START ROWING

Session 6
Module 11&12 combined
Duration – 2 hours

Skills

This session should celebrate the end of the Start Rowing experience with a fun series of challenges on and off the water and some information for rowers and their supporters on further rowing opportunities. It should allow the rowers to show off some skills they have learned, in a safe environment.

Prep

The equipment you need will be dependent on the skills you choose to test, and is listed with the description of the assessment.

Coaches will need sheets for marking scores and a whistle or loud hailer to start and stop various assessments.

Consider getting some kind of low value award for the winners – medals, certificates, t-shirts.

A handout of next steps information from Rowing Ireland is available, and you can add your own information which could save time on the day. Have enough Passports with most information completed beforehand so that they are ready to hand out on the day.

Alternative plan

This session can only be conducted **On the Water** so if the weather does not allow this plan an alternate day or do the land based elements only. If the coach feels a crew of beginners cannot effectively compete the skills a more experienced rower can be added to the boat for stability.

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Session

This session is meant to be fun as well as allow the rowers to demonstrate their skills with a bit of friendly competition. It also enables the coach to assess how the rowers have progressed individually and, where possible, as a crew.

The coaching team should choose several of the skills assessments listed below and have like boats and crews competing against each other or against the clock. Ideally a more skilled rower should be available to demonstrate the skill assessment so the rowers have a clear idea what is expected. It is suggested that while some of the group does OTW assessments the others can do their Equipment Knowledge and their Next Steps session, before bringing all together for the prizegiving and presentation of the records of achievement (Passports).

Assessments will be scored on a points system with the lowest point total at the end of the assessment being declared the winner.

Suggested Assessments

- **Balance** – In ten strokes how many can be done with the blades off of the water. (Option – how many strokes in a row can be taken with blades off of the water)

  Equipment – Crew, boat and oars. Coach must be able to see oars on both sides of the boat.

  Scoring – Crew with highest number of clean strokes gets 0 points, next crew gets 1 point, etc...

- **360 Boat Turn** – The full crew turns the boat 360° as close to a buoy as possible, as quickly as possible

  Equipment – Crew, boat and oars, one buoy, stopwatch.

  Scoring – Crew who stays closest to starting spot when boat is turned gets 0 points, next closest crew gets '1' point. Additionally, crew who finishes first gets '0' points, next crew gets 1 point.

- **Slalom Race** (small boats) – Set up a course of 4 buoys approximately 7 meters apart, in a straight line. The crews must go through the course slalom style as quickly as possible. Both the oars and the boat must stay on the correct side of the buoy. Make sure there is a starting and finish line.

  Equipment – Crew, boat and oars. 4 buoys and a whistle or bullhorn to start, stopwatch. Visible start and finish lines.

  Scoring – Crew who finishes course in fastest times without hitting buoys is awarded 0 points, next fastest crew 1 point, etc...Add points for hitting buoys etc., but use discretion.

- **Timed Race with Turn** (Larger boats) - Set up a buoy about 25 metres from the start line. The crew must race to buoy, turn around it and race back to line.

  Equipment – Crew, boat and oars, stopwatch. Visible start/finish line and 1 buoy to mark turn.

  Scoring – Crew who finishes first is awarded 0 points, next fastest crew gets 1 point...

- **50 Metre Sprint** - This can be run side by side like a mini regatta. Make sure crews know to stay in their 'lane'. Fastest crew from start to finish wins.

  Equipment – Crew, boat and oars. Possibly buoys to mark lanes.

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Umpire/safety marshal to make sure crew and boats are safe.
Scoring – Crew who finishes first is awarded 0 points, next fastest crew gets 1 point...

Dry land activities – **Equipment Knowledge**, and **Next Steps info**. These can be done at the start or the end of the day's activities, or while others are On The Water.

Equipment Knowledge –Print out 5-10 labels of boat and oar parts (examples – gate, shaft, spoon, foot plate, slide, hatch cover, bow, stern, bowside, strokeside, collar, button). Task the rowers to label the boat parts with the correct name.

> Equipment – Printed labels, put the boat on trestles and have an oar beside it.
> Scoring – Crews are awarded 1 point for every mislabeled part.

Next Steps Information – You should give out information on what the rower's options are for continuing in the sport. A RI handout is available and club info should be added.

Final Presentations:
Conclusion/Debrief - Tally the total points and the crew (or individual) with the lowest point total should be declared the winner. Focus on how far the rowers have progressed over the 12 modules, they have displayed a lot of different skills in the assessments listed above. This was their first exposure to any type of competition in rowing, ensure it was a fun experience for them. Make sure every rower gets a completed passport to take away, and thank them and their supporters for being involved. Make a point of thanking all the helpers and the club or others assisting with the running of the Start Rowing Course.

Please pass your feedback on any aspect of the delivery or design of the Start Rowing materials back to Rowing Ireland by email to gordon.reid@rowingireland.ie

We welcome your involvement and hope the materials have been of assistance.

Acknowledgements

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