

# TEAM **K**EANE

## Sculling School

### 'Developing Sculler' Course content

#### To be eligible to join this group you will be able to....

- Competently scull in a 4x+ as a minimum standard.
- 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 as well as adequate safety knowledge.

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

##### Equipment

- You will develop a broader knowledge of equipment across different boat classes.
- You will deepen your knowledge of rigging equipment specific to your proportions and ability.
- The coaches will aim to progress you from a 4x+ into a stable 2x, then a fine 2x and then a stable 1x and finally a fine 1x.

##### Technique

- You will continue to be reminded of 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 more specific drills on and off the water to help you improve your stroke and efficiency on the water.
- You will be taught how to correctly deliver power through your stroke and start to work on speed and efficiency on the water.
- You will be taught about 'Capsize & Recovery' techniques.

##### Knowledge

You will be taught local navigation and work towards achieving the club theoretical & practical steers accreditation in a single scull.

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

##### Before the session

You will need to confirm your attendance to each session 24hours before the session via fitclub.me.

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.

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### At the start of the session

On your own direction you will have completed a 5-10min dynamic warm up. You will then take your equipment out, complete safety checks and boat.

### During the session

You will be instructed and observed through several sculling drills to help you further develop your skill and efficiency depending on what stage you are at as we all develop at different speeds.

### Concluding the session

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

### Progression.....

In order to be able progress onto either the Junior Racing Squad you will be able to competently do the following;

- Competently & safely scull & navigate in a single scull.
- Have achieved a pass in both your theoretical and practical club steers accreditation.
- Have successfully completed a capsize and recovery drill.
- Be able to independently and safely handle all equipment without direction from a coach.

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 move into either the Junior Racing Squad.

### 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. In fact there is a lot to learn in this group and it is not unusual to take up to a year or more to master all the content.