

Fixed Seat Rowing Technique 2

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 pre-stretched position



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

The Drive



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



- Maintain a strong body posture



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



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

The Finish



- Maintain acceleration until the hands reach the body



- The body movement forward should be smooth and controlled



- Hands lead the body forward, keep the arms straight
- Retain good posture
- Maintain balance through the feet



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