

Natural Rowing Technique

RECOVERY SEQUENCE



HANDS

THE FIRST PART OF RECOVERY – “HANDS”

- The athlete sits in the finish position, relaxed with knees down.
- The blade is out of the water.
- The hands start moving away from the body to almost full-arm extension, but not locked.



BODY

BODY PREPARATION – “BODY”

- The rower straightens the arms and pivots the body forward to the full reach position.
- The hands have gone over the knees, but the knees are still down.
- Now, the athlete is ready to start his or her slide forward towards the catch.



SLIDE

LATE PART OF RECOVERY – “SLIDE”

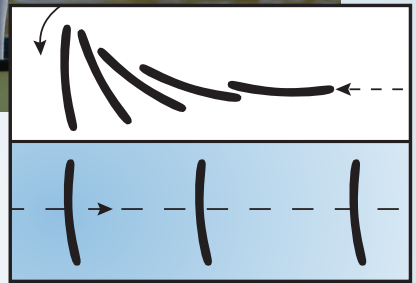
- The rower continues gliding forward to the catch, without any change to his or her body position.
- Avoid additional reaching out (diving) on the end of the slide. It slows down the boat.



CATCH

THE ENTRY OF THE BLADE INTO THE WATER – “CATCH”

- The rower arrives to the front of the slide – tall, relaxed with arms extended forward.
- The shins are almost vertical in “fully compressed” position.
- The hands (not shoulders) move up in a small motion placing the blade into the water as the seat changes direction.



THE DRIVE SEQUENCE

Caryn Davies, Olympic Gold Medalist in '08, '12



LEGS

THE FIRST PART OF THE DRIVE – “LEGS”

- The blade is already in the water. The legs push against the footboards and the whole body changes direction and starts moving towards the bow.
- The arms are stretched; the rower passively hangs on the oar handle.
- The body position remains unchanged for the first part of the drive.



BACK

THE MIDDLE PART OF THE DRIVE – “BACK”

- The seat is approaching the last third of the slide.
- The back extends to open (uncoils), so it appears as if the body swing takes over from the leg drive. The tall upper body is pivoting from the hips.
- The arms are still stretched and the body hangs on the oar handle.
- Mechanically, this is the most efficient part of the stroke.



ARMS

THE FINISH – “ARMS”

- The legs are flat and the rower sits back in a position of about 10 degrees past vertical.
- The head and chest are behind the oar handle without slouching.
- The arms continue the last few inches of the draw. The outside forearm is horizontal and pulling through.
- The rower continues to keep pressure on the footboards.



RELEASE

THE RELEASE

- The rower sits tall with some support against the foot stretchers. The head and chest are behind the oar handles.
- The hands make a semicircular tapping motion down, without touching the body.
- The blade comes out of the water.

