

Masters Technique Development

The following score card is intended to help coaches and athletes develop specific goals for technique development

Scores should be assessed after videotaping the athlete in a 1x at 18-20; 26-28 and a 30+ stroke rate

Scores are assessed on a three-point scale: 1= Needs improvement, 2 = OK and 3 = Excellent

Scores should be updated at 3-month intervals to assess progress. Realistic goals should be set that reflect the individuals time availability and interests.

Phase	Skill	Score	Comments
Entry	Posture (body angle, head position)		
	Straight arms, relaxed shoulders		
	Shins near vertical		
	Blade placed with hands (not shoulders)		
Drive	Precise Catch. Blade buried and locked by 1/8 drive		
	Legs initiate drive		
	Arms and body in catch position for 1/2 drive		
	Legs, body, arms sequenced properly		
	Consistent and proper blade depth for 90% of drive		
	Athlete able to maintain above skills at rate of 26+		
Release	Proper finish position (Body, hands, legs, head)		
	Blade is removed by tapping down (circular motion)		
	Blade is feathered with minimal wrist movement		
	Rhythm maintained around turn		
Recovery	Arms, body, legs sequenced properly (controlled)		
	Set position established with pelvis, not back		
	Catch position established prior to half compression		
	Blade carried at a constant height off water		
	Blade squared prior to entry point		
Other	No body movement prior to catch (no lunge)		
	Balance - able to set a 1x with minimum wobble		
	Relaxed, fluid appearance - cyclical stroke, no pauses		
	Can maintain >2:1 recovery/drive ratio at 18 S.R.		
	Can maintain >2:1 recovery/drive ratio at 26 S.R.		
	Can maintain positive recovery/drive ratio at 30 S.R.		
	Proper grip and hand sequence on drive and recovery		

Technique development is particularly important to Masters rowers to efficiently translate available energy into boat speed and to minimize risk of injury.

In addition to technique, athletes are encouraged to set themselves individual goals for fitness, endurance, flexibility and strength. For Masters, these goals are highly individual and depend on each athlete's time availability, commitment to rowing and the individuals specific interests (sprint competition, head racing, touring, open-water rowing, recreational rowing, etc.)