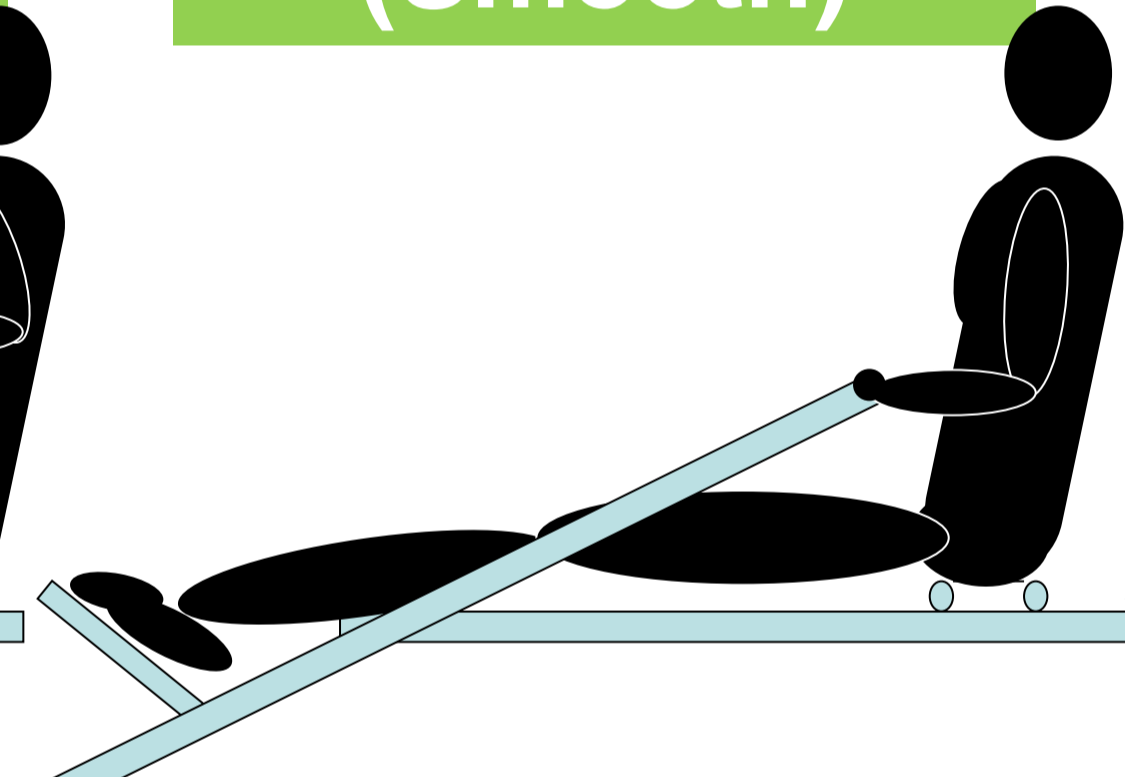
- Legs and hips locked, body stationary leaning back
- Arms and upper shoulder still working
- Accelerate the handle to the body
- Pressure against the foot-stretcher
- Sweep rowing – shoulders parallel to the handle
- Sculling – shoulders to be square in the boat
- Arms to accelerate towards the body – scull: both edge of the elbows in line with the hands – sweep: outside elbow in line with the outside forearm; inside slightly closer to the body

## Finish (Connected)



- Legs and hips locked, body stationary leaning back
- Arms and upper shoulder still working
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- Sculling – shoulders to be square in the boat
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## Release (Smooth)



- To occur several centimeters before the hands hit or graze the body
- Blade released by pushing down on the handle
- Everything is stationary except for the hands and arms. Independent movement. No extra body movement.
- Handle should tap down to a plan that is not left until the entry of the next stroke

