

# ASRL SA Surf Rowing Youth Development

## Minutes of Meeting – 19<sup>th</sup> May 2009 at Brighton SLSC

REF	ITEM
1.	<p><b>Attendees</b></p> <p><b>Present:</b> Richard Olesinski, Kevin Marks (Brighton), Bill Gaynor (Grange), Warwick Archer (Brighton), Ben Treadwell (Brighton), Brian Johns (S/Port), Andrew Meaney (Somerton), Barry Hancock (Brighton), Jared Poulton (Nth Haven), Greg Daw (Glenelg), Evan Murray (Seacliff), Jack Wesson (Seacliff), James Shaw (Seacliff), Stephen Cornish (SLSSA), Jamie Butterfield (Henley), David Shaw (Seacliff).</p> <p><b>Apologies:</b> Kevin Fitzgerald (Henley), Marty Davidson (Sema4), Steve Weir (Sema4), Peter Symons (Aldinga), Don Alexander (Southport), Alistair Baird (Brighton), John Devitt (Southport).</p>
2.	<p><b>Previous Minutes, read and accepted</b></p>
3	<p><b>General Business</b></p> <p>Address by Richard Olesinski – the Youth Development Program (YDP) originated by Gavin Cragg from a paper presented in Sept. 2007.</p> <p>Bill Gaynor proposed that the ASRL-SA form a Youth Development Committee (YTC) and this was supported. At this time Kevin Marks was appointed Chairman.</p> <p>Meeting held 20<sup>th</sup> Jan 2009 adopted a number of resolutions as per the minutes of that meeting including a Statement of Intent.</p> <p>The ASRL –SA has committed to allocate funds in support of a YDP including the forthcoming Navy Series. Further grants are now under review. The following points were tabled as items for consideration:</p> <ul style="list-style-type: none"> <li>• the YDC report to the ASRL-SA monthly meetings.</li> <li>• The YDC is an open committee with encouragement to actively include young members.</li> <li>• This is a State based initiative,</li> <li>• Each Club should have its own individual programs with the support and assistance of the ASRL-SA YDC.</li> <li>• Northern and Southern zones be considered for training initiatives.</li> <li>• The meeting recognized the gap between Nippers and Senior membership re competition and membership retention.</li> <li>• Jamie Butterfield mentioned Henley's mentoring group for 14 to 18 year age group.</li> </ul> <p>James Shaw representing Seacliff youth mentioned the difficulties of pressure from competing off-season sports and it was agreed that any program needs to recognise this fact.</p> <p>Recruitment opportunities were discussed and include:</p> <ul style="list-style-type: none"> <li>• comment on target groups for membership recruitment, eg local sporting bodies and schools (close to coast).</li> <li>• Come and try days,</li> <li>• take advantage of summer layoff for winter sports competitors (Jared Poulton),</li> <li>• important to emphasise surf boat rowing as a team based sport,</li> <li>• mentors play a vital role in development,</li> <li>• Structures (Club based) are important to avoid kids drifting off.</li> <li>• Recruitment retention is about 50% at best.</li> </ul>

Training issues,

- Camps (River Murray)
- River rowing coaches (Port River & West Lakes)
- Generic training program for junior rowers (Andrew Meaney),
- Generic lesson plan for novice rowers attached, see also Kym Marsh book.

Draft initiatives

- July Ergo "State Titles" for U19/U23's, Grange SLSC, 26<sup>th</sup> July,
- August 30<sup>th</sup> State coaching clinic, Southern Region Southport, Northern Region Port River

(above dates are drafts only)

Competition issues,

- Carnivals, program U19 events to avoid long periods of sitting around,
- Need for efficient running of carnivals,

Closing remarks:

Thanks for all attending members input, meeting closed 9:25pm next meeting TBA

## Training Novice Surf Boat Rowers

### Elements of Instruction

- **Plan each session:** Ensure you know what outcomes you want to achieve each session,
- **Explain:** Use keywords to describe aspects of the skill, keep it simple, use 3 key points only.
- **Demonstrate:** Coach or experienced rower to demonstrate correct technique, emphasise key points.
- **Practice:** Get rowers to practice each skill, then put together in a sequence.
- **Review:** Look for faults and correct, encourage self evaluation.
- **Feedback:** Coach to feedback to rowers, make it specific, constructive, immediate, clear & positive.

Warm-up/down – all sessions	Pre & post session Warm-up and down, ensure all rowers do together.
First Training Session  Explain components of boat and oars, basic terminology.	Place boat on sand, demonstrate entire rowing sequence with emphasis on <b>three</b> main components: <ol style="list-style-type: none"> <li>1. <b>Catch &amp; Exit</b> of blade: achieved by movement of hands up and down,</li> <li>2. <b>Drive:</b> drive off from the foot-blocks after the catch, arms straight, shoulders must not be in front of hips,</li> <li>3. <b>Recovery:</b> Hands away, clear the knees slide up the seat.</li> </ol> Practice on the water, no effort, just concentrate on the basic elements of the stroke.
Second Training Session Review lesson 1, emphasis on rowers putting whole sequence together. Keep effort low. Do 6 x 30 strokes focussing only one aspect of the stroke in each 30 stroke set	As above but start to bring in all the skills for each stage of the rowing sequence: <ol style="list-style-type: none"> <li>1. <b>Catch:</b> how achieved, blade attitude, explain meaning of 'squared off',</li> <li>2. <b>Early Drive (body swing):</b> noting sequence of back &amp; shoulders, arms, legs,</li> <li>3. <b>Mid-drive:</b> accelerate to mid-point of stroke, arms start to draw before legs fully extended.]</li> <li>4. <b>Late Drive:</b> draw arms to chest, shoulder line behind hip-line.</li> <li>5. <b>Blade release:</b> hands away quickly,</li> <li>6. <b>Recovery:</b> hands clear knees, legs break and slide commences up the seat, speed stroke to recovery 2:1.</li> </ol>
Session 3 & 4	Repeat above with longer sets. Add some power. Focus on stroke correction,
Sessions 5	Repeat above with emphasis on refining technique and smoothness adding effort to 60% to 70%. Introduce rowing drills and intervals. More stroke correction, ask for feedback as rowers gain skills.
Further sessions	Add additional skills, Starts, turns, wave & skate chasing, trailing oars, recovery, interval & fartlek training, see rowing programs in this guide.