



YOUTH ROWING FIRST WATER SESSION

1. GETTING IN

- a. Don't forget oar handles end to end not overlapping
- b. ADJUST handles 2 hands apart at finish if possible
- c. SAFE POSITION

2. CONFIDENCE DRILLS

- a. Raise and lower each handle in turn to rock the boat. Rotate hands doggy paddle style, then reverse.
- b. Using 1 hand only lift and lower handle alternately to rock boat. Put spare hand on head.
- c. Both hands off and rock boat.
- d. Rigger dips.
- e. Stand up 1 at a time till all crew and cox are up.
- f. PHOTO!

3. MANOEUVRES

- a. Paddle right hand square blade fixed seat. Then left.
- b. Reverse so pushing.
- c. Try and do full turn pulling. Then in reverse pushing (do in pairs?).
- d. See if they can do alternate (pulling/pushing) strokes to turn boat.

4. STOPPING

- a. Start with safe position.
- b. Practice slapping water with backs of oars.
- c. Slap and bury oars.
- d. Slap, bury and roll oars, concave side towards bow.