
Craftsbury
Sculling Webinar Series
Wednesday, August 5th, 4:00pm EDT
Improving Movement and Technique
As You Age
Presenter: Marlene Royle

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IMPROVEMENT HAS NO AGE LIMIT

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HANK OSBORNE

MOVEMENT INVOLVES

- Central Nervous System
- CNS controls coordination, balance, and strength
- Joint range of motion
- Muscle strength
- Volition and will

ASSESS YOUR MOVEMENTS

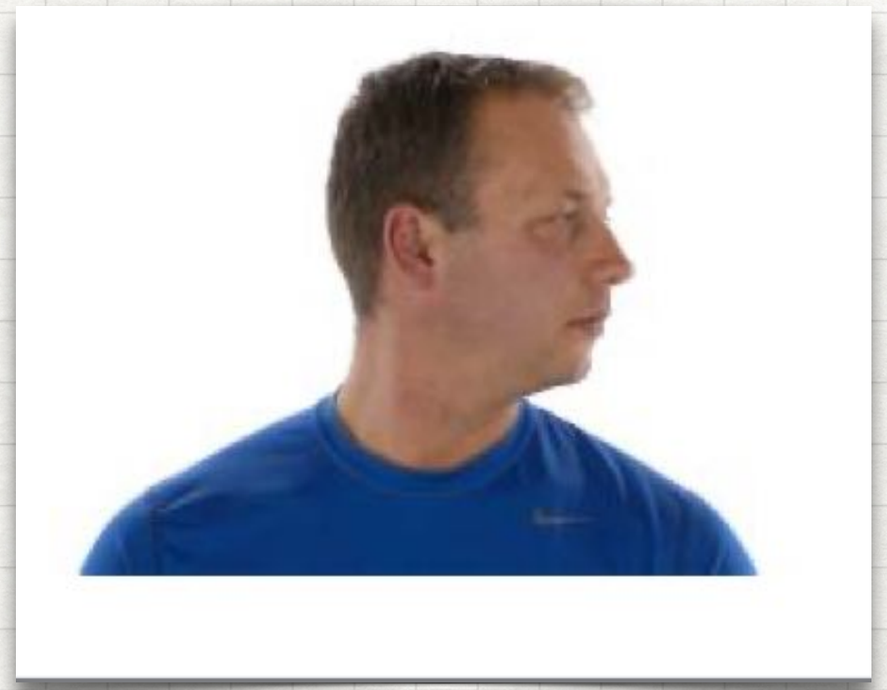
ANKLE DORSIFLEXION

HAMSTRING MOBILITY

PUSH UP

SQUAT SHOULDER FLEXION

ACTIVE NECK ROTATION

