

STROKEARCS

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TABLE OF CONTENTS

Talent Identification – Romanian Model of Talent Identification and Promotion: The Selection Model for Women Rowers	2
FISA Coaches Conference 2001 Bucharest Romania	
Technique – Developing British Rowing Technique	5
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TALENT IDENTIFICATION

ROMANIAN MODEL OF TALENT IDENTIFICATION AND PROMOTION

Romanian Model of Talent Identification and Promotion: The Selection Model for Women Rowers

FISA Coaches Conference 2001 Bucharest Romania

1. Premises

In Romania, sport certainly belongs to the national culture. Elite sport used to be and still is considered an important means of expression, a virtue and a token of national pride.

At the Summer Olympic Games of the last decades, Romania achieved quite good results, being ranked 13th according to an OG all time unofficial classification.

At the last edition of the Olympic Games in Sydney 2000 with 26 medals (11 Gold, 6 silver, and 9 bronze), Romania was ranked 11th in the world.

Out of these, 3 gold medals were won by the feminine rowers. Please consider that this result made our country be the first in rowing in these Olympics!

This is why this model was selected for today's presentation.

2. Our position on the identification of talents and selection in female rowing

The repeated successes of Romanian feminine rowing were also a consequence of an appropriate selection system.

To remain competitive in world confrontations, steps must be taken to extend the area of selection system.

In our view, we think favorable to perform a post-puberty identification, in a period of life when most of the morph, functional and psychological indicators are settled.

The selection models are continuously analyzed in parallel with the best women rowers in the world.

3. Selection criterions

In the first stage of selection, we choose to work with the help of the following criterions:

- 3.1 The health condition
- 3.2 The functional state of the body
- 3.3 The physical (motric) capacity
- 3.4 The psychological capacity
- 3.5 The somatic development and state of nutrition

3.1 The health condition

The condition of health, is an eliminatory criterion, at all stages of the section, in two typical situation:

- If it is dangerous for the anatomic integrity or even the athletes life
- If it becomes a performance limitation factor

3.2 The functional state of the body

Here we would be interested in the global functional integrity (endocrine, metabolic, hemetological, (heart) cardio-respiratory). Practically we are aware that the cardio-respiratory system would most easily adapt to physical strain.

The initial exam should possibly also contain the following functional tests:

- Pashon-Martinet test

- Astrand test
- Spirometry – vital capacity measurement

3.3 The physical capacity (motric capacity)

The internal and external factors have a life long action on physical capacity. The main qualities necessary for the performance rowers are:

- The endurance, cardio-respiratory resistance to long term efforts
- Local muscular resistance in force regime
- Mobility of the coxofemoral and talo-crural articulation
- The skill (sense of equilibration and coordination of arms and legs)

3.4. The psychological capacity

The success in rowing is determined as well by the level of development of the traces to reflect the psychological and neuroendocrine profile.

The psychological qualities of future rowers should be dominated by strong will, expressed by perseverance and determination

Also, important is the adaptability to monotonous, often repeated activities as well as the conscientiousness to struggle to come as close to perfection as possible.

3.5 The somatic development and state of nutrition

The somatic development and state of nutrition have always been important criterion in rowing. Here is the evolution of the main selection models for the women in rowing and some consideration concerning them.

3.5.1 The Indicator of Segmentary Ability (I.S.A)

Dr O Popescu elaborated this indicator in the decade 1965-1975. The indicator was established by taking into consideration six dimensions, four unperfectible and two perfectible ones, namely

- 3.5.1.1 Stretched height (face to the wall, heels to the floor, arms up over the head)
- 3.5.1.2 Arms amplitude (face to the wall, stretched at shoulder level)
- 3.5.1.3 Trunk Height (sitting position, back to the wall, to shoulder level)
- 3.5.1.4 Legs length (sitting position, back to the wall, feet plant in 90 degrees, to the heels)
- 3.5.1.5 Bideltoidian diameter (shoulders width)
- 3.5.1.6 Crouching surplus mobility

Much attention is paid to the perfectible dimensions, imposed by short rails and rowing technique suggesting the balance of the trunk in attack and offcome.

