



Reading Sculling camp May 14, 15 and 16th 2024 Thames Valley Park Rowing Club

Are you keen to row faster in a Single or Double scull?

Have you been rowing for years in a single and/or double scull and want to improve your rowing technique? Join our sculling camp! Our coaching is aimed at improving your stroke as a whole, in order for you to row more effectively.

A few days of concentrated hard work on your technique will result in a noticeably improved stroke, so that by the end of the 3 day course, you should be able to feel your rowing is (even) smoother than before. Smoother rowing enables you to row further and faster without expending more energy -which is, of course, just what you need in a race!

Video analyses

Video recording and analysis (once a day) is very helpful for the coach as well as the rower and will be used extensively throughout the course. Some of the questions addressed in the video analysis are:

- What is the importance of relaxation?
- Why does the sequence of first legs, then body, then arms, matter?
- What should my hips be doing?
- Why does core stability matter?
- How far should I lean back?
- Should I really bend my back, or what do they mean by **rocking over**?



Keen to learn how to row in a single scull?

If you are able to scull in a one-, two- or 4-person tub or if you are rowing in a quad, you are welcome to join the beginner's course in the single scull. We have developed a specific program for beginning single scullers.

On Day 1 we will start with several short sessions of 15-20 minutes, with intensive personal instruction through 1-to-1 coaching. The coach may use specific exercises to make sure you feel comfortable and relaxed in your boat. At SaarRowingCenter, beginning single scullers are taught how

to balance the boat in a natural, relaxed manner. Thanks to the intensive coaching, most students get the hang of this within a day. In the following days, you will learn to stay relaxed while moving the boat forward. Just as importantly, you will learn how to maneuver your boat (backing down, turning the boat, landing the boat).

The beginners' course consists of 6 sessions over 3 consecutive days and is an excellent way to get the hang of the art of single sculling. In our experience, many participants continue to enjoy single sculling when they return to their own club.



Detailed information about the sculling camp

1. Date of the camp: May 14, 15 and 16th 2024
2. Duration: 3 days, 2 sessions per day, morning and afternoon. 8:30am - 5:00pm
3. Location: Thames Valley Park Rowing Club, Earley, Reading
4. Coaching
 - Advanced/Experience: 1 coach per 4 rowers
 - Beginners: 1 coach per 3 rowers
 - Coaching consists of on river coaching from a launch
 - Video analysis
5. Course fee
 - Advanced/Experience: €495 incl VAT
 - Starters/Beginners: €595 incl VAT

More information

For questions, please send an e-mail to info@saarrowingcenter.com. If you prefer to talk to someone directly, feel free to call the owner and the head coach of SaarRowingCenter, Theo van den Broek on +31 6 512 00 637. You can also request a registration form by e-mail.