## Hands Away (Independent – Continues)

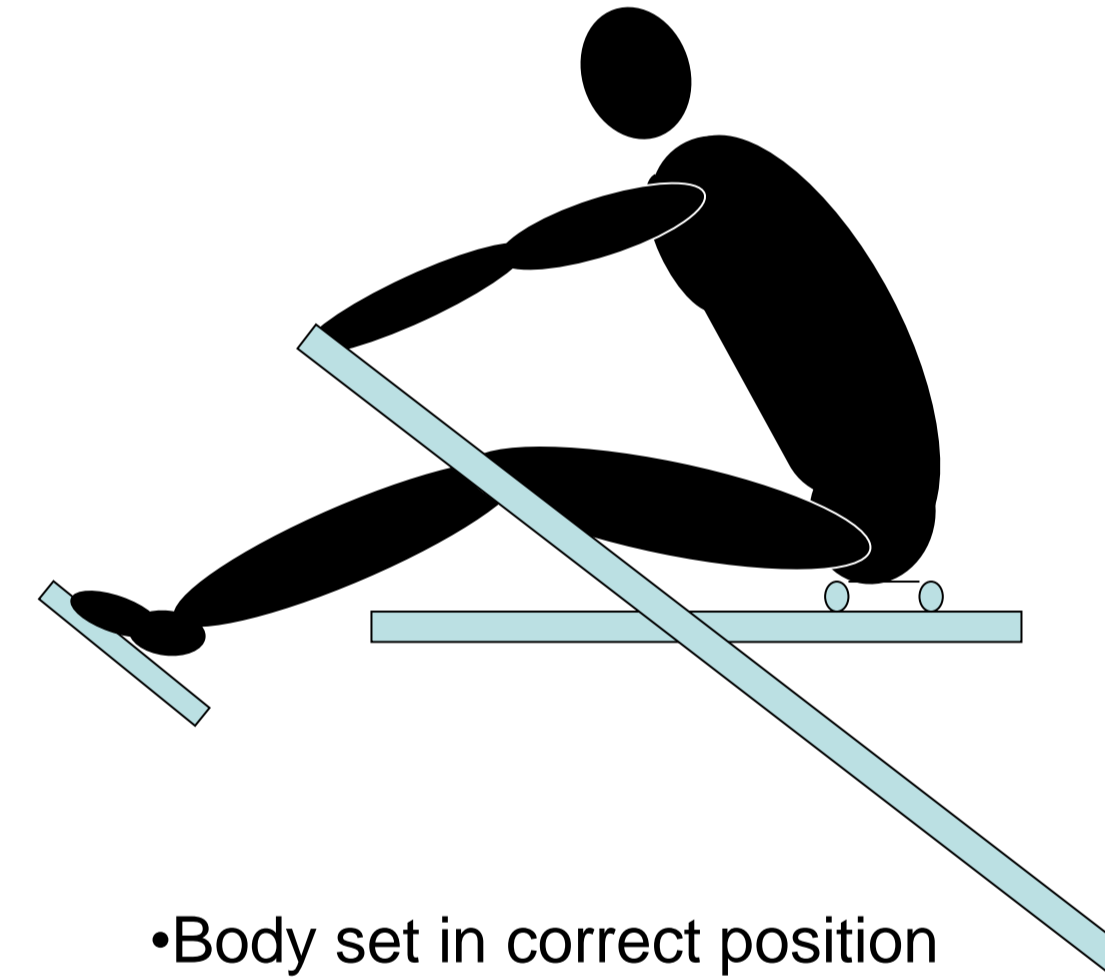


- Blade extracted square
- Lead with the hands
- Speed of handle into body determines speed away. Smooth and continue.
- Feather the blades with the fingers mainly (scull) and with the inside wrist (sweep)
- Pivot comes from the hips (iliopsoas) and the head
- Strong lower back and stretched but relaxed upper back/torso
- Handle leads out body
- Shoulders over the hips when the hands pass the knees
- Transfer weight onto feet but controlling
- Arms straight stretching the joints

