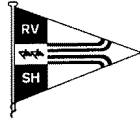


Sculling



Name:

Date: Boat:

Evaluator: Location:



1. Hands and Head Position		Execution	3	2	1	0	1	2	3	mark with cross	Z	R
a)	scull held on the end	not on port								not on starboard		
b)	thumbs on the outside	not on port								not on starboard		
c)	hands at same height at finish	lower on port								lower on starboard		
d)	right hand nearer to stomach, held close under the left	not during the drive								not during recovery		
e)	wrists held straight during drive	not on port								not on starboard		
f)	head position straight	held too high								held too low		
g)												
2. At the Catch		Excution	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	bent on port								bent on starboard		
c)	hip angle closed	wide open								shoulders at knee		
d)												
3. At the Finish		Excution	3	2	1	0	1	2	3	mark with cross	E	R
a)	lay back between 15° to 35°	45°								5°		
b)	forearms parallel to water	not on port								not on starboard		
c)												
4. Arm position through the drive		Excution	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 knees – pull through begins	before the knees								after the knees		
c)												
5. Legy, Back & Arms through the drive		Excution	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 together	legs only								back/arms only		
c)	at the finish, pull through with arms	back is instable								back is locked on		
d)												
6. Recovery		Excution	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		Excution	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		Excution	3	2	1	0	1	2	3	mark with cross	L	F
a)	rhythm of movement: recovery phase	hectic								dragging		

