

## Balby Carr Girls Rowing Team

After the floods of Doncaster Miss Clarke's Year 10 class went rowing on the river Don. Our Cox was Dudley Fletcher who helped myself and my friend Sophie do the rowing on a double rowing boat. He showed us a lot of different techniques to help us row using the correct technique. We learned to do the safe position 1<sup>st</sup> with Dudley helping Sophie first. Sophie got it straight away like a duck to water, then he moved on to myself and showed me how to row. It took a bit of time for me to get it but in the end I picked it up as was rowing like a female version of Steve Redgrave. As soon as Dudley thought we were ready he wanted us to row together. As we began to row down the river he would tell us where we were going wrong and how to improve. Now I and Sophie know how to use the blades the right way which is having them facing yellow facing me. The right way to hold the blades is left over right and to row is out in down the push out again. When we got more confident rowing, Dudley showed us how to bend our knees as we were rowing to give us more power and speed.



By Rebecca Smith (Y10)