



Natural Sculling Technique

RECOVERY SEQUENCE



HANDS

THE FIRST PART OF RECOVERY – "HANDS"

- The athlete sits in the finish position, relaxed with knees down.
- The blades are out of the water.
- The hands start moving away from the body to almost full-arm extension, but not locked.



BODY

BODY PREPARATION – "BODY"

- The rower straightens the arms and pivots the body forward to the full reach position.
- The hands have gone over the knees, but the knees are still down.
- Now, the athlete is ready to start his or her slide forward towards the catch.



SLIDE

LATE PART OF RECOVERY – "SLIDE"

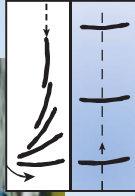
- The rower continues gliding forward to the catch, without any change to his or her body position.
- Avoid additional reaching out (diving) on the end of slide. It slows down the boat.



CATCH

CATCH, THE ENTRY OF THE BLADE INTO THE WATER

- The rower arrives at the front of the slide, tall and relaxed, with the body angle as during the slide.
- The shins are almost vertical in "fully compressed" position.
- The arms are totally relaxed and extended forward.
- The arms and the hands move upwards in a small motion to place the blades into the water.



THE DRIVE SEQUENCE



LEGS

THE FIRST PART OF THE DRIVE – "LEGS"

- The blades are already in the water. The legs push against the footboards and the whole body changes direction and starts moving towards the bow.
- The arms are stretched; the rower passively hangs on the oar handles.
- The body position remains unchanged for the first part of the drive.



BACK

THE MIDDLE PART OF THE DRIVE – "BACK"

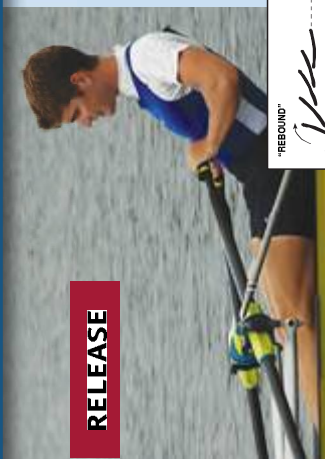
- The seat is approaching the last third of the slide.
- The back extends to open (uncollis), so it appears as if the body swing takes over from the leg drive. The tall upper-body is pivoting from the hips.
- The arms are still stretched and the body hangs on the oar handles.
- Mechanically, the most efficient part of the stroke.



ARMS

THE FINISH – "ARMS"

- The legs are flat and the rower sits back in a position of about 10 degrees past vertical.
- The head and chest are behind the oar handles without slouching.
- The arms continue the last few inches of the draw.
- The rower continues to keep pressure on the footboards.



RELEASE

THE RELEASE

- The rower sits tall with some support against the foot stretchers. The head and chest are behind the oar handles.
- The hands make a semicircular tapping motion down, without touching the body.
- The blades come out of the water.



Andrew Campbell, 2x Gold Medalist in U23 World Championships