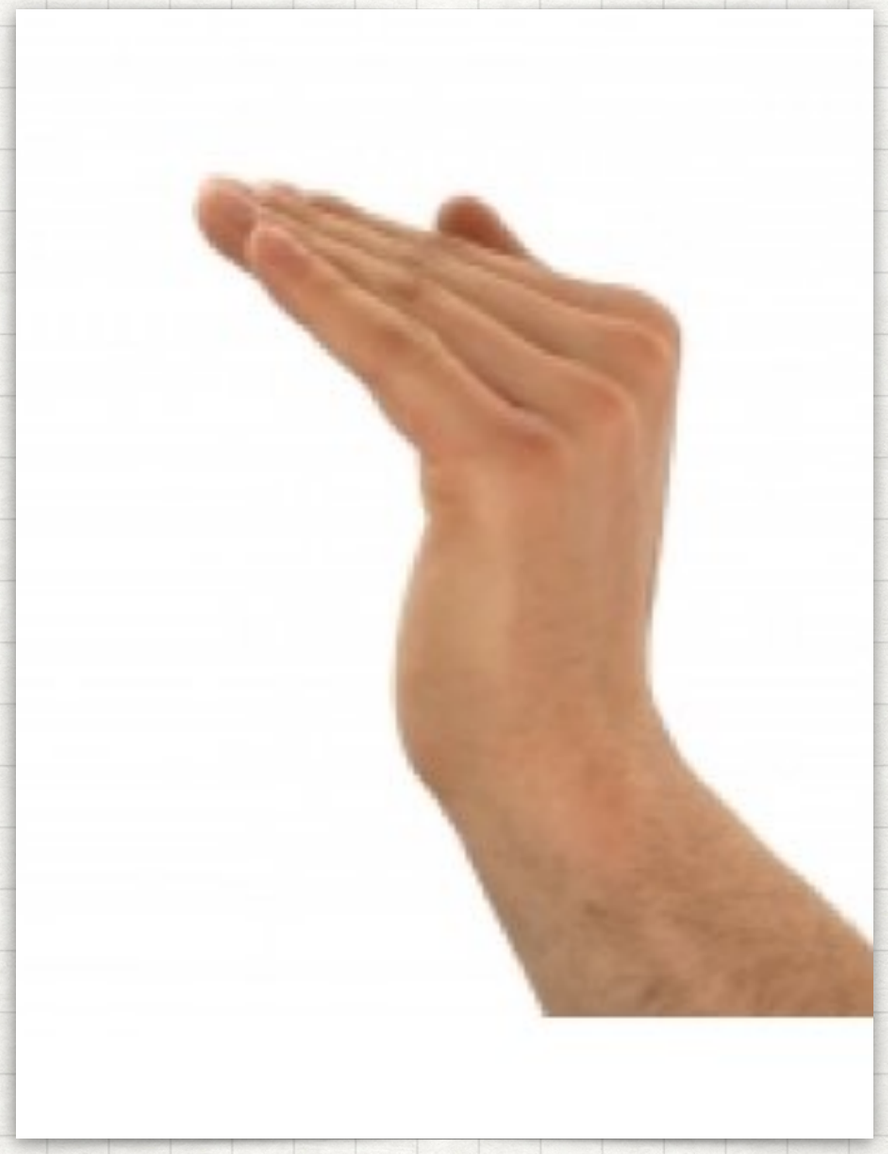


SINGLE LEG BALANCE

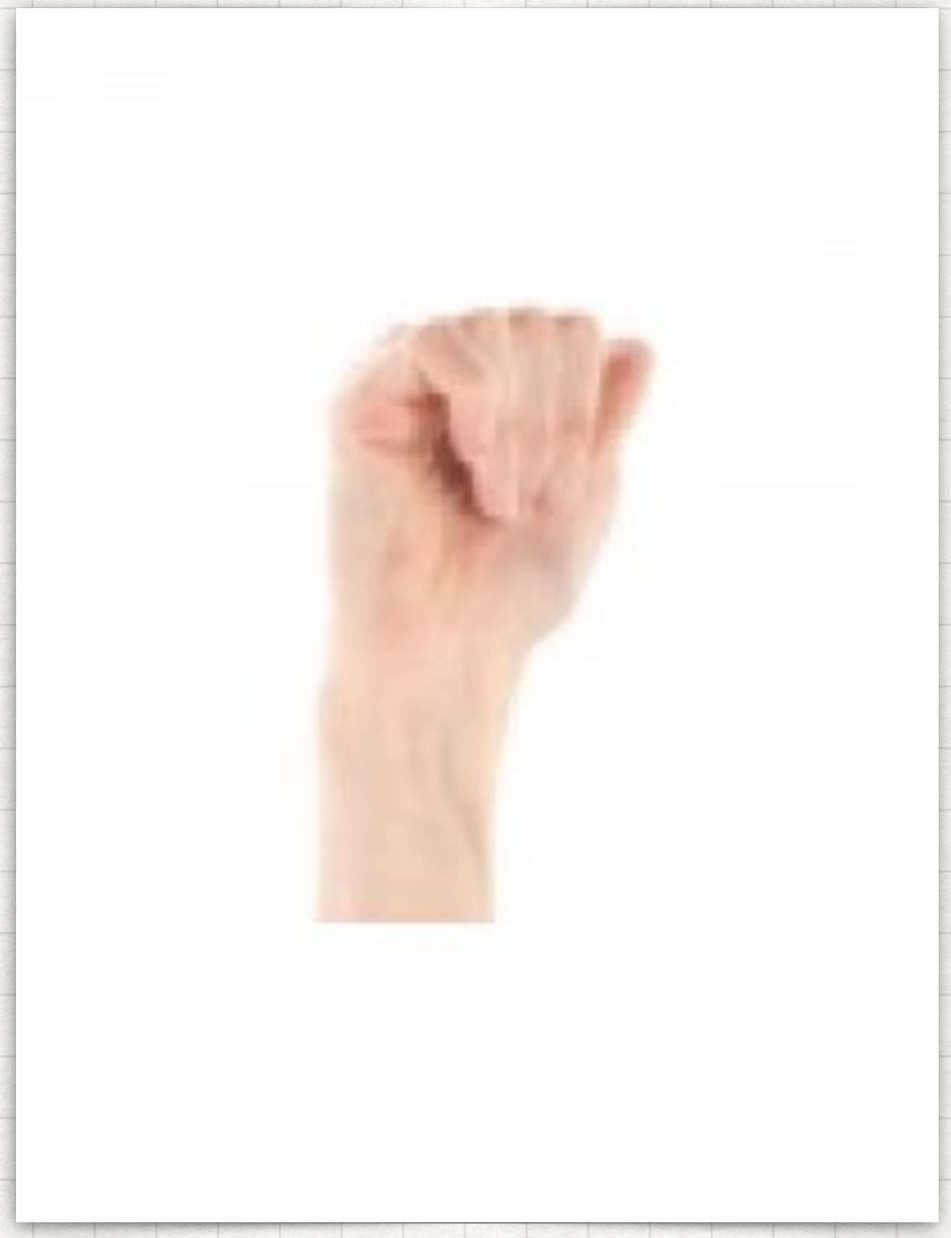
ONE LEG ROW AIRPLANE

HALF-KNEELING OVERHEAD PRESS

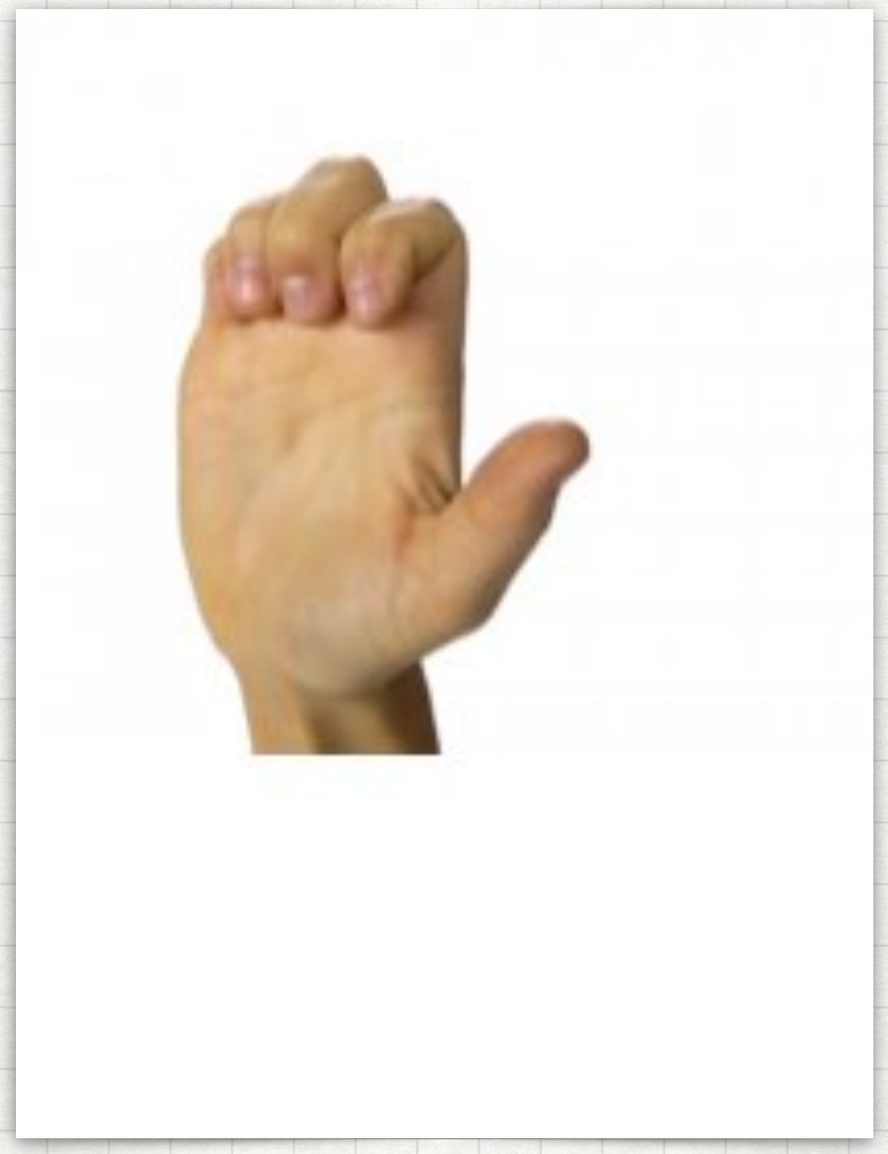
ISOLATED LUMBRICALS



FLEXOR (FDS) FIST



GLIDING HOOK FIST



FOCUS YOUR TECHNIQUE TRAINING ON:

