



US Junior National Team

Better Preparation

Yields

Better Results



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FOCUS: Helping Jr Athletes take an inventory of their present rowing abilities, skills and knowledge to create their own individualized plan to make improvements



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Let's take a personal inventory

- Power
- Core Strength
- Flexibility
- Erg as a Tool
- Video Feedback
- Nutrition
- Rounded Athleticism
- Purposeful Practice



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Power

Power is both absolute and relative

You must actively work on developing it

You must measure it

You must apply it

It must be part of the whole package



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Core Strength

Special Note on Core...

Core work is not just Abs!

All the muscles of the core need to be strengthened. Look for all inclusive activities. If you are going to isolate... you must work all the groups. Just having a 6 pack does not mean you have a strong core. Crunches isolate a small portion of the core.



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Flexibility

1. Injury Prevention
2. Posture
3. Length
4. Power
5. Technical ability is physical as much as it is mental.

YOGA

**PURPOSEFUL
STRETCHING**



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The Ergometer

-- Not just for measuring power --



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Erg as a Tool

How to use the erg effectively

- ✓ Know the machine and its settings
 - Drag Factor
 - Watts
 - Power Curve

- ✓ Rowing technique
 - Drills
 - Video and Mirror



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While we're here.....

- ✓ Self fulfilling prophecy
- ✓ Balance could be a driving force
- ✓ Steady State is Steady State
- ✓ Testing vs a Tool
- ✓ Fear is never good....nervous is just fine
- ✓ Technique is key.....it really is the same
- ✓ Your attitude counts
- ✓ Injured is Injured (especially with the use of sliders)
- ✓ The SAT's of our sport



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Audio/Video Feedback

- ✓ Practical Application
- ✓ Don't leave the burden of video on your coach
- ✓ Review your own tape using worksheet
- ✓ E-mail clips to knowledgeable friends
- ✓ Compare with model
- ✓ Implement changes and repeat process



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Nutrition

- ✓ Everything you do in life burns calories!
- ✓ Make sure you have the proper fuel (including hydration) to perform the tasks of the day.



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Nutrition

- ✓ If you have a caloric reserve less than that required to pull the splits you want to pull, you are fighting an uphill battle
- ✓ You also need calories to recover from workouts



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Rounded Athleticism

- Everyone loves to do the workouts at which they excel.
- That leaves us with a “rich get richer, poor get poorer” type athleticism.
- We should be choosing the things at which we are the worst, and turning them into strengths



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Purposeful Practice

The one thing that **EVERYONE** can do, but may in fact be the toughest to do is Purposeful Practice. (Coxswains too!)

It requires only concentration (and fuel)
(organization for coxswains)



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Goal-setting vs. relative ranking

Specific

Measurable

Attainable

Realistic

Time-Oriented

Write them down and use them!



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Goal-setting vs. relative ranking

- ✓ Subjective vs. Objective goals
- ✓ Outcome, performance and process goals
- ✓ Specific, measurable and controllable
- ✓ Good resource in Rowing News (12/10)



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- ✓ Gardner's MI – visual, kinesthetic, musical, verbal
- ✓ Components of the 'Rowing stroke' components with rating scales – common ground for teaching/learning

- Release Transition
- Recovery Sequencing
- Catch Transition
- Drive Sequencing



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Owning changes

Bo Hanson

In 1992, Bo became the youngest rowing Olympian for Australia and since that first Olympics in 1992, he has won bronze medals in the 1996, 2000 and 2004 Olympic Games.

