

# TEAM **K**EANE

## Sculling School

### Junior Learn to Row Program Course content

#### What you will learn....

##### Equipment

- You will be shown how to correctly handle, use and care for all the equipment used for Sculling. This will include how to correctly rack and carry equipment.
- You will be taught the correct names for the equipment and its many parts.
- You will be taught how to adjust the basic rigging of the equipment to suit your size and how to make simple fixes to equipment.
- You will be shown to to correctly carry out complete safety checks on all equipment before and after boating.

##### Technique

- You will be taught the correct posture and technique both on the rowing machine and on the water.
- You will be taught how to use this technique to get the most efficiency out of your sculling and to safeguard yourself against injury.
- You will be taken through basic fundamental drills on and off the water to help you understand how to develop more skill and proficiency through your stroke.

##### Language & terms

In Sculling and Rowing there are many different terms used for different purposes whilst on and off the water. You will be taught the basic list of terms and what they mean throughout your sessions.

#### How the sessions will be delivered.....

##### Before the session

You will need to confirm your attendance on our app 48 hours before the session.

From this confirmation the lead coach will allocate you your craft and coach, this will be emailed out to you the evening prior to your session.

##### At the start of the session

Upon your prompt arrival you will be taken through a dynamic warm up for 5-10 minutes. You will then be directed by your coach to take your equipment out, complete safety checks and boat.

##### During the session

You will be instructed and observed through the basic development of the fundamental sculling technique depending on what stage you are at as we all develop at different speeds.

##### Concluding the session

Once the session is complete and the equipment is all safely put back you will then have a briefing with your coach going over the session and the positive outcomes and areas for further progression.

# TEAM **K**EANE

## Sculling School

### Progression.....

In order to be able progress onto the next group you will be able to competently do the following;

- Scull in a Tub Quad & a Fine Quad as part of a crew.
- Understand basic, but essential commands from the Coxswain and Coach.
- Understand and competently carry out basic Drills.
- You will have a sound understanding of the technique both theoretically and practically.
- You will be able to confidently and safely handle all the equipment and make adjustments to the basic rigging.
- You will be able to reliably demonstrate capable boatmanship with regard to handling equipment on and off the racking.

Once the coach has confirmed that you have been able to complete the course content to a satisfactory standard you will then be invited to progress into the 'Developing Sculler' group.

### Important to note....

It is important to note that everyone develops at different speeds and your coach will help you to develop at your own speed, this may take more than 1 term.

It is extremely important to understand the fundamental basics before progressing as this will enhance your development as an athlete both recreationally and competitively as well as from a safety perspective.