

### **Rowers Requirements for Moving into Masters Sweep**

1. Have all the requirements of adult rowing, LTR, membership are up to date(safety, flip test, emergency contacts)
2. Know other parts of the stroke (release, catch, drive, recovery) and most rowing terminology (hands away, body prep) as well as comparable terminology
3. How and when to “blend” in while sitting out.
4. Parts of the boat (bow , stern, port starboard), positions in the boat ( bow pair, stroke pair)
5. Where certain pause drill can happen. Arms away, arms and body, half slide, finish, etc
6. How to **“correctly”** set up a boat when not rowing
7. Which hand feathers, which is the inside, outside hand
8. The concept of “rush/ ratio”
9. Most of the coxswain commands “ie the command "in 2..." How to blend in”
10. How to correctly spin--backing, rowing, alternating,
11. How to correctly move foot stretchers, spacers, and when to that
12. How to correctly move a boat, in out of the boathouse and on the water
13. Why we do a racing start. what a racing start is
14. Be able to row at 24 at some pressure for 10 Minutes without “large” technical mistakes
15. “Way enough= Stop and listen” .“Let it run”= ie Hands away blades off the water and feathered till cox’n says blades down
16. Coaching Assessment (TBD)

### **Coxswain Requirements for Moving into Masters Sweep**

1. Know the traffic pattern
2. Coxswain Application on file
3. Know the safety procedures
4. Understand the parts of the stroke, catch, drive finish, release, recovery, hands away, top half
5. Parts of the boat (bow , stern, port starboard), positions in the boat ( bow pair, stroke pair)
6. Correct commands for how to spin a boat (by 8+’s)
7. Steer “fairly” straight, know how to correct it
8. Understand the basic coxswain commands (refer to coxswain packet)
9. Understand when and how to relay/ re-inforce coaches instructions / commands
10. Implement drills
  - a. Pause drills -Arms away, arms and body, half slide, finish, etc
  - b. Outside hands only, switch hands
  - c. Add a pair. 5 and glide, etc
11. General Expectations
  - a. Always keep the boats together (take pauses, shorten pauses, increase pressure, decrease pressure) unless we are in a race piece
  - b. Never start behind unless directed by a coach
  - c. Always raise your hand if given direction from a coach, to verify that the coaches instructions were heard

## Standard Masters on the Water Warm Up

**\*\*\*Adjust as necessary based on rowing size of boat and ability of a crew and point in season\*\*\***

**OTW – Once finish row by 6's or pairs on the square till the start line. If there is not a coach by the time you are at the start line wait for the other boats, then row by six's / pairs alternating toward the dock**

1. Front end drill by 6s on the square (top 1/4, leg, leg and back, full): 10 strokes at each length. 2x through (1x stern 6, 1x bow 6)
2. By 6s on the square, pausing at body prep (body over): Pause every stroke for 5 strokes and rotate. Move through each 6. Demand that they stay set during the transitions.
3. By 8s on the feather (on the square if the boat is unfocused): 20 strokes, demand perfection and focus.
4. 3 to build + 10's (at racing rates--26, 28, 30, 34, max): Paddle for 10 between each set
5. Easy Speeds (up two in two or up two in 5) 20-30, 24-34, 28- Max \*\*if coaches are not at the start, please proceed with this section, otherwise be ready to do starts together.

### **For Spring/Summer season only**

6. Starts and Start Sequences: (3/4, 3/4, lengthen, full) Do each stroke 2-3 times before adding the next in the start sequence. Build into start 4 + high 10; start 4 + high 15; start 4 + high 10, settle 10; start 4 + high 15, settle 10. \*\*starts will be done together at practices, so wait for the coaches. Please do these sequences with boats before races. Make adjustments as necessary-- if people have raced multiple times that day, no shade, heat, etc, space available to do sequences. \*\*Stay off of the rudder during starts!!

\*\*Please make sure that you are checking over the equipment before we go out (nuts, bolts, riggers, speakers). Have your crews check handle heights off of the docks and make any necessary adjustments

### **Land Warm up**

1. 500m on the erg;
2. 3x10 squats;
3. 3x20 crunches;
4. 3x10 push-ups.