- ✓ Get off of autopilot
- ✓ Conscious training
- ✓ Train with purpose
- ✓ Engage your brain



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Our role

- ✓ An extension of the Junior Community
- ✓ Developmentally appropriate
- ✓ Expanded developmental opportunities
- ✓ Long Term approach



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Core Competencies

“Patience”

“Leverage”

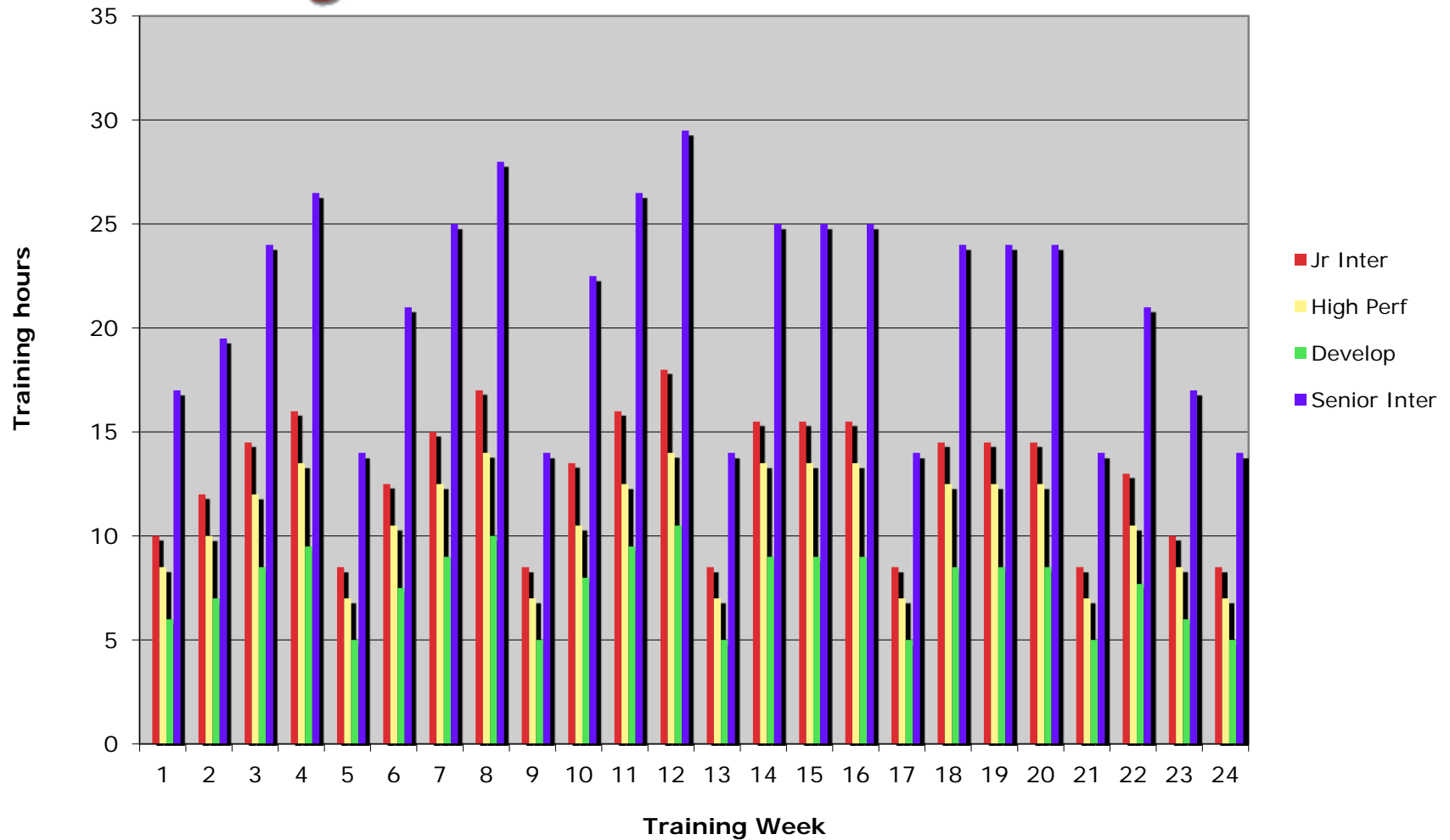
“Pushing sport”





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Training Volume Comparison





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[http://www.sportsdietitians.com.au/content/171/
Rowing/](http://www.sportsdietitians.com.au/content/171/Rowing/)

[http://www.rowingrelated.com/2010/12/winter-
workouts-why-do-rowers-fear-erg.html](http://www.rowingrelated.com/2010/12/winter-workouts-why-do-rowers-fear-erg.html)