- Protecting your joints to reduce overuse injury potential
- Capitalizing on free speed through rhythm and swing
- Perfecting bladework and handle skills
- Maximizing effective stroke length in the water
- Improving your coordination and balance
- Moving your boat, body, and oars as a system
- Rig your boat properly

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POWER THROUGH POSTURE

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PROTECTING YOUR SPINE

- The safest position is a neutral spine position; it's more resilient to injury and favours leverage to help you swing
- Row tall with "freely erect"posture, sternum up, eyes above the horizon
- Favour a more collected stroke vs. a more separated stroke
- Sit on the seat with a neutral pelvis, up and over your sit bones "off your back pockets" versus in a posterior tilt "down on your pocket"
- Hinge at the hip to set body angle vs. flexing through the back, requires correct sitting position on the seat
- On the recovery, weight over the handles will help you set your posture
- Core: Activated glutes prevent collapse in the lumbar spine

PROTECTING SHOULDERS ELBOWS WRISTS HANDS

- Core: Engaged lats stabilize the mid-back and shoulder and prevent slippage of the shoulder blades. Help hold posture.
- Keep hands, wrists, forearms, elbows parallel with the water and above the level of the oar handle.
- Allow hands to pivot to maintain level wrists and forearms.
- Learn to feather/square with the fingers vs. the “Harley Davidson method” to reduce stress on the wrist and carpal tunnel.
- Maintain a very light hold on the handles to take stress off of your fingers and thumb

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THE FIRST WAY TO GO FASTER IS TO LEARN HOW NOT TO SLOW DOWN

Marlene Royle

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CLEAN UP YOUR OAR HANDLING & BLADE WORK

- Establish your hand placement when the blades are square so you can maintain level wrists and handles on the drive
- Work diligently on the transitions by practicing drills - you will gain a lot by spending time on this
- Properly square your blade; the entry is part of the recovery. Decrease slip.
- Perfect the release timing and feather away from the body - the feather is part of the recovery. Decrease wash.
- Feather/square with the fingers vs. the “Harley Davidson method” to minimize vertical motion and save time
- Nest your hands the crossover position vs. stacking the hands
- Maintain a light touch on the handles, let your oarlocks and water do the work for you

RHYTHM AND SWING

- Resources: Ric's Craftsbury Webinar #3 and Troy's Webinar #5
- Regardless of range of motion limitations, adhere to the correct stroke sequence to ensure working larger to smaller, stronger to weaker muscle groups.
- Favour a more blended stroke vs. a more segmented stroke
- Scull "crossover to crossover" as a reference point to keep the handle in motion through the transitions "water to air, air to water"
- Sustain power through "drive suspension and body swing" vs. "pushing legs and pulling oars"
- Stay light on the seat and move the boat past the blades
- Use drills extensively to improve coordination and balance

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THE DIAMOND IS FOREVER ROWING LONGEVITY

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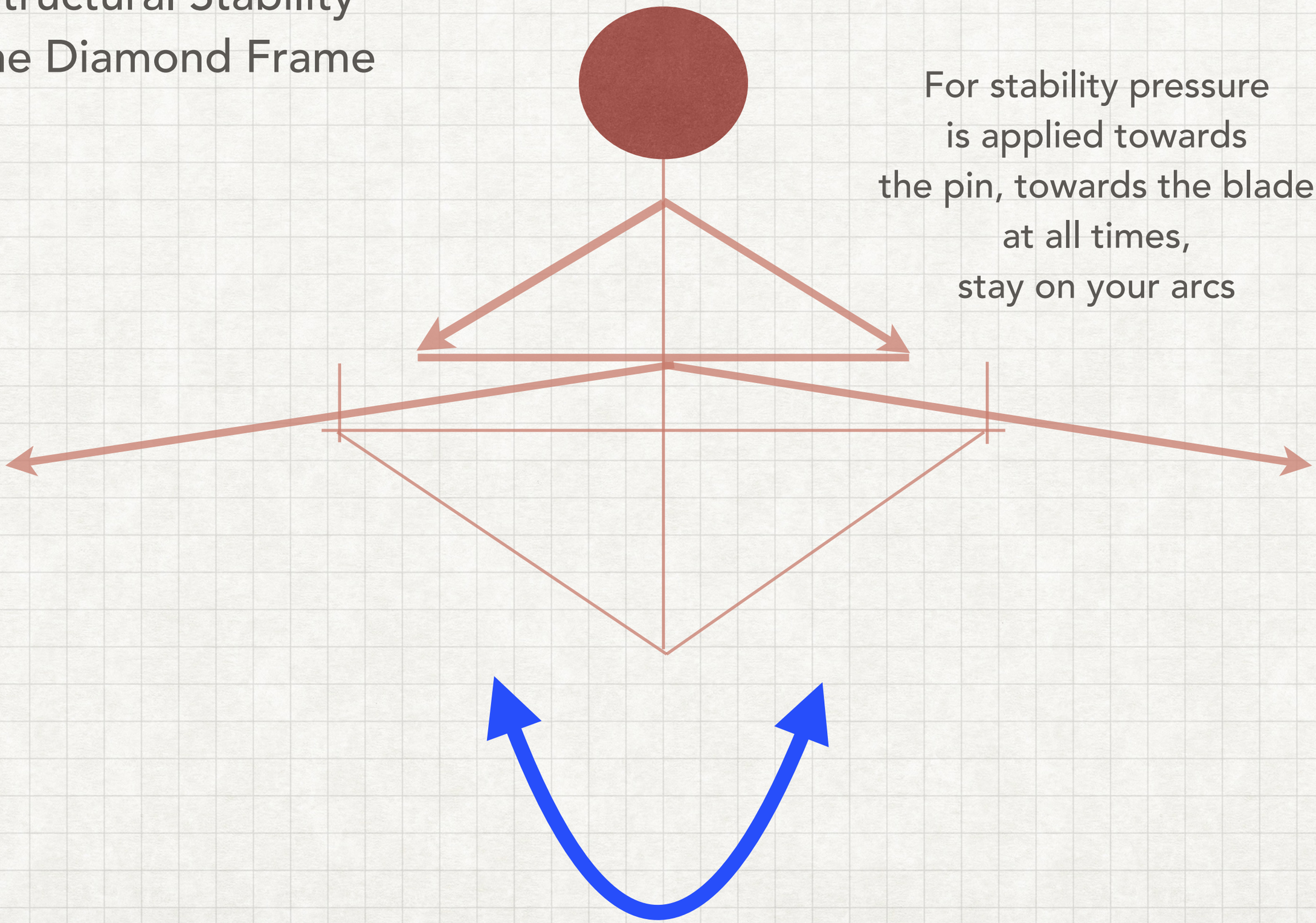
A FRAMEWORK OF SUPPORT

