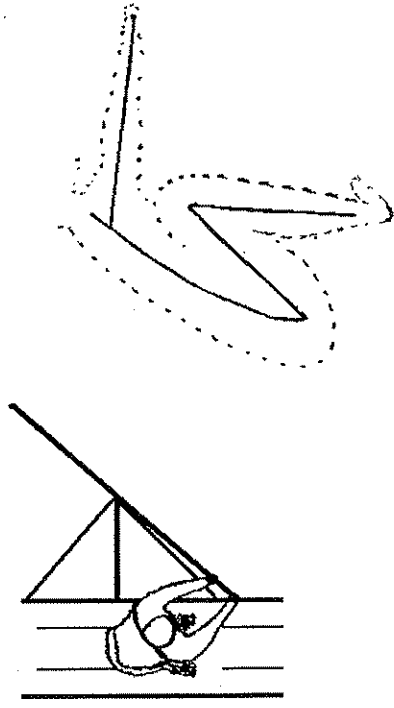

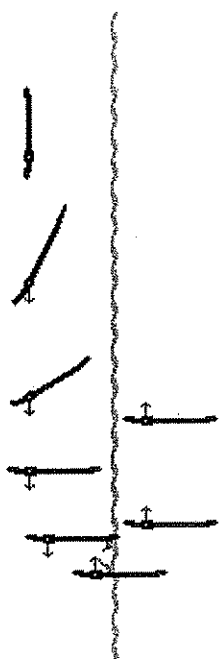


US Junior Women's Rowing Technique Evaluation

		Catch Transition			
1) Seat:	Changes direction before lock on	4	Well timed	3 (best)	Stalls while arms and/or body grab
2) Initiation:	Shoots the slide	4	Good leg initiation	3 (best)	1 (worst)
3) Blade:	Too much backplash	4	Well timed	3 (best)	Initiates/Grabs with back/shoulders
4) Blade entry:	Too deep / aggressive	4	Proper	3 (best)	1 (worst)
5) Posture:	Overly leaning in / rotating	4	Proper	3 (best)	Rows it in or skies at the catch
6) Length:	Over Extended / Compressed	4	Proper	3 (best)	Hesitation / too shallow
7) Outside hand:	Unconnected / releasing	4	Proper	3 (best)	1 (worst)
7) Knees:	Knees wide	4	Knees Parallel	3 (best)	Leaning away / no rotation / diving
					Lacks reach / compression
					1 (worst)
					Squeezing / wrist below
					1 (worst)
					Knees pressed together
					1 (worst)

Visual Catch transition Technique: (sketch how you deviate from ideal)

 <p>Posture at Catch Transition</p>	 <p>Path of Hands around Catch Transition</p>
 <p>Path of Blade around Catch Transition</p>	

Comments about Catch Transition: