

US Junior Women's Rowing Technique Evaluation

Recovery Sequencing

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|---|-----------|---|---|----------|---|----------------------------------|-----------|
| 1) Speed of hands: Hands too slow | 5 (worst) | 4 | Hands move away same speed they came in | 3 (best) | 2 | Hands too quick | 1 (worst) |
| 2) Handle height: Dipping toward the gunwale | 5 (worst) | 4 | Horizontal and consistent | 3 (best) | 2 | Rising prematurely | 1 (worst) |
| 3) Squaring: Too quick / early | 5 (worst) | 4 | Proper | 3 (best) | 2 | Too late / Slow | 1 (worst) |
| 4) Order out: Hands separate and lead shoulders then seat | 5 (best) | 4 | Seat moves before body angle is established | 3 | 2 | Too much / Too little body angle | 1 (worst) |
| 5) Body prep: Shoulders in front of hips with arms extended | 5 (best) | 4 | Accelerates up the slide / arrives early to catch | 3 | 2 | Late Lunge or poorly timed | 1 (worst) |
| 6) Seat: Releases softly to even speed | 5 (best) | 4 | | 3 | 2 | | 1 (worst) |
| 7) Body swing: Well timed, fluidly, with the crew | 5 (best) | 4 | | 3 | 2 | | 1 (worst) |

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

Posture during recovery	Path of Hands Through Recovery
Path of Blade Through Recovery	

Comments about Recovery: