



BRITISH ROWING

The trials & tribulations of turning athletes from other sports into rowers

Tom Young & Helen Brown - World Class Start

BRITISH ROWING
LOCKDOWN WEBINARS



IN ASSOCIATION WITH

THE POWER TO KNOW.

Development
Multi-faceted
No magic bullet

Trial & Error
There will be problem solving!

The trials & tribulations
of turning athletes
from other sports into rowers

How well prepared are they?
What are their Strengths – Exciting!?
Weaknesses – Trip Hazards?!

Performance athletes
Prior success
Skills & Experience

Background

- Assumptions for today:

Entry → 'Rower'

- How to make this webinar useful to you...

Adapt to you individually

- Athlete
- Environment
- Coach

- Today and always:

Ask questions

Explore solutions



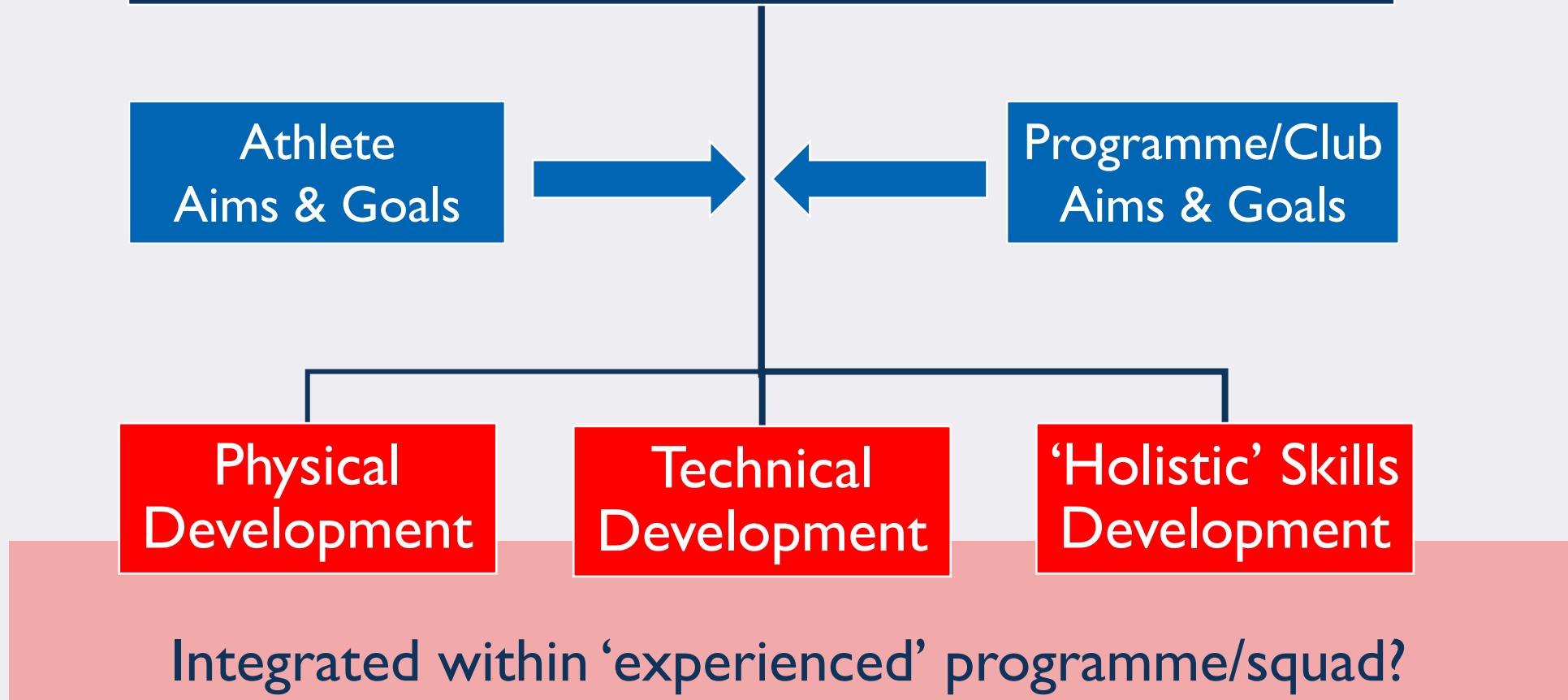


The trials & tribulations of turning athletes from other sports into rowers

Questions asked:

1. Are there certain sports that transfer particularly well into rowing, and any that don't?
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DEVELOPING AN ATHLETE INTO A ROWER



Physical Development

- What are they bringing to the table?

Why are they such an interesting prospect?

Size, Strength, Engine...

What aren't they bringing?

- Screening/Profiling?

How & When do you want to find out?