## Early Recovery (Transfer)

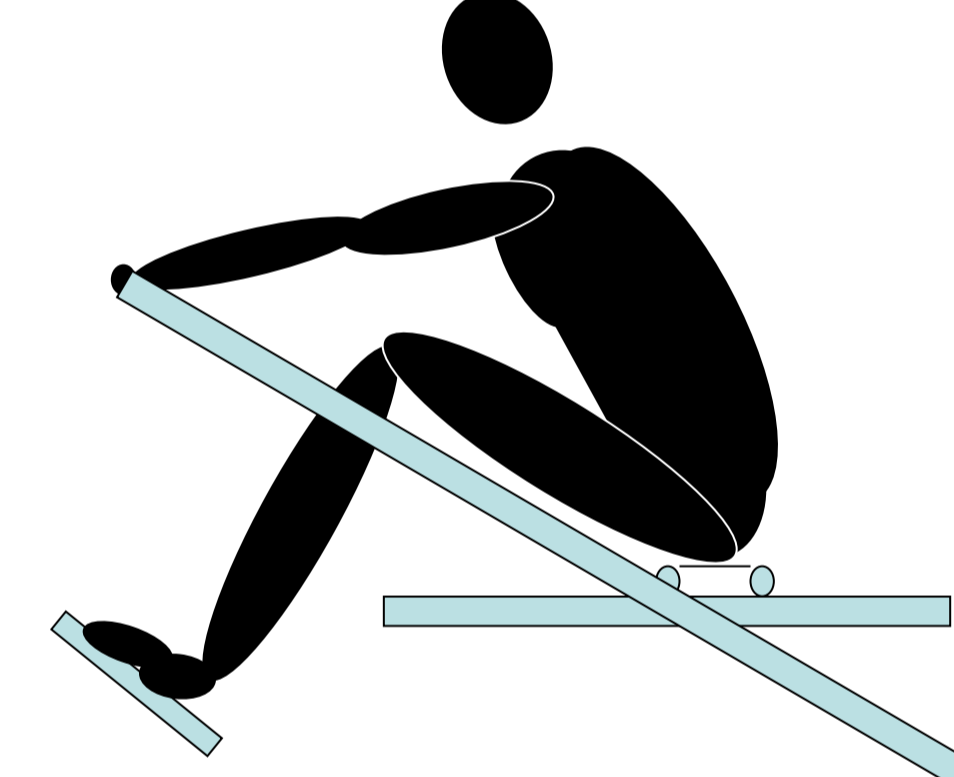


## Mid Recovery (All ready)

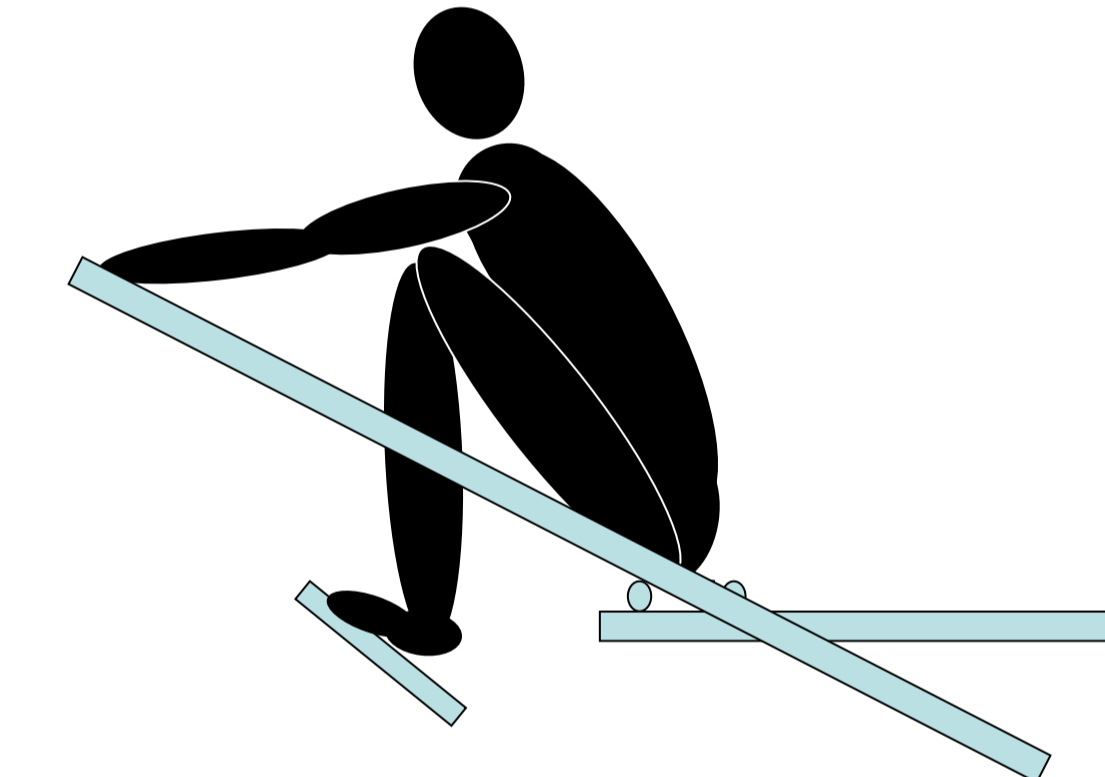


- Body set in correct position
- Good posture
- Full body length
- Weight on feet light in hands
- Relaxed shoulders and arms (but straight)
- Forehead and arms pulling the body towards the stern
- Body pulling the seat towards the stern
- Seat gradually decrease its velocity during the last quarter of slides/recovery. (controlling)