REFERENCE POINTS FOR EFFECTIVE LENGTH

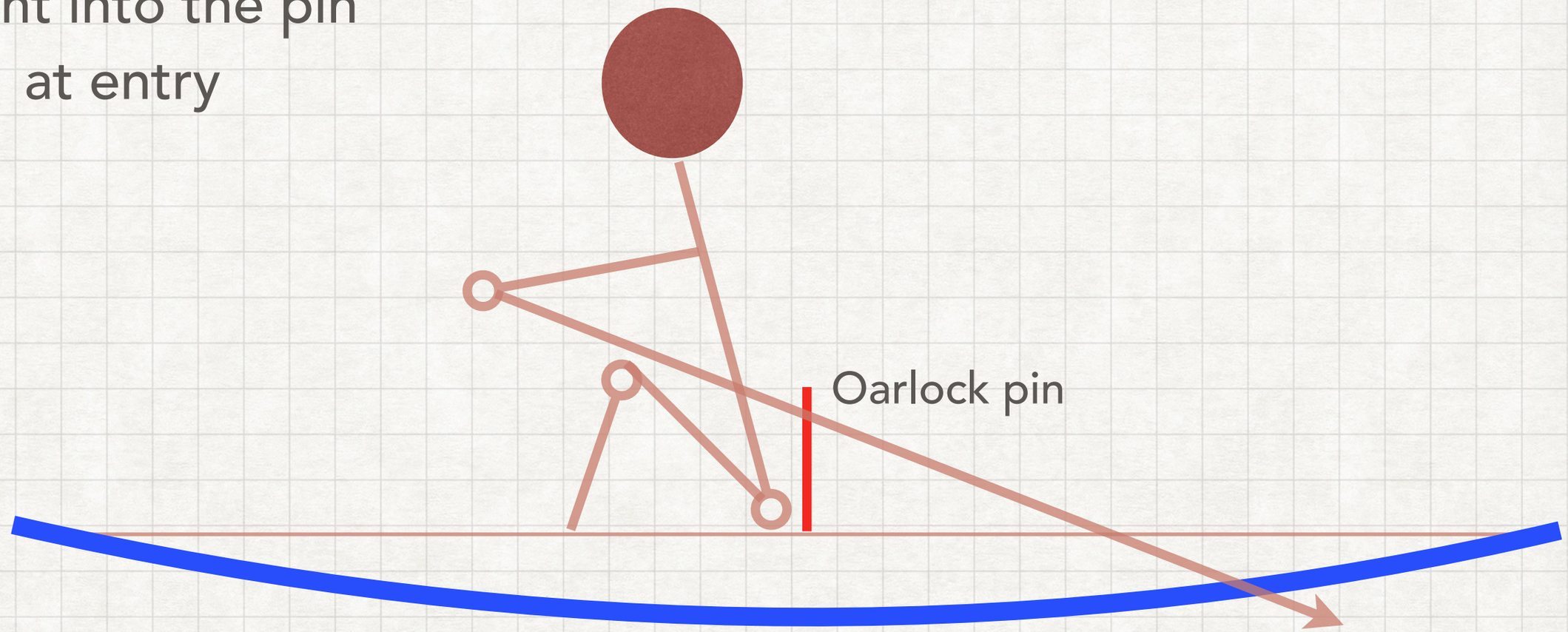
- Connect to your boat through through your feet, seat, oarlocks, and handles
- Maximize effective stroke length by working around the pin. Measure it if possible.
- Follow the path of the handle, circular pattern around the pin
- Keep contact to the pin in the direction of the blade at all times
- Row within a stable range of motion. Avoid extreme positions when you “fall off the pin”
- Use riggers to distribute weight; Stay light in the seat.
- Stabilize the hull through level riggers; oarlock to oarlock. Balance on the seat.
- Think in the direction of the travel of the boat.

Structural Stability
The Diamond Frame

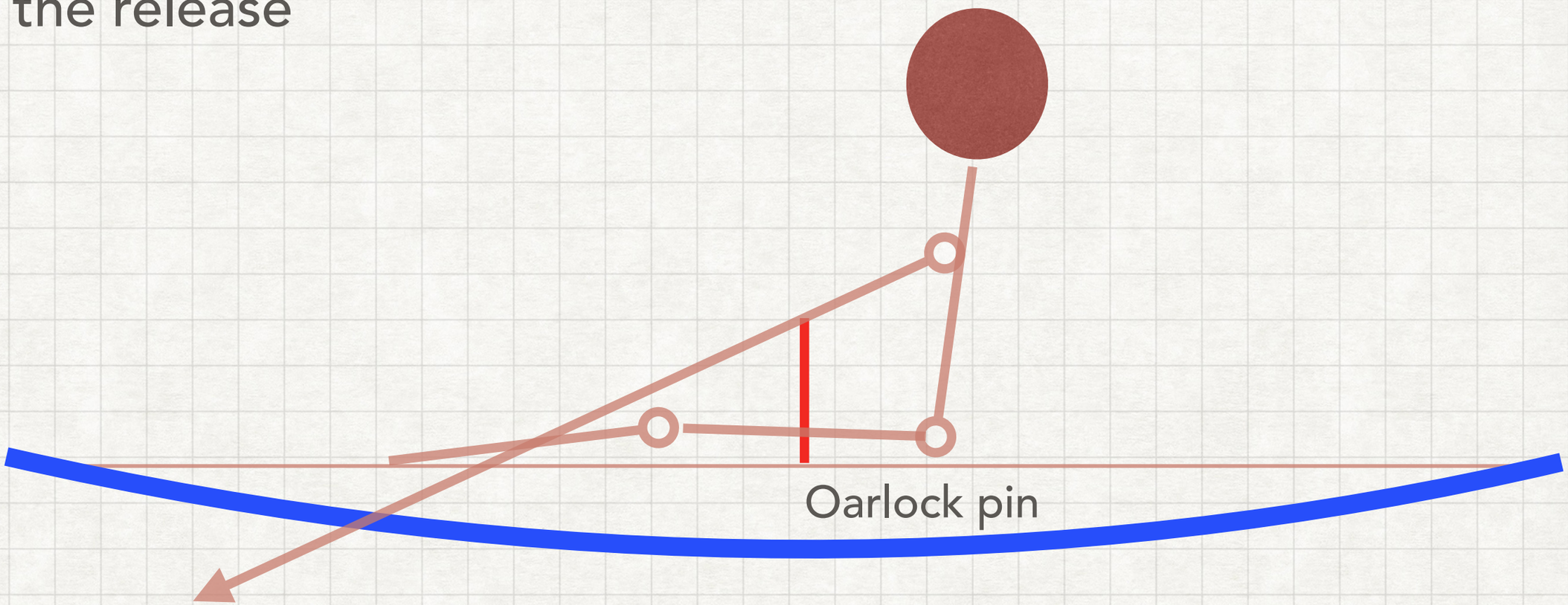


For stability pressure
is applied towards
the pin, towards the blade
at all times,
stay on your arcs

Weight into the pin
at entry



Weight into the pin
at the release



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MECHANICS MATTER RIGGING

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BOAT SET UP

RIGGING TIPS

- Oarlock height set to center of gravity allows weight to stay above the handle. This helps execute a clean release, supports posture on the recovery, and staying light on the seat.

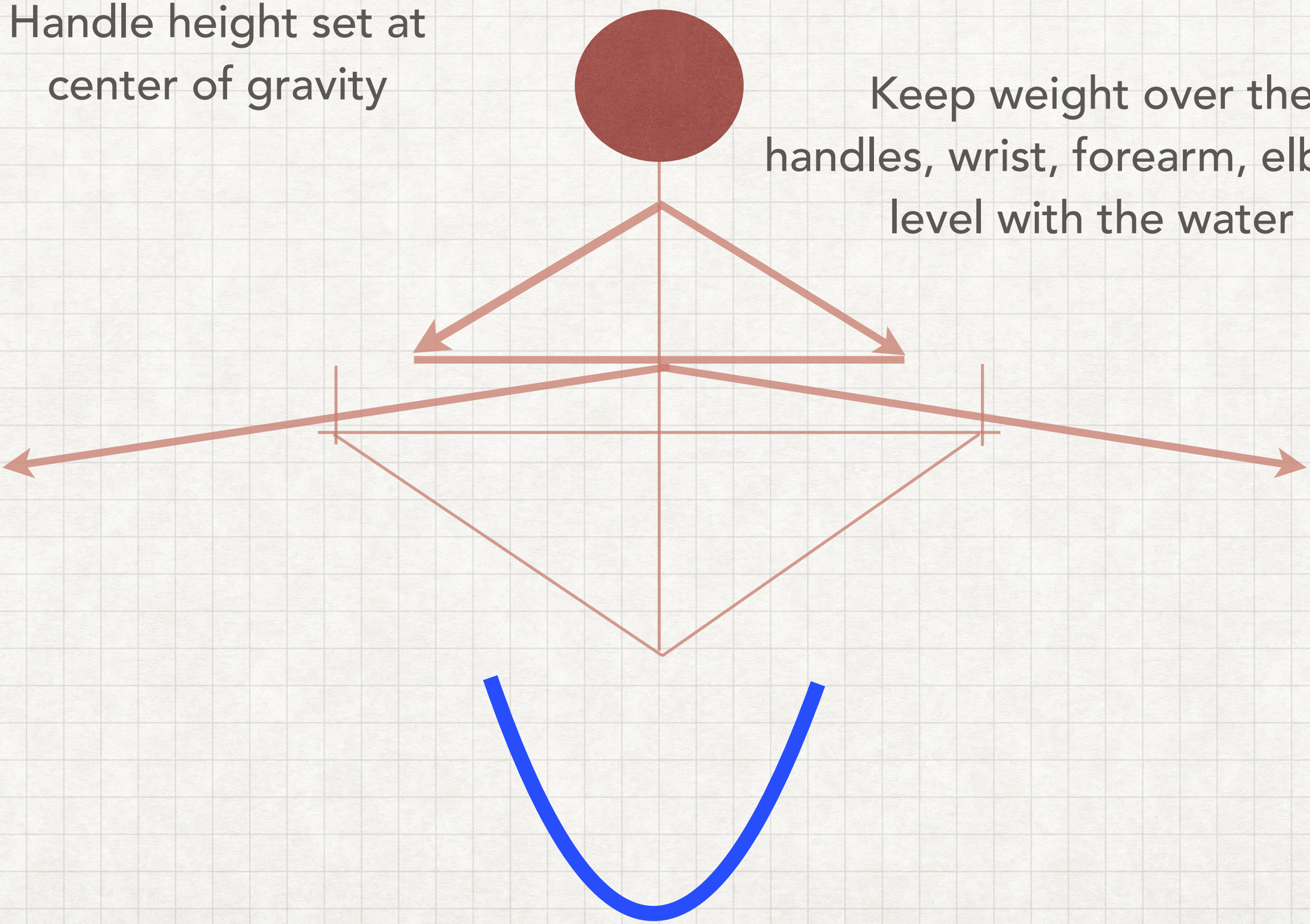
- Prioritize the catch angle versus the finish angle. Set foot stretchers and inboard to allow the hips to move through the pin at the entry to maximize stroke length and time in the water from entry to perpendicular.