3.5.2 The Rowers Morphological Indicator “R.M.I.” Romanian “I.M.Ca”

This indicator was worked out by Prof C Radut and became operational in the years 1975-1980. The indicator was based on seven measurements, out of which four were unperfectible and three perfectible. The third perfectible dimension was added to the O. Popescu model and was namely:

3.5.2.7 The rowing specific amplitude (crouching surplus mobility + leg length) R.M.I. = The sum of the seven measurements in cm, (the higher the total sum, the more segmentary appropriate is the subject considered for the practice of high performance in rowing)

3.5.3 The Morphological Model

Between 1982-1995 Prof C. Florescu and Prof V. Mociani have proposed an operational model which included 4 measurements, 3 imperfectible and one perfectible:

- a. Height stature
- b. The arms amplitude
- c. Stretched height
- d. The weight

- the value of the model for each parameter taken separately, represent 100%
- The real value of each parameter is transformed in percentage according to the model
- $(a+b+c)\% / 3 =$ the value of stature dimension, genetically conditioned and thus perfectible.
- The arithmetic mean is usually calculated expressing in percentage, the relation between the value of dimensions in stature and appreciation of the state nutrition result an integral parameter of physical development.

	Demands of the model		Data of female rower	
	Figures	Percentage	Figures	Percentage
a. Height stature	180cm	100%	178cm	98.89%
b. arms aplitude	184cm	100%	182cm	98.91%
c. stretched height	230cm	100%	230cm	101.74%
d. the weight	78kg	100%	75kg	96.15%

Mathematically this could be expressed as follows:

$$(a+b+c) / 3 + d] : 2 = [(98,89 + 98,91 + 101,74) / 2 + 96.15] / 2 = 98\%$$

This model brings in weight, considered by the authors as relevant according to the principle of "mass rows the boat".

The height appears like another new element, but rather esthetically, as it does not influence considerably rowing movement as one is inclined to think. Could there be a contribution of the necks length and head dimension? This is still to be checked.

The perfectible parameters become less important due to the possible changes in boat construction (like changeable lengths of rails, changing angle of the shoes) as well as the general growth of rowers height.

3.6 Control norms and standard system

The control norms and standard system must be in correlation with the rowing particularity of the effort.

For an initial selection in rowing the following events have been recommended by specialists:

- From stand jump in long
- From stand jump in high
- Horizontal rowing (from facial lie down on a board 4cm thickness, it will suspend at the end to 1m height. The arms stretched keep a 15-20kg dumbbell. The arms bend and stretch for 1 – 4 minutes.
- Genuflexion with a dumbbell on the shoulders / relating kg and time
- Trunk abdomen (from lying to sitting position)
- To continue to hang with stretched arms
- To continue to hand with stretch arms
- 1200m to run
- 1000m rowing on ergo
- Equilibrium on a bottle

However, I observe that there is a weak correlation between the results in these initial tests and high performance in the future. If just the quite poor result in the primary and secondary sections achieved by of the best rowers (Elana Horvat Florea, Adriana Cheariu bazon, Doina Ignat, Viorica Susanu, Georgeta Damian, Viorica Susanu, Aurica Chirita) had been taken into consideration, we would have had with four Olympic rowing champions less.

So it is not possible to assert that we are aware of methodology of identification and selection of talens that may satisfy all exigencies. The process of selection remains a desiratum still watching for solution.

The sooner, the better!

4. The practical revivers selection conclusion from practice.

Selection is an evolving process, essentially relaed to somatic growth, functional and psycho-motor development.

The elimatory selection system is not the most concluding one.

During the training process after a period of preparations the young debutant rowers, initially unsuitable, can register a remarkable qualitative progress, often taking advantage over those who had been predicted a brilliant sports career.

In principle, a small number of tests are preferable to an overloaded and sophisticated package of tests, which will make selection even more difficult and rather create confusion than enhance degree of certainty.

This is why during the practical identification and selection campaign, operated only with two segmentary measurements: stretched height (over 224cm) and amplitude arms (over 178cm).

This minimal selection model has been confirmed by praxis. It thought us that no young lady should be eliminated who is promising and could in future become an Olympic medalist. As an example please observe the segmentary values of our Golden Ladies at Sydney 2000.

All young female rowers who are healthy, preset minimal segmentary values and wish to practice rowing as a sport, should be admitted to take part in the second phase of selection.

A super motivated athlete can compensate many of the effort or somatic demands.

The mobilization of the available neuro-psychological capacity is directly related to the level of motivation. During the training, the capacity of the young female rowers to become high performance athletes will be achieved.

Ultimately it depends on the "TALENTED" young, promising lady athlete how she manages to coordinate her social activities (school, family, professional) so as to succeed in dedicating rowing the time budget required by more and more demanding and challenging conditions.



TECHNIQUE

DEVELOPING BRITISH ROWING TECHNIQUE



Developing Technique British Rowing technique

British Rowing Technique



Technique in detail

1. Good Posture
2. Grip
3. Recovery
4. Catch
5. Drive
6. Extraction/finish

Good posture



- Good posture
- The grip
- The recovery
- The catch
- The drive
- The extraction

Good posture



Pelvis rocking
over from
backstops



Good posture



Rock over to a comfortable and strong posture

Lower back set at catch

Good posture



Shins vertical no gap between thighs and body

Link together 'kinetic chain'

Good posture; Summary



- Pelvis rocking over from backstops
- Rock over to a comfortable and strong posture
- Lower back set at catch
- Shins vertical no gap between thighs and body
- Link together 'kinetic chain'
- Place and push
- Good posture
- The grip
- The recovery
- The catch
- The drive
- The extraction

The grip



- Good posture
- The grip
- The recovery
- The catch
- The drive
- The extraction

The grip



The grip; Summary



- Blade in base of fingers with the wrists flat
 - Grip for rowing no more than 2 hand widths apart
 - Get the right size hand grips
- Good posture
 - The grip
 - The recovery
 - The catch
 - The drive
 - The extraction

The recovery phase



Good organisation
of body movement



The recovery phase



Weight
transferred early
onto the feet



The recovery phase



Hands body
and slide
All body swing
by half way up
the slide



The recovery phase



The recovery phase; Summary



- Good organisation of body movement
- Smooth movement forward
- Weight transferred early onto the feet
- Hands body and slide
- All body by half way up the slide
- Prepare the blade for the catch by squaring early as pass the knees
- Body pre-stretched and ready for the catch on last part of slide
- Good posture
- The grip
- The recovery
- The catch
- The drive
- The extraction

The catch



The catch



Put blade in where reach to
The catch is taken with the hands
moving towards the stern

The catch



Raise hand from the
shoulder to place
blade in the water

Lock up face of blade
in the water

The catch



Put blade in where reach to
The catch is taken with the hands
moving towards the stern

The catch



Raise hand from the shoulder to place blade in the water

Lock up face of blade in the water

The catch; Summary



- Back set at catch
- Body in pre stretched position
- Put blade in where reach to
- The catch is taken with the hands moving towards the stern
- Raise hand from the shoulder to place blade in the water
- Lock up face of blade in the water
- Good posture
- The grip
- The recovery
- The catch
- The drive
- The extraction

The drive phase



legs and then body

legs accelerate through the stroke

The drive phase



The back opens when the handle is in front of the knees or about 1/3rd of the way through the stroke



The drive phase



The legs, upper body, shoulders and arms contribute to the power



The drive phase





The drive phase; Summary

- Legs and then body
 - Legs accelerate through the stroke
 - Back opening when the handle is in front of the knees or about 1/3rd of the way through the stroke
 - Legs upper body shoulders and arms contribute to the power
- Good posture
 - The grip
 - The recovery
 - The catch
 - The drive
 - The extraction



The extraction/finish

Brush T- shirt with the thumbs
Blade square as long as possible



The extraction/finish

- Release the pressure on the blade just before the circle around the finish
- Hands down and away



The extraction/finish; Summary



- Brush T- shirt with the thumbs
- Blade square as long as possible
- Release the pressure on the blade just before the circle around the finish
- Hands down and away

Rhythm and ratio



- An increase in the rate should be reflected in an increase in boat speed
- As the boat accelerates the athlete will move at a quicker speed due to the run of the boat
- The boat is moving under the athlete not the athlete up the boat
- Even at rating 36 the athlete should feel they have time and control into the catch, emphasising the last quarter
- It is crucial at higher rates that the finish is held in or the rhythm will be compromised

★ key concepts

1. Hang/Suspend the weight from the handle



2. Connection is low down in the body not in the shoulders



Hanging the weight on the blade. Connection low down in the body



5 key concepts



3. Unless the blade is in the water the wheels should still be moving forward

5 key concepts

4. Left hand nearest the stern both in the drive and recovery phase



5 key concepts



5. Long efficient strokes move the boat

★ key concepts

Summary of 5 key concepts



1. Hang/suspend body weight on the handles
2. Connection is low down in the body not in the shoulders
3. Unless the blade is in the water the wheels should still be moving forward
4. Left hand nearest the stern both in the drive and recovery phase
 - Hands out from the finish at the same speed they come in
5. Efficient rowing using long strokes
 - Place the blade in the water at the catch
 - Accelerate the boat past the blade

Exercises to develop technique



- Single strokes
- Few strokes
- Continuous rowing
- Slide progressions
 - Hands only
 - Arms only
 - Quarter slide
 - Half slide
 - Three quarter slide
 - Full slide
- Square blades
- Squaring early
- Measuring minimum strokes (distance per stroke)
- Catch and finish exercises
- Tied ergo handle
- Slide Progressions
 - From front stops
 - 6 inches
 - Half slide
 - ¾ slide
 - Full slide
 - Bring in body
 - Bring in arms