Youth Physical Development Model (Lloyd, 2012)

- Physiology

Prior sporting demands (Powerful vs. Fit)

*Will any of this affect
their training?*



Resources:

All: BR Rower
Development Guide

JNR: Ade Roberts /
Dan Cooper

U23/Dev: Peter Shepherd /
Lauren Fisher

Youth Physical Development Model

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES																						
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+		
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD				ADOLESCENCE							ADULTHOOD							
GROWTH RATE	RAPID GROWTH			STeady GROWTH				ADOLESCENT SPURT				DECLINE IN GROWTH RATE										
MATURATIONAL STATUS	YEARS PRE-PHV						PHV		YEARS POST-PHV													
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)						COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)															
PHYSICAL QUALITIES	FMS	FMS	FMS	FMS																		
	SSS	SSS	SSS	SSS																		
	Mobility	Mobility			Mobility																	
	Agility	Agility			Agility				Agility													
	Speed	Speed			Speed				Speed													
	Power	Power			Power				Power													
	Strength	Strength			Strength				Strength													
	Hypertrophy			Hypertrophy		Hypertrophy							Hypertrophy									
	Endurance & MC		Endurance & MC				Endurance & MC						Endurance & MC									
TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE				MODERATE STRUCTURE			HIGH STRUCTURE			VERY HIGH STRUCTURE								

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR MALES																						
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	Speed	Speed			Speed				Speed													
	Power	Power			Power				Power													
	Strength	Strength			Strength				Strength													
	Hypertrophy			Hypertrophy		Hypertrophy							Hypertrophy									
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Lloyd, R & Oliver, J (2012) Strength & Conditioning Journal

Technical Development

Long Term Athlete Development

A slow technique based focus

vs.

Thrown in at the Deep End

Thrashing around & learning as they go



Technical Exercises:

When? How Often? – Steady State / Tech Sessions / Pieces/ Racing?

Where? – Gym / Ergo / Crew Boat / Small Boat / Classroom?

How? – Many ways to skin a cat...

Using experienced rowers...



...Integration?

Technical Development - Common examples



Skill: Landing on two feet

Sport: Sailing

Technical Exercise: Roll ups



Skill: Loose handle grip

Sport: Ball Sports

Technical Exercise: Hands off at the catch



Skill: Pressing off the catch

Sport: Swimmers

Technical Exercise:
Back down stop/drive

'Holistic' Skills Development

- Often the most transferable skills but under considered

Competence	Confidence	Connection	Character
<ul style="list-style-type: none">• Recovery (nutrition/sleep)• Time management• True goal setting• Tactical/Pacing• Injury/illness management	<ul style="list-style-type: none">• Perform under pressure• Resilience (win/loose)• Sporting ego	<ul style="list-style-type: none">• Effective communicators• Build good interpersonal skills (coach/team/support staff)	<ul style="list-style-type: none">• Aware of their motivations• Student of the sport• High standards of behaviour (moral and core athletic values)

“The right athlete will find a way to the top”

True? or Myth?



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Response 1:

Positive & Negative sporting transfers

Sport	Positive Transfers	Negative / Missing Transfers
Swimming	<ul style="list-style-type: none"> • Physiology (Very Fit!) • Understand how to move through water. • Know how to train hard! 	<ul style="list-style-type: none"> • Not used to loading & creating 'tension'. • Upper body reliance on moving. • Strong but not very stable (shoulders).
Rugby	<ul style="list-style-type: none"> • Strong & Powerful! • Good with S&C & movement fundamentals. 	<ul style="list-style-type: none"> • Hamstrings often very tight (coached). • 'Aerobic base' often lacking.
Hockey / Lacrosse	<ul style="list-style-type: none"> • Accustomed to a high training load (often play for multiple teams). 	<ul style="list-style-type: none"> • Not used to a deep squat (not good at catch). • Leg/Hip/Trunk imbalance – constantly leaning to one side with a stick!
Sailing	<ul style="list-style-type: none"> • Understand the water and comfortable on it. • Upper Body & Trunks are strong (especially females). • Self sufficient, 'on the ball' & good overall athletes. 	<ul style="list-style-type: none"> • Method of controlling the boat is very different!

Response 2: Integrating new athletes with experience

- **How and When** - Is there one 'best' method? What's appropriate?
- **Current Ideas:**

Once a week	Experienced athletes learn by teaching	Sessional
3-4 months in	Intensive L2R (1-1 coaching likely required)	Post Xmas
6-8 months in	Comprehensive L2R (Squad method)	Post BUCS / Nat Schools
'Non-Disruptive'	Able to function in 'SNR' programme?	Don't hurt boat speed Learn to contribute
Straight in	Using appropriate constraints	-

- **Considerations:**
 - What the athlete wants!
 - Effect on other athletes?
 - Development Speed vs. Long Term Skill Development

Off Season?

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Questions...

