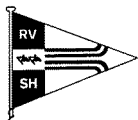


Sweep Rowing



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



1. Hand Position		Execution	3	2	1	0	1	2	3	mark with cross	Z	R
a)	outside hand on end of oar	too near to oarlock								fingers off oar end		
b)	inside hand – outside hand. Approx 2 hd. widths between	3 or more								1 or less		
c)	wrist held straight during drive	not on inside hand								not on outside hand		
d)												
2. At the Catch		Execution	3	2	1	0	1	2	3	mark with cross	I	F
a)	lower leg angle at 90°	not yet at 90°								over 90°		
b)	arms straight	inside hand bent								outside hand bent		
c)	hip angle closed tight	wide open								shoulders at knee		
d)	upper body turned	not turned								over-turned		
e)	upper body over keel	toward inside hand								towards outside hand		
f)	shoulder axis prallel to inboard	inside shoulder lower								outside shoulder lower		
3. At the Finish		Execution	3	2	1	0	1	2	3	mark with cross	E	R
a)	lay back between 15° to 20°	more than 20°								less than 15°		
b)	forearms parallel to water	inside forearm not								outside forearm not		
c)	upper body over keel	towards inside hand								towards outside hand		
d)	shoulder axis parallel to inboard	inside shoulder lower								outside shoulder lower		
4. Arm position through the drive		Execution	3	2	1	0	1	2	3	mark with cross	L	F
a)	arms initially outstretched, relaxed position	bent on port								bent on starboard		
b)	hands over the knees – pull through begins	before the knees								after the knees		
c)												
5. Legs, Back & Arms through the drive		Execution	3	2	1	0	1	2	3	mark with cross	Z	R
a)	initially legs and back work together	back only								legs only		
b)	then legs, back and arms work together	legs only								back/arms only		
c)	at the finish, pull through with arms	back is instable								back is locked in		
d)												
6. Recovery		Execution	3	2	1	0	1	2	3	mark with cross	I	F
a)	back stable while lifting blade from water	back is instable								back remains stable		
b)	initially arms and back swing out together	back only								arms only		
c)	then arms, back and legs move together	back/arms only								legs only		
d)	then legs move up the slide	back dips								back stable		
e)												
7. Bladework		Execution	3	2	1	0	1	2	3	mark with cross	E	R
a)	blade clears water during recovery at sq. blade height	blade touches water								skying of blade		
b)	timely squaring of blade	at the turn								over the knees		
c)	blade drops in at the catch during the recovery phase	away from water								contact with water		
d)	upper edge of blade just under water surface during drive	too deep, shaft in water								blade skims water		
e)	lifting out of water with squared blade	blade lifted out								blade skims water		
f)	blade feathered after lifting out of water	blade out too early								blade still in water		
g)	optimal time for blade in water	in water too early								out too early		
h)												
8. Rhythm of stroke		Execution	3	2	1	0	1	2	3	mark with cross	L	F
a)	hands away	hectic								dragging		
b)	rhythm of movement: recovery phase	hectic								dragging		

