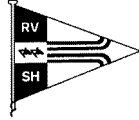


Basic List

sweep rowing



Name: Pt Stb
 Date: Boat:
 Evaluator: Location:

Outside hand on end of oar



Yes No

Distance between inside and outside hand: approx. 2 hand widths



Yes No

Drive: wrist held straight



Yes No

Catch: Upper body turned



Yes No

Finish: Upper body over keel



Yes No

Top edge of blade just under water surface



Yes No

Catch



Arms outstretched

Yes No

Hip angle closed

Yes No

Lower leg at 90°

Yes No

Finish: layback between 15° and 20°



Yes No

Recovery: back immediately swings to forward position Drive: Hands over knees – Pull trough with arms begins



Yes

No

Yes

No

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translated by Kathy Jäger