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Technique Guide

Sweep



'Effective' Stroke Length at the front turn.

Shins - vertical.
Lower back - Strong position.
Arms - Loosely extended.
Shoulders - Neutral.
Grip - Loose and in the fingers.

Strong Posture

The point of mobility, connection and load is low in the back. 'Swing, Pivot, Rock, Tilt' the Pelvis off the back to get the boat back to you. **DON'T REACH** from the upper back and rib areas. 'Sit Tall, Drive and mobilise low' Good strong posture gives good stability and Sequence (use of correct body parts/muscles in the correct order)

Power and DISTANCE per Stroke

A function of effective length of stroke and acceleration per stroke. Committed to basing the good rowing on what happens under the water and not rating.



Good Sequencing in the Drive Phase

Once bodyweight is on the boat the leg drive pushes the boat & sculler through past the spoons. The connection and drive is LOW in the boat, just above Glutes. The BACK use is crucial. On as long as possible and through the Gluteals against the BOAT, **NOT** the HANDLES. Patience to allow the back to 'build and fill the stroke profile' Use bodyweight and biggest muscles first and TIME segments for one smooth continuous build on the spoons.

The profile of the leg drive should indicate the stroke profile!

