

US Junior Women's Rowing Technique Evaluation

		Drive Sequencing		
1) Speed of Legs:	Too slow 5 (worst)	Quickly & connected 3 (best)	2	Too quick / without handle 1 (worst)
2) Blade Depth:	Too Shallow 5 (worst)	Just Buried 3 (best)	2	Too Deep 1 (worst)
3) Handle path:	Angling down to hip 5 (worst)	Horizontal & consistent 3 (best)	2	Over the Barrel 1 (worst)
4) Body Swing:	Body opens early 5 (worst)	Body opens over last 1/2 of leg drive 3 (best)	2	Body opens late 1 (worst)
5) Blade Motion:	Washing out 5 (worst)	Horizontal & consistent 3 (best)	2	Bobbing 1 (worst)
6) Arm Draw:	Too early / grabbing 5 (worst)	Straight arm hang through horizontal 3 (best)	2	Loss of pressure / connection 1 (worst)
7) Body Position:	Overly leaning into rigger 5 (worst)	Just inside the arc of the handle 3 (best)	2	Falling outside the arc 1 (worst)
8) Legs:	Jerking, stalling 5 (worst)	Smooth, even, consistent 3 (best)	2	One leg finishes before the other 1 (worst)
8) Shoulders:	Low and connected through Lats 5 (best)		2	Shrugged shoulders, unengaged Lats 1 (worst)

Visual Drive Technique: (sketch how you deviate from ideal)

	Path of Hands Through Drive
	Path of Blade Through Drive

Comments about Drive: