**Racing**

**Pre-race**
- review race plan at least a day before
- prepare specific motivating calls
- visualize the race several times with your commands
- be alert to time, conditions
- don't start down if on an open course – be sure to be even
- be prepared for anything; handle it as if you knew it would happen

**Mid-race**
- feel the boat: rhythm, rating, timing
- press to get open water early
- seek to dictate the race pace
- look over at competition every 3-4 strokes & assess how they are moving -- & react
- tell crew often where they are in relation to:
  1. other crews
  2. the course
  3. the clock
- react to events if you are not leading
- get your bow ball ahead; whenever it's behind, you are losing
Pre-Race Warm-up

Square Blade:
**Pick Drill** by 4’s – 20 strokes of each station

**Outboard Arm** only:
by 4’s – 1-2 minutes per half of the boat

* * * * * * *

**Feathered** Blade:
Stern 6 50% @18 spm for one minute
Bow 6 50% @ 18 spm for one minute
All 8 50% @ 18 spm for one or two minutes

Without stopping, go right into:

**Power Ten** 4 strokes below race pace (now a 26 spm)
paddle ten

**Power Ten** 2 strokes below pace (now a 28)
paddle ten

**Power Ten** at race pace (now a 30)
* * * * * * *

**Starts Practice:** ¾ - ½ - ¾ - lengthen – full, 10 high, 10 settle (25 strokes total)

1st stroke (3/4) at half pressure
same at full

1st three strokes (¾, ½, ¾) at half pressure
same at full

1st five strokes (¼ - ½ - ¾ - full – full) at half pressure
same at full

Then do the full sequence of 25 strokes at full pressure to get warm. Stretch, drink water.
Get ready to race!! Come to the line, but not past it, when the starter calls you forward.

Time this out to see if it takes about **30 minutes** (we are closer to 40, and that seems too long)

Starting Commands are usually “Attention, Go” or “Attention, Row”
-The cox’n’s hand must be up straight and high if she is pointing the boat, and her hand
must be down if no one is moving or adjusting the point.
-Once all hands are down, the starter may say, “All hands are down” “Attention” “Go”,
or the starter may just start without saying anything about the hands. Be prepared for
either.
Pre-Race Timetable for Warming up, Team Meeting, etc.

First, **allow about 30 minutes to rig the boat and get the oars to the docks**. This rubric below allows 30 minutes of warm up rowing before waiting in the starting area to be called to the line.

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Race Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boat Meeting</td>
<td>35 minutes before launch</td>
<td>1:50</td>
</tr>
<tr>
<td>Jog to warm up (oars down)</td>
<td>25 minutes before launch</td>
<td>2:00</td>
</tr>
<tr>
<td>Bathroom stop</td>
<td>15 minutes before launch</td>
<td>2:10</td>
</tr>
<tr>
<td>Hands-On (in case of line)</td>
<td>5 minutes before launch</td>
<td>2:20</td>
</tr>
<tr>
<td>Shove Off Dock/Launch</td>
<td>Race Time – (warm up + 15)</td>
<td>2:25</td>
</tr>
<tr>
<td>Begin Warm up</td>
<td>30 minutes total time</td>
<td>2:30</td>
</tr>
<tr>
<td>Get in line for Start</td>
<td>10 minutes before race</td>
<td>3:00</td>
</tr>
<tr>
<td>On the start line</td>
<td>5 minutes before race</td>
<td>3:05</td>
</tr>
<tr>
<td>Race Begins</td>
<td></td>
<td><strong>3:10</strong></td>
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Enter Names of Crews in Each Lane

<table>
<thead>
<tr>
<th>Event</th>
<th>Lane 6</th>
<th>Lane 5</th>
<th>Lane 4</th>
<th>Lane 3</th>
<th>Lane 2</th>
<th>Lane 1</th>
<th>Lane 0</th>
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RACE MAP FOR 1500 M RACE EARLY IN SEASON

STARTING LINE
5 start strokes
10-20 High
10 Stride

10 for
10 for
10 for
10 for
5 for = 70 strokes gone

500 METER MARK (70strokes gone)

10 for
10 for
10 for = 90 strokes gone

750 METER MARK (HALFWAY)

10 for
10 for =110 strokes gone
10 for
5 for = 125 strokes gone

1000 METER MARK (500 to go)

10 for =135 strokes gone
5 for =140 strokes gone
10 for
10 for
10 for
10
FINISH LINE!!!! =180 strokes gone or a few more strokes
Coaching for Racing, 10:50-11:50, Sally Morris, Phillips Exeter Academy

Introduction to the Talk and Definition of the NEIRA

- Brooks for 20 years (JV, novice, varsity), Exeter for 12 years (varsity), USRowing Youth Nationals, Reading Amateur Regatta, Henley Women's Regatta, National Schools Championship Regatta
- Talk is specifically geared towards programs with a Spring Only coaching season, 9-10 weeks with athletes to the regional championship
- If time allows, how to shift gears to prep for a National race or Henley, different distances, focus
- New England Interscholastic Rowing Association, the crews' athletes must come from the same high school – no clubs – and choose a boat class for their school, singles, fours, or eights; most athletes play a different sport fall and winter, or don't exercise one season

Planning the Season with the Championship as the Target for Peaking

- 9 week cycle for training in 3 week intervals, volume peaking in weeks 4-5-6, speed peaking in weeks 7-8-9
- Daily Warm-ups Mimic Race Day Warm-ups
- Starts and Sprints daily for 6 weeks, shifting stroke rate, number of strokes, and power targeting for the point where the crew is in terms of development at each week of the 9 week cycle

Visualization or Rehearsing

- Start describing the race course where we will be next and coach practice with calls that the cox'n's would make at certain key points
- Show cox'n's a map of the racecourse and go over details
- Race Map sheet with cox'n and/or crew, depending on their maturity
- While crew is stretching and getting water between pieces, tell them what they might expect so it doesn't distract them
- Focus on making each race the same and trying to eliminate the distractions of the variables
- Prerace circle huddle with either coach or cox'n visualizing the race course
- Cox'n talk the crew through the race plan
  (Prerace Details Sheet)
  (Prerace Grid)
  (Race Map)
  (CoxnRaceReqs)
  (Coxn Eval Blank)
  Line-ups, Rigging and Last Minute Changes
- Line-ups can make such a difference to the crew's speed but often not clear early in the season
- Respond to results: put a challenge to the rowers to change, or go with your gut and move them
- Stroke rate shifting is key for stern pair
- Bucket rigging for all kinds of inspiration from teammates
- Change the load to meet the race day conditions (use CLAMs) clip-on load adjusting mechanism

Planning the Mini Season for Post-Season Regatta

- Consider Graduation, Final Exams fatigue
- Build in Hard Workouts with Ample Rest
- Try New Drills to Inspire the Crew
Cox'n Evaluations

Steers Well
Voice is Clear
Voice Shifts Well
Prepared- tools

Drills with Clarity
Rotates rowers for pair/fours
Interprets coach's directions
Knowledgeable

Leader on land
Approachable
Efficient on water
Talks w/ other cox

Positive
Confident
Controlled

Motivational
Good Language
Focused

Favorite Things:

Needs Work: