



Day 1

Session #1 Warm up on the water, video, video analysis, decide what changes need to be made, and the sequence to do them in. Everyone's starting point is different. There may be some things that we can do to get you to create new neurological pathways OFF the water, which will expedite the learning process. I find it easier to create a muscle memory of the correct motion when I can physically manipulate the sculler rather than just verbally lead them toward the perfect motion on the water. Once you have done one perfect repetition of any motion it becomes repeatable. Getting the first one is the trick. I have some teaching devices, and an on land-sculling simulator that I use for this purpose.

While you are on the water, I will also look at your rigging, i.e. dimensions, where you are positioning yourself relative to the pin, amount of crossover, shoe height and angle, oarlock height, etc.

This first session could be as long as 2.5 hours.

Break/Snack

Session #2: Starting the process. 60 minutes of coaching.

Session # 3: On you're own, processing and practicing.
(Coaching optional)

Day 2

Session #1: ON the water, continuation of learning sequence. I will take more video of you rowing toward the end of this 60-minute session. You can stay on the water on your own for no more than 20 minutes if you want.

Break/Snack/video review. With me or by yourself.

Session # 2: Optional row on your own to work on assimilation and "getting it into your body".

Session # 3: 60 minutes of coaching, ending with video of your improved technique.

I am completely flexible about what we do, and honestly, it will be easier for me to come up with a plan based on what I see about your rowing. While it is good to have a general plan, I think each sculler's process for learning unfolds by itself once we start, and with input from both of us, we will come up with a process that will work for you to be at a much higher level when we are through. You should give yourself a minimum of 5 hours of coaching over the two days. Some scullers have done 9 hours in two days.

Look forward to helping you go faster.