- Adjust oar length and inboard to favour catch angle and so desired stroke rate can be achieved.

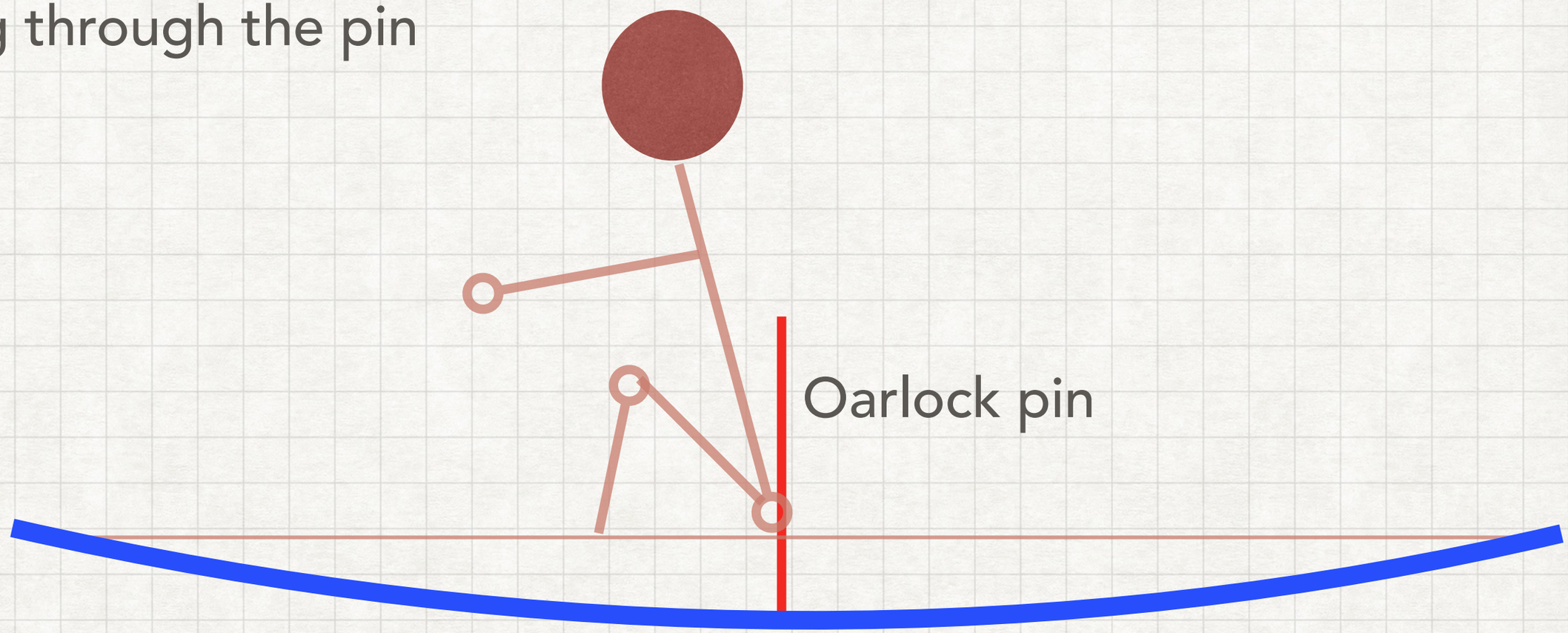
- Adjust the rake of the footboard and depth of heels to facilitate compression. Seat pads can be used to create more differential between hips and heels.

Handle height set at center of gravity

Keep weight over the handles, wrist, forearm, elbows, level with the water



Rig through the pin



To maximize effective length, stretcher and inboard settings should allow hips to move through the pin at the entry of the blade.

THANK YOU FOR JOINING US