## Late Recovery (Controlling)

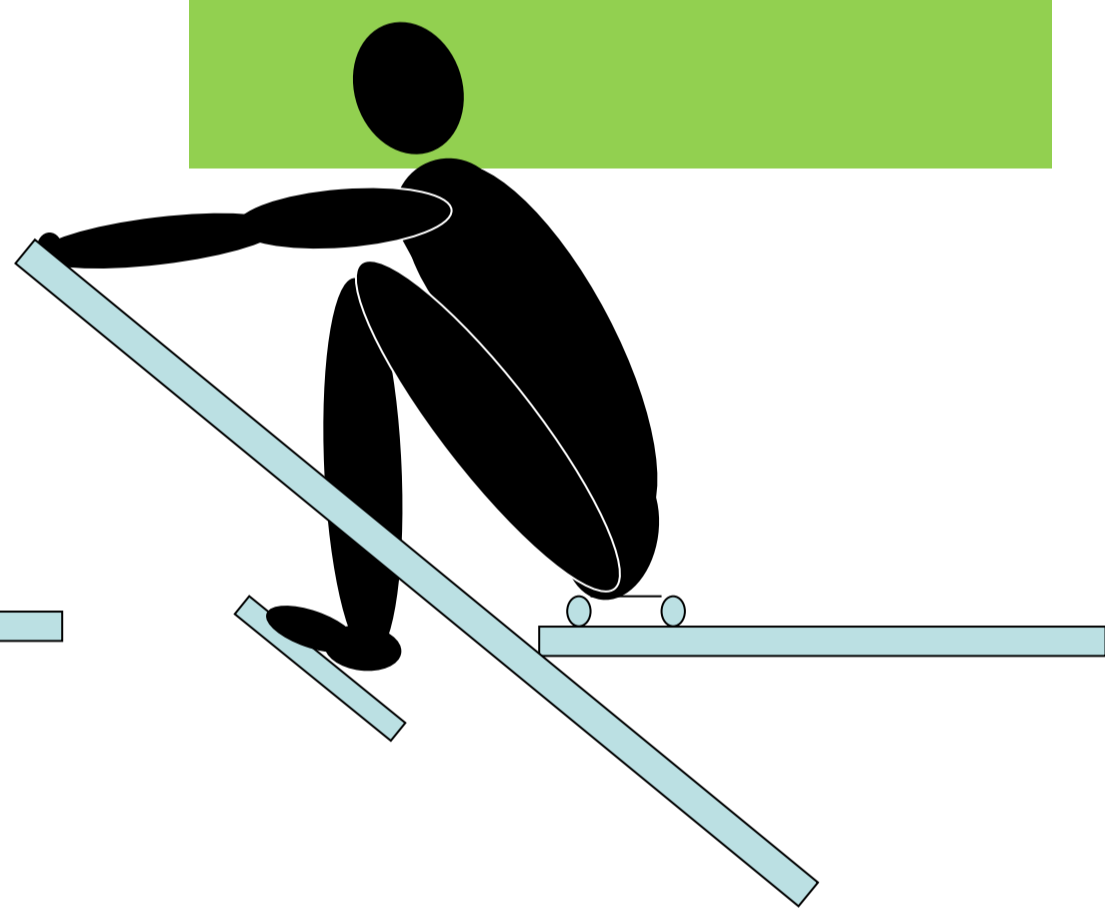


## Full reach (In the middle)



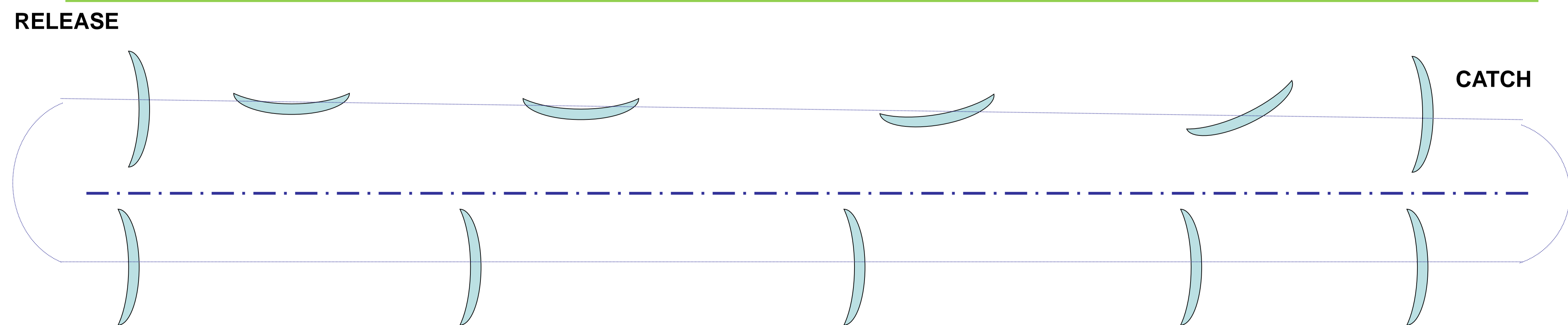
- Sitting tall, relaxed and controlled
- Weight through feet minimizing the negative force.
- Moving with speed of boat
- Knees towards the chest
- Anticipating catch – place on way forward

## Catch (Place and Lock - Momentum)



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- Quick smooth movements to ensure continuation of the run of the boat
- Greater speed boat requires quicker movements

## Blade path



## Grip

