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## The Finish and Recovery



**A comfortable finish**



**A back too tense, too twisted, and just right.**



**Heads too low, too high, and just right.**

Rowing is supposed to be comfortable. By that, we do not mean that oarsmen feel refreshed after a 2000 meter sprint. Instead, rowing style is supposed to be a natural, fluid motion. At the finish, sweep oarsmen are relaxed, but sitting up with a firm lower back - no slouching. Their shoulders are relaxed and tilt slightly into their rigger; their head is level with the water - not looking up at the sky or down at their feet; and the oar handle is tight to their lower chest.

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**Hands move away from the body first...**



**Followed by the upper body...**



**Then the legs begin to compress.**

As the oarsmen begin to row, the hands move away from the body on a level plane as they feather the blade out of the water. The back joins in swinging forward as the arms are almost fully extended towards the stern. The legs then begin to compress as the back is almost fully swung forward towards the stern. At a set point on the slide, the oarsmen begin to roll up their blades with their inner hand. The blade rolls through the outer hand. This point at which rollup begins depends upon your coach's preference. Generally speaking, coaches prefer an earlier rollup from novice oarsmen, beginning as early as 1/2 slide.

**The Catch and Drive**



**The Catch**

The catch position is just as relaxed, but firm as the finish. The oarsmen will lean into their riggers more than they do at the finish. An oarsman's outer arm should be between his legs; the inner arm should be above the rigger.



**A smooth application of power**

The drive begins with a solid application of the legs. Shooting the tail is a common error for novice oarsmen who use their legs without moving the blade. In reverse motion of the recovery, the back joins in swinging towards the bow as the legs are almost fully uncompressed; the arms join in as the back swing toward the bow is almost complete. At the finish, the cycle begins again with the feathering of the blade with the inner hand only. Leverage for pushing the oar handle out of the water comes from the outer hand.