

# **irow** Activities

## *Preparing youth for Rowing Training*

- ✓ Activities that focus on participation, the fundamental movement skills and learning to train activities.
  - ✓ Activities that enhance **irow** rowing values of Fitness, Friendship, Commitment, Teamwork, and Fun.
  - ✓ Activities that educate youth ages 9-18 on rowing terminology and ergometer training.
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## Equipment

- ✓ 2 Ergometers
- ✓ 2 Physio Balls
- ✓ 2 Medicine Balls
- ✓ School floor mats
- ✓ (Small soccer balls, tennis balls, etc. to have as extras)

*First do a light warm-up jog outside or inside gym*

### 1. Boat “Single” Stretch

- Lie flat with stomachs on ground.
- Arms and legs stretched lengthways.
- Lift upper bodies and legs off the ground keeping legs straight/toes pointed.
- Engage core section.
- Hold for 30 seconds.

#### *Fun ideas*

- Simulate boat balance by tilting body to port/starboard, bow/stern.
- Fingers together for stern of boat.
- Have youth make a “stern” face.
- Small ball between feet simulates bow ball.
- Starboard-left hand, Port-right hand.

## 2. “Long and Strong” Plank

- Youth balances in a straight and strong position on toes and elbows.
- Engage core section maintaining a straight line from heels to head.
- Get each youth to hold position for 30 seconds.

## 3. “Catch and Release” Physio Ball

### 2 Teams of 4-8 rowers

- Line up youth in a row simulating a 4+ or an 8+ across the gym floor. (Number off when ready!)
- Stroke person lies on back extending hands and feet lengthways.
- 7 seat lies down with their feet just behind the stroke person’s hands. This continues through the entire “boat”.
- Stroke person puts physio ball between their feet and lower legs.
- Keeping legs and arms slightly bent, the stroke person contracts the abdominals transferring the physio ball from their feet to their hands.
- Once in the stroke’s hands, 7 seat grabs ball with their feet and repeats the exercise until the ball reaches the bow person.
- Each rower stretches horizontally as ball is transferred to next youth.
- Continue the activity moving physio ball from bow to stroke position.

## 4. “Drive the Legs” Medicine Ball

### 2 Teams

Use light medicine balls 2-3 kg. or Physio Ball

- Lie on your back.
- Soles of feet facing partner.
- Partner stands approximately 3 metres away
- Partner throws ball in a looping path onto your feet.
- Bending your knees back to your chest the ball is then kicked back to your partner.
- Do not lower your legs to the ground.
- Repeat 10 times and switch positions.

## 5. Medicine ball “hands away” chest pass

### 2 Teams

- Hold the medicine ball with both hands in front of your chest.
- Push and pass it to a partner as in performing chest passes in basketball.
- Partner passes the medicine ball back to you upon catching the ball.
- Try to pass the ball back as quickly as you can.

## 6. Ergometer Team Relays

### 2 Teams

### 2 Ergs

- Experienced rower/coach teaches monitor use.
- Warm-up with a slow stroke rate while developing rhythm.
- Educate different parts of the stroke.
- Erg setting at 2000m simulates the race distance.
- Each team has 4 rowers -500 metres each rower.
- Each team has 8 rowers-250 metres each rower.

## 7. Wheelrower (Wheelbarrow) Race

### 2 Teams

- Two youth race with one youth playing the role of the coxswain, and the other playing the role of the Wheelrower.
- The coxswain is steering and holding on to the ankles of the Wheelrower.
- The Wheelrower walks with his hands towards the finish line.
- Line up and race across small length of the gym floor.