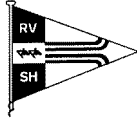


Basic List Sculling



Name:

Date: Boat:

Evaluator: Location:

Drive: right hand nearer to stomach, held close to and under left hand



Yes No

Recovery: right hand nearer to stomach, held close to and under left hand



Yes No

Drive: wrists held straight



Yes No

Finish: hand height the same on both sides



Yes No

Sculling oars held at the end of grips, thumbs on outside of oars



Yes No

Drive: upper edge of blade just under water surface



Yes No

Hip angle closed

Yes No

Catch

Arms outstretched

Yes No

Lower leg straight

Yes No

Finish: layback between 15° and 35°



Yes No

Recovery: back immediately in forward position

Drive: hands over the knees – pull trough with arms begins



Yes No

Yes No