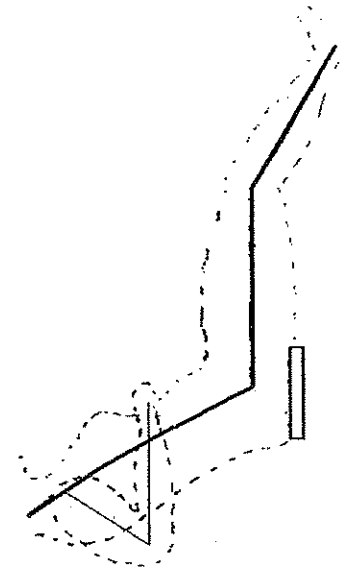
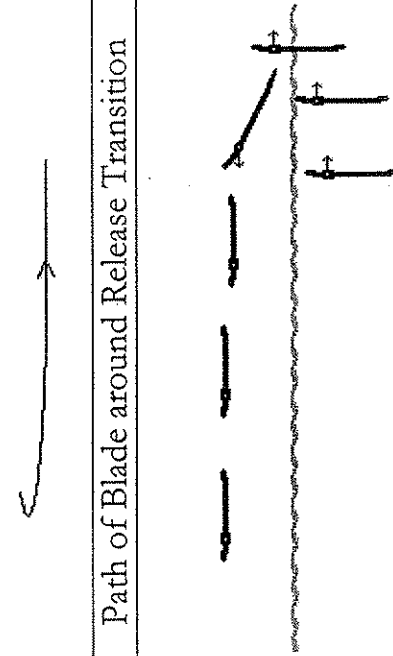


US Junior Women's Rowing Technique Evaluation

	Release Transition		
1) Legs:	Continue pushing through release 5 (best)	4	Soften or bounce when legs complete 1 (worst)
2) Outside Wrist:	Maintains level and pressure on handle 5 (best)	4	Bends to feather 1 (worst)
3) Blade:	Releases the puddle cleanly 5 (best)	4	Washes out 1 (worst)
4) Inside arm:	Bending and below handle 5 (best)	4	Too straight -- pushing the body away 1 (worst)
5) Outside elbow:	At or above Handle height 5 (best)	4	Pulling the handle down 1 (worst)
6) Finish Turn:	Minimal but clean 5 (best)	4	Exaggerated 1 (worst)
7) Handle height:	2 nd rib 5 (best)	4	In the lap 1 (worst)

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

Posture at Release Transition	Path of Hands around Release Transition
	

Comments about Release Transition: