



British Rowing-CPGA Development in 2009

Coach Education

Fixed Seat Level 2 Coaching Course

- 2 courses run in 2009 – CRA, Falmouth
- 19 coaches trained

Juniors

- Scholarship coach programme (via funds from British Rowing/HSCT)
- 3rd Junior training camp at Stithians in Oct 09
- 5 Clubs completed Clubmark accreditation
- Successful Cornwall Schools Indoor Rowing Champs and SW Regional Champs

Adults

- CPGA indoor rowing project funded via British Rowing – Flushing/Mylor, St Ages, Cadgwith, Caradon, Padstow, Lyme Regis

Facilities

- Facilities audit completed. Priorities for possible funding established.



Planned Developments for 2010

Coach Education

- 3 planned L2 coaching courses for 2010 – Fowey, West Cornwall and Dorset
- Child Protection Workshop
- Technique Workshop
- Level 1 Coxes Course

Juniors

- Year 2 of current Scholarship Coach Scheme
- Sport Unlimited – 16-18 year olds
- Further Clubmark Accreditations

Adults

- Next phases of Indoor Rowing project
- Explore Rowing?

Facilities

- Potential funding for identified projects in 2010-11

Technique Workshop

Fixed Seat Rowing Technique

This poster outlines fixed seat rowing technique.



The Catch

- Sit symmetrically on the seat in a comfortable and strong position
- Keep the head facing forwards, looking towards the stern
- Pelvis rocking over from the finish



- Back should be set at the catch
- Body in a pre-stretched position
- Hands over feet



- Lock the face of blade square in the water
- The catch is taken with one smooth continuous movement of hands (no pause)

The Drive



- Push off equally with both legs, and then open the body using arms as linkage



- Maintain a strong body posture



- The legs, upper body, shoulders and arms accelerate the handle throughout the drive



- Equal pressure through feet during the drive
- Keep the blade square for as long as possible

The Finish



- Maintain acceleration until the hands reach body
- Tap the blade out square with outside hand, feather with inside hand
- Hands down and away at the speed as they come in

The Recovery



- The body movement forward should be smooth and controlled
- Hands, body, legs
- Retain good posture



- Hands lead the body forward, arms straight
- Maintain balance through the feet





- Body prepared and ready for the catch on the last part of the recovery
- Prepare the blade for the catch by starting to square as the handles pass the knees





Level 1 Coxes Course


British Rowing Coastal Coxing Certificate Level 1






 BRITISHROWING


 CYMRITHAS RHWYFOD
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 WELSH SEA ROWING
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 SRA


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 be prepared

COASTAL COXING LEVEL 1 CERTIFICATE

This is to certify that has demonstrated their competence in the theory and practical sections of the **BRITISH ROWING COASTAL COXING Level 1 Certificate**

Name of assessor	Signature of assessor	Coaching qualification
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Additional training endorsements

Details	Date	Delivered/assessed by	Signature