



***INTRODUCTION TO
ROWING
LTR BOOK 1***

Welcome To Rowing

Rowing is more than an activity, it is an experience.

The aim of the Monongahela Rowing Association (MRA) Learn To Row (LTR) program is the development of rowing skills for people wanting to join MRA, learn rowing and further support the overall goals of MRA.

MRA is a non-profit 501(c)3 members supported organization whose objectives are the support of amateur and youth Rowing in the Morgantown area. For more information on the history of MRA and its activity, see: www.monrowing.org

This Booklet was compiled and adapted from a variety of sources by John Duarte for use in the MRA Learn To Row program.

Most of the base material used here comes from Rowing Canada, Journey 1 Book.

Because MRA LTR is a shorter program than that provided by Rowing Canada, the information provided here is more intense than the original booklet. This book is still a project under development and some information still needs refinement to better correspond to our conditions. Your suggestions are welcome.

I hope that it will be helpful and enjoyable to you, in your journey to become a proficient rower.

Thank You and Happy Rowing.

John M. Duarte

Spring, 2010

A C K N O W L E D G M E N T S

The contents of this booklet were adapted by John Duarte for MRA.

Most of the materials come from Rowing Canada Journey 1 book, other sources are: UK Amateur Rowing Association; <http://www.ararowing.org/rowing-stroke>; Mike Sullivan, BIAC; Wikipedia.

Rowing Canada Aviron has developed the Journey 1, 2, 3 Skills Program to introduce more people to the sport of rowing. In doing so, RCA would like to acknowledge the contributions of many people who have provided ideas, insights, technical feedback and encouragement

The technical source for much of the material that you will find in the Journey 1 Handbook was originally developed by Alan Roaf, in his previous role as RCA's Coach Athlete Development Director. Chuck McDiarmid and Carolyn Trono developed the program and content for the various levels and the instructor's guidebook.

LTR Program outline

MRA Learn To Row (LTR) program is structured to be a fast pace learning experience typically conducted over the course of 1 introduction class and 4 or 5 on the water lessons lasting about 2 hours each. At the end of the program the novice rowers can start rowing with a body and no other supervision using MRA's equipment.

Expectation for Program.

To enable participating rowers in becoming capable of handling a Rowing Shell on their own.

To develop rowing ability and the capacity to further develop in the sport.

Achieve sufficient proficiency to become independent novice MRA Rower

Participants are expected to provide commitment to learning to row and engage in self study for that purpose.

Class 1. Registration , Welcome and Lesson Plan

- a. Introduction to Learning Materials
 1. US Rowing Safety Video
 2. US Rowing Sculling Fundamentals
 3. MRA - Learn to Row Book 1
 4. MRA Rowing compendium
 5. Online Row2k videos
- b. Lesson Plan
 1. US Rowing Safety Video
 2. Intro to Ergometer and rowing technique
 3. Intro to Shells and Oars
 - i. Shell overview
 - ii. Parts
 - iii. Oars

Class 2. Getting the Shell to the Water

1. Documentation, Logs
2. Carrying Oars
3. Carrying Shells,
4. Placing Shell in Water
5. Rigging Shell
6. Getting in and out of Shell
7. Rowing Stroke –Demo
8. Drive Phases
9. Grip
10. Feathering
11. Squaring
12. Slide
13. Drive,
14. Rowing Tethered
 - i. Practice stroke